

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

Sudoku

Page 5



Stress

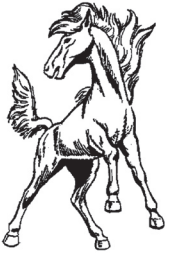
Relief

Page 6-7



Pranks

Page 8



Pony Express

Volume 37, Number 5 • San Marin High School, Novato, California • March 31, 2006

Senioritis: The Epidemic

by Paul Himmelstein

"I'm sorry, you have not been accepted into our university."

This is just one of the many thoughts plaguing and preoccupying the senior class this year. Senioritis is a symptom which, treated or not, will infect students with ADD, lack of enthusiasm, and uninhibited disgust with everything school-related.

As the weather turns to the pleasant warmth of spring, the seniors' thoughts are distracted away from their classes and towards the promise of the summer beach, leaving behind the pathetic drama and pressure of high school. For most seniors, 2nd semester grades hardly matter. Most colleges just require you not to slack off too much in your last flame of high school. For some teachers, this is infuriating. Their precious lessons and lectures are given to deaf ears. Ears that don't care. Ears that, for all intents and purposes, won't acknowledge the presence of the teachers.

The truth is that seniors deserve an easy and low-stress semester. After four years of studying, writing, and applying themselves (the majority of them, anyway), a little rest should be guaranteed. For them, the climax of their high school career is college applications. And just as in those novels teachers cram down students' throats, nothing very exciting happens after the climax.

Unfortunately, the aftermath

of applying to college is the anxious waiting for a response, which contributes to senioritis. How can students possibly pay attention in AP Biology when UCSB hasn't responded

their eyes, I could see a glazed-over quality, the lack of attention that comes with not caring about their recently-taken test. When asked how the teachers should treat senioritis, they

"The majority of my sleep is at school," explained Liz Maurer. "It helps the day go by faster, so I can get out of this place." When the question was aimed at Max, a blank look passed his face for a moment. Then he turned around, looked at the sky, and said, "It's snowing." It was actually closer to hail, but that didn't stop Kriesler from running around the cafeteria screaming.

After the whole Economics class that had left their room to dance in the rain returned to their desks, the interview continued. If such an insignificant thing as hail could interrupt an entire class, what couldn't distract senior's thoughts for an entire year? For Fili Ramirez, it's his plan to tour the beaches with Ms. Myer over the summer. For Liz, she just wants to get out of Novato (an admirable goal). But for Kriesler, it's simply the desire to practice throwing white balls into red cups, followed by a well-deserved nap.

To all the underclassmen out there: Do not resist senioritis. Just as you learned in the *Lion King*, it's part of the circle of life. Try as you may in all of your classes now, you will neglect them as a senior.

Now, as we delve deeper into the problem, we must look into the administration, specifically the vice principals' offices...

Nevermind, I'm too lazy to write anymore. I think I'll go get a burrito or something.



Senioritis strikes Mr. Spinrad's 6th period Economics class.

to their applications yet? Why would someone care about the integrals of differential equations when the next four years of their life are hanging by a thread? And how could you possibly expect to be attentive when the beach is a mere 40 minutes away?

In true senioritis fashion, an Economics test was cut short to interview '06 students about their senioritis syndromes. As I stared into

had mixed opinions. Easily distracted Brian Kriesler insisted that the teachers should bring refreshments, cupcakes, and fresh brownies every day. Max McDonald took a more practical view, saying simply that teachers should "Accept the fact that we don't care anymore."

Senioritis comes in varying shapes and sizes (just like that Geometry class you don't remember).

Collegiate Social Network Opens Doors to High School Students

by Alex Randall

When Harvard alumni Mark Zuckerberg released his creation to the public in February of 2004, it's unlikely he knew that within two years, it would capture the lives of over twelve million college students.

It started out as a revamping of a traditional social networking tool. While attending his alma mater, Zuckerberg grew fed up with the dullness of the books that freshmen received, which contained student photos and short biographies, also known as "facebook." He decided to take a shot at setting up an online "facebook," where students could place info about themselves and easily peruse the profiles of others; thusly, facebook.com was born.

Currently connecting over 2,200 universities in the nation, facebook.com has done at colleges what myspace.com did at San Marin; spread like the Plague. For many college users, visiting facebook.com has become more than a hobby; it's an integral part of daily life. "I never go to bed at night without checking for new messages or friend requests," quips a San Marin grad and current college freshman, "that's just life."

As of last fall, however, facebook.com took its business to a new audience: high school students. While, originally, facebook.com users needed a college-oriented .edu e-mail address to set up an account, this is no longer the case. Facebook.

com enabled users to set up accounts with any e-mail address, recently connecting a new group of clients to the collegiate network. Although many college students find the imposition of high school scholars a nuisance, it does allow younger students to easily keep in touch with old friends who have graduated.

Overshadowed by the myspace.com revolution, facebook.com has yet to become popular at San Marin High. It's only a matter of time, however, as facebook.com offers as much if not more than myspace.com. Along with standard comments (known as "wall posts"), friend requests, messaging, and ample categories of personal information,

facebook.com offers unlimited space for photos, far superior to myspace.com's limit of twelve pictures per account. Complementary to this feature, facebook.com allows users to put in a caption the names of the people in each photo. This doubles as an organization tool; if a name below a photo is clicked on, the viewer is taken to the other photos in the gallery that include that particular person.

As facebook.com remains the ultimate way to stay in touch with college-bound friends, it couldn't hurt to become familiar with the site as soon as possible. Be forewarned, however, of its addictiveness. Use it, enjoy it, but don't let it hinder your life, much less your GPA.

Iraq: After Three Years

by Eric Eisberg

The nation remains deeply divided on the war in Iraq as the third anniversary of the invasion passes by. Over 2,000 American troops have died in the conflict, a relatively small number in comparison to other wars but still a significant percentage of the troops deployed. President Bush has estimated that 30,000-50,000 Iraqis have died in the conflict, including insurgents.

The war initially went smoothly for the coalition forces, with the relatively quick capture of the capital Baghdad and the securing

of the entire country. After several months of conflict, the Pentagon pronounced major military operations in Iraq over. A few weeks after that announcement, a large insurgency began that the coalition is yet to put down.

As the war has raged on, sectarian conflicts have emerged, brought about by the end of the repression of the Shiite Muslims and the stateless ethnic group known as the Kurds. Many foreign policy experts and Iraqi officials have said that Iraq has entered a state of civil

war. Many Iraqis die almost every day in acts of terrorism or in religious clashes between the formerly ruling Sunnis and the now powerful Shiites. It remains very possible that Iraq will split into three countries along ethnic and religious boundaries.

Still, there has been some progress in the country, and many Iraqis remain optimistic about their future. Successful elections have been held to elect a prime minister and parliament and to ratify a constitution. The once oppressed ethnic and religious groups in Iraq may now hold

positions of power, though steps still need to be taken to protect minority rights.

Iraq remains a mixed bag of results for President Bush and the Republicans, and will likely be a hotly debated topic in the coming midterm elections. With the war at its most unpopular levels yet, the country may see a change in congressional leadership if public opinion does not change between now and November.

Radicalism Sprouts in South America

by Marco Perez-Moreno

For the past years, Latin American governments have been trying to find a solution to their everlasting poverty, social inequality, precarious health services, lack of jobs, and their static economy. However, South American dignitaries haven't been able to alleviate the problem due to decades of corruption, and rustic social and economic decisions. Therefore, stating that "the free market has failed" them as an excuse to their leftist inclinations, current South American administrations have turned to socialist and radical ideas as answers to their political, social and economic vicissitudes.

In recent years, the people of six South American countries, including Venezuela, Bolivia, Chile, Argentina, Brazil and Paraguay, have elected leftist and socialist figures, trying to find a remedy to previous administrations. However, as some chief executives seem to be a turn in the "right direction," some of them pose an imminent threat to economic and political stability of the

continent and its relations with the US government.

On December 2005, when millions of Chileans elected Michelle Bachelet as their new president, she became the first female dignitary in her nation. Even though Bachelet affirmed, "I am a socialist," she also emphasized she "will be president for all the Chileans, aiming to continue the economic growth, but transforming Chile's social ideas." Bachelet, a single mother of three, aspires for a more open-minded country. Chilean society has always been extremely conservative, dominated by men and the powerful Roman Catholic Church (divorce was legalized only two years ago). Despite her partial resistance to the US political involvement in the region, Bachelet plans to uphold women's rights, and social and economic equality.

In a contrasting manner, outspokenly criticizing the US government as a whole, condemning the free-market economies, yet failing to assuage their countries'

multitudinous problems, Venezuelan Hugo Chavez and Bolivian Evo Morales represent a threat to the region's economic, social, and political stability, due to their overpowering influence on their neighbors. Named by the US government as "the great provocateur", Chavez spends most of his time verbally attacking the "American, imperialist machine," who "fights terror with terror," guided by the "avaricious Ranger," George Bush. Regardless of the name-calling game, the U.S. government fears Chavez' wild behavior because he has threatened the Bush administration with cutting Venezuela's oil supply to the U.S. (Venezuela is the fifth largest world exporter) if Bush continues with his idea of a continental free-market. Cutting oil supply would give a blow to American oil companies and gas prices.

Following Chavez' example, newly-elected Morales praised the Cuban Communist government, Fidel Castro's policies and described Cuba, in national television, as a model of

democracy. Coming from indigenous origins, Morales, a former coca grower, supports social equality and the advancement of the lower classes. However, with Morales involvement in narcotic-trade scandals, his economic radical views of limiting the Bolivian trade to South America, and his political unification with Chavez and Castro, Bolivia seems to be doomed to a grim future.

With the emergence of figures such as Chavez and Morales, Castro has created what he calls "un eje de influencia" (an influential axis) to move the region to the "left." In recent years the South American Big Three have succeeded in creating an uncertain mood in the area by influencing countries such as Argentina, Uruguay, Brazil and Paraguay, who move left and right with the tide. Yet, foreign and domestic stabilizers such as the Mexican, Chilean and Peruvian governments try hard to bring South America to a balance point. What the future holds for South America is uncertain; time will tell.

Become a Pony Patron and never miss an issue!

Send your name and mailing address with a contribution to San Marin High School Pony Express to San Marin High School, 15 San Marin Drive, Novato, CA 94945 and start receiving your Pony Express in the mail next month. All contributions are tax deductible.

The staff of the Pony Express appreciates the generous support of our patrons for 2005-2006:

- | | | | |
|------------------------|------------------------|---------------------|---------------------|
| Banejad Family | Paul Eisenberg | Brita Lacy | Rushton Family |
| Basile Family | Doug & Eliana Ely | Larkin Family | Michelle Schultz |
| David Bedar | Mark & Kathy Fairbanks | Lee Family | Sgarrella Family |
| Patty Bennett | Scherrie Gagliardi | Liberatore Family | The Shield |
| David & Janice Blair | Gerrans Family | Phyllis Maioriello | Shields Family |
| Borda Family | Jane Gianino | Mann Family | Silva Family |
| Julie Casey | Gonzalez Family | Scott Mathewson | Mary Sorensen |
| Chew Family | Vince Gramalia | Jeannette McAlonan | Kristi Steadman |
| Don Collins Motors | Dave & Jolene Graniss | Lynn McCarter | Steffenson Family |
| Keith & Susan Conroy | Halstead Family | Laurie McKay | Jane Sweeney |
| J. Wayne Cooper, M.D. | Hennessy Family | McLaughlin Family | Tagliaferri's |
| Karen Corral | Louis Himmelstein | Miller Family | Lis & Tim Teague |
| Kevin & Jenay Cottrell | Patrick Hind-Smith | Nicol Family | Tessin Family |
| Michele Cusack | Heidi C. Hodes | Denise Nilan | Testa Family |
| Davoren Family | Hughes Family | Planned Parenthood | Thelen Family |
| Norma Davson | Craig Jensen | Robert Pollak | Linnea Thompson |
| Lynn & Ron DeArmit | Cristine Jones | Pottorff Family | Marianne Trefz |
| Deconde Family | Suzanne & Chris Keller | Ingrid Probst | Julie Vavuris |
| Lisa Depew | Kathy & Steve Kendall | Dave & Jean Randall | Jean Vierra |
| Diederich Family | Kelly Kennard | Rebello Family | Ward Family |
| DiStefano Family | Schoepp Kids | C.M. Ring | Webber Family |
| Steve Dobbs | Mary Knecht | Rosell Family | Nancy & Henry Weber |
| Linda Domecus | Kram Family | Rossi Family | Judy Wong |

Pony Express Staff

Editors-in-Chief	Michael Cusack, Alex Randall
Assistant Editor	Yuekai Sun
Features Editor	Katrina Richards
Opinion Editor	Paul Himmelstein
News Editor	Eric Eisberg
Sports Editor	James Gramalia
Copy Editor	Marco Perez, Daniel Saslow
Business Manager	Kavon Banejad
Circulation Manager	Mandy Jacob
Advisor	Liz Shine
Principal	Loeta Andersen

Reporters

Justine Alvarez, Allison Arnheiter, Cliff Bachmeier, Miquelle Bagley, Kavon Banejad, Michael Cusack, Eric Eisberg, James Gramalia, Alaina Gutfeld, Paul Himmelstein, Mandy Jacob, Hilary Johnson, Marco Perez, Alex Randall, Katrina Richards, Yuekai Sun

The Pony Express is published monthly by the journalism class at San Marin High School. The Pony Express seeks to provide a public forum for student expression and encourages letters to the editors. No unsigned letters will be accepted; however the author's name may be withheld upon request.

San Marin Pony Express
15 San Marin Drive, Room AC5
Novato, CA 94945
phone: (415) 898-2121
email: smpony@nusd.org

Something at San Marin bother you? Confuse you? Want to know when or why a tradition started? Contact the Pony Express and we'll find out for you.

Disagree with something you read in the Pony Express? Something you heard at school? Write a letter to the editors and start a dialogue. Remember the Pony Express is the voice of the San Marin student body.

Question Man

by Mandy Jacob and Cliff Bachmeier

If you were a Disney character, who would you be and why?



Freshman Travis Demars - "Pluto, because he's a cool dog."



Sophomore Bobby Bowers - "Gaston, because he's a stud!"



Junior Kory Cook - "Woody, because there's a snake in my boot!"



Senior Arash Salari - "Aladdin, because I've always wanted to ride the magic carpet."



Freshman Katelyn Greving - "Belle, because she wasn't blonde like the other princesses and I wanted to be like her."



Sophomore Shahdah Harati - "Ariel, because she sings under the sea."



Junior Julia Selchau - "Peter Pan, because he never grows up, and he can fly."



Senior Lisa Vance - "Mulan, because I'm tough like a Chinese Warrior."

The Myspace Craze

by Yuekai Sun



In a few short years, Myspace has grown into an internet phenomenon. As of March 2006, Myspace is the fifth most visited website on the internet and the most popular online social networking service. The secret to its success—allowing users to have almost complete control over their profiles. Unlike competing services such as Friendster and Facebook which provide rigid templates for users fill out, Myspace lets users modify the layout of their profiles. The freedom to create a unique profile instead of sharing generic templates with other users attracts many Myspace users.

The lack of restrictions that has led to its phenomenal growth has also created problems for Myspace. Its size makes it almost impossible to police, and offensive content frequently stays undisturbed for extended periods of time. Students have also been harassed through Myspace, and stalkers and pedophiles take advantage of the service to prey upon unwary kids. It is no wonder that most school districts have censored the site. Some private schools have even tried to prevent students from accessing Myspace from home.

But Myspace is not all bad. Social networking services such as Myspace are just a new way for people to connect with each other. It is an excellent marketing tool. Through Myspace Music, startup bands can gain publicity by creating a profile and allowing users to listen to their music. Users of this service include Drew Gasparini, a recent San Marin graduate, and current teacher and school jazz legend, Mr. Spinrad.

Since social networking services are a form of communication, they have the potential to be abused. In spite of its phenomenal growth, Myspace is still in its infancy and its ability to police such a large user base has yet to catch up. In response to reports of abuse, the Myspace team has also stepped up its efforts to eliminate offensive content and ban malicious users. Every page now has a link at the bottom to allow users to report abuse. As Myspace matures and expands its admin capabilities over the next few years, we can expect it to be much better policed and therefore, a safer and more welcoming place for people of all ages.



Answering all your corned beef eatin', liger lovin', caterpillar stompin' questions.

Q: Why is it called corned beef?
A: Nowadays, corned beef is prepared by soaking the meat in salt water, for preservation. However, back in the olden days, pellets of salt were pressed into the meat. These pellets were called "corns". So the beef was corned. Corned beef. Get it?

Q: What happened to the caterpillars that used to come out this time of year?
A: You little underclassmen do not know this, but thousands of caterpillars used to roam our campus during spring. Followed immediately by their genocide at the students' hands, or rather their feet. The reason why you didn't see their cute furry bodies ready for stomping last year is due to the construction on campus. The trees (where the 'pillars cocoons are) were trimmed, eliminating a majority of their homes. You can fully expect to see a plethora of little buggers underfoot, and just as many splattered carcasses across our campus this April.

Q: Why can't mules reproduce?
A: Mules are hybrids of horses and donkeys, and are sterile. Sterile means they have no strong swimmers to impregnate their counterparts, or eggs to be impregnated. Very, very rarely a mare mule may have a foal, but it is impossible for a male mule to sire a foal at any time.



Ligers are really big.

Liger! Bred for Skills.

While I was researching mules and their inability to get freaky with their bad selves, I made an amazing discovery! The liger, who most of you know as Napoleon's animal that is bred for its skills in magic, is actually a real animal (minus the magic). It is the biggest cat in the world, standing at 12 feet tall (see picture) and weighing 900 pounds. The liger is a hybrid of a lion father and tiger mother. A tigon, with a tiger father and lion mother, is the exact opposite, a dwarf of a cat weighing in at 350 pounds.

Wannabe Dancers: Get Your Groove On

by Clif Bachmeier

Dance studios have locations littered throughout the Marin-Sonoma area. Until recently, most of these locations have been outside Novato. This is not the case now. Located off of South Novato Boulevard in the Triangle Shopping Center, the Stars Ballroom offers dance and pilates lessons for all who are interested. Currently under new ownership, it is evolving into "the" place to go for all kinds of dance.

The new owners of Stars Ballroom are Yvonne Benavidez and Fodie Baker. Their main objective is to bring a "dynamic partnership of energy and enthusiasm that will make Stars the premier studio" while creating a friendly and fun environment for both beginning and accomplished competitive dancers.

The co-owners bring a lot of dance experience to Stars Ballroom. Benavidez has been dancing for 14 years and has been teaching for 12 years. She has won many competitions in dance, such as the 1993 UCWDC (United Country Western Dance Council) Contemporary Dance Division 1 World Championship and television's TNN Invitational Championship in 1996. Benavidez has extensive background in Ballroom, Swing, Country, Salsa, and even Line dance. Fodie Baker also brings extensive experience. Baker started her ballroom career in 1983 and has competed in many dance styles including American Smooth and Rhythm, International Standard, and Latin Country.

One thing that the instructor staff at Stars Ballroom doesn't lack is energy and pure enjoyment of teaching and dancing. Senior Sahar Hafeez said, "I like how the teachers break down the dances...they make it easy."

At Stars, styles of dance include Swing, Ballroom, Latin, Salsa, Country, Argentine Tango, and Hip Hop. There is even Pole/Burlesque dance at the newly remodeled studio, designed for people of all levels. And if you have had bad experiences involving dancing with older adults, come visit the Teen Ballroom dances on Tuesday evenings, and learn a different dance every month.

Stars does not just offer single classes. Stars offers open dance sessions for you to enjoy dancing with others, providing you with an opportunity to meet other people who enjoy dancing. Stars also holds several workshops and dance parties each month to give you the chance to show off what you have learned and to enhance your skills with expert help from several special guest dancers of different styles. This happened on February 4, 2006 when UCWDC Hall of Fame Inductee, Dave Getty, attended the Country Dance Party at Stars Ballroom.

Dance classes are relatively cheap at \$13/person for drop-ins, \$44 for a four-week class, and \$55 for five-week class. Dance parties and open dances vary between \$5-\$15 depending on whether you want the dance class before or not. To find the class that suits your special desires, visit their website at starsballroom.com.

Is the groove shakin' throughout your body? Do you have the sudden desire to tango? Dance, no matter the style, is a beautiful, physical expression of emotion and beauty. Learn how to express yourself with your body, and go to the Stars Ballroom to finally learn all there is to know about the wonderful art of dance.

Verge, Myspace Help Marin Musicians

by Clif Bachmeier



Sophomore Keith White, member of the Novatoners, drums at the Verge.

New musicians all have the dream of playing their own music in front of hundreds or thousands of fans. Though at first the garage may be their only refuge to play their loud music, it is only the beginning. Today, young musicians in the Bay Area are finding new ways to share their music with the masses thanks to the Verge and Myspace.

The Verge is run by an advisory board called VOICE, which helps foster the local music scene. The board is made up of dedicated local music fans, ages 14-22, who volunteer in the community and help gain exposure throughout the Bay Area. The Verge provides concerts for all ages, venues, training programs, low-priced tickets, and even technical training to provide the best musical experience for the fans and the artists.

The Verge schedules concerts in three main locations; Gaia Arts Center in Berkeley, the Community Center at San Rafael, and the Teen Center in Novato. The Verge bills concerts for many styles of music such as emo, indie, punk, ska, rock, and even some hip hop and soul. There is usually a concert each weekend put on by Verge. One show per month is performed in-town at the Novato Teen Center.

The Verge community has a big following from Novato's bands and local music fans. Bands from San Marin such as A Night at the Pictures, Innocence Again (formerly Company Car), the Novatoners, and Fimbulwinter each perform with the Verge. The Verge also teamed up with the City of Novato to produce the first annual Verge Showdown, where the winner, A Night at the Pictures, got the opportunity to open for the popular band Journey at Rock 'N Blues by the Lake.

The dedication of the young artists and fans in the Bay Area has been a driving force in the Verge's growth. An integral part of the growth of local music, many bands owe their success so far to the Verge. "The Verge is a great organization" says senior Joel

Conroy, bassist for Innocence Again, "because it's helping to keep local bands alive. Our first show was at the Verge and even though we were new we had a fairly large crowd that had come out to see us. Without the Verge there wouldn't be many places for our band to play around here."

The Verge organization is growing at big rates. It has recently opened new venues on the East Bay in Berkeley and in Oakland. Currently its future home is being renovated to the tune of \$3.6 million with high quality features for the performing artists and for the fans. The new home will sport a sound booth, backstage area with a separate entrance, and a 24 by 16 foot stage with wings to fill the new 480 person capacity space. It will also have a top of the line sound system with eight speakers producing up to 15,000 watts, along with new lighting system and plasma television displays.

The heavily criticized Myspace has also become a great tool for new bands. New bands can easily upload their own music from their computer onto their profiles to share them with all other Myspacers from around the world. Myspace is also a great place to share when and where upcoming shows will be, and to get great feedback from music fans. There is a rumor that even the great Mr. Mike Spinrad has his music playing with Myspace. Zach Todd, a senior and guitarist for Fimbulwinter, shares that, "The only reason why I use Myspace is because of the music section for my band."

Myspace is so common for young bands that most of the bands who perform for the Verge have their own Myspace music profile, usually with a link from the Verge website to the profile. And why not? At no charge, Myspace is the ideal place to create a band profile, easily enabling the band to reach out to music fans everywhere.

To get more information about upcoming Verge Concerts, local bands, or Myspace music, visit vergeconcerts.com and myspace.com.

Sudoku: Playing the Numbers Game

by Hilary Johnson

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2		☆		6
	6					2	8	
			4	1	9			5
				8			7	9

If you are ever sitting at home contemplating your existence, quit troubling your soul and reach for a Sudoku puzzle. Sudoku is the Japanese abbreviation for "suji wa dokushin ni kagiru" which means "the digits must remain single." Most puzzles use a 9 by 9 grid made of 3 by 3 sub grids called "regions." Some cells already have numbers called "givens" which the player uses to solve the puzzle. The goal is to have each sub-grid, column, and row, with the numbers 1 through 9.

Strategies for solving Sudoku vary with the situation. The most useful is the knowledge that the presence of one number eliminates the possibility of it appearing in any

other sub-grids in its row or column. Using that, can you figure out what number belongs where the star is in the puzzle above?

Sudoku was created by in 1979 by a 74-year-old retired architect, then made into a computer program in 1997. The game was considered a part of puzzle history in the eighties when it was put in international newspapers.

There are many difficulty levels depending on how many "givens" there are. There is no math skill required, except counting one through nine. You can buy a Sudoku book at most bookstores and try it out yourself.

Anticipating a Healthy Novato

by Clif Bachmeier and Justin Alvarez

The City of Novato has opened up a new commercial center: Village at Novato.

The plan is centered around the recently opened Trader Joe's on the intersection of Redwood Blvd. and Olive Avenue. Trader Joe's will neighbor three stores to open on later dates, including a pharmacy called Pharmaca, and possibly Novato's fifth Starbucks.

Judy Arnold, a Novato City Council member, was reported as praising Trader Joe's as "the first jewel in the crown of Novato." There have also been front-page articles about it in the local newspapers. So what is the cause of the anticipation surrounding Trader Joe's and the opening of another shopping center in Novato? And what is Trader Joe's all about?

Trader Joe's is a convenience store, formed by the marriage of an alcoholic beverage outlet and a health food store, whose practices please the health-conscious consumer and environmentalists alike. Trader Joe's provides a wide arrange of well-priced food selections that are natural,

organic, ethnic, along with whole foods that are diverse, appetizing, and creative. The people of Trader Joe's are sensitive to sustainable packaging and environmental issues. The store's goal is to give consumers a unique grocery shopping experience. Along with a romantic, relaxed atmosphere, it blends the South Seas and international living themes, emphasized by the employees' Hawaiian shirts and the tropical music filling the air.

The high number of health and environmentally conscious consumers in Novato have waited with great anticipation for this store that meets their specific needs. "I am so excited to finally have a store that sells wonderful, healthy organic food," says Shaina Madfes, a senior at San Marin High School. The Novato Healthy Foods Coalition was also one of the most influential parties that were able to bring Trader Joe's into Novato. As Novato's "first jewel", Trader Joe's and the Village at Novato will be a big contributor in providing healthy choices for Novato citizens.

Scholarships Available for Students in Need

by Allison Arnheiter

Haunting images of your inability to attend college due to financial complications are torture. But many scholarship are offered to help those who cannot afford college tuition. These scholarships give students the opportunity to come closer to attaining their goals.

In California alone there are many different scholarships offered. Some are for typical athletic scholars, valedictorians, and people with more book smarts than others. These scholarships range from hundreds to thousands of dollars. To some, however, scholarships appear to be far away and unattainable. This is not necessarily the case. There are unique scholarships for every variety of people. For example, there are scholarships for left-handed people.

For some of the smaller scholarships, filling out a small survey is all you need to do in order to qualify. These scholarships are quick, easy and worth the five minutes it takes to complete. However, not every scholarship is as simple as filling out a small survey. Some scholarships require an essay composed with time and thought. The more comprehensive they are, the greater the reward.

Like most commodities today, scholarships can be found simply by searching for "scholarships" in Google. With the Internet, it is very likely you will come up with thousands of different sites including ones that don't even apply to you. For San Marin students, a time efficient place to search for scholarships is in the College-to-Career Center with Mrs. Vantrese. She can help you with any scholarship problem you may have and she can always point you in the right direction.

Everyone has the ability to apply and be selected for a scholarship; all you need to do is take the time to apply. Whether you are gifted with school smarts or not, there is a unique scholarship for you out there. The opportunity for scholarships opens doors to the future.

Concert Corner

collected by Katrina Richards
Sun., 4/2: The 88 @ Slim's (\$13, 8 PM)

Wed., 4/5: James Blunt @ SF Weekly Warfield (\$25, 8 PM)
Taking Back Sunday @ The Fillmore (\$20, 8 PM)

Sat., 4/8: Dead Kennedys @ The Fillmore (\$25, 9 PM)
Mon., 4/10: Blue Oyster Cult @ Slim's (\$27, 8 PM)

Sat., 4/15: Stroke 9 @ The Red Devil Lounge (TBA, 8 PM)
Tues., 4/25: Ice Cube @ The Fillmore (\$25, 8 PM)

Wed., 4/26: John Butler Trio @ The Fillmore (TBA, 8 PM)
Fri., 4/28: Yeah Yeah Yeahs @ SF Weekly Warfield (\$25, 8 PM)

The Marin Theatre Company Competition

by Alaina Gutfeld

Are you a gifted actor seeking an outlet for your talent or simply looking for more experience? Scenefest is sympathetic to your needs. The Marin Theatre Company (MTC) is preparing for its second Scenefest. This event incorporates various talents that students have learned and practiced over the semesters. The competition consists of three areas of drama: the female solo monologue, the male solo monologue, and the scene and cumulates in an awards ceremony presided over by some of the most talented artists of the MTC including the Artistic Director at MTC, Lee Sankowich. First place winners will receive a \$300 scholarship to MTC's summer camp and dinner with Lee Sankowich. Second place winners will receive dinner with the judges, and third, second, & first place winners all receive tickets to the MTC's current production, Old Wicked Songs. This is a wonderful opportunity to discover and experience young talent in Marin County and for students to get experience competing and performing. Scenefest will be held on April 3rd at the Marin Theatre Company, from 4:30pm- 9:30pm. The Marin Theatre Company is located in Mill Valley at 397 Miller Avenue.

Finding the Missing Clue

by Alaina Gutfeld

This spring's upcoming production by the drama department will leave you pondering, "who done it?" San Marin's performance of Clue, based on the classic board game, wasn't exactly child's play to get rolling. After months of insistence and daily e-mails by Ms. K and assistant director Annie Rollison, San Marin Drama finally obtained the right to perform Clue on stage. After months of anticipaion, the cast has gotten an immediate start with rehearsals already under way in February.

A stunning cast means nothing without the right advisory. Fortunately, this cast has the privilege of being directed under Ms. K, assistant directors Annie Rollison and Alison Greggor, and assistant producer Mike Mann. The narrative butler Wadsworth, played

by senior Alex Randall, is our guide through this unraveling mystery as six houseguests are left to discover who has killed the blackmailing Mr. Boddy, played by Chris Gomez and Jeff McLaughlin. Each guest is given a color-oriented pseudonym and a lethal weapon, and then left to discover who bludgeoned who with a candle stick. As betrayal sets in and deceit infects each guest, no one can be trusted. Servants and guests fall victim to this tragic mystery as the remaining guests fight to stay alive and stop the killer. Coming to San Marin May 4, 5, 6, 7, 11, 12, and the 13th, this will by far be the most contemplative production by San Marin thus far. If the cast doesn't blow your mind the ending will, so don't miss this tale of mystery and deceit!

Tagliaferri's

Delicatessen & Cafe

Ravioli • Lasagna • Sauces • Italian Delicacies

2051 Novato Blvd.
Novato, CA 94947
(415) 897-9677

25 Petaluma Blvd. South
Petaluma, CA 94952
(707) 765-2138

Sibling Rivalry

by Paul Himmelstein

What do a shower, toothpaste, a computer, and a T.V. remote have in common? If you're an only child, it means you have all these things to yourself. If you have siblings, it means that you are constantly fighting, bickering, and screaming over these items, jockeying for superior position in the never-ending struggle for household conveniences. The continuous for shampoo and the internet makes up the inherent rivalry that most siblings share.

The root of the problem, however, is simply a result of a natural impulse: The desire to collect as much of a limited resource as possible is engrained in animals' DNA to ensure survival. The biggest shark in its mother's womb will kill the majority of its siblings. The first chick hatched will push its siblings' eggs out of their high eagle nest so it will get more food from the mother. Although these are the extreme cases in nature, it shows the struggle for limited resources, in this case, food. For human children however, the limited resources are more usually love, time, and attention.

When the first child is born, all the love and attention is directed towards him or her. Parents thoroughly document its first words, steps, and adventures. When a second child is born, the attention the first receives is reduced by more than half. All of a sudden, this strange creature is hogging the spotlight. Although all of this happens at a very young age, the impression lasts much longer. The seeds of antagonism are sown in the emotions of the older child, before rational and conscious thought process is more developed. The first child will start creating ways to earn attention and love again by diminishing the younger sibling. The younger one is seen as an enemy, and as it grows, will begin to push back against the older one.

The rivalry is created. As the children grow, the younger one develops ways to counter the elder's attacks, such as telling their parents. Before the teenage years hit, even an age difference of one year is a huge advantage in size, intelligence, and dexterity. Unfortunately, the younger is horribly outmatched the majority of its childhood, constantly belittled in its elder's shadow. A third child is even worse off in some cases, if the two older children team up against it. This is why the youngest children often have the most psychological problems as they reach adulthood.

The situations just described are not always so cut and dried. Extreme cases can lead to hatred between siblings for their whole lives. Others merely consist of a healthy competition that can possibly make both siblings stronger. The most common situation, sadly, is the tragic emotional damage from early feelings of neglect and confusion. Combined with the constant battery from their sibling, it can make the child submissive for the rest of their life.

When you snatch the remote from your smaller counterpart, think about the implications of that. Your fighting for a resource, scraping for the limited item in the house. Next time you reach back your hand to strike, consider how all you are really doing is begging for the attention of your mommy, and overcome it.

AP Classes

by Yuekai Sun

The class-selection turmoil has just died down at San Marin. Take a look around you and ask yourself, "how many of my friends signed up for AP classes?" The AP program was started by the college board 50 years ago to allow a few high achieving students to take college-level coursework and earn some college credit before they graduate from high school. But 50 years later, high school students across the nation are cramming their schedules full of AP classes, often giving up their passions and hobbies to accommodate their demanding schedules.

Who can blame them? After all, selective colleges and universities use the number of AP classes as an indicator of an applicant's academic potential, just like class rank and SAT scores. Last year, over 1.2 million high school students took one or more AP exams, up 45% from five years ago. High schools are also encouraging students to take AP classes. Some high schools pay all students' AP exam fees, which, at \$82 per exam, isn't cheap. Other outrageous incentives include laptop computers and even cars. Yes, cars. At a certain high school in North Carolina, students who pass 5 AP exams are presented with car keys. If they pick the right one, they get to drive home the car.

But in the frenzied race to see who can take more AP classes, the quality of the AP program has begun to be diluted by its proliferation. Some high schools are pasting the AP label onto subpar existing courses. Some highly selective college have become so alarmed at the falling quality of AP classes that they are getting picky about awarding credit even to those who have passed the exams. Northwestern University and Harvard only award credit to students who earned 5s. Stanford won't give credit at all for new additions to the AP program such as AP Environmental Science and AP World History.

The falling standards of AP courses also make a student's performance in these classes a less reliable indicator of academic potential. Two independent studies, one conducted by UC Berkeley, concluded that there is little or no correlation between the number of AP classes a student took and his or her first and second-year college GPA. As a result of this study, the UC regents are considering dropping the bonus point awarded to AP classes when computing GPAs and this could seriously damage the reputation of the AP program.

Today the AP program is being used for something it was never intended for. The objective of the program when it was begun 50 years ago was placement, hence the name. But today, it is being used as one of the most important criteria in college admissions. For high school students with their hearts set on attending an elite college, it doesn't matter if the program's quality is slipping. All that matters is the fact that these elite colleges are more likely to admit an applicant who has taken many AP classes. And as long as colleges continue to look for AP courses on an applicant's transcript, students will continue to sacrifice being a kid to accommodate AP classes.

Marco's Guide to Stress Relief

by Marco Perez

Do you feel anxious and overwhelmed due to your school workload such as AP classes, sports, music, drama, clubs or work? Does it seem that you don't have any "personal time" due to all your activities? Has your amount of hours of sleep decreased? Do you feel overly tired, sore, irritable or even inexplicably sad? If you answered "yes" to any of the previous questions, then let me introduce you to the phenomenon called "high school life," a paramount trigger of stress, which could eventually cause serious health problems. According to the British United Provident Association, an organization dedicated to researching health disorders, stress is an "emotional and psychological disruption that, if intensified, causes stress-related medical problems such as periods of irritability, anxiety, depression, excessive tiredness, muscular aches and even heart palpitations." Therefore, in our very fast-paced life, stress, if unrestrained, poses an imminent threat to our well-being. Follow Marco's guide to stress relief to have a healthier, more relaxed, more successful, and even happier life.

If you constantly have the impression that you forgot something, and unconsciously overbook your days with track practices, a date at the movies, work, and trying to keep up with history outlines, eventually finding it impossible to cover everything, then you lack ORGANIZATION. Being organized decreases your level of stress by giving you control over your life. Believe it or not, buying a planner could be a good option to keep tabs on your daily homework and approaching deadlines, plan upcoming events and wisely schedule your activities. Have you wondered how some people can take five AP classes and get A's in all of them? Well, the answer is brains, of course, but that's aided by organization. By keeping well organized and committing to a daily plan, your day will flow more easily, decreasing your levels of stress, and who knows, it may even result in more hours of sleep and better grades. Reclaim the steering wheel of your life; get organized!

Step two in Marco's guide to stress: Finding "personal time." As cheesy as it might sound, pursuing a passion can help you relieve stress. After you get organized and buy a planner, book an evening or two per week to do what you enjoy. It can be as simple as a jog at the park, dancing, a night at the movies, playing guitar or a quick trip to the beach. English teacher Liz Shine recommends, "Do yoga. It is a great way to release stress, control your body, slow down your mind and distract yourself from daily preoccupations." However, DO NOT, I repeat, DO NOT tie yourself with a commitment such as enrolling in a college piano class. It would add more stress to your life, by forcing you to meet new deadlines and having to go to class. Nevertheless, sporadically doing something you enjoy will make you happier and less stressed.

For those of you who tried the first two steps in Marco's guide but still feel very stressed, then you need to take step three, meant for the overspread people, PRIORITIZING. Sit down and look at your interminable list of activities, balance out the pros and cons of each one, and make decisions. Be prepared, it can be very difficult. Senior Jhenette Stranne describes the process, "It takes courage. You need to make a list of your activities, give it a lot of thought, and highlight the most rewarding activities, eventually crossing out the ones that only drain your time." Be brave, realistic and intelligent when choosing because your decision will be shaping your high school career. Nonetheless, by prioritizing your activities, your workload will decrease, reducing your stress levels.

Remember, severe stress can result in serious physical and emotional problems. So, eradicate it from your life by following Marco's guide to stress relief. If it works for me, it'll work for you.

Relationships

by Justine Alvarez

Most people will go through it at one point in their life or another, and it's not always easy. Being in a relationship can be very stressful on your body in both positive and negative ways. In the beginning stages of a new relationship, the positive stress gives you adrenaline and can make you happy. Towards the end of a relationship, you run on negative stress that affects you and your partner and that can ultimately cause serious problems.

During a fresh new relationship, the adrenaline you receive from the positive stress allows your body to fill with endorphins. You tend to be able to make sacrifices for your partner that are worthwhile. The little things that have the potential to get on your nerves don't bother you. The positive stress motivates you to be kind and compassionate while the outward stress of friends, family, and work seems more bearable in your life. You are "on cloud-nine" and would do just about anything for your partner to like you. "At the beginning of my relationships I have a tendency to be a bit unsure about myself and shy, but as time goes on I get more comfortable around him," explains Novato High sophomore Jill Mollett.

As you become more settled in the relationship, you also become more comfortable with the person. The things that didn't bother you in the beginning start to bother you. The intolerable outside stresses in your life influence you. The outside stressors impact your relationship. This is the stage where you fight more and become overwhelmed with all the stress in your life. You also begin to notice the differences between the two of you. Tension can also develop when one person in a relationship is more dependent on the other. The person who is dependent feels disappointed or angry when the other doesn't come through with what is expected of the other person. On the other hand, the depended-upon person feels resentful of the pressure and expectations. Sadly enough, most relationships will eventually come to an end. Whether the relationship ends planned or unplanned, there will be painful feelings and self-questioning. During the last stage of a relationship problems become larger and larger. You become overly worried and obsessed with whether or not your relationship will succeed or end. With all the outward stress impacting your relationship, you have a tendency to take out your negative feelings on the other partner. Sooner or later a decision has to be made concerning whether or not it's worth it to stay in the relationship and work hard, or to end it. "A long distance relationship in and of itself is considerably stressful. But at the end, the stress became more intense than the benefits of being in the relationship," says Jennifer Beach, a student at Santa Rosa Junior College.

Luckily, we have friends to help us cope with the stress in our relationships. Our friends are there to help cheer us up when we are sad and to help us get through the tough times. Remember, good friends will always be there for us and are people we will always have throughout our life.

As a student you need to balance your studies, work, family life, friendships, and relationships. To add to it all, your hormones are completely out of equilibrium, and adding a relationship to the mix will frequently create insanity and unbalance. Trying to balance all the different stresses in your life can be overwhelming, but with the right people and support you can get through it all.

Standardized Tests

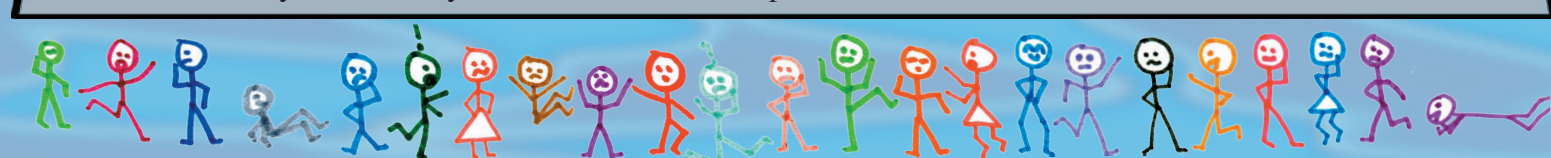
by Yuekai Sun

Today, standardized testing influences some of the most important decisions in the American education system: whether students graduate, whether schools "need improvement" and even whether teachers keep their jobs. President Bush's No Child Left Behind Act more than doubled the number of standardized tests schools are required to give. In spite of its proliferation, standardized testing remains misunderstood by educators and concerned parents alike.

There are two types of standardized tests, aptitude tests and achievement tests. Aptitude test measure a student's academic potential and aim to project how well a student will perform in the future. The best examples of aptitude tests are the SAT and ACT. On the other hand, achievement tests are designed to measure how well a student has been performing. The annual STAR tests and high school exit exam are examples of achievement tests.

The challenge faced by the people who design standardized tests is a daunting one. They have to create an assessment that, using only a handful of questions, accurately compares a student's performance against both average and other students. The level of difficulty of every question must be fine-tuned so that it is perfect. Before questions are introduced, they must be tested on students. The SAT, for example, includes an experimental section that contains questions that are being tried out for future test. But in spite of the expertise of the test designers, even with of all the measures taken to ensure a question is perfect, things still go wrong. In 2004, more than 4,100 teaching candidates were incorrectly told they had failed the *Praxis* teacher preparation exam. Only recently, the SAT made mistakes in scoring the tests of hundreds of high school students, some by as much as 120 points.

Given the complexity of a standardized test, it is no wonder that many things can go wrong. Despite the best efforts of the test designers, every standardized test is inaccurate to a certain degree. Just as it is impossible to sneeze with your eyes open, it is also impossible to design a perfectly balanced test. In the end, standardized tests remain merely one of many indicators of academic performance.



Fun Facts

compiled by James Gramalia

- Electricity doesn't move through a wire but through a field around the wire.
- If you type "failure" into Google, the first result is a biography of President Bush.
- A 'jiffy' is an actual unit of time for 1/100th of a second.
- The names of the continents all end with the same letter with which they start.
- Earth is the only planet not named after a pagan god.
- The inventor of the flushing toilet was Thomas Crapper.
- There is a rare condition called Exploding Head Syndrome which causes people to hear tremendously loud explosions inside of their heads.
- Joseph Swan was the original inventor of the light bulb, not Thomas Edison.
- The plastic things on the end of shoelaces are called aglets.
- Roman Emperor Caligula made his horse a senator.
- On average, a 4 year old child asks 437 questions a day.
- The bulls' eye on a dartboard must be 5 feet 8 inches off the ground.
- The dome on Monticello, Thomas Jefferson's home, conceals a billiards room. In Jefferson's day, billiards were illegal in Virginia.
- Naturalists use marshmallows to lure alligators out of swamps.
- The average person can live 11 days without water.
- In ancient Rome it was considered a sign of leadership to be born with a crooked nose.
- In 1933, Mickey Mouse, an animated cartoon character, received 800,000 fan letters.
- The tip of a 1/3 inch long hour hand on a wristwatch travels at 0.00000275 mph.
- The term Cop comes from Constable on Patrol. It's from England.
- Ligers are real animals. If you are really excited now, turn to the "Ask Paul" column on the Opinions page to learn more.
- Nearly 20% of all vehicles stolen had the keys in them.
- The human body produces its own supply of alcohol naturally on a continuous basis, 24 hours a day, seven days a week.
- Men get hiccups more often than women.
- Fleas can jump 130 times higher than their own height. In human terms this is equal to a 6ft. person jumping 780 ft. into the air.
- The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

Sources: hookedonfacts.com, wikipedia.com, google.com, interestingfacts.com, berro.com, angelfire.com/uselessfacts

Pranks to Make Your Hair Curl

by Katrina Richards



April is coming right around to surprise everyone, posing the question, "Are you ready for April Fool's Day?" It is once again time to get your little sibling back for saran-wrapping the toilet seat shut with pranks they'd never see coming. Never again will they want to mess with you after you unleash your prank fury with these eclectic ideas.

Frozen Underwear: You'll need water, all the clean underwear of your victim, and a fridge. It's the generic prank that gets them every time and is one of the easiest in the book. All you need to do is drench all of your victim's underwear in water and throw them all in the freezer overnight. You can only imagine what happens next.

Cream Cheese Armpits: You'll need: regular cream cheese, a butter knife, and the deodorant stick of your victim. Once you obtain the deodorant, push the it up until about 1/3 of an inch of it is out of the stick. Take the butter knife and cut the exposed deodorant off the stick. Dispose the cut off deodorant and put the rest of the stick down, so you have a 1/3 of an inch of space inside the container. Take the cream cheese and replace the open space in the container with it. Make sure it looks like deodorant and put the lid back on the stick. Put the deodorant back where you found it and then

voila! Next time your prankee uses deodorant, they'll have cream cheese-tastic armpits!

Raining Flour: You'll need: an umbrella and flour. This one's very easy. All you need to do is take the umbrella, closed with the top pointing to the ground, and pour flour into the inside of it. Remember to not hold the umbrella upright and store it like that. All you need to do now is hope for rain! When your prankee opens the umbrella over his head, he'll be showered with flour.

Exploding Ketchup: You'll need: a bottle of ketchup and baking soda. Take your ketchup bottle and empty all the ketchup out until there is enough to where it stops behind the front label. Make sure the label blocks off the level of ketchup and place a teaspoon of baking soda into the bottle of ketchup. Don't shake it or make any odd movements with it! Just put it back in the fridge like nothing happened. When your prankee decided that she needs ketchup on her French fries, she'll most likely shake the bottle, causing a reaction between the ketchup and baking soda. When she opens the ketchup and points the bottle downward, ketchup will spew uncontrollably out of the bottle and all over the table and anywhere else it decides.

MIWOK
DRIVING SCHOOL
897 - 9011
PAUL EISENBERG Owner/Operator
1135 Santolina Dr. • Novato • CA 94945

Job Shadowing

by Allison Arnheiter

Most young adults don't know what they want to do when they get older. That is why internships and job shadows are great ways to explore what jobs you enjoy and which ones you do not. On February 1, 2006, 16 high school students welcomed the opportunity to shadow people in the Civic Center. One of the lucky people to participate in this last job-shadowing event was San Marin senior Jessica Bousquette.

Bousquette took on the task of following around the Novato District Attorney (DA). Unfortunately, the DA had an emergency meeting, so Bousquette followed around a lady named Kit, who had been working with the DA for a while. Bousquette used this time with Kit to ask questions and learn about the DA office and everything surrounding it.

The first person Bousquette was able to do meet was Judge Graham. "Judge Graham was a fascinating man. He knew a lot about what he's doing, and was very open to answering questions," explained Bousquette.

After talking with the judge, Bousquette had the pleasure of experiencing small portions of various trials, "One was very interesting, and it was nice being able to see what a real trial looks like, since television trials are somewhat exaggerated," said Bousquette. She sat in on a trial involving a DUI and another with a drug dealer. Both allowed Bousquette to get a taste of what she would face every day if she was a DA.

Internships are another wonderful way to rule out professions you do not particularly care for, or to discover one you love. "Internships are great opportunities for students to gain hands-on workplace skills and earn academic credit while exploring a career of interest," Mrs. Madfes explains. Students can participate in internships in a wide range of occupations other than those found at the Civic Center. All you need to do is locate Mrs. Madfes in the School-to-Career Office in the Counseling Department, and she will answer any questions you may have. "I encourage any student at San Marin who wants to participate in a work-based learning experience to come and see me. Whether it is arranging for a job shadow or placing a student in an internship, I really enjoy helping young people as they begin their search of a rewarding career."

Shadowing is a rare gem in the world; a free opportunity to learn and possibly harness your future. Even if you don't have an idea what you enjoy doing, job shadows and internships give you a different perspective on job possibilities. The careers in our world are varied and endless, each giving a unique twist to the generic skills we have.

Life is a Beach

by Alaina Gutfield

Do you ever feel suffocated by the tightening grip of Novato? Do you find yourself in desperate desire for different scenery and a change of lifestyle and people? Fortunately for those of us living in the tedious, overbearing Marin County, we can quickly escape to lush hills, open valleys, and beaches.



Courtesy of Mike Meyer

Although Marin can sometimes feel overpopulated and devoid of solitude, a quick drive past the Civic Center in San Rafael to China Camp leads you to miles of trails, scenic driving, and picnic areas overlooking the bay. If it's the sandy shores and salt water you crave, just past the end of Novato Boulevard will guide you to your hearts desire. Awaiting you after the famous "graffiti bridge" are two of Marin's most popular beaches, Stinson and Bolinas.

Stinson, home of the family picnic and white water, isn't just a beach but is a small town full of character. Along the beach are a large parking area with grassy lawns and numerous tables for barbeques. Just across the path is a centrally located snack shack with some of the area's best soft cone and "American" cuisine. Stinson may not have the largest waves in the area but it is an ideal location for skim boarding, body surfing, boogie boarding, and sand castle contests. Stinson is even home to Shakespeare on the Beach and some

of the county's best coffee on a cart.

Just a few miles down the road from Stinson is the small town of Bolinas, home to the famous BoBo Bikes and Two Mile

lifestyle and people? Fortunately for those of us living in the tedious, overbearing Marin County, we can quickly escape to lush hills, open valleys, and beaches. Surf Shop. Bolinas captivates the true heart of a Marin surfer. Once your feet hit the sand you know you're far away from the ordinary, and if the scenic view doesn't let you know, the locals will. Most shop owners even close their doors during the prime surfing hours of the day to enjoy the water for themselves.

One of the best things about leaving the mundane and embracing the beach is the relationship between you and the beach. The beach is a friend that is always there when you need it, always making your day better and always willing to help you through your most stressful times. The ocean is merely an outlet for inspiration, inspiration from the bland to the exotic. The beach is the fire that fuels each student's desire for the beach and the sun. Every day when the sun shines brighter, the wish for sand between your toes continues to grow.

When spring comes around, life has you down and you feel Novato tightening on your tolerance, experience the nature and beauty of our area with a trip to the beach or any of the numerous hiking trails within these majestic masterpieces. It is guaranteed when leave you will long for your next fix.

Google Goes E-mail

by Alex Randall



Merely months ago, Google added something new to its list of revolutionized internet features-electronic mail.

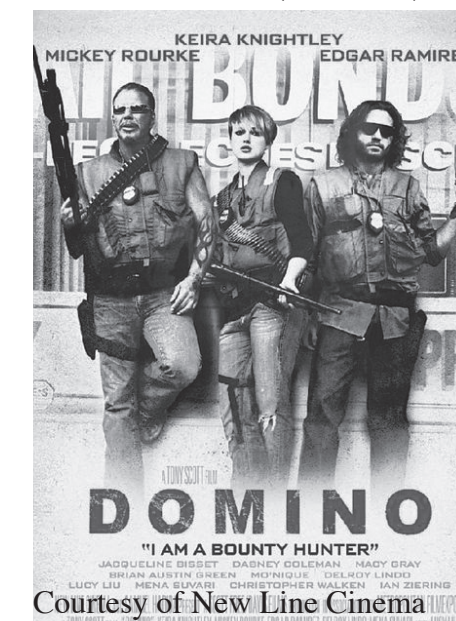
In addition to its super-powerful search engine and its mind-boggling satellite-oriented Google Earth program, Google has called forth an e-mail provider worthy of admiration known as "gmail.com" It's new-fangled features include an evergrowing (no kidding, they show the number of megabytes increasing continuously on their homepage) amount of mailbox space, an archive that allows users to store all old e-mails, and a built-in search engine that permits one to recall old e-mails by keywords found in either the subject line or in the e-mail itself. Lastly, gmail.com offers the viewing of the first

To See or Not to See?

by Kavon Banejad

Domino

+++++ (8 out of 10)



Courtesy of New Line Cinema

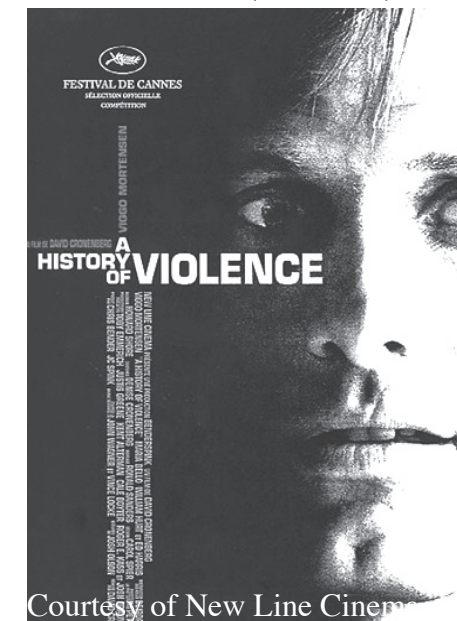
Domino is a surprise hit that blends the real life of Domino Harvey with an action packed thriller. Domino Harvey, daughter of famous actor Laurence Harvey, turned away from being a Ford model for a life of danger and excitement as a bounty hunter. Growing up in a life of prestige and luxury, she was shipped off to a boarding school shortly after the death of her father.

The movie stars Keira Knightley as Domino, Edgar Ramirez as Choco, and Mickey Rourke as Ed Mosby. Knightley delivers a convincing performance as a rich girl gone bad while Choco is supposed to be your cliché sexy straight-out-of-prison Spanish lover. Mosby is brilliant as the veteran leader of the bounty hunters who is more humanitarian than he lets on.

The movie takes a turn for the worse when the squad is signed on to a WB reality TV series. However, on their pilot episode, they kidnap their hosts but not for the reason you're rethinking. To find out what happens you're going to have to watch the movie and I'm sure you won't regret it.

A History of Violence

+++++ (7 out of 10)

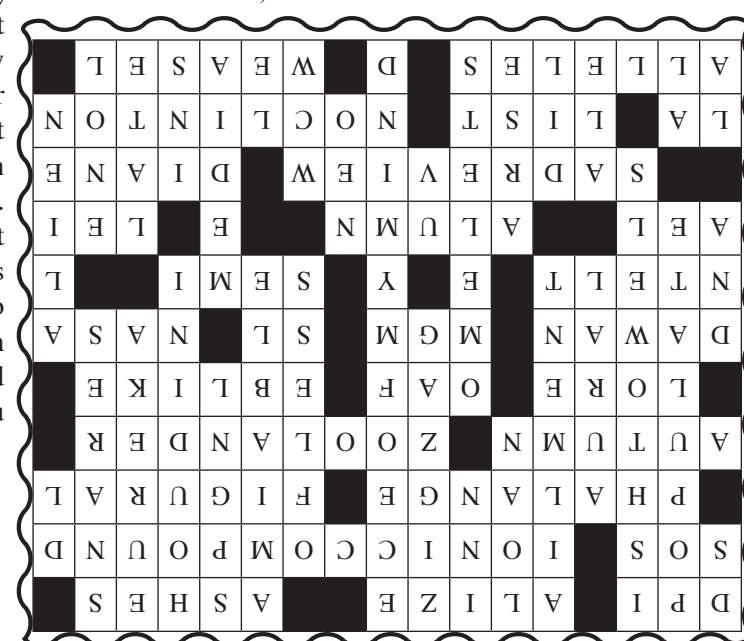


Courtesy of New Line Cinema

A History of Violence is a psychological thriller sure to leave you on the edge of your seat...for an hour at least. The movie is captivating with a multitude of twists and turns sure to keep you guessing...for an hour at least.

The movie stars Viggo Mortenson, Maria Bella, and Ed Harris. Mortenson and Bella deliver stunning performances and truly grasp your attention. Harris is a stock mobster who unfortunately over-plays his role.

The movie is set in a quiet farm community where everything is peaceful and normal until a seemingly normal man becomes a local hero after successfully subduing two armed robbers. The publicity brings out turmoil from his past at a rampant pace. No matter if you're watching with your family or a group of friends, this is sure to be a hit.



Don Collins MOTORS

Heidi C. Hodes

575 Irwin St
San Rafael
CA 94901

(415) 453-9180
Cell (415) 515-5009

Pitching for Another NCS Title

by James Gramalia

The NCS champion varsity boys baseball team is looking to repeat its title this season. The outlook is optimistic as they sit on a wealth of young talent and pitching.

Following last year's dominating performance in the NCS championship, the Mustangs knew that they had to stick to their tough work ethic. Up to this point they have done just that.

This season's team has just as much, if not more, potential than championship teams from years past.

Senior stars **Billy Nicolini** and **Chris Dittmann** are at their best and look to have all-MCAL caliber seasons. With the exit of '05 graduated leadership, seniors **Chris Haller**, **Keith Renner**, and **Danny Burns** have stepped up in their respective leadership roles.

Juniors **Tyler Taggard**,



Chris Haller sets to throw.

Jimmy Pederson, and **Danny Torres** provide young talent to be molded by the older leadership. Taggard has bounced back from a compound leg fracture and is hoping to make this into another successful season of pitching and hitting.

Clean up batter **Richie Riboli** is also on track for another power-packed season, leading the Mustangs' offensive strike.

Everything came together in their first preseason game, as they won by a score of 5-0. The next 5 preseason games were cancelled though, postponed due to weather. The team is now eagerly awaiting the regular season, with another MCAL title within grasp.

Senior Catcher **Danny Burns** summarized, "We started off slow and had to work out a few kinks, but we're going to have a great season."

March Madness Takes Over

by James Gramalia

The NCAA tournament is the culmination of the college basketball season. The time of the year in which anything is possible and 14 seed upsets are expected. March Madness, the two-week tournament, is known as the most exciting time in sports.

Duke is a perennial favorite, as coach K always seems to find his way to the top of the rankings. Senior superstar shooter **J.J. Redick** is looking to finish his recordbreaking college career with a victory in the national championship. Duke has choked of late in the past few tournaments and is due for a win.

UNC is also always in the running, with more Final Four appearances than any other team in history. Roy William's coaching experience keeps the Tar Heels mentally strong enough to drive deep



into the tournament.

Although upsets will occur early and often, they will not mean much in the long run, as the quality teams end up on top. An underdog has not won the championship in the past five years. Many teams will go away from the tournament with sour tastes in their mouths though, as their seasons will come to an abrupt end.

Kansas usually will fall in one of the early rounds, as will Washington. Potential underdogs able to make it through are Kent State and Southern Illinois who always scare the higher seeds with their clutch tournament play.

This combination of top level play and unexpected endings will make for an entertaining tournament for the ages.

Lacrosse Teams Roll Through Early Games

by Miquelle Bagley and Katrina Richards

Growing greater in popularity with each year, San Marin lacrosse hits the fields this spring with new players and a new attitude.

With several new players and many experienced returning players on the team, the 2006 season looks very promising for the Boys Varsity Lacrosse team.

The Mustangs have been on a roll with successful wins over Clayton Valley and Marin Academy. The boys crushed Clayton Valley with a final score of 13-2. Senior attack man **Mike Depew** kept shooting into the back of the net with the help of the strong offense, including sophomore **Keith Jayne** and junior **Max Larkin**. Clayton Valley was only able to score a mere two points on sophomore goalie **Will Rushton**, who saved an overall total of 15 goals during the entire game. The strong defense of junior **Erik Schadler** and sophomore **Tyler McCabe** also aided **Ruston**, who made sure nothing got past him.

Again, the Mustangs came together to defeat the Marin Academy Wildcats, 5-2. Junior defenseman **Kory Cook** made a great assist to junior **D'Jaun Eure** who came extremely close to scoring on the Wildcat goalie, which became the most memorable moment of the night. "It's a big season," said goalie **Rushton**, "Our defense has raw talent and our offense is working really well together." All the Mustangs need to do now is keep up the hard work and the MCAL title will be waiting for them.

The San Marin Girls Lacrosse team also kicked off the season with a great start, winning both of its preseason games and beating Novato by a score of 11-10. The team is expected



Max Larkin gets ready to fire the ball into the back of Clayton Valley's goal.

to do very well this year, with captains **Julie Kern**, **Paige Thelen**, and **Liz Maurer** taking command.

Still recovering from the loss of last year's goalie **Kim Puliafaco**, and offensive legends **Lisa Neal** and **Jeannie Ngo**, the experienced players are teaching the ever-growing game of lacrosse to twelve new players.

"We have a lot of new girls, but we're working hard to play strong," said team captain and last year's defensive player of the year **Kern**. "We have the workings of MCAL champs."

Players to watch this season: Senior **Avi Fernandez**, and sophomores **Meredith Mixer** and **Kristen Swig** as first, second, and third home; **Maurer** and sophomore **Aine Minehan** as attack wings; **Thelen** as center; **Kern** as defensive wing, and **Lauren Dumont** as 3rd man.

As both teams hold great expectations for themselves, this 2006 season should prove to be one full of excitement and success.

Softball Squad Off to Strong Start

by Hilary Johnson

Last year, the Varsity softball team fell one game short of winning MCALs. They lost against Drake during the playoffs but later rebounded to win NCS. This year, the Lady Mustangs have started out strong by winning all three scrimmages and one preseason game. When asked for a prediction regarding the coming season, senior **Bri Jayne** said, "We're going to do just as well and carry on a positive attitude."

The 2006 squad has remained strong despite roster realignments, as it lost five seniors from last year but retained seven

returning players; two juniors, three sophomores, and two freshmen. Senior **Jenice Bartee** claims that the softball team "will still do just as good this year."

Unfortunately, disaster struck during a team-building exercise in the gym, where a race for shoes resulted in a concussion for **Jayne** and an injured jaw for senior **Angela Olmanson**.

In spite of the minor catastrophe, Junior **Kyra Toquinto** believes that "We've bonded this year; we get along and work well together."

Mustangs Win Back to Back for First Time in Two Years

by Alex Randall

After struggling through a fearless season last year (record of 0-14), the San Marin Boys Varsity Tennis team held high hopes for improvement this spring. New to the singles roster is freshman **Luke Frischer**, whose age is deceiving; although a first-year member, he joins senior **Alex Randall**, sophomore **Chris Sangster**, and junior **James Gramalia** at the top of the singles line-up and is sure to become a dominant force in MCAL in years to come. A swarm of sophomores has proved to be qualified reinforcement, including **Kyle Ruth**, **David Greenhalgh**, **Jaimie Green**, **Pat McLaughlin**, **Pete Carroll**, and **Noel Areggor**.

Three-year team member **Gramalia** is optimistic about the season, believing that "we've got a great group of guys who are out here to have fun. If we win some matches as well, awesome."

In their first match of the year, the team felt the absence, due to illness, of **Gramalia** and lost to San Rafael 3-6. Wins came from **Randall** at number one singles, **Frischer** at number two, and **Sangster** at number six.

Two days later, however, the Mustangs finally snapped their 17-match victory drought, edging out Terra Linda 5-4 in thrilling fashion. Eight matches had finished,

and as daylight expired, seniors **Clif Bachmeier** and **Loney Nicol** remained on the court. While finding themselves down in a 2-8 hole in the super-tiebreaker, the duo completed an eight-point comeback, winning the super-tiebreaker by a score of 10-8 and the match by a score of 5-4.

With one win under their belts, the Mustangs walked into Novato High on the following Tuesday with renewed confidence. Once again, the contest would be decided by a single match- after **Sangster** came back from a one-set deficit to capture the Mustangs' fourth win of the day, **Frischer** was forced to demonstrate court prowess in his number two singles match against Novato senior **Alex Andresen**. **Frischer** dominated the first set but found himself down 2-5 in the second set. Similarly to **Bachmeier** and **Nicol's** comeback of the week before, **Frischer** fought his way into a second-set tiebreaker, which he won 7-5.

Since then, San Marin has fallen into a five-game skid, losing at the hands of **Drake**, **Redwood**, **Justin-Sienna**, **Branson**, and **Tamalpais**. Currently 2-6, the Mustangs remain proud of their vast improvement from last year's effort, and hope to capture more victories by the end of the season.

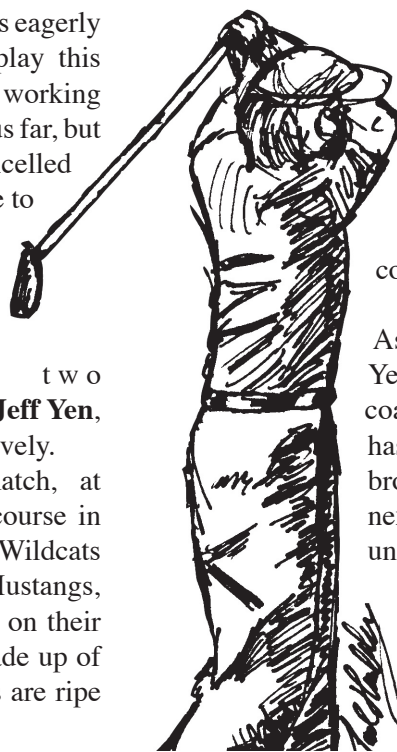
Golfers Aim for MCAL Playoffs

by James Gramalia

The Boys Golf team is eagerly looking forward to league play this season coming off a hard working preseason. The team is 1-1 thus far, but four matches have been cancelled and are yet to be made up due to the extended winter.

The Mustang boys beat Terra Linda in their first match, with their number one and two players, **Rhett Carlson** and **Jeff Yen**, shooting a 43 and 45 respectively.

In their second match, at Meadow Club, the hardest course in MCAL, the Marin Catholic Wildcats proved too strong for the Mustangs, as each golfer shot under 40 on their way to victory. As a team made up of mostly juniors, the Mustangs are ripe with potential.



Mr. Lacy has continued to enjoy success in his third year as the boys varsity coach.

As golfer **Jeff Yen** put it, "His coaching expertise has guided us and brought us to the next level as a united team."

Sports Standouts

CHRIS HALLER

by Allison Arnheiter



Chris Haller may not live by the motto "Play hard," but he definitely employs it in all aspects of baseball. Haller has been playing baseball ever since his elementary school days, culminating in a two-year Varsity career at San Marin. Always striving to be better, Haller has been a leader in pitching, fielding, and hitting on the team.

Last year, Haller was an integral factor in the 2005 2A NCS Championship. Throughout the 2005 season, Haller pitched, played outfield and 2nd base, and used his lightning-speed on the bases to help maintain the team's outstanding record.

"We have a lot of returning Varsity players. We may have gotten off to a rocky start, but when our hitting takes off, we'll be in great position for another NCS Championship," declares Haller.

JENICE BARTEE

by Alex Randall



What does a female athlete do when playing with the girls doesn't cut it? She plays with the boys. As a youngster, senior **Jenice Bartee** was always a baseball nut. Having an older brother did anything but quell this obsession. "I always wanted to wear his number," she says. Bartee played hardball from the ages of five to twelve.

After sixth grade, Bartee made a permanent switch to softball. The San Marin team has seen much success in her time, including a win in last year's NCS championship. Bartee also proved herself as a leader at the plate, batting .438 with an on-base percentage of .471.

Bartee will continue her softball career at Sacramento State University, always keeping her team's motto at heart, "Have fun, have more fun, have the most fun possible."

Completely Confidential

birth control + pregnancy testing + STD testing + HIV/AIDS testing + medical & surgical abortion (4-18.6 weeks, sedation available) + emergency contraception (the "morning after" pill) + all are welcome

free or low-cost

1-800-967-PLAN www.ppgg.org

Planned Parenthood Golden Gate
Hayward • Oakland • San Francisco • San Rafael • San Mateo • Redwood City • Redwood Park

VINCE GRAMALIA

Real Estate Broker



700 Fifth Avenue
San Rafael, California 94901

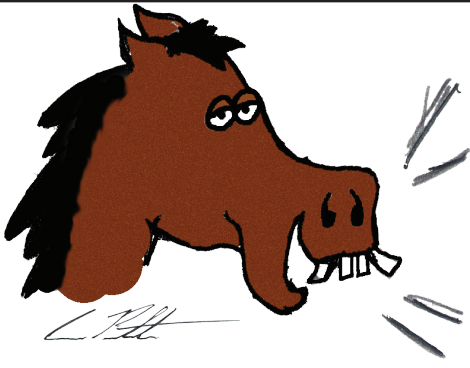
Direct: (415) 257-2057

Office: (415) 456-3000

FAX: (415) 457-2359

e-mail: vgramalia@fhallen.com





Straight From the Horse's Mouth: A Little Gossip From Around the Stable

by Katrina Richards and Miquelle Bagley

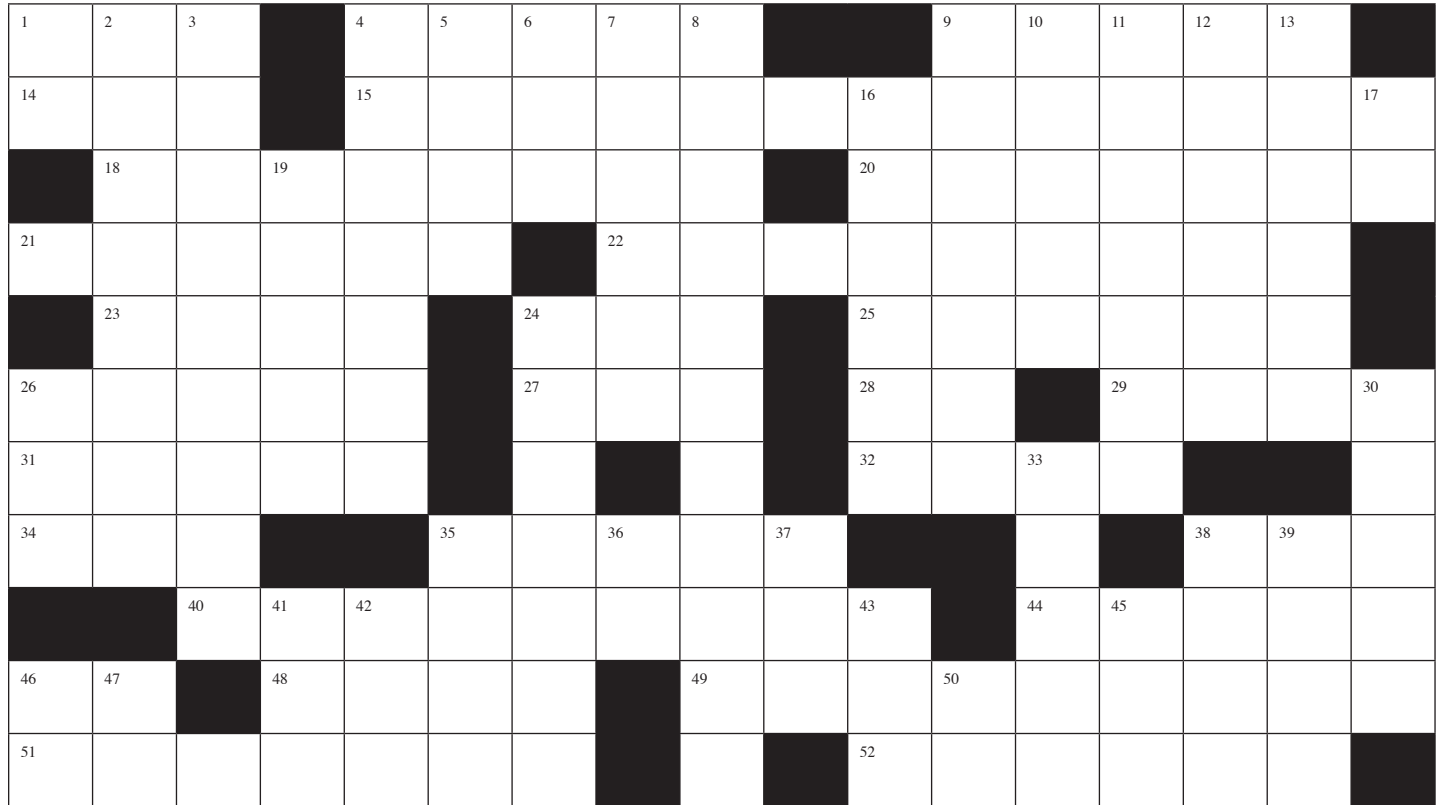
- Power senior couple, the Jones', call it quits. Underclassmen everywhere are scrambling.
- The senior class' voted "Worst Drivers," Katt Knecht and Julie Kern, live up to their reputations.
- Starbucks takes over Novato with five locations and counting.
- Senior Andrew McKay begins preparations for his "Eurotrip" inspired backpacking trip. First stop: Amsterdam.
- Freshman Ty Walsh seeking revenge on the boys who narked on him leaving campus at lunch. We're all still laughing.
- Party robber damages total over \$15,000.
- Sophomore girl known strictly as "Idaho" moves back home to Idaho.
- Varsity baseball sports all their new equipment.
- Junior Ali Rawson and Senior Chris Kruger are rumored to be engaged.
- School torn on the Loeta Anderson debacle. Teachers threaten to leave. More departments expected to crumble.
- OC girls sophomore Bridget Sisco and junior Chloe Sabolick's cars get vandalized. Culprits still at large.
- Junior Sean Larkin finally receives two tickets after his erratic driving and being pulled over eight times.
- Make sure to come to the Daily Grind from 9 AM to 5 PM on April 1st and get your car washed by the girls varsity lacrosse team!

Crossword

by Dan Saslow

ACROSS

- Printer term
- French vodka
- Cremation product
- Call for help
- A common example of this is salt
- Finger
- Consisting of an image of people, animals
- Characterized by its wind and colorful trees
- Stiller comedy, about fashionable man
- Tale, legend
- Lumbering individual
- Relating to spider's nets, w_____
- Lucas' fictional student, pa_____
- Film producer, lion mascot
- Sea level
- Space excavator
- Foliage of the fireplace, ma_____ree
- Partial
- American Electric Lighting
- Graduate, informal
- Honolulu's necklace
- Critic sees 'Bloodrayne.' The result?
- Ex-princess of Britain
- Hollywood's home
- It was Shindler's
- Late 90's impeachment meant:
- Gene factors



- To sneak or slyly trick your way out of something
- Inhabit
- Kitchen tools, d_____
- Illness
- Students use this in college
- Place for R&R
- Straight lines that aren't in a straight line
- If I was frustrated with you, I'd give you a pi_____
- Friendly
- European herb, without its vowels
- Famous escapist
- Positive exclamation
- Commonly found included with drum sets
- Hurricanes leave houses ro_____
- Slang for secrecy
- Something that is perceived by ears is _____
- Folded egg breakfasts
- Forensic identifier
- Foreign
- Fox is an example of _____
- Rear
- Invisible light just beyond violet, abbr.
- Took the red pill
- Tardy
- Tyl____, for pain
- Beer, wine, _____
- Daffo____, often yellow
- Choreographed wrestling league
- Adjacent to 'Delete,' abbr.
- The sixth in singing
- Part of Louisiana Purchase, abbr.
- Often stands for 'light' or 'limited edition'

DOWN

- Author initials

"Hot Fashion?
Even new
Prom Dresses?
Where oh
where?"

**Bridal
Fashion
Prom
Jewelry
Accessories**

**"Really Dah-ling!
Everyone knows
about Nan's
new shop."**

**Party Dress
Lingerie
Destination
Bridal
Special Occasion**

**NAN WINTERS
COOL STUFF**

10. European herb, without its vowels

11. Famous escapist

12. Positive exclamation

13. Commonly found included with drum sets

16. Hurricanes leave houses ro_____

17. Slang for secrecy

19. Something that is perceived by ears is _____

24. Folded egg breakfasts

26. Forensic identifier

30. Foreign

33. Fox is an example of _____

35. Rear

36. Invisible light just beyond violet, abbr.

37. Took the red pill

38. Tardy

39. Tyl____, for pain

41. Beer, wine, _____

42. Daffo____, often yellow

43. Choreographed wrestling league

45. Adjacent to 'Delete,' abbr.

46. The sixth in singing

47. Part of Louisiana Purchase, abbr.

50. Often stands for 'light' or 'limited edition'

NEW SHOP IN PETALUMA
SEE IT NOW AT
NANWINTERS.COM

23-4th St | Across from Old Library at 4th & B | 707-778-0163

(Answers on page 9)