



Pony Express

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San Francisco Rallies in Support of Darfur

by Lizzy Sturgis

On Sunday, April 30, more than 5,000 people came together on the Golden Gate Bridge for a silent vigil. The vigil's focus was to create awareness about the genocide occurring in Darfur, Sudan. A rally took place after the silent vigil at Crissy Field, where the stage had the Golden Gate Bridge as a backdrop. Washington D.C. was also the site earlier that same day to publicize the plight of the people of Darfur, with over 30,000 people attending.

According to the Merriam-Webster Dictionary, genocide is the deliberate and systematic destruction of a racial, political, or cultural group. Fifty years ago Sudan, the largest country in Africa, belonged to the United Kingdom, but during the last ten years civil war has raged in the country. The part of Sudan known as Darfur is populated mostly by Black Africans. The Janjaweed militia, a predominantly Arab force, is the source of the murder, rape, forced expulsion, and ethnical cleansing of the people of Darfur.

The Janjaweed seem to stop at nothing to push the people of Darfur out of Sudan to seek refuge in neighboring countries like Chad. They are burning down villages and poisoning wells. The refugee camp's safety in Chad has been faltering, with men and boys being abducted from these camps for military training by the Janjaweed.

The United Nations World Food Program (WFP) had to cut the food rations the refugee camps were receiving from 2,100 calories to 1,050 calories because of the shortfall in funding. The Sudanese government

is not stopping the Janjaweed militia and may even be helping them. Over 400,000 people are dead, 2.5 million displaced, and countless women and children have been raped. The Red Cross, the Red Crescent, and the African Union are putting in a good effort to get people in Darfur, food, clothing, and safe shelter.

In San Francisco, the rally had many speakers to raise awareness including Roman Catholic Archbishop George H. Niederauer, Congresswomen Lynn Woolsey, Congresswoman Barbara Lee, the Reverend Cecil Williams, and Congressman George Miller's wife Cynthia Miller.

"This is a brutal example of humanity," added Reverend Cecil Williams. The West Africa Highlife Band from Nigeria, the Sweater Club, Talisman, and Brad Wolfe kept the rally entertaining.

Darfur is not the only region where genocide has occurred, of course since the holocaust during World War II there have been other genocides, including Rwanda and Bosnia during the last 15 years. In Rwanda 800,000 people were killed in a matter of months and in Bosnia the genocide lasted for several years before NATO, an organization that includes the United States and many countries of Europe, put a stop to it. If the genocide in Darfur is to be stopped, we have to act now, we have to educate as many people as possible, we have to alert the government and let them know we want them to act, and we have to support international aid organizations with our donations.

News Briefs

by Allison Arnheiter

Augusto Gets Another Chance: After being let go from coaching San Marin's football and wrestling teams, Chris Augusto was unable to determine what he was going to do. Then, after being out of coaching since July, Augusto was hired as an offensive coordinator for the College of Marin football team. "I was excited when I got the offensive coordinator job," says coach Augusto (Quoted from the Marin IJ).

"He was very highly recommended by a number of people," exclaims College of Marin's Athletic Director, Jim Brovelli. Regardless of his past record, Mr. Brovelli still believes it will be just the thing they need to get back into the winning field of football.

No Medical Value in Pot: In Washington D.C., the Food and Drug Administration declared that there is no medical use of smoking marijuana. This recent study contradicts the 1999 review by top government scientists from the Institute of Medicine (Part of the National Academy of Science), stating smoking marijuana is "moderately well suited for particular conditions, such as chemotherapy-induced nausea and vomiting and AIDS wasting." This is creating a fierce political fight against the pros and cons of smoking marijuana.

Eleven states have legalized the medical use of marijuana. However, the Supreme Court decision last year allowed the federal government to arrest anyone using marijuana, even in the states that have legalized its use.

Teen Drug Use Decreasing: During a two-year study, researchers discovered

that the drug use in California has decreased. In 2002, over 135,000 teens from the age of 12 to 17 were questioned to find out that 11.4% were using illegal drugs. Later in a 2004 questionnaire, researchers found that only 10.9% of people between the ages of 12 to 17 used drugs in the past month. Although the drug rate in beginning to drop, the drinking rates are not. In the same study, they questioned people from the ages of 12 to 20 and 24.7% said they drink alcoholic beverages. In 2004, percents increased to 26.3%.

Novato Teen Faces Gang-Related Murder Charges: A 17-year-old Novato teen was arraigned as an adult on felony for gang-related murder charges in Marin Superior Court. The teen, which was wanted on a one million dollar warrant, turned himself in to the court. He appeared before Judge Verna Adams with his lawyer, Carl Gonsler, and was taken into custody at Juvenile Hall. Attorneys would not say why the teen turned himself in, citing attorney-client privilege.

Novato Woman Assaults Cop and Endangers Baby: A Novato woman was charged with the attack of a Novato police officer and child endangerment. Cops were called to the apartment by a neighbor over a dispute between roommates. When the officer entered the apartment, the woman argued with him, threw an object at him, and then proceeded to hold the baby over the balcony. The cops quickly and carefully got control over the woman and the unharmed baby. The woman is soon to be in trial.

Question Man

collected by Miquelle Bagley

"If your life had a theme song, what would it be and why?"



Freshman Nicole Dewald - "NWA's 'Straight Outta Compton,' because I'm a gangsta, can't you see?"



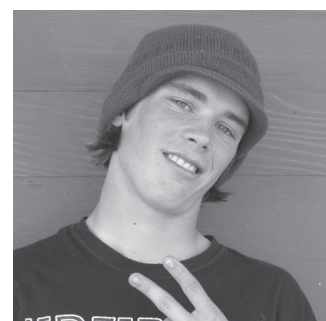
Sophomore Kathleen Kilgariff - "'Terrible Linda' by Philthy Phil. His lyrics about the Bay just speak to my soul."



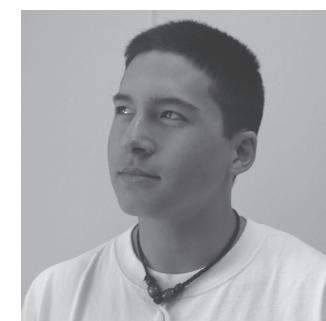
Junior Ally Rogiers - "'Spice Up Your Life' by the Spice Girls because everyone's life needs a little spice."



Senior Julie Kern - "'Semicharmed Life' by Third Eye Blind. Because I'm packed and I'm holdin'."



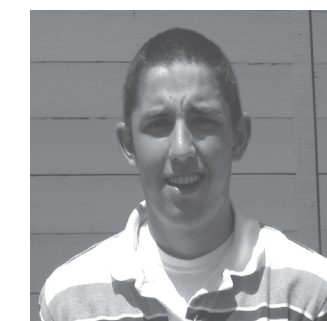
Freshman Jason Zunoni - "'Garden Grove' by Sublime, because I love my dog."



Sophomore Mike Richards - "'Hold the Line' by Todo because love isn't always on time."



Junior D'jaun Eure - "'Mariah Carey's 'We Belong Together.' Because me and Mariah Carey belong together."



Senior Martin Kilgariff - "'The Thong Song' by Sisqo. Lemme say it again..."

San Marin: Land of the "Drug Free" and Home of the Betrayed

by Alaina Gutfield

Interquest Canine Detection Program is currently being utilized by the Novato Unified School district, (NUSD), for the upkeep of a safe learning environment in all secondary schools of Novato. This program strives to create safe and secure drug-free environments. These dogs can detect drugs, gunpowder based weapons, and misuse of medications. Under core values Interquest identifies their mission statement as, "Our individualized programs are designed to meet your particular needs for a 'Safe and Drug Free' environment with minimal disruption to normal daily activity. We perform thousands of sweeps annually. All of this combined ensures effective sweeps reducing unwanted items, substances, and activity thereby eliminating trouble before it starts." Do you feel like you just read the by-laws stated by the thought police in 1984, unfortunately this is real, not fiction.

In a NUSD letter from Jan La Torre-Derby, Ed.D., Assistant Superintendent, she writes to inform the Board of the Safe Schools Action Plan. The Safe Schools Action Plan was established in April of 2002 for the diversity in the area to create a safer learning environment. The committee is comprised of administrators, teachers, and parents from each of our six secondary schools. In this letter to the board Jan Derby expresses the core of information referring to drug and weapon abuse in our district's schools. Among the listed resources Jan Derby provides is the California Healthy Kid's Survey, SARB reports, suspensions and expulsions, and Novato police citation records. Originally the

Safe Schools Action Plan was directed towards Novato's High Schools but then became a generalized secondary schools issue. In that respect none of the previous information remains valid. The healthy kids survey is only taken in account of 7, 9, and 11th grade students. This leaves out a block of the percentage in the schools. In all categories of the Healthy Kids Survey the percentage of middle school students participating in the consumption of illegal substances was under 5 % all across the page. The healthy kids survey shouldn't even be a valid account of student's lifestyles as most students give false information on those surveys, usually marking under worse conditions than actually exist. In response to the healthy kids survey junior Oliver Hennessey stated, "I didn't answer one question right, I don't want my life to become apart of the administration's statistics."

In a document on the NUSD web page the Board of Trustees discusses the idea of a recommendation of whether to institute the program in secondary schools for the 2003-2004 school year. Now this has become old information with a lack of a current follow up by the board. In all the researching information supplied by the NUSD no news was up to date. In a link from the NUSD web page notes from a board meeting in 2004 the issue of canine detection was listed under "removed form consent agenda" meaning this topic is no longer an active topic being discussed. In March of 2003 the Interquest program was sent to all schools to give a presentation for the program and introduce it to the schools, all schools in Novato

except San Marin. All schools presented to even including San Marin adopted Interquest detection except Marin Oaks. At what cost are we will-



ing to risk for such safe learning environments? For the students they lose their right of personal property, but in numbers there is a bigger price to pay. An accumulative total for the necessities required for a safer school and drug free kids are over \$160,000. All of these expenses listed by the NUSD are covered by grants, agencies, or donations but none of these sources are cited in any actual detailing accounts. This is a large sum to cover and the board is finding ways effortlessly but why keep the source hidden?

When the dogs come to San Marin's campus to sniff the lockers and parking areas one wonders, if we aren't permitted to go to our cars, why can a student face a possible suspension for contraband in the vehicle? If and when you are asked to take the walk to the office to meet these golden narks don't expect any warning. Junior Camille Foster, who has walked this path two times in the 2005-2006 school year, doesn't smoke marijuana or drink alcohol. She didn't bring an AK-47 and didn't even have cigarettes in her vehicle but was taken

down by a yard attendant and wasn't even informed of the reason. Why would these supervisors keep us in the dark as long as possible? Why do they want us to feel betrayed and stripped of our rights and privileges, even going to the extremes of giving the police permit numbers for "well known" cars.

The Safe Schools Action Plan is ideally a great idea. Everyone wants to feel safe no matter where they are, especially at school or the workplace. Interquest and the detection services installed in Novato school system tread on icy waters with invasion lying below them. From trial and error we can see that too much movement on the ice will eventually cause it to shatter, leaving the school system floating in betrayal with little hope of help. Creating safer schools is found at the heart of any individual concerned with a child's well being, but is it necessary to infringe upon the student for the schools to accomplish this goal? By keeping faith and trust away from the students the administration is only asking for deceit and bitter responses. There is a saying, if you give them an inch they will take a mile. The saying goes both ways, if you give trust and hope an inch the response could take you miles from where you though you would find yourself, maybe even in a safer school with liberated students who don't feel the need to get high during school. You can also give the authority an inch to help in the right direction and find yourself in a land of mystery with little answers to questions, but one question you can answer now is, with your inch what journey may you embark upon?

Errors/Corrections: In the Pony Express's Volume 37, Number 5 issue distributed on March 31, 2006, an error made in "Straight from the Horse's Mouth." Junior Ali Rawson and Senior Kris Kruger are not engaged. The Pony Express staff apologizes for the misunderstanding.

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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.

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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.

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The Dispute Over Illegal Immigration

by Hari Khalsa

On May 1st, 2006, demonstrators all over America participated in the Great American Boycott in response to a proposed reform to illegal immigration laws. This bill, known as H.R. 4437, could have drastic effects on both U.S. citizens and illegal immigrants in America. If this bill were to pass in the Senate, it would mean tougher border security for incoming illegals and harsher rules for undocumented workers in the U.S. With the Immigration and Naturalization Service reporting over 7 million illegal immigrants living in America now, the effects of H.R. 4437 could cause many changes in the United States.

While many believe that illegal immigrants cause harm, the posi-



The nation is torn over illegal immigration.

itive effect immigrants have on America's economy is undeniable. Many immigrants are willing to work for significantly lower wages and often for no benefits. This helps to decrease the price of living for U.S. citizens and increases profit for businesses; both of which contribute positively to America's economy.

Conversely, these undocumented workers can create problems which stress America's resources, like health care and education, without ever having to pay taxes in return. But part of this depletion of resources may be attributed to many of the illegal immigrants' children, who, if they are born in the U.S., are legal citizens and are fully entitled to these services. Illegal immigrants may also pose a threat to American workers. According to the Bureau of Labor Statistics, national unemployment rates are at 4.7% as of April 2006, and it is argued that immigrants are taking jobs of legal citizens. Illegal immigrants are a critical element of America's economy, and their effects- both positive and negative- relate directly to U.S. citizen's everyday life. H.R. 4437's ramifications could change the make-up of America today because of our economy's reliance upon cheap labor from illegal immigrants. Whatever the success of the bill in senate may be, the result will continue to affect both citizens of the U.S. and illegal immigrants radically.

San Marin Registers With TurnItIn.com

by Geneva Licht

As some of you may already know, the plagiarism detection device known as Turnitin.com is now being used at San Marin High School. Some students have already registered as a class and are planning to enter papers soon. The NUSD has purchased Turnitin.com for our high school as a way to track down students who have been plagiarizing. Teachers may submit essays to the web site, or more commonly, the students will submit essays directly to the site themselves.

The web site has a huge database that instantly identifies papers with material that is not original, and the teacher will be the first one to know. One reason teachers want to

use the web site is because students aren't even aware of how easy it is to plagiarize something. Plagiarism includes turning in



someone else's work, failing to use citations when using another's information, or copying someone else's ideas. Just changing the words of a source isn't enough to prevent plagiarism; it is

still plagiarizing if the idea from the source is retained.

Teachers at San Marin have wanted to get Turnitin.com for years in order to check for plagiarism in major papers. It's a way for the teacher to prove plagiarism when they can tell if they are grading a paper. "Plagiarism is a problem at our school, and English and history teachers will be using it in the near future," says history teacher Mr. Spinrad.

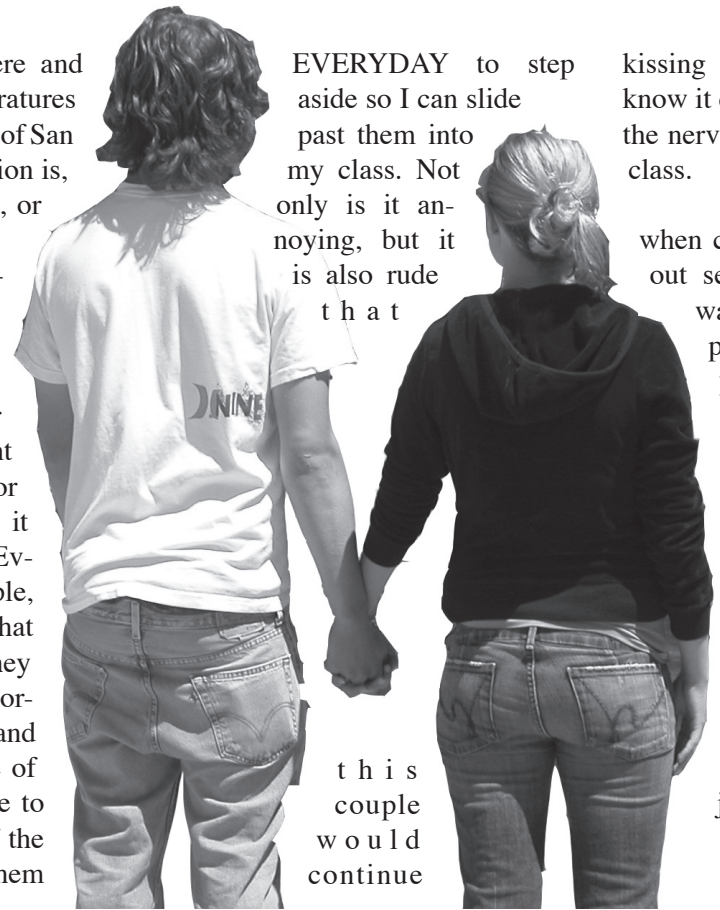
So, the next time you are trying to finish a last-minute essay or report, think twice about copying something from the Internet because you could be TurnItIn.com's next culprit.

PDAs: How Much is Too Much?

by Lindsey Franz

Summer is almost here and love is in the air. As the temperatures rise, so do the passions of many of San Marins students. But the question is, is Public Display of Affection, or PDA, really appropriate?

Walking through campus during any given passing period, and one can see as many as seven or eight couples publicly displaying their affection. While many of us dont mind seeing a couple hugging or kissing each other goodbye, it can be taken to the extreme. Everyday, there is a certain couple, who will remain anonymous, that I have to disturb and ask if they will please step out of the doorway of my class. I can understand if it was a one-time-only type of deal, where I would only have to ask them once to move out of the way. However, I have to ask them



EVERYDAY to step aside so I can slide past them into my class. Not only is it annoying, but it is also rude that

this couple would continue

kissing everyday, even though they know it clearly gets on my nerves and the nerves of many of the kids in my class.

Although I find it irritating when couples have a full on make-out session in the middle of the walkway, I do not discourage public displays of affection. If you have that special someone, then by all means, go ahead and give them a little peck! But please, don't get in everybody elses way by doing so. PDA is like cops at a party in Novato, annoying, always there, and impossible to get rid of. So, if possible, keep your lovin for after school, on your own time. And remember, just please keep it PG!

Backbreakin School Supplies

by Alaina Gufeld

As Students in order to succeed in our courses and accomplish desired goals set by their instructors there are certain supplies one would need throughout the school day. Just as a professional may have his computer to do the work required, students need books and papers, or project boards. In order to help the students out, the schools gave lease of lockers to the student body. These lockers may be barely enough room, but the help is still very much appreciated. Now we have come to the dilemma involving students and their lockers. With the growing student population lockers are becoming scarce. A backpack seems like a logical, appropriate answer to my problem but as the long school year pushes on so increases my back problems. This is a direct result from the amount of pressure on my back during the school day from heavy books. While talking to licensed chiropractor Martha

Palm, she stated that young people, including high school students, could injure their back more permanently than just a really tight back pain. With the developing muscles and bones the intensity and amount of pressure applied by backpacks could retard the maturing growth, leaving your back in a constant sate of discomfort.

These problems could easily be resolved, however, by more locker space. In the San Marin campus all of the locker facilities are caged so as to cut down on vandalism, thievery, and general shenanigans. This also shuts students off from going to their lockers outside of school hours. Without constant access to schoolbooks and papers it can keep one from finishing an assignment. Obviously this isn't a district decision because Novato high has all outside and open lockers. If San Marin were to follow suit we could line lockers along buildings providing enough space for more lockers.

Near the art building there is an open mud field where no purpose is served except for kids to drive through on the nights and weekends. That location would be perfect for more lockers. Plenty of students don't even use the lockers they have while others are desperate for them.

So the options presented leave students with a decision. Risk breaking the rules to visit your car and switch books during break or lug the pounds around until lunch unless you have a locker, which few do.

All I'm asking of the school is to take a look at the ratio of lockers to students and see if the numbers are even close. There are a number of solutions to the problems I have presented but they don't require a lot of work or a huge cut from the taxpayers, only a second glance at an easy solution. It would benefit grades and health, which is hat schools seek out, the well being of the students.

SAT II's: What Students Need to Know

by Katrina Richards

As the seniors are preparing themselves for college life, the junior class has a new burden to worry about concerning their future. No, I'm not talking about the parking space auction, but an extremely important

group of little known tests that many colleges, including the UCs, require their applicants to take. The SAT II's, usually given on the same day as the infamous SAT, are designed to measure your skill or knowledge of a particular subject. They are usually less stressful than the SAT, considering that the tests are curriculum based, meaning you learn all the tested material in your basic classes. Many colleges use the tests for class placement and admissions along with other background information. You must take them by December of your senior year, so it's about time to start worrying about them.

People interested in applying to a UC school must complete at

least three SAT II tests in order to be considered. Students are required to take the Writing and Mathematics 1 or 2 tests and another to make up three. The third test is your choice and could consist of a test in one of the



following areas: English Literature, Foreign Language, Science, Math, or Social Studies. The tests are out of 800 points and all three can easily be taken on a Saturday.

The Math portion is broken up into two different tests: Math IC and Math IIC. Math IC is the less advanced of the two and carries the combined curricula of classes up

through beginning Advanced Algebra. The Math IIC, though, goes up through the Pre-calculus and includes some calculus, as it is a rigorous test of mathematic aptitude. The English Lit test consists of specific reading comprehension and is very straightforward test. Subcategories under social studies include US History and World History, which students most often take after completing the respective class. Science subtests are Biology, Physics, and Chemistry.

These tests are easy to sign up for considering the simplicity of registration. A quick visit to CollegeBoard.

com and a quick click on the "Register for SAT II" button will sign you for the test(s) of your liking.

Remember to not completely stress out over these tests. Just show up prepared and you will do well.

New Ways to Get Active

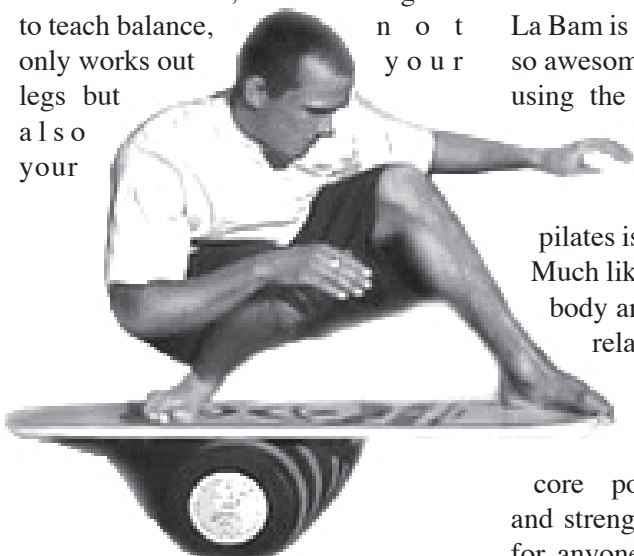
by Katrina Richards

As spring graces us with its presence, the desire to get outdoors and under the sun overcomes us. But there are only so many days that one can spend lounging by the pool, gaining unwanted fat. In order to keep lazy days interesting, and still burn calories, one might turn to the world of new eclectic ways to get active. These are not your typical exercises like running a 4-mile death hike or doing enough sit-ups to give you a hernia. Designed to unite the body with the soul, they are not only fun, but will shape your body so you can be the next Fabio...or at least look amazing on the beach.

Yoga: Recently, the popularity of yoga has skyrocketed as many individuals chose to incorporate it into their daily routines. Consisting of low-impact physical activity, it relaxes the body while calming muscles and giving them a slight work out. To begin practicing the art of yoga, all one needs to do is purchase a yoga mat and an instructional book or video, or just sign up for a yoga class at a local gym. If you're short on money, renting an instructional video or checking a yoga

book out from the library will work just fine.

The Indo-Board: What was once only known by surfers is now what many trainers at gyms swear by. The Indo-Board, designed to teach balance, not only works out your legs but also your



The Indo-Board is a great way to tone leg muscles.

abdomen. It might sound odd, but it is surprisingly extremely fun. Think of it as a skateboard on a ball and what you need to do is balance on

the skateboard without falling. Might seem odd that such a thing would give you such great results but it's the truth. And the fact that you can merely pull out your Indo-Board and exercise while watching a new episode of Viva La Bam is what makes the Indo-Board so awesome. The only downfall about using the Indo-Board is purchasing the system, which runs about \$100.

Pilates: In reality, pilates is basically yoga on steroids. Much like yoga, it incorporates both body and mind but instead of only relaxing the body, it tones and sculpts muscles with its intense movements. Pilates focuses on the body's

core powerhouse, or abdomen, and strengthens and tones abs. Great for anyone who wants to look good in their swimsuit. Although most pilates are designed to target the core powerhouse, there are several that aim to sculpt arms, thighs, and legs. And by only having to commit at least 30 minutes a day, 3 times a week, pilates are an easy and fast way to get your body in shape.

Fishing

by Alaina Gufeld

There's a new craze in the fishing world and the catch lies at the bottom of the sea. Crawdads, normally seen as meaningless catches, provide climactic entertainment for bored teenagers near bodies of water. A popular spot for this sport is the Truckee River in northern California. If you're near a dock the best way to pass the time is to fish for crawdads at the bottom of the abyss

Location is key, but it's also essential to have the required devices in order to lure and secure your catch. Time is crucial; it must be dark in order to see your prey. This would require there to be no sun, hence night is the best time to fish for crawdads. Since you are working at night in order to really see the crawdads, you need a



Fishing is a growing craze among people of all ages.

flashlight: high powdered magnums are a good idea. Your actual catching device requires a lined fishing pole, or just a stick with a string. Bait is very important; you need bait that will lure the crawdads, which fortunately isn't hard. Any forms of meat will due, deli meat is a good idea though.

Once you have your location and tools all you need is your crew. The best part of this sport is the event of fishing. Since you need at least three people to crawdad fish, it's a group friendly sport. One needs to hold the flashlight, the other baits and drops the hook, while the other awaits the catch so they may have the net or bucket ready for he drop in. When you find the appropriate crawdad, drop the meat and the crawdad will do the rest. Wait for the bite, and once it seems to have a solid grasp slowly bring the line up and right before the crawdad emerges have the bucket read. Your biggest adversary at this point is gravity. When the crawdad first arises from the water it can tend to drop back in, so keep the bucket close and stay alert.

With a good group of friends, plenty of food, and endless time to kill you can perfect the art of crawdad capture. Now all you need to do is go out there and find you catch.

Catching Your First Wave

by Alaina Gutfeld

Surfing has become an increasingly popular sport across the world and is slowly infecting Novato. Summer is close on the horizon, the perfect time to try new things, and with an abundance of free time approaching, why not expand your interests?

Beginning surfers often have trouble catching their first wave mainly due to location. When first starting out, it's best to avoid other surfers, for both your safety and that of others. Also, find an easy rolling wave with a deep impact. The best location has various kinds of waves for you to practice your technique without having to worry about other surfers. The next and most important factor to incorporate into your surfing success is having someone to get you pumped about surfing. A surf buddy who you can surf with and talk about your surf day with can keep you motivated and interested. We

all need a little help from our friends sometimes.

Once you find the perfect spot your next step is to walk your board out until you are in waist to chest-deep-water. Lay your body on the deck of your board and be careful to keep your weight centered on the middle of the board.

The natural tendency is to lean back towards the tail of the board, but this causes the nose to rise and create resistance when you're trying to get moving. To paddle, alternate your arms with cupped hands. If you hit choppy water, lift your chest up and lessen your weight off the board.

When you arrive to the best spot for a breaking wave, wait for it to roll in. You'll see the set rolling in from the horizon, and all you can do is wait in anticipation. When the wave starts progressing faster, you begin to paddle until you can't paddle anymore, then paddle a little more. When the wave hits the back of your board, just hoist your body upward and bounce to your feet as quickly as possible. Bend your knees and remember to stay centered, leaning back minimally.

The first wave you catch is a memory you can never forget. The first time you try surfing, get a group of great friends and find a location that will be as memorial as the event itself. Now that you have the basic instructions, go and try it for yourself. Hopefully you will discover your life's new passion.



Mastering the pop-up is an important part of surfing.

Gas Tips for Summer Road Trips

by Alaina Gutfeld

Are you venturing off to the wild and unknown this summer? Road trips: the aspirations and dreams of thousands of American teenagers looking for a little fun and experience. Even in 2006, kids are still piling into their cars, loading the gas tank, and cruising beyond the horizon to new places. With gas prices constantly rising, a minor setback seems to have been presented. But no longer should you fret over gas prices, for now I pass to you 10 tips on conserving gas this summer.

1. Drive like your Grandma. Although senior citizens seem to always get a bad rap for slow driving, it actually conserves gas. Quick acceleration, speeding, and fast braking all contribute to faster fuel consumption and engine wear. Driving slowly can even permanently decrease your gas mileage by 33% on the highway and 5% on city roads.

2. Resist the temptation to speed, and drive the speed limit. Driving over 60 mph is proven to decrease gas mileage at an even higher rate.

3. Keep it light. The lighter the car, the less the engine needs to work creating less fuel consumption.

4. Don't stay idle. Idling gets 0 miles per gallon. Cars with larger engines typically waste more gas at idle than do cars with smaller engines. If you know that you will have to wait more than one to two minutes, shut off your engine.

5. Pump it up. Keeping your tires fully inflated creates a safer and more fuel-efficient drive. By keeping your tires full and your car properly aligned, your gas mileage increases by 3 percent.

6. Early bird catches the gas tank. Most gas stations revise their prices after 10 a.m., so filling up early could save you. According to gaspricewatch.com, most price increases occur on Thursday mornings.

7. Cruise. When traffic permits use cruise control to help maintain a constant speed, and waste less gas.

8. Get oily. Oil is a main part of a happy and healthy engine. Gas mileage can be increased by three percent by using the manufacturer's recommended oil. Also look for the key words "energy conserving" on the label.

9. Filters are key. A clogged or dirty filter can steal up to two miles of gas per gallon. By keeping your filter clean, you keep your car and wallet in good shape.

10. Go under cover. Especially on hot summer days, leaving your car in the heat can cause the gas to evaporate. Parking your car under a shady area or in car garages



Daily Guide for Summer Distractions

by Alaina Gutfeld

- June 16- Take a bike ride out to the end of Novato Blvd.
- June 17- Share a banana split with a very good friend
- June 18- Wake up before 11 a.m. and go get breakfast
- June 19- Find your next favorite clothing item at a thrift store
- June 20- Find a town in Marin you have never been to before and go there (i.e. Dogtown)
- June 21- Swim in someone else's pool (make sure it's legal)
- June 22- Dye your hair a color of the rainbow (it can be washout)
- June 23- Go butterfly catching in a huge field
- June 24- Frolic in the ocean
- June 25- Learn a sport you've never tried with a group of friends (Ultimate Frisbee?)
- June 26- Get a group of friends and create a drum circle
- June 27- Go horseback riding on a trail or at the beach
- June 28- Have a BBQ at the lake
- June 29- Go to the Farmer's market on 4th street in San Rafael
- June 30- Tie-dye shirts, and then wear one all day
- July 1- Hike to the top of Mt. Burdel and have a picnic
- July 2- Spend an hour making crafts then give them to your friends
- July 3- Make homemade ice cream
- July 4- Paint a portion of your body red, white, and blue
- July 5- Have a water balloon fight with some friends
- July 6- Make a mix for your iPod full of ambient noises, like sounds of the rainforest.
- July 7- Leave anonymous love messages on your friend's answering machines (remember to disguise your voice.)
- July 8- Find a stranger with an interesting walk and imitate the swagger without being noticed. The point isn't to mock, just to find as many people to imitate as possible.
- July 9- Myspace lovers only: Find every classmate you can from first grade and leave a comment about anything you remember from that year of your lives together.
- July 10- Pick a new name for every person you meet, and insist that they continue calling you by the new pseudonym.
- July 11- Leave a note for someone every place you go today.
- July 12- Google the weirdest name you can think of, and then take a road trip to the destination.
- July 13- Send self-addressed postcards to random addresses with intriguing questions. Make a scrapbook of the responses.
- July 14- Have lunch with friends, then every time the waitress asks how you're doing say only random words. Each person must say one thing each time she comes around.
- July 15- Send cards to all your friends telling them to meet at a random place all at the same time, then have a picnic ready when they arrive.
- July 16- Write a handful of warm thank-you notes and hand them to random people you meet throughout the day.
- July 17- Every time someone asks what you want to do start a chain of random words, the first to delay with a response has to decide on an adventure
- July 18- Call your friends pretending to be a telemarketer, only ask personal, uncomfortable questions
- July 19- Fake an injury, every time someone asks you what happened create an elaborate story.
- July 20- Write a series of random directions, then follow them to the destination, wherever that may be
- July 21- Have a volleyball tournament at Stafford, losers supply the BBQ
- July 22- Synchronize your watch with some friends and agree at the same time to sing a Christmas Carol or perform some random action
- July 23- Fly a kite in Chrissie Field in San Francisco
- July 24- Prank call your parents informing them of a complimentary cruise package
- July 25- Make cream pies and have a pie-throwing extravaganza
- July 26- Write down a conversation, (it can even be strangers), then read it later and see what came out
- July 27- Have a sand castle competition
- July 28- Draw pictures with sidewalk chalk
- July 29- Organize a balloon fight with substances other than water inside
- July 30- Gather your friends together, each person brings a random object and you must use all objects to create a game
- July 31- Have a hackey-sack tournament
- August 1- Run across the Golden Gate Bridge
- August 2- Hike in Muir Woods
- August 3- Pick wildflowers
- August 4- Pick up as much litter as you can today
- August 5- Make fresh squeezed lemonade
- August 6- Go on a night hike
- August 7- Camp in your backyard, (or anywhere you find exciting)
- August 8- Have a themed party
- August 9- Gather a group of friends and have a marathon of your favorite show
- August 10- Volunteer at the Humane Society
- August 11- Splatter paint (use your imagination)
- August 12- Leave a dramatic, scary message on your close friends answering machine, pretending to be a crazed ex-lover
- August 13- Visit the Tea Garden in San Francisco
- August 14- Go to the beach and try a sport you've never done before
- August 15- Create a new country with an accent to match and have you and your friends speak in your native tongue all day, everywhere you go, (don't get out of character)
- August 16- Have an all-nighter, go to places open all night long (mini golf, bowling)
- August 17- Dress as hippie as possible and go to the farmers market
- August 18- Road trip to Santa Cruz
- August 19- Rent a hot air balloon
- August 20- Take a trip to Q-Zar
- August 21- Buy a slip-n-slide and enjoy! (TIP: substitute olive oil for H2O)
- August 22- Play Twister on your roof
- August 23- Water World- enjoy, remember to bring a towel!!!!
- August 24- Get as many friends together as you can and play capture the flag
- August 25- Have a block party
- August 26- Do a Chinese fire drill at every stop all day
- August 27- Have a bonfire at the beach, (plan ahead some beaches require permits)



Yuekai.net

by James Gramalia

Almost every student at San Marin has a Myspace profile. Many people spend hours designing their profiles, tweaking the color scheme and adjusting the layout. While the flexibility of Myspace allows for But one student, Yuekai Sun, decided to create his own website from scratch.

With the advent of accessible technology, students have become more and more capable with computers. Students are able to teach themselves advanced HTML, CSS, and RSS codes through a quick search in Google and a couple hours spent reading through the results. One student from San Marin in particular, Yuekai Sun, learned to write these scripts and created his own website from scratch.

Yuekai.net was originally intended to be a portfolio site showcasing Yuekai's work when he was trying to find a job as a freelance web designer. However, in early 2006, Yuekai decided to transform yuekai.net into a weblog. As Yuekai puts it himself "the prospect of expressing my sentiments freely soon enticed me

to convert Yuekai.NET into a blog".

So why yuekai.net instead of the much more catchy yuekai.com? Well, yuekai.com has already been



registered by another Yuekai in China. When our Yuekai inquired about purchasing Yuekai.com, the Yuekai in China asked for \$10,000 yen. So our Yuekai told him to stuff it and bought

yuekai.net instead.

Yuekai.net consists of a blog, an 'about me' blurb, and a section about his Start-Up Web-Design

my opinions and views about things," Yuekai says, " because my opinions and views are always right."

In his blog, he writes controversially about controversial issues affecting school, the community, and the world. Topics of writing range from how much better he is than you are to how good he is at everything to how his views are always correct. It is, to say the least, self-centered.

Much of his writing contains observational humor about the annoyances of life and the joys of life. He writes angrily about ignorance and happily about Halo.

He diarized his entire college search, application, and acceptance processes as he lets steam off his chest. He changed his mind several times about schools, finally deciding on UCSD, only to change his mind at the last minute to Rice as he was taken off the waitlist and accepted.

The blog on Yuekai.net is updated several times per week, as he shares his unique views about current events.

company. Yuekai created the website the summer before senior year to express his opinions about a broad range of subjects to a broad audience. "People need to hear

Driving Getaways of Marin

by James Gramalia

Marin is an area of great natural beauty which literally goes on for miles and miles. One of the best ways to explore this beauty is by car, as you can go from one end of the county to the other in just about an hour and a half.

Many roads wriggle through the valleys and hills of Marin on the East and West sides. These windy twisty roads provide for an eventful drive with many views and spots to explore. As the sun is out now almost permanently for the next three months, it is the time feed your traveling craving and go on an adventure.

The beach is an ever popular destination, and trips to Stinson, Cronkite, Bolinas, and Tomales are all great rides. There are several different ways to end up at Stinson, the most popular of the county's beaches, and all of which are enjoyable experiences.

The most scenic route to Stinson goes all the way out on Bolinas Avenue through Fairfax and feeds into Shoreline Highway if taken completely. A left turn at Ridgecrest Blvd., a ways past the Meadow Club golf course, thought, will bring the most beautiful views of Marin. Ridgecrest follows the ridge

of Mount Tam, and panoramic views are presented of the entire coastline, north and south. Vast fields cascade down the mountainside as the Pacific Ocean is visible when there is no fog. Several car and bike commercials have been filmed on Ridgecrest, the most recent being a Lance Armstrong Nike commercial.

Beyond Mount Tam lies a beautiful seascape of the Pacific Ocean. Shoreline Hwy runs all the way up the coast, from Stinson to North of Marin County. The entire drive, though, is beautiful as great wide beaches and diving cliffs make up the views of the

road. A nice day trip from Bolinas to Pt. Reyes would only take about 40 minutes. These great coast spots are still only an about a half hour west of the rest of Marin, too, so its not a vast investment of time.

In a place where many complain of not having anything to do, there is an abundance of activities for people experience. The roads around Marin provide wonderful views and enjoyable rides.

A new adventure can be found everyday in Marin.

AIMless

by Alex Randall

Instant Messaging.

A wonderful drug flowing though the vessels of a teenage culture.

Dozens of conversations Run rampant across the screens Fingers fly, words flash, Adolescents pass hours Becoming expert typers.

Users become Shakespeares, inventing a language of their very own, Out, out, brief candle, LOL and BRB are more efficient sources of light.

They rattle off words like bullets from a gun shooting without training, missing targets.

It is fast, and this efficiency hails popularity, as a nation accelerates forward, Gaining time to be used as fuel for the machine.

However, Instant Messaging lacks spontaneity- the quick back-and-forth of verbal discussion that reveals personality.

Instead, chatters may prep for seconds, minutes, hours, manufacturing a perfect response to a not-so-instant message.

Facial and vocal innuendos disappear beneath the brevity of the typed word at the hands of the unaware.

A curtain, Those in fear of emotional vulnerability hide behind it, Opting to "sign off" in the face of travesty.

While for everyday conversation,

Instant Messaging's a convenience It deprives of emotion More passionate affairs

So when feelings are involved, Abstain from Instant Messaging Because while a colon, a dash, and a parenthesis may form a cute happy face, a smile is worth much more.

Embarrassing Stories: Part 2

by Allison Arnheiter

Went to a Party

When I was sixteen and my boyfriend was eighteen, we decided to go to a friend's lake house for spring break with a bunch of our other friends. We stayed up pretty late and then when it was time to finally go to sleep my boyfriend and I picked a room to sleep in. My boyfriend is used to sleeping in my room, so during the middle of the night he went to use the bathroom, eyes still closed, walked over to where my bathroom WOULD BE and starts going to the bathroom on my friend Mark!

About a minute later we all come running in the room and Mark wakes up to see a golden shower. When my boyfriend realized everyone was watching him go to the bathroom, he got this huge grin on his face. We were all laughing so hard we almost fell to the floor crying!

My boyfriend didn't remember anything when he woke up. To this day he doesn't believe us.

Worst Dreams

When I was in 7th grade, my family and I went on a trip to Florida for spring break. When we got to the hotel, I saw a girl from school that I had a really big crush on. Her name was Jessica. Well, I asked her out that day and she said she wasn't sure, she would have to think about it for a little. I was buff/chunky, and I guess you could say I was trying to show off for her. So when I was outside I threw a basket ball from one side of the black top to the other. I chucked the ball and instead of making a basket like I hoped, it hit Jessica square in the head!

She fell to the ground and passed out for a whole hour!

Can you guess what the answer to my question for her to go out with me was? Yes, that's right, she would never look at me again.

Can't Hold it In

One day, I was on the beach for spring break and I wanted to use the toilet to do number 2. But at that time I was no where near a bathroom or my beach house. I started heading back to the house and I was trying so hard to keep myself from going to the bathroom. I was just reaching my car when the urge came back and I tried even harder this time to hold it in but couldn't. I knew I couldn't get in my car with a load in my pants so I just acted liked I fell and pulled off my shorts. I went to get up and saw a bunch of people standing there watching me.

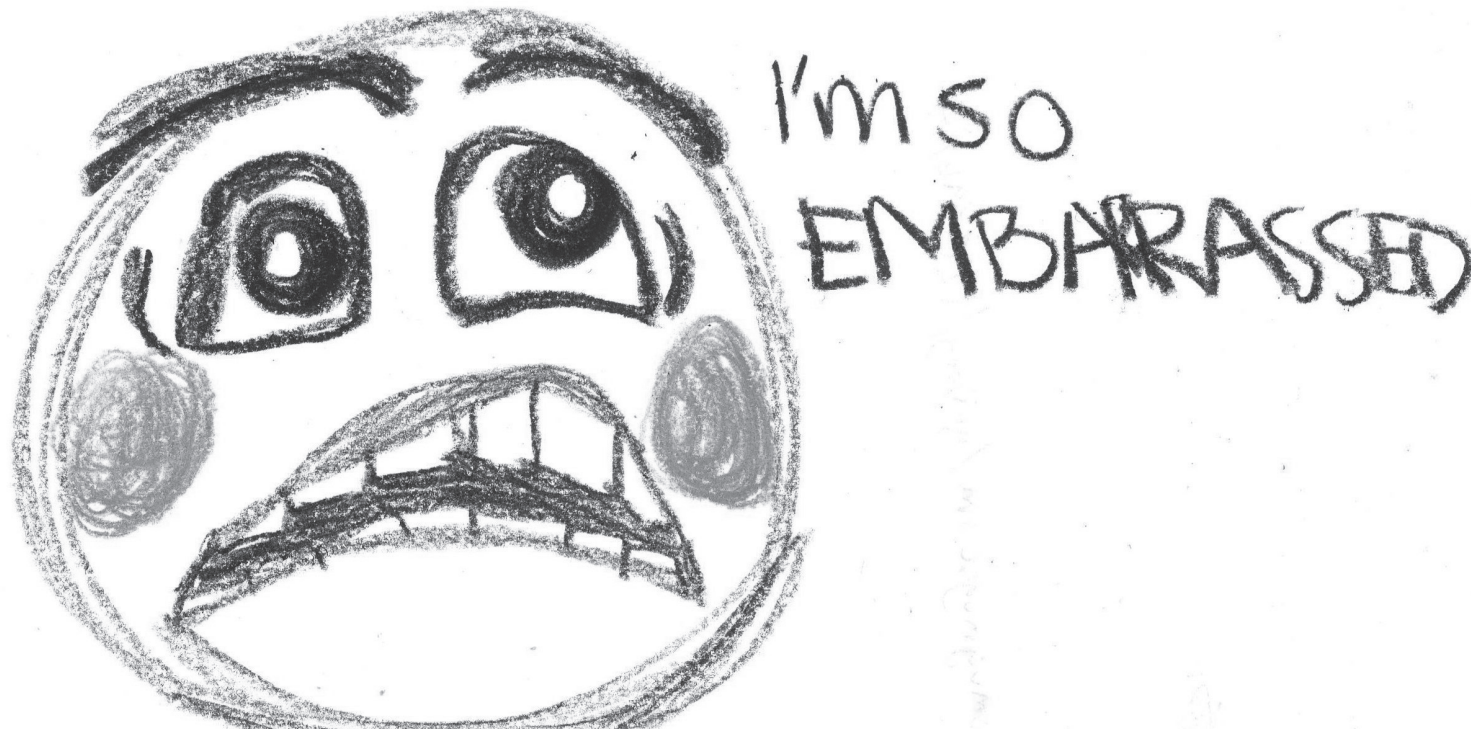
Skinny Dipping

I went to the beach one day during spring break and it was late so I decided to experience my wild side and have a late night dip. I shed my bathing suit and ran into the water. I glided around for a while and then decided to leave. I got out and realized my bathing suit was missing. I looked everywhere and then I realized one of my friends had followed me. I saw him standing there with my suit mocking me as he waved it back and forth.

I begged him to give it back, but instead he started running away. Not knowing what else to do I chased after him. The chase seemed to almost go on forever and just when I thought he'd given up I realized he led me into a party with tons of people standing around. They all looked at me and I tried my best to cover myself. But of course that didn't stop about 100 people from taking pictures of me.

Plaster Period

When I was 14, I broke me leg on our family trip during spring break. I had to get a full length cast, which went from my toes pretty much all the way to my hip. I hadn't gotten my period yet, but when I woke up in the hospital one morning there was blood all over the cast and all over the bed! I had to use my button to call for a nurse and a doctor came instead. To make a long story short, they had to redo my entire cast because it was covered in blood and they had to help me put a pad on because I couldn't move my leg.



Concert Corner

collected by Katrina Richards

Sat., May 5: Sick of It All & Stretch Arm Strong @ Slim's (8 PM, \$15)

Sun., May 21: Better Than Ezra @ Golden Gate Park (12 PM, Free)

Mon., May 22: Jack's Mannequin @ Slim's (8 PM, \$20)

Thurs., May 25: The Rocket Summer @ Slim's (8 PM, \$13)

Sun., May 28: The Matches @ Slim's (7:30 PM, \$14)

Thurs., June 1: Alkaline Trio @ The Fillmore (8 PM, \$18.50)

Mon., June 5: The SF Jazz Spring Season Festival @ Herbst Theater (12 PM)

Wed., June 7: Halifax @ Bottom of the Hill (8 PM, \$15)

Fri., June 9: The Streets @ The Fillmore (9 PM, \$21.50)

Sat., June 10: Live 105 BFD @ The Shoreline (12:30 PM, \$29.50)

Sun., June 11: O.A.R. @ Golden Gate Park (12:00 PM, Free)

Sun., June 18: Snow Patrol @ Warfield Theater (8 PM, \$25)

Thurs., June 29: Bane @ The Pound SF (7:30 PM, \$14)

Sat., July 1: Ozzfest @ The Shoreline (9:00 AM, \$40)

Sat., July 8: Vans Warped Tour @ Piers 30/32 (11AM, \$27.25)

Sun., July 16: Pearl Jam @ Bill Graham Civic Center (7:30 PM, \$51.25)

Sat., July 29: Sounds of the Underground @ The Shoreline (2:00 PM, \$30)

Singin' in the Rain

by Alex Tartour

The San Marin music department is able to add another musical at San Marin to it's list of successes with it's amazing performance of "Singin' in the Rain." This year's spring musical not only had an amazing turn-out with sold out shows each night, but all of the actors' hard work and talent made it a masterpiece. The San Marin music department has proved that a high school production does not always mean "high school" standards.

The cast and crew went beyond what anyone expected. The choreography, energy, and passion shined through each and every person on stage. The costumes were amazing as each song filled the room with positive energy. And, yes, the rumors were true. There really was rain! The show set the standards high for the musicals to come. Sitting in the audience was tough considering it was hard to not get up and dance. All in all, Singin' in the Rain, one of the biggest musicals ever to hit Broadway, was a major success, putting smiles on a room full of faces at San Marin.

Loving it Live

by James Gramalia

Love it Live. This has been the NBA's credo in recent years as a newfound love for the game has grown. This motto holds particularly true during the playoffs, as it is the most exciting time of the year in sports, save March Madness.

Growing up, everyone remembers watching Michael Jordan lift himself to godly levels with his clutch play during the Playoffs and Finals. His record-setting games while sick with the stomach flu and his unbelievably perfect final shot still put smiles on the faces of every NBA fan. He was the NBA. When he made his exit, the glory of the league did too.

There was a time when the whole country would become enthralled with the NBA playoffs. Bird's fadeaway, Magic's sky hook in his first finals appearance, Kareem's real sky hook, Spud Webb's 5'7" frame winning the slam dunk contest, the dunk battles between MJ and 'Nique, the fixing of the '85 draft, and many more unforgettable moments made the L what it was. This was the Golden Age of the NBA, the 1980's.

Everything about the league mirrored the lifestyle of the '80's. The extravagance and glamour were well represented with flashy players and dramatic moments. Watching games live was new to fans during the early '80's, and they frankly could not get enough.

Carried on through the mid nineties, the nation witnessed a reemergence of Celtic royalty, a Lakers team to beat, the one and only true Dream Team, and of course the dynasty of Michael Jordan, Scottie Pippen, and their two-time-three-peating Bulls.

In three straight seasons, from 95-98, the Bulls put together

one of the best basketball teams to ever grace the planet. Jordan made an exit in '98 after a picturesque final 6.8 seconds; with him, though, left the mystique and glory of the NBA.

Fans were left without anything to look to. They were in the same boat as Grateful Dead fans who had just lost Jerry. Sure what we loved was still there, but it was basically plain soda water (You know, when they get the mixture wrong, and it comes out all clear and bland). Even fanatics abandoned their fanatic status, as they could not stand watching Dennis Rodman's adventures in and out the league or seeing former greats detereorating because they hadn't quite retired yet. From about '99 to about '02-'03, the NBA was an abomination.

A new Shaq-Kobe Laker dynasty and a possible new superhero player who many saw as the next MJ (even though he plays more like Magic), LeBron James, rekindled the burnt out flame in many fans hearts. "Everyone always loves a dynasty," is the saying, and TVapproval ratings proved it. The Lakers became the third team to three-peat as NBA champs and drew a massive following. Basketball also grew greatly internationally as well, and the NBA embraced the growth. Everyone remembers the "Yo, Yao" commercial which let fans see the newly infused international flavor of the game. The NBA was back.

I bring up this synopsis of playoff history because I have witnessed the return of the NBA playoffs in the form that once sparked

living rooms alive across the country. With almost every series going to seven games so far, fans have had their fill of excitement, and they cannot get enough. The games have certainly not stopped delivering it either. In Game 1 of the Heat-Pistons series, fans witnessed p l a y reminiscent of the "Jordan Rules"



games of the Pistons past. This time, though, they are the "Shaq Rules." Miami took game one, but the series will most likely go to seven. Rough play in this rematch of last year's Eastern Conference Finals will lead to certain drama, which all fans love-players leaving their hearts on the courts.

The Western Conference Finals also contains quite a matchup of of fensive giants, Dallas and Phoenix. Fans were in store for a high scoring shootout with a shocking ending. At the 4.8 second mark, two guard Devean Hunter hit a fadeaway 20 footer to put the Mavericks up by two. In Phoenix's next possession though, they were able to post up Boris Diaw for two points and the win, 119-118. Diaw found the touch that night, scoring a career high 34 points.

The future of the NBA holds a lot in store for young fans, and it will hopefully garner the attention and love it once did in the 1980's. Already at the age of 22, Cleveland Cav LeBron James has proven himself worthy of superstar status and will eventually find his way into the Hall of Fame. Fans have many great players to watch currently: the always entertaining Shaq, high-flying Kobe Bryant, Crossover King Allen Iverson.

This renaissance is exactly what the league needed to reach the high it once attained. I know that i am most certainly loving it live.

A Season

Almost on Par

by James Gramalia

The Boys' Varsity Golf Team completed a somewhat successful season this year after the loss of several key seniors from last season. The team ended up 6-7 and did not make the MCAL playoffs for the second straight year.

The Mustangs did, however, send two players to the MCAL individual playoffs. Junior Rhett Carlsen and Senior Pat Graham participated in the match at Peacock Gap Country Club and shot an 88 and an 81, respectively.

The Mustangs were off to a mediocre start; they would win a match, then lose a match, unable to hold good consistency. As a fairly young team, though, the almost .500 winning percentage is representative of good coaching and a devoted team.

The results this year were better than a disappointing previous season, and the team looks forward excitedly to next season.

"We're looking to next year," Junior Mike Ballestero said, "we have the correct amount of experience necessary to put together a good season senior yea

With a one, two combo of Rhett Carlsen and Jeff Yen, the Mustangs have a powerful combo of leadership and experience in both players. Juniors Kevin Pottorff and Frankie Costa will also make a big impact in close matches.

Under the leadership of coach Bob Lacy, the Mustang Boys' Golf Team will find its way back to the top of the MCAL standings.

Mustangs Come Up Short

by James Gramalia

The San Marin Boys' Varsity tennis team experienced another season filled with much fun, but not much winning. The Mustangs went 2-14.

At the beginning of the season, the outlook was bright, as the team could only improve on last season's record of 0-15.

The Mustangs came up big in their first two matches, pulling out two big wins- including their first win in over a season.

Injuries and illness led to a collapse in team morale and play overall, though, and the Mustangs rode a lowly slump. Matches became closes and closer by the end of the season and with another game or two in each match, the Mustang record could very well have been at .500%.

Hanging up the Sticks

by Allison Arnheiter

The rain at the beginning of the season set everyone back a few games which was especially true for San Marin. This year, San Marin's boys varsity lacrosse team placed sixth out of eleven teams with only ten games to determine their placement. They went 7-7 overall, an 6-4 in season. One of San Marin's big wins was against Tam. They beat Tam 17 to 4. The game was lead by the aggressiveness of senior Mike Depew and Junior Brandon Aaseby. Depew lead the team with a total of six goals while Aaseby followed with five. Junior Erik Schadler scored two goals to help out the team and to bring up the rear seniors Nick Shaw and Alex DeConde, and juniors Harry Newkirk, and David Buros all brought in one goal a piece.

The only critical loss boys lacrosse team faced was against Branson in a loss of 10 to 5. This was a crucial game for San Marin because Branson, San Marin, and Novato were all struggling for the fourth spot in

MCALs.

San Marin girls placed sixth out of eight in their league, finishing with a record 4-9 overall and 2-8 in season. Seniors Paige Thelen, Liz Maurer, and Avi Fernandez portrayed great leadership characteristics on and off the field helping the girls to become better as a whole. Graduating eight seniors, including strong defenseman Julie Kern, and goalie Ana Lindsey, the Lady Mustangs will have to rely on their underclassmen to make up for the loss of the seniors. With experience and expertise of sophomore offenders Meredith Mixter, Kristen Swig, and Gina Soares, the girls are ready for next season. The strong defense including Miquelle Bagley, and Lindsey Franz, the girls will no doubt be successful.

Although neither team came away undefeated in the season both teams gave it their all while having a tremendous amount of fun. Hopefully, next year they will truly be unstoppable.

Lady Mustangs Dominate Through and Through

by Miquelle Bagley

The Varsity Lady Mustangs finished out a successful season with the MCAL record of 9-5. They also participated in NCS, beating Healdsburg 9-0 on May 23, 2006. Senior center fielder Jenice Bartee and Senior third basemen Bri Jayne tied with three runs, helping the mustangs to dominate. Pitcher Christina Lewis threw a no hitter up until the bottom of the seventh, only letting three runners on base.

Although victim to many injuries, the mustangs kept a positive outlook on the whole season. "Adversity has just made us stronger," says junior first basemen Allison Arnheiter, "we have come together because we have taken the time to bond as a team. Our chemistry on and off the field is what helps us win games." Though the team lost to Redwood in the MCAL playoffs, they are expected to do extremely well in finishing out NCS.

The Junior Varsity team also did amazing well. With 1st place in MCAL and an ending record of 10-1, all of their hard work paid off. Although the team played for almost six weeks inside the gym due to weather, they were right at home on the field. "Everyone on our team is very positive and supportive," said junior shortstop Christina Crivello, "we have an amazing bond."

Star pitcher Angela Tessin was a huge aid to the already strong offense. With an ERA of .73 and a pitching record of 7-1, it's no wonder there's talk of this freshman being moved up to varsity next year. She had help from strong players Leslie Hill and Sarah Taxdal. Although there is no NCS tournament for JV teams, it's certain that the Lady Mustangs would have led the pack, and taken the title.



SPORTS STANDOUTS

Makenzie Arnold

by Katrina Richards



One name synonymous with the San Marin Varsity track team is female high jumping prodigy Makenzie Arnold. Hailing from Austin, Texas, Makenzie began playing volleyball and participating in track during 7th grade. She first started competing as a long and triple jumper but soon switched to high jumping mainly to explore new horizons. She later moved to Novato and joined San Marin during her sophomore year.

Ever since her arrival, she has given MCAL high jumping competitors reason to worry. Last month, Makenzie was able to break a 30 year old San Marin high jumping record of 5'5" with an awing 5'3.5" jump. Last year, Mak was 1st away from going to the state championship but was able to attend the meet of the champions. This year, San Marin's very own MCAL champion placed in the top ten during the Stanford Invitation meet at Stanford University.

"I don't really have a life outside of sports," Makenzie said. But with track practice two hours everyday after school and academics, consisting of a galore of AP and honors classes, Makenzie has a bright future ahead of her. She is planning on being recruited by UCSB for volleyball or possibly walking onto a college team.

Outside of sports, Mak spends her time surfing, running, doing her Spanish homework, delivering junior prom invitation, and hanging out with her friends.

Rhett Carlsen

by James Gramalia



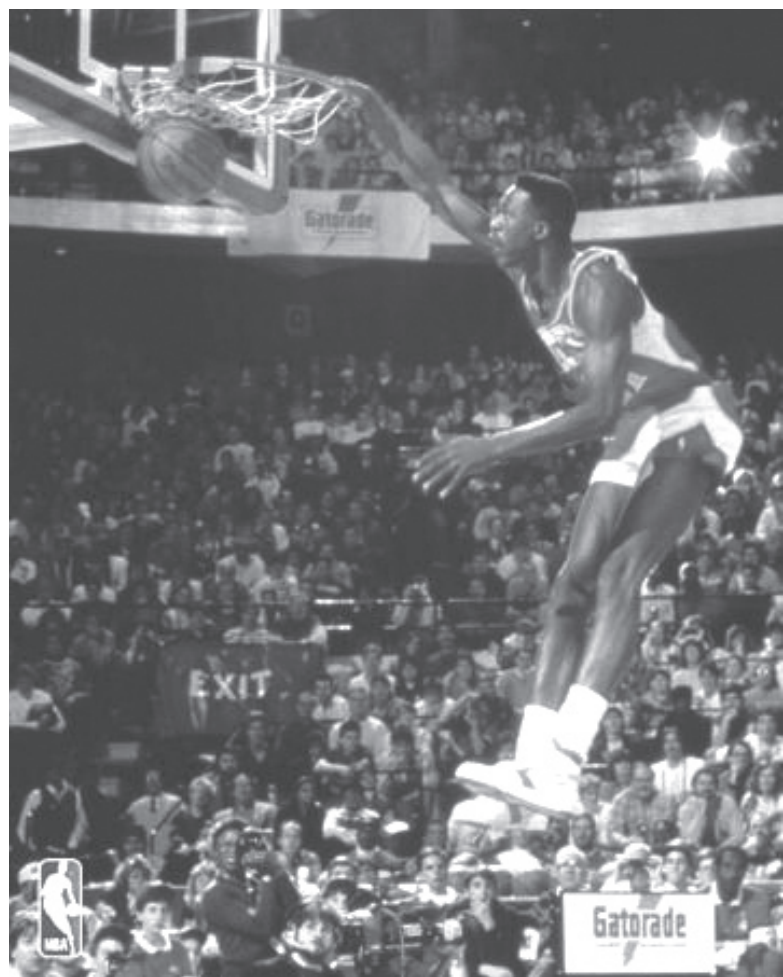
Junior Golfer Rhett Carlsen played exceptionally well this season in the number one spot on the golf team in this, his third year playing varsity. He averaged a 38 on nine holes and secured his spot in the MCAL individual playoffs for the third straight year.

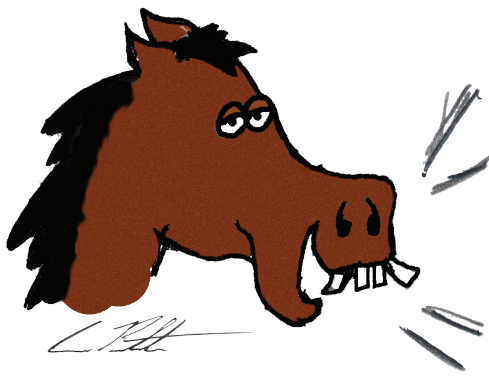
"We started slow," Rhett said, "but the season ended up coming together."

Even in his worst game, he shot a respectable 44, proving himself a valid number one for San Marin.

Golf is not the only sport Rhett plays, although he has played it longest. He also will be a fullback and linebacker on the varsity football team after a year off the gridiron.

Music plays a major role in Rhett's life too, as he plays guitar and bass in a jam band. Rhett is the epitome of a scholar athlete; he participates in AP classes and works hard on and off the field.





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

by Miquelle Bagley and Katrina Richards

- Maja Divjakinja and Vicki Setting demonstrate Kung Fu skills at the square.
- Senior Lauren Dumont celebrates Cinco De Mayo by pushing fellow senior boy into a pool. Tears were shed, and they weren't Lauren's.
- Novato High and San Marin's underclassmen girls combine to make a lacrosse super team. It's a wonder they could actually play the game.
- Sophomore Ryan Greene's Dinosaur Club quickly becoming the sole reason to stay on campus at lunch. Those Yo Mama battle's and pop quizzes just keep 'em coming back for more.
- Terra Linda High's starting catcher and aspiring rapper Philthy Phil's MySpace quickly gains fame with San Marin baseball fans. At least his song "Terrible Linda" is better than his aim.
- Anonymous sophomore girl getting sent to East Coast boarding school.
- Julia Hindsmith only freshmen to attend Junior Prom. Her date: The Infamous Andrew Swig.
- Senior Surveys breaking friendships.
- New car fever hits San Marin female students. BMWs making up much of the new car population.
- Tensions rising between Marin Catholic and San Marin baseball teams.
- Arm slings seem to be the next big fashion accessory for athletes.
- Can't dance? With prom approaching your best bet is the new Dace Fusion class at Stars Ballroom. First Saturday of every month, call (415) 250-1618 for more info.
- Mr. McBroom's 6th period pre-calc class determines Mike Ballestero's age to be approximately 6.3.
- Junior Brian McNally gets locked out of AP English test. Accidental?

Summer Quiz

by Katrina Richards

What's your ideal summer vacation?

1. What's your favorite milkshake flavor?
 - a) Chocolate.
 - b) Anything all-natural.
 - c) I rather have a virgin Pina Colada.
 - d) Neapolitan!
2. During the summer, what shoes do you normally wear?
 - a) My fuzzy slippers.
 - b) I go barefoot.
 - c) A nice pair of Reef or Rainbow flip flops.
 - d) Comfortable walking shoes.
3. What's your all-time favorite movie to watch during the summer?
 - a) Whatever's on TV.
 - b) Movies? Who cares about movies?!
 - c) The Endless Summer II.
 - d) Eurotrip.
4. It's Saturday night during summer. Where are you and what are you doing?
 - a) Out at the Square hanging out with friends.
 - b) Roasting marshmallows and making s'mores over a campfire.
 - c) Attending an exotic luau.
 - d) Exploring Amsterdam.
5. What's the best summertime music?
 - a) Whatever's on my iPod.
 - b) Jack Johnson.
 - c) Some Dick Dale or surf-inspired guitar riffs.
 - d) Anything European and eclectic.
6. If you had to bring one thing with you on vacation, what would it be?
 - a) My pillow so I can sleep in.
 - b) A volleyball (and net) so I can play some mad beach volleyball.
 - c) My bathing suit.
 - d) A map so I'll never get lost.

If you chose...

MOSTLY A's: You would rather stay at home and relax than go anywhere.

MOSTLY B's: You'd want to camp at the beach and get in touch with nature.

MOSTLY C's: You'd want to travel to the tropics for some fun in the sun

MOSTLY D's: You'd want to backpack through Europe and explore different cultures.

Fun Facts

by James Gramalia

- The practice of identifying baseball players by number was started by the Yankees in 1929.
- A blue whale's heart is the size of a Volkswagen Beetle.
- More than 6,000 people with pillow-related injuries check into U.S. emergency rooms every year.
- The leading cause of poisoning for children under the age of six in the home is liquid dish soap.
- A chameleon's tongue is twice the length of its body.
- An egg will float if placed in water in which sugar has been added.
- The launching mechanism of a carrier ship that helps planes to take off could throw a pickup truck over a mile.
- Chewing on gum while cutting onions can help a person from producing tears.
- The first bomb dropped by the Allies on Berlin in WW2 killed the only elephant in the Berlin Zoo.
- Harry S. Truman was the last U.S. President with no college degree.
- The word 'gymnasium' comes from the Greek word "gymnazein" which means 'to exercise naked.'

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