



**John
Roberts
Nominated
Page 2**



**Once On
This Island
Page 8**



**Football
Season
Warms Up
Page 10**



Pony Express

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Local Bands Rock at Verge Showdown

by Alex Randall

In the afternoon of September 10th, the Verge, a San Rafael-based youth music organization, brought together six local bands to perform a free concert at the Hamilton Amphitheatre. This, however, was no ordinary concert- this was a battle of the greatest proportions.

Originally only a portion of a 24-band field, these six bands survived two rounds of competition to earn their spots in the final group. The impressive list of competitors, including Novato's own Stinson's Law and A Night at the Pictures (formerly the Blue Kazoos), vied for the grand prize: a chance to open for the band Journey.

Each band, in a format different from that of previous rounds, was allotted two fifteen-minute sets a piece. The first round of sets acted as a warm-up for the bands, as it was not judged. During the break between the

two sets, bigger-name bands Toast Machine, the Instant

group, and while it's not my kind of thing, I enjoyed it,"

Toast Machine is always cool."

their stage time to display their best material for a panel of judges that included local producers and music store owners.

Roughly ten minutes after the bands had finished, one of the Verge spokespeople announced the results. Stinson's Law captured 4th, while bands Once Over and Urban Achievers captured 2nd and 3rd respectively. Soul Pie took 5th, while Mouth to Mouth settled for 6th, and the grand prize at the first annual Verge Showdown went to A Night at the Pictures.

Out of the four members of the band, two of them, sophomores Daniel Boeck and Conrad Zander, hail from San Marin. Along with a chance to open for Journey at Rock n' Blues at Stafford Lake last Saturday, the band also received a Eddie Van Halen custom-made guitar, one of only six known to exist in the world.



Sophomore Keith White and Senior Zach Norman of Stinson's Law work the crowd

Messengers, and the Transit War entertained the audience. "It's rare to see a local rap

said Stinson's Law guitar player Jeff LaRocca about the Instant Messengers, "and

As the second round of sets began, so did the competition. The bands used

Hurricane Katrina

by Eric Eisberg

On August 29, 2005, one of the most powerful hurricanes ever to hit the gulf coast made landfall, leaving devastation in its wake. Oil rigs out in the Gulf of Mexico were destroyed, floating casinos in Biloxi vanished, and, in what was perhaps the most crushing blow ever dealt to an American city, two levee breaks in New Orleans flooded 80% of the city. Thousands are feared dead and hundreds of thousands have become refugees in the aftermath of Hurricane Katrina.

Initially, New Orleans looked as though it had missed the worst of the damage. However, a day or so after Katrina hit, waters in the sub-sea level city began to rise. The waters eventually

forced people to rooftops in hope that rescue would soon arrive. Survivors were left stranded without food or clean water throughout the city, and damage to the New Orleans Superdome forced the 20,000 residents who had gathered there to the Astrodome in Houston, from which they would later be dispersed throughout the country.

The Federal Emergency Management Administration did not respond for several days after the crisis, and even when it did the federal response still seemed weak. FEMA Chief Michael Brown was removed from duty, and President Bush accepted some of the responsibility for the slow federal response. This,

however, was not enough for many political and African-American leaders, who implied that the response was slow because most of the victims who remained in the city were poor and black. Political analysts have stated that the disaster has damaged the president's political standing and jeopardized his second-term agenda.

The extent of Katrina's economic damage is not yet known, with New Orleans now destroyed. With billions of federal dollars going into the reconstruction of

the port city, the already large federal deficit is bound to see an increase. Gas prices, after the destruction of many of the oil rigs in the gulf, have risen to record highs across the country, with the average price of gas now topping

\$2.90 per gallon.

Even now, after the waters have receded, the people and city of New Orleans still need our help. You can donate by calling 1-800-HELP-NOW or logging on to www.redcross.org.



Roberts Chosen to Fill Rehnquist's Seat

by Katrina Richards

On July 20, President George W. Bush named appeals court judge John G. Roberts as his first nominee to replace retired Justice Sandra Day O'Connor on the United States Supreme Court. But this suddenly changed after former Chief Justice William H. Rehnquist's death on September 4. Bush quickly named Roberts as his choice to fill Rehnquist's chair of Chief Justice.

Conservative Roberts attended Harvard Law School and has been on the U.S. Court of Appeals for the District of Columbia circuit for two years, since being nominated by Bush and receiving his commission on June 2, 2003. He was previously a law clerk to the late Chief Justice Rehnquist, a deputy solicitor general, and head of the appellate section for the firm of Hogan & Hartson. He has argued 39 cases before the Supreme Court and has won 25 of those cases. Roberts has been on the D.C. Circuit for only two years, causing some conservatives to say that he does not yet have enough of a conservative record.

Many pro-choice groups are already against his nomination due to him writing briefs urging the reversal of the *Roe v. Wade* decision, which legalizes the right to

private abortions and protects the woman's right to choose whether or not to have an abortion. They are primarily worried about him being an ideologue who opposes *Roe v. Wade*.

With Roberts chosen to fill the seat of Chief Justice, this leaves O'Connor's seat open. Democrats have urged Bush to talk with them before choosing someone to replace O'Connor. Many female senators, such as Kay Bailey Hutchinson (R) of Texas, say that Bush should choose a woman, since only one woman will be left on the court if not. They also think that two women on the court should be a minimum. Bush is mainly pressured to nominate a woman or a Hispanic judge.

Democrats are also worried because O'Connor was primarily moderate and her swing vote kept many things in place. If Bush nominates another conservative, rather than a moderate, the Court will thus be predominantly conservative, rather than equal.

As of now, Roberts is expected to be confirmed. The only thing he needs to worry about now is the number of Democratic votes he receives in his favor.

Letter from the Editors



Salutations, San Marin! We, Michael Cusack and Alex Randall, are our 2005-06 Pony Express editors-in-chief. Because we control such a prominent aspect of the student voice, we thought you, our readers, might want to know a little bit about us.

Hey, Alex Randall here. I'm a big fan of all sports- if it's on ESPN, I'll watch it. I have played tennis, baseball, golf, and soccer for quite a while, and I enjoy all of them. I also enjoy listening to music, including but not limited to the works of the House Jacks, Eric Clapton, Bobby McFerrin, Queen, the Beatles, Led Zeppelin, Michael Buble, John Mayer, Wilson Pickett, Billy Preston, Stevie Wonder, Creedence Clearwater Revival, Ray Charles, and the Dave Mathews Band. Performing's become another hobby of mine through participation in drama productions, show choir performances, and musical theatre. Because I'm kept busy and sleep-deprived by AP classes, I treasure the times I spend with my awesome friends.

Hello - I'm one of those awesome friends Alex mentioned. I'm journalism's computer man, having concentrated on layout the last two years and managed to not write a single article (until this issue). I am a huge music fan, sharing Alex's tastes of rock, soul and jazz. I also enjoy eating large burritos, wearing profane shirts, walking around in Birkenstocks, and doing research at the Buck Institute. I'm forced to wake up early each morning for Calculus, Biology, and Physics, but thanks to Mr. McBroom's gift of a pillow I get by.

As editors-in-chief, we understand our responsibility to make this paper as beneficial to the student population as possible. We will work hard to keep the Pony Express a delicate balance of information and entertainment. We appreciate any criticisms or accolades you may have regarding the paper, for the Pony Express is first and foremost for the students. Now that you know who we are, feel free to give us suggestions. Thank you, and happy reading!

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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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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:

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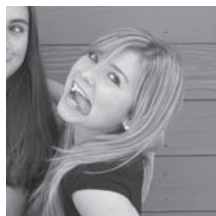
Question Man

by Mandy Jacob and Yuekai Sun

What is your most missed memory about summer?



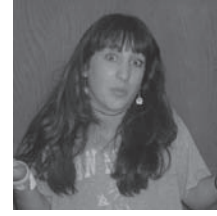
Freshman, Michael Dillon
“Getting my new binoculars... and being Katrina Richards’s neighbor.”



Freshman, Kayla West
“Slumber parties!”



Sophomore, Kasey Correnti
“Spending my entire summer with a voluptuous Tongan woman named Tiki Tiki Coconut.”



Sophomore, Elena Silveira
“I wish I had memories, but I was grounded all summer.”



Junior, Christian Neidlinger
“Hanging out with my girlfriend who left for Chico State.”



Junior, Jennifer DeArmit
“Pillow fights with the cheer team.”



Senior, Jeremy Shaver
“Sleeping, eating, and watching SportsCenter.”



Senior, Chandni Pindoria
“Hanging out with my friends who have gone off to college.”

We Want What We Don't

by Katrina Richards

So I've come to the conclusion that human beings always want what they don't have, no matter what it is. It could be a pair of Manolo Blahnik suede boots, an egg mitt from Noah's Bagel's, or your current flame. It's pretty much all the same. We always want what we know we can't, or rather, don't have. And once we get what we wanted, we could care less about it.

It's a quite pathetic psychological attribute innate in the destructive human genome. The want for more; the *need* for more. We always want, want, and want, without considering the consequences of our actions as we battle for our desires.

We usually get a kick out of it for a few days, sometimes weeks, and then it's old news and onto the next thing. So in reality...

When, or if, I buy a pair of Manolo Blahnik suede boots, I will cherish them for about a month, wearing them as much as I can while making sure not to scruff them up, considering I coughed up nearly \$1,000 for them at Neiman Marcus. After having the Manolo boots for however long it takes me to get bored of them, I will have then moved onto some other fashion staple, such as an over-sized Balenciaga white motorcycle purse. And so the cycle continues with my materialistic fashion "needs."

And, when I do finally woo over my current crush, whose name does not need to be printed, I'll be bright and smiling and all *joyus maximus*

for the time being. But after a month, I'll feel restricted, with my freedoms lost and gone with the wind. The guy will become boring, with every fault magnified and every attribute diminished. Not to mention his arrogance, horrible driving, and his absurd theory that he can get any girl he wants. With his perpetual annoyance I won't be able to escape the burden of being in a relationship. Then, I will remember how free I was when I was single and how I long to be a free bird again. After the inevitable break up, I'll be happy for a week. Right up to the point when I notice everyone around me is happy with their significant other. Thus begins my next foray into the cycle, the search for a guy, the fun and the failure. Rationally, I understand that I am probably not a relationship person, but then again, we always want what we don't have. And thus, the cycle trudges on.

I am currently in love with the Noah's bagels sausage and cheese egg mitts. I crave them. Honestly, I do. Everyday for lunch this past week, and the week before, I have had the same egg mitt and strawberry banana Odwalla smoothie. Of course, by the end of next week, my stomach will kick me in the face and I will get over my current egg mitt/Odwalla fascination. An enticement for something I am not eating lately will ensue... chicken Crunch Wrap Supremes from Taco Bell. Then, I will start going to Taco Bell daily and

Energy Drinks-Liquid Crack

by Paul Himmelstein

Red Bull, Rockstar, Monster; just a few of the hundreds of brand-name energy drinks whose advertised purpose is to give the drinker a caffeine-induced burst of energy. Pumped with enough legal chemicals to rival a pack of cigarettes, energy drinks are rapidly invading every corner of the food industry.

Even though energy drinks only constitute 1% of the beverage industry, their rapidly growing popularity has earned national attention. Ingredients such as caffeine, taurine, guarana, and ginseng are found in most of the common brand names. Some drinks, such as Red Bull, have specified energy producing ingredients. Monster and other brands are basically soups of many different energy ingredients thrown together. Because there are a few studies that say caffeine is dangerous, some drinks try to reduce fear by mixing average amounts of caffeine with other ingredients such as taurine (which, incidentally, is illegal in Canada).

With the recent popularity boom of energy drinks among adolescents, experts are hurrying to discover whether caffeine has any detrimental effects

on younger peoples' bodies and minds. There are some hypotheses that state it causes Attention Deficit Disorder, but there is nothing concrete. Even more rare is information on the effect of the other ingredients in excess. Ginseng is a root found in many varieties of tea, but there are no studies involving the effects of high levels of it mixed with high levels of caffeine or taurine.

A practice rapidly growing among some consumers is to mix energy drinks with alcohol. The boost of herbs and energy is the ticket most partiers believe will help them keep going strong through a night of heavy drinking. While some may consider this a harmless combination, they are horribly mistaken.

The intensity of combining heavy doses of the stimulants in energy drinks with the depressants in alcohol can lead to severe problems, such as lowered blood sugar, increased heart rate, enhanced dehydration, and raised risk of alcohol poisoning. The body's normal warning signs are slowing the person down and inducing sleepiness. However, mixing alcohol with energy drinks stops the

signals, increasing the risks by preventing a person from passing out.

Mixing can also cause cardiopulmonary or cardiovascular failures. In July 2001, three Swedish students died after drinking Red Bull and vodka, a common mix. Energy drink deaths have also been reported in Asia, and others have occurred after strenuous exercise during which large amounts of drink were consumed. In 2000, a high school in Burbank, California banned the drinks after two athletes fainted during practice.

Energy drinks are a rapidly growing industry, but are they here to stay? It's hard to tell if they are merely a fad or if their rapid growth will continue. They have proven to have a strong following, but that could be resulting from the lack of information. Will they still be popular once all the dangers become common knowledge? Will the danger be serious enough to issue a Surgeon General's warning? These possibilities are in the future, but it is obvious that many studies need to be performed in order to understand what exactly is being sold to our youth.

getting my faux-Mexicano fix everyday at lunch. Throw a medium Mountain Dew Baja Blast in with my order, and I'm set... for a week, before my stomach once again kicks me in the face and demands a new change. And so I do,

adapting the absurd cycle my bundle of genes force upon me.

To sum up what has been ranted incoherently over the last six paragraphs, a bunch of chemicals in my brain are telling me what I want, when I don't want it

any longer, and then what I will want afterwards. I think Paris Hilton said it best... "*I'm screwed.*" At least I'm not in denial... well... until my brain tells me to go into denial, of course.

Costa Rica 2005

by Yuekai Sun

Two weeks into the 2005 Summer, 18 students from the San Marin High School Spanish department departed for the jewel of Central America—Costa Rica. Led by Sra. Watson and Ms. Pikkarainen, the group was scheduled to spend their first week living with a host family and attend a school for foreign students. During the second week, the group toured the island paradise of Costa Rica, which included a visit to the famed butterfly farm and a grueling 5-hour horseback ride through the jungle.

The group arrived in Costa Rica after an extended 7-hour journey and met with their host families shortly afterwards. The hosts were very diverse, ranging from a 50-year old couple to a single mother and her 18-year old son. For Sra. Watson, the stay with the host family was the most memorable part of the trip. She described her host family as funny, enthusiastic and extremely generous. "When I arrived at their house, they had a scrumptious meal laid out for me." Many other students also reported their host families as very hospitable.

While living with the host families, the students attended a local school for foreign students from 8:00

to 12:00 in the morning. The group was divided into

every night and Norman had as much complaining about

drilled the students in several popular dances in Latin



horse ride through the jungle in pouring rain and mud up to the horses' chest. There was no path, just a guide leading the way. Norman recalls that he "experienced a strong sense of accomplishment" after completing the trip.

Another memorable experience that both Sra. Watson and Norman brought up was zip lining in the Jungle. Anchored to a steel cable, the students zipped through the canopy of the forest, dangling some forty feet in the air.

Towards the end of their stay in Costa Rica, the students had a few free days to simply relax and do as they please. Since their hotel was close to a beach, some of the group chose to surf. Many others opted to shop or simply sunbathe on the beach. At night, the group either visited each other in their hotel rooms or hung out on the beach. One night, the hotel hosted a dance and all put their newly acquired dancing skills to good use, including the ever-enthusiastic Sra. Watson.

On July 19th, the group returned to the United States. They brought home with them lasting memories and quite a few interesting, though unprintable, experiences.

several levels according to their Spanish abilities and put through an intense, one-week program on Spanish grammar and conversation, including Sra. Watson. Senior Zach Norman thoroughly enjoyed conversation class. "Everyday, the teacher would start a discussion about a current event or issue and we would basically discuss it in Spanish for the two hours." The topics were spread over a wide spectrum, ranging from abortion to religion. One of the downsides of having to go to school was homework. The students had homework

homework as he did praise for conversation class.

For lunch, the students went to various restaurants within walking distance of the school. Norman described the cuisine as "dirt-cheap but mouth-wateringly good". According to Norman, the best lunch retreat was a nearby Peruvian restaurant where he indulged in a feast of arroz con camarones (rice with shrimp).

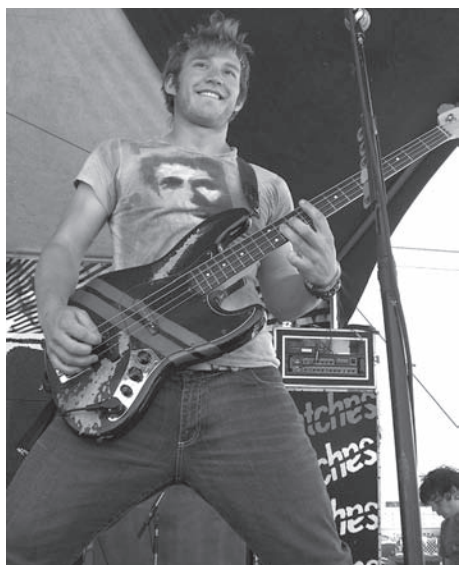
On the last day of school, the students received a dance lesson from the head of the University of Costa Rica dance program. He

America, including the Salsa. The skills they learned here would serve the guys well in the coming week.

During the second week of the Costa Rica trip, the group embarked on a tour around the island paradise. Highlights of the tour include a visit to the famed butterfly farm (the first in Latin America) an expedition to the active Arenal Volcano, white-water rafting on the Sarapiquí River and a stay at the luxury resort built around the hot springs of Tabacón. One interesting experience of the week was a grueling 5-hour

Waste the Day Away at "Warped"

By Katrina Richards



During the early hours of the morning on July 3rd, most San Marin students were sound asleep

in their beds, while a handful of their fellow classmates took a day out of their much-anticipated summer to wake up early and see several of their favorite bands perform. No, this wasn't Woodstock, but the Vans' Warped Tour. This year marked America's longest-running festival tour's 10th year of constant music traveling across the continental United States. And it just so happened that the tour stopped on July 3 in Piers 30 and 32 in San Francisco.


Headlining bands included the Offspring, My Chemical Romance, Senses Fail, MXPX, Dropkick Murphys, and Fall Out Boy. Local bands Tsunami Bomb and The Matches were also on the list of almost 50 bands giving anyone attending a wide range of music to listen to. While standing on the piers, there was never a moment when a band couldn't be heard. Each band had 45-minute sets that kept the music continuous and the crowd happy. The usually dismal piers that are empty on a normal day were lined with merchandise tents and

eclectic individuals.

"I came to see three of my favorite bands play," said junior, Natalie Smith, "That's what so awesome about the Warped Tour. You can see so many different bands that you like play in one place for under forty bucks." Tickets cost \$35 a person, which is quite reasonable for a day's worth of music. The Warped Tour also has other activities to keep visitors occupied. The half-pipe always has either a popular skater or BMX rider on it pulling tricks for the crowd. Also, you can meet your favorite band at one of the several meet-and-

greet tents scattered among the piers. This year fans took pictures, got autographs, and chatted with many of the bands. If waiting in line to meet band members is not your thing, just walk around the merchandise tents. Considering band members are usually seen walking around aimlessly, you'll be sure to spot someone.

So next summer, when you have nothing to do, make sure to check out the Vans Warped Tour! From 11AM to 8PM, you can look forward to nothing but endless fun and music.

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Fall Into Fashion

by Miquelle Bagley

You know the feeling. After spending the entire last month, and your entire summer earnings on your perfect back to school outfits, you run out of clothes two weeks into the school year. You felt great about your situation before, but now you're not so sure. What is there to do in this sticky situation? Shop of course!

Must Haves: The Fall fashion trends of '05 are leaning towards the darker, more elegant side of spring and summer trends: where gauze becomes wool, camisoles turn to romantic blouses, and turquoises are teal. Every fashionista has to have the staple: boots! Whether they are slouchy, flat heeled, or rounded toe, these boots are way too cute for walkin'. Don't forget to accessorize your boots with a pair of trouser cut jeans and a cute faux fur lined jacket. More of Fall's must haves:

military print jackets; hobo bags; lace shirts; graphic tees; jewel tone velvet; Asian-inspired patterns; and nature inspired hues like burnt orange, moss, teal, and rich browns.

Ready to retire: And then there were none. I'm sure I speak for all of us when I say put down the Uggs boots and walk away. These toasty slippers were a great way to keep your feet warm and your outfits relaxed last year, but after a year or more of wear and tear, they take the outfit from comfortable to just plain sloppy. And even worse than the Uggs are Juicy Couture jogging suits. These J Lo-esque ensembles were always a little borderline, but after two years of staring at more Jenny from the Blocks than we can count, it's time to say goodbye. So tell the girl who refuses to let go to give it up already, she'll never have a

booty like Jennifer's. Further Ready to Retires: Pointed toe shoes, polo shirts with



popped collars, ultra low rise jeans, belly baring tanks, and logo shirts.

Splurges: You can picture them in your mind.

The perfect pair of jeans. Whether they're Citizens of Humanity, Paper Denim & Cloth, or Blue Cults, you need them. They lift your butt, slim your thighs, and lengthen your legs; in a nutshell, they are super jeans. But then you see the price tag, \$158 for a pair of jeans? It might be hard, but if you find the perfect pair, suck it up and buy them. Why you ask? Well it's all about how the jeans make you feel. If you feel sexy and confident, like you're ready to do anything, then they are well worth the cash. Some Brands to watch for: Paige Premium, Joe's Jeans, Chip and Pepper, Antik Denim, True Religion, Rock and Republic and Hudson.

Dressed on a dime: Falls trends are breaking out, and luckily for us who aren't on mom and dad's payroll, there are some inexpensive alternatives to

the couture regulars. Old Navy has become a favorite for students. Even if we don't have the bankroll in common with the stars, we can still dress the part. Another huge pocketbook-saver is Forever 21.

Their trendy embroidered shirts and boho skirts are an awesome alternative to working the graveyard shift at 7-11. Also, don't be afraid to take your pals and hit up second hand and vintage shops. The thought of someone else wearing your clothes before you may give you the creeps, but is a great way to find designer items cheap. The Haight/Ashbury district is a great place to start. Lifesavers: Crossroads, Buffalo Exchange, Wasteland and Goodwill.

So, no matter what your style is, you'll be sure to find an outfit to fit you this fall season.

Advanced Courses Added to Curriculum

by Alex Randall

With the increasing demand for academic challenge in the student population, a need for more challenging classes has arisen. In response to this development, the administration allowed the creation of three new

courses: AP Government, Honors World History, and AP Physics.

This year, with the addition of Advanced Placement Government to the curriculum, marks the first time that this required course has been offered at an

advanced level for seniors. This gives those daring seniors enrolled a chance at a higher GPA, as an extra grade point is awarded to those who achieve a C grade or better in an Advanced Placement class.

"The biggest difference is that the quality of the students is so high," says AP Government teacher Mr. Michael Vice, "It makes it more difficult on me... but it's been a wonderful experience...that every teacher would love to have."

Although it is an AP course, it is only a semester-long class; during whichever semester these students do not take AP Government, they take Economics with Spinrad.

The sophomores, though not receiving an extra grade point, were given the opportunity to take Honors World History this year. "We are piloting the Honors World [History] class," declares Mr. Michael Spinrad, who teaches the course, "It's never

been taught at San Marin... [or] by anyone in the Novato district," This class, though its curriculum is based on the state standards for world history, will be much more difficult than the regular course, as "my expectations are higher, and I push them a lot harder," states Mr. Spinrad. The students in this class also enjoy new textbooks.

Having been offered at Novato High before, AP Physics has finally arrived at San Marin, partially due to the willingness of a familiar face. Ms. Leigh Nicolaisen, a science teacher at Sinaloa Middle School for four years, has graduated to high school to teach this class. Made up of

one junior and many seniors, this class represents those who desired a true challenge in the study of physics.

"It's a challenging class, says Ms. Nicolaisen, "maybe the hardest one in the school." With a portion of the class run through the textbook's website, students must keep up with a rigorous study pace of a chapter per week. The students, however, appear ready, as "It's a great group of students," boasts Ms. Nicolaisen.

With all of these classes now available at San Marin, students have an even greater opportunity to challenge themselves to succeed in the classroom.

Trader Joe's Comes to Novato

by Mandy Jacob

Within the next couple of months, a new supermarket will join the shopping center family in Novato. Trader Joe's popularity among Novato residents prompted the cheap organic food store to open an establishment in the little town.

Many families in Novato are forced to go out of town to shop at Trader Joe's, and with increasing gas prices, this has become more of a problem for regular customers. This is one of the reason's Trader Joe's has decided to make Novato it's location for it's newest store.

Trader Joe's conducted a survey for Novato residents. The results showed that Novato residents that have been living in Novato for over twenty-one years shop at Trader Joe's more than those in San Rafael. The survey also showed that 81 percent of those surveyed

don't shop at Trader Joe's more often because of the distance from their homes, and that if it was in Novato, they would shop there at least once a week. It also showed that residents would spend 50 to 150 dollars a month more than they do now.

Trader Joe's sees Novato as a prosperous new location, while Novato residents see this as an opportunity to expand the community.

Another new addition to Novato is Whole Foods. It will be located on Delong Avenue at an unannounced date.

With the addition of Trader Joe's and Whole Foods, Novato residents will have more options of healthy places to shop for food, and better variety without having to leave town.

Trader Joe's Comes to Novato
by Mandy Jacob

Within the next couple of months, a new supermarket will join the shopping center family in Novato. Trader Joe's popularity among Novato residents prompted the cheap organic food store to open an establishment in the little town.

Many families in Novato are forced to go out of town to shop at Trader Joe's, and with increasing gas prices, this has become more of a problem for regular customers. This is one of the reason's Trader Joe's has decided to make Novato it's location for it's newest store.

Trader Joe's conducted a survey for Novato residents. The results showed that Novato residents that have been living in Novato for over twenty-one years shop at Trader Joe's more than those in San Rafael. The survey also showed that 81 percent of those surveyed

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Mr. Ryaru

by Michael Cusack

Ishwara Ryaru (you'll have to ask him to pronounce it) is San Marin's latest and greatest Assistant principal. He comes from the same position at Novato High School with a great reputation. Novato High Junior Dana Pollak says "The first day I met Mr. Ryaru he immediately shook my hand, and since has always waved and been friendly. He's always there to help you out and jokes with everyone he passes. Kids look up to him and are also his friend. He supported everyone and was a great guy. I miss him." Novato High's loss is our gain. Mr. Ryaru was brought to San Marin to stabilize the volatile administration of last year. When asked about the move Mr. Ryaru comments "Things



are different here, but it's a good fit."

Mr. Ryaru whose wife recently gave to his first child, a baby girl resides in San Rafael surrounded by his extended family, and is the Assistant Principal for San Marin students with last names from A-L. Some of his specific interests and

responsibilities include: the annual school report, the school plan, special education, school-to-career, and counseling. Mr. Ryaru says he plans to work towards promoting interdisciplinary projects and cooperation between the departments, as well as finding new venues for student expression.

Mrs. Nicolaisen

by Yuekai Sun

Leigh Nicolaisen came to San Marin after teaching science for four years at Sinaloa Middle School. Ms. Nicolaisen graduated from UC Davis in 1975 with the B.S. in Biochemistry. In 1978, she received her Masters degree in Microbiology from Cal State Long Beach. Following her graduate education, she briefly taught community college in southern California. Eventually, she became involved in research and worked as

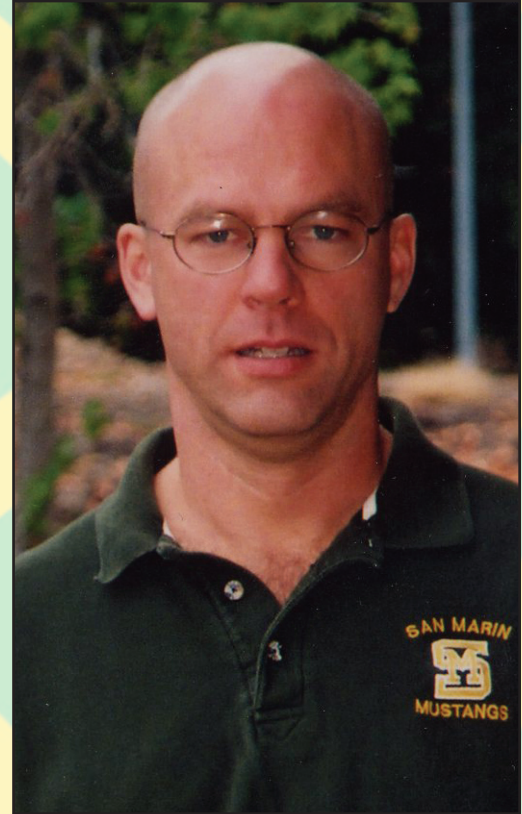


a molecular biologist at Vanderbilt University and UCSF. Due to a desire to spend more time with her family, she decided to return to teaching and received her credentials from Dominican College in 2000. In the fall of 2001, she began to teach 8th grade physical science and 7th grade life science at Sinaloa. As a testimony to her commitment as a teacher, she left eight think binders of lesson plans and class notes to her successor at Sinaloa. She currently teaches AP Physics and conceptual physics.

Mr. Dearborn

by Alex Randall

A not-so-unfamiliar face to San Marin, Mr. Dearborn took a year off from teaching here to be a stay-at-home father. He now returns to the campus with five years of teaching experience under his belt, working in both Resource and Special Education. Besides the construction, he doesn't notice any significant



differences in the school. Mr. Dearborn received his "education" education from University of Maine and California's Dominican University. Now residing in San Rafael with his wife and his one and a half year-old son Mason, Mr. Dearborn enjoys taking care of his son and playing chess and hacky-sack in his spare time.

Mr. Billington

by Paul Himmelstein

Some may be wondering who the happy, blond-haired face is perusing San Marin's campus is. The answer is Mr. Adam Billington, one of the new additions to the school's English department. Before coming to our lovely school, Billington worked as a college admissions counselor at University of San



Francisco. At his San Marin interview, he explained to Principal Loeta Anderson that he had played collegiate soccer at San Jose State. "When I heard [that he had played soccer] I asked if he would coach J.V. soccer. He was really excited, and immediately said yes," explained Anderson. Mr. Adam Billington is currently teaching 11th and 12th grade English, and obvious shows excitement about being a part of the San Marin family.

Ms. Curry

by Mandy Jacob

With the loss of Mrs. Campagna, twenty-three year old Ms. Curry has come from Del Mar Middle School in replacement. She taught at Del Mar for a year, and at Tamalpais for a year before that. She teaches English 9, English 9 Honors, and World History. She is excited to be working at San Marin, because she really enjoys the city of Novato. When

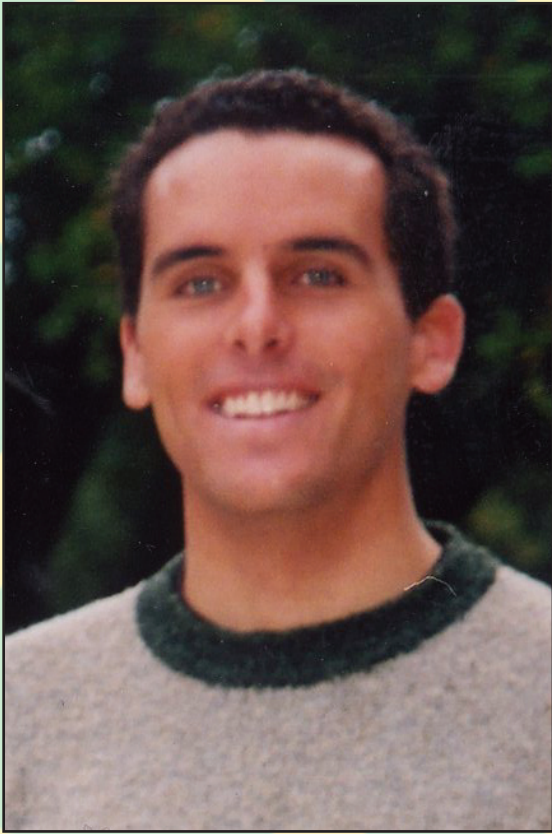


asked what she likes most about San Marin, she responded, "The teachers are really friendly, and the principle is very supportive." By the end of this year, she will have a masters degree in Theological Studies as well as Modern European History.

Mr. Calmels

by Katrina Richards

Mr. Calmels was born and raised in Marin County. He attended Sinaloa Middle School and Novato High School. After he graduated from Novato, he was accepted into UC Santa Barbara and Sonoma State University. He majored in Spanish and got his four-year degree of communication in journalism. After college he spent time overseas in Spain studying and then he later gained his teaching credentials at Dominican University.



Once a Spanish teacher at Marin Catholic High School, he decided to leave and come to San Marin mainly because his job at MC was only a part-time job. He came to San Marin to work full time and because he preferred teaching at a public school. He currently teaches Spanish and ELD at San Marin.

In his spare time he enjoys to DJ House music and surfing. He surfs both long board and short board and can be

regularly seen at Salmon Creek, which is his favorite surf spot.

Mr. Bergman

by James Gramalia

New P.E. teacher Keith Bergman has stepped in and replaced Mr. Bedar on the mens' side of the locker room.

Mr. Bergman's roots are in Marin County, as he grew up in Terra Linda and attended Terra Linda High School. He enjoyed success in football, baseball, basketball, and track.

He furthered his education at San Francisco State, where he majored in Physical Education. Bergman was named to the All-American team for his work at offensive guard on the football team there.

Mr. Bergman followed his undergrad with Masters studies in

Education at Oregon State. Post graduation, he stayed on as assistant coach on the OSU football team.

After several years on the coaching staff, Mr. Bergman came back



to Marin, a place where he taught for 14 years, splitting time between San Rafael High School, Hill Middle School, and Novato High. He left Novato to work in Cloverdale for the past five years before accepting his position as P.E. teacher here at San Marin. He said about his decision to take the

job, "It was like a homecoming for me- I've taught here in Novato for half of my teaching career."

Mr. Benigno

by Alex Randall

After teaching P.E., health and fitness, and summer school courses for two years at middle schools in the East Palo Alto and San Mateo areas. Mr. Anthony Benigno has come to San Marin to be a Special Day class teacher. He decided to move from middle school to high school education because he



of Southern Mississippi, he began a Masters program in education at Dominican University, on which he is currently working. The majority of Mr. Benigno's family lives in Stockton, while he resides in San Francisco. When time allows, he enjoys hiking, camping, and watching or playing sports such as football and baseball, having played the latter throughout college at USM. So far, Mr. Benigno enjoys the students and the community here at San Marin, but he especially loves working with the students, as "it keeps me young."

likes "working with students who are more mature and who have alternative [methods] of learning." After studying political science at the University

Ms. Kousounadis

by Alex Randall

Ms. Panagiota Kousounadis, a San Marin staff member for all of three weeks, has been hired to fill the counseling absence left after Rachael Wood's departure. Having worked as a counselor for ten years in New Hampshire and Massachusetts, Ms. Kousounadis comes to our school well-credentialed. She received her undergraduate education from



Clark University and her graduate education from Cambridge University in Boston. With relatives solely on the East Coast, Ms. Kousounadis came

to California to enjoy the climate as well as work. Although having only sampled a bit of this school's environment, she finds that "the people are welcoming and it's a very nice campus." In her spare time, Ms. Kousounadis enjoys reading, hiking, kayaking, camping, and practicing yoga.

Spankin' New with Haitian Voodoo

by Justine Alvarez and Hilary Johnson

Every year the music department tries to outdo itself with a new and exciting musical. Now, it has come out with a fun new musical that is far from traditional. This fall's musical, *Once on This Island*, is based upon the novel *My Love, My Love* by Rosa Guy. This production is different than any other musical that San Marin has done. Usually, the musical is stereotypically from a Western cultural perspective, with stories based in England or the United States. *Once on This Island* is based in Haiti and incorporates aspects of Haitian and Vodun cultures.

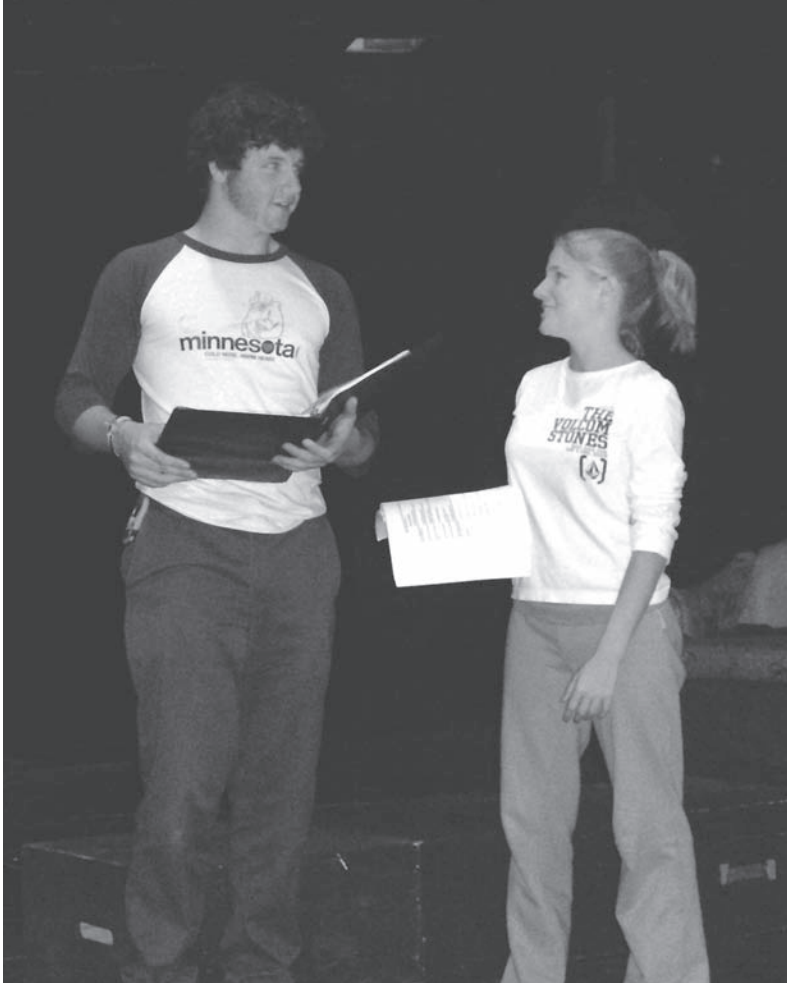
Directed by Parker Lee, this year's cast is filled with a mixture of new actors. *Once on This Island* is an enchanting legend of romance between a peasant girl and a rich city boy who

saves him from death. Casey Gasparini and Alex Tartour play the lead Ti Moune, an orphan who grew up on the poor side of the Caribbean

energy going into it."

A spectacular array of costumes and set designs always add to the magic of the musical. A talented tech crew and dedicated parents will help with the set-up and eventually production. Also, be sure to listen closely to the amazing pit orchestra which provides the atmosphere of the play with its fun and ethnic feel.

Be sure not to miss this amazing musical put on by the San Marin music department. So much hard work and talent is being put into this that it is a must see! You can watch this wonderful performance the last week in October, Thursday the 27th through Sunday the 30th and tickets go on sale October 11th in the front office.



Senior Nathan Eli and Sophomore Casey Gasparini

Island. Ti Moune hopes to one day marry a rich boy, played by David Shultz and Nathan Eli. David Shultz says, "I think it's going to be a great production because the cast is uniformly talented, and there's a lot of positive

What's The Deal With Airp...Splenda?

by Michael Cusack

There are as many rumors about Splenda as there are about Katrina Richards in this issue's Straight from the Horse's Mouth, and not surprisingly, just as few of them are true. It is important for informed human beings to be set straight about the Splenda madness.

A common story is that Splenda is made from sugar, that it is merely the sugar molecule flipped. This would make it equally tasty and delicious as the real thing, yet unable to be absorbed by your body. The truth is that while Splenda is made from sugar (or at least can be) it is a wholly different molecule that only slightly resembles sugar. The basis of the rumor is just plain silly, because anyone who's taken chemistry knows that molecules are 3-D structures and thus if you flip them...they don't really change at all.

Another rumor, which is propagated by

cane-sugar growers (as opposed to the last one which is more likely to be spread by the makers of Splenda themselves) claims that because the Splenda xamolecule has chlorine atoms on it and chlorine gas is poisonous, Splenda must be bad for you. This is equally absurd; chlorine is by no means universally toxic, and actually makes up half of table salt, a substance that is essential for humans to live.

Splenda doesn't do its job by giving off fewer calories; in fact it has been shown in some experiments to give off more than plain sugar. Splenda works because it is sweeter, 500-600x sweeter than standard sugar. This means that much less Splenda has to be used for the same level of sweetness as sugar. If a recipe calls for a cup of sugar, you would only have to use a pinch of pure Splenda. Contrary to common logic



this doesn't mean the yellow that five pound bag of Splenda will last you a lifetime or even that those little yellow packets will make your coffee sweeter than the rest of the colors. When sold in packaged products, a tasteless white filler made from starch is added to even everything out.

In the end Splenda is neither a miracle product nor a dangerous public hazard, it is merely the next generation of artificial sweetener, not yet proven to cause cancer, and with slightly less aftertaste.

Drama Dives into Van Druten's I Remember Mama

By Alex Randall

After losing a strong group of seniors to college last year, the Advanced Drama program looks to introduce a crew of up-and-coming actors and actresses in its fall production of John Van Druten's *I Remember Mama*.

The play tells the story of a Norwegian family living in San Francisco in 1910, struggling under the burden of children and unemployment. Told from the perspective of Katrin, a daughter of the family, the play describes the relationships between the immediate family and their kooky relatives, along with an eccentric British boarder. With a young daughter in the hospital, a cat about to die, a timid aunt secretly engaged to a funeral director, and an intimidating uncle intruding upon family matters, crises are unavoidable. The mother of the family, however, remains the stronghold, maintaining order.

The fresh-faced cast includes sophomores **Haley McFadden** as Katrin and **Kyle Ruth** as Uncle Chris. Veterans, such as seniors

Alison Greggor as Mama and **Brandon Hoberg** as Papa, also hold claim to main parts. Senior **Annabelle Rollison**, another four-year member of the San Marin drama department, is proud to be the assistant director of this production.

A director's ability to connect to a play is as important as the acting itself. "I love this play because I am Norwegian," comments Ms. Linda Kislingbury-Cain, the Advanced Drama teacher. As she discovered in her research, Kislingbury-Cain has more in common with the play than just ethnic background. "When I did work on researching Kathryn Forbes, who wrote *Mama's Bank Account*, which this play was based on, I did find that she...lived in Burlingame, around the corner from where I was raised," comments Kislingbury-Cain.

I Remember Mama will be presented November 17-21, with all shows starting at 7:00 PM except for the show on the 20th, which starts at 2:00 PM. Says Kislingbury-Cain, "This story is really about all our families."

MOTOR MOUTH

by Paul Rilla

How much does it really cost to drive a mile?

From a driver's perspective, it would make sense that this could be found by simply dividing the price of a gallon by a car's mileage, in miles per gallon. This is a misconception. Price of gas, in fact, is not the only, nor the single greatest factor in finding the true cost of driving a mile.

- Direct driving expenses.....86 cents/mile (including fuel, maintenance, insurance, and finance costs)
- Societal costs (including.....33 cents/mile highway construction and maintenance, tolls and parking, and air pollution)



Poetry Place

Interlude: *Canta #2 of Nightengale* by David Shultz

I glance back at her on stage
shimmering boldly underneath
the black curtain and spotlight,
electronic ghosts flickering
when their pillow case density
gives out, fails to hover.

A waitress--blond and ambitious--
smothers me
with red lipstick. "Aren't you that,
that..."
My yes intercepts her desperate giggle,
anything
for an appreciation of my first love's
solos, sonnets, tone poems found only
in that Van Gogh hanging nearby
on the cracking maroon wall.

My latte order drags with the waitress,
pen
away, black skirt swaying with the
crooner
to get a reaction from my eyes. But it
seems
nothing turns me on anymore, nothing
but Miles Davis'
calm kind of blues and greens; the sound
of wind, of rain,
all siphoned right into the keys, three
souls
bound with imitation ivory.

Pressing them within my heavy mind
pushes the freshly delivered
coffee down a notch. I can't taste when
I'm away from her,
I'm ready to beg on my knees again:

I need

I need

I need.

Caffeine: *Canta #3 of Nightengale* by David Shultz

Back up in the moonlight.

A singer drifts
idle across front stage.

It don't mean a thing, if it ain't got that
swing

This is where my breath is forceful
with chocolate-smooth life. I pray to
God
with every inch of my five fingers
that I'll explode
with an energy like caffeine,
only seeping in from a mouth piece
buzzing
underneath my freshly-licked lips,
freshly-tuned.

doo-wah, doo-wah

Here it comes.
Injected into my teeth,
I wail out through my one
and only
a tune fresh as the espresso
I remember from those five-minutes ago
settling in the drum of my belly,
the past being blown through the door.

I forget,
I run away from what was,
from those who are they,
those ghosts
and soldiers
and pioneers
of fans, thinking
they've discovered something.

Down I go, b-flat, b-flat, wail, slide,
I spin down into the audience's drain
like water from a faucet.
I am them.
I roam their snapping fingers,
their nearly breaking pencils
trying to express
every tingle
and every blink of my eye.

Never
never
never will my bed
offer this, will my family
offer this. It's a joy
existing only in sparratic blasts
of color, light.
Love me. Love me.

And the solo cools.

Come Out and Play by David Schultz

Wheat grabs your hand with a grace
unheard of. Between the hemlock,
the fern, you brought each tip
of your lips up to your left
and right ear, birthing a rosebud
crescent.
Even the pallid moon is jealous.

But it's when you pulled the pale
lace thread, dyed it red
and jumped rope between the trees
that I sank deep into the mausoleum,
like the ones of Cairo's past.

Your mild laughter echoed up
to play hopscotch
in the chalk-line sky.
And the distracting wash of clouds
pulled you over the switch-
blade curl of string.

Down, down, down, caught only
by the scar hidden under
a Savannah grass, the black sweater.

Concert Corner



Thurs., Oct. 6:

Franz Ferdinand (\$29.50) @ Bill Graham Civic

Sat., Oct. 8:

System of a Down & The Mars Volta (\$32-\$45) @ Oakland Arena

Devo w/ Missing Persons (\$54-\$65) @ Paramount Theater

Download Festival ft. The Killers, Arcade Fire, Modest Mouse, Doves, H.I.M., Nine Black Alps, The Lovemakers and more (\$30-\$50) @ the Shoreline Amp.

Thrice & Underoath (\$19) @ the Warfield

Tues., Oct. 11:

Eagles (\$25-\$150) @ the Oakland Arena

Sat., Oct. 15:

A Night at the Pictures (\$8) @ the Novato Teen Center

Sun., Oct 16:

Dropkick Murphys (\$22.50) @ SF Weekly Warfield

Tues., Oct. 18:

Gwen Stefani (\$35-\$65) @ the HP Pavillion in San Jose

Wed., Oct. 19:

Copeland (\$15) @ Slim's

Mon., Oct. 24:

Bright Eyes (\$24.50) @ Santa Cruz Civic Auditorium

Wed., Oct. 26:

Against Me (\$13) @ Slim's
311 (\$35) @ the Fillmore (they will also be playing on Thurs. & Fri at the same place/same price)

Fri., Oct. 28:

Weezer, the Foot Fighters, & Hot Hot Heat (\$29.50-\$39.50) @ Oakland Arena

Thurs., Nov. 3:

Fall Out Boy (\$25) @ SF Weekly Warfield

Tues. & Wed. Nov. 8-9:

U2 (\$52-\$168) @ the Oakland Arena

New Season, New Coach, New Outlook

by James Gramalia

The San Marin Mustangs have gotten off to a shaky 1-1 start out of the gates this year. After the loss of many key seniors from last season and the arrival of a new head coach, Kevin Ghee, the team is, at this point, beginning to come together as a complete unit.

The Mustang defense shone in their season opener at Sonoma Valley on September 9th, giving up fewer than 200 yards and outlasting the Dragons, 7-6. The Mustangs only score on the night came on a 3 yard touchdown run by senior running back **Mike DePew**. Junior defensive back **Jimmy Puccinelli** showed his playmaking ability that Friday night, blocking a point after kick and intercepting a ball in the endzone on a spectacular diving catch. Each play kept Sonoma at 6 points, securing the lead for San Marin.

After the touchdown in the first quarter, the Mustangs could not put anything together offensively for the rest of the half. Junior quarterback **Tyler Taggard** said, "We were trying to set up play-action, but it just wasn't working."

The offense really picked up in the second half

as San Marin was readily able to move the ball downfield, although they did not post anymore scores. Taggard finished the night 9-15 for 99

yards, including an incredible 35 yard toss to senior wide receiver **Garrett Bartok**. DePew ended the night with 105 yards rushing and one touchdown.



The line surges forward as the Mustangs continue to dominate in their win over Drake on Sept. 24th.

yards, including an incredible 35 yard toss to senior wide receiver **Garrett Bartok**. DePew ended the night with 105 yards rushing and one touchdown.

DePew said about the second half success, "We are a second half team... we

really started to play together and focus."

Some excitement came with three minutes left in the game, when Sonoma

Dragon hopes for victory.

On Saturday, September 17th, the Mustangs traveled down to San Rafael to host Justin-Siena in their

for 185, including a 57 yard breakaway.

The San Marin offense was only able to put together one successful scoring drive, going 60 yards and finishing on an 18 yard scramble by Taggard.

The Mustangs could not get much going through the air, completing 3 passes for a total of 59 yards, including a 29 yard connection from junior backup quarterback **Jeff Johnstone** to Garrett Bartok.

Running back Mike DePew rushed for 103 yards, making it two games in a row with at least 100. His 37 yard rush down to the Sonoma 19 yard line during the second quarter set up Taggard's touchdown run.

Senior defensive back **Jeremy Shaver** summed up the game, "We came out flat, and we just lacked intensity the whole game."

The Mustangs hope to put the Justin-Siena game behind them and build off of the good from the Sonoma game. Injury hampered junior defensive end **Jimmy Pederson** said, "We will look back on what we did right against Sonoma and go from there."

Splash Into the Season

by Allison Arnheiter

The water polo teams started off on a bad note this year but it will hopefully build up the strength needed to beat the rest of their opponents. Their first game of the season was against Marin Catholic, where the girls were crushed by a score of 18-1. Returning senior **Lindley Schneider** scored their only goal. Although there were 18 goals scored by Marin Catholic, senior goalie **Angela Olmanson** saved five goals from the net.

The boys' final score was 15-4. The top scorer was senior **Ben Sangster** with two goals; seniors **Chris Moghbel** and **Paul Lillie** closely followed with one goal each. In the net, senior goalie **Max McDonald** had a total of six saves.

In their second

game, the girls lost 5-9 to Justin Siena. The top scorer was sophomore **Jenah Dawson**, with two goals. Seniors **Stacey Boven**, **Leilani Gilpin**, and **Lindley Schneider** each scored a goal as well.

The final score for the boys game against Justin Sienna was 21-4. Ben Sangster, Chris Moghbal, and sophomore **Nick Welsch**, each scored four goals, which made them the top three scorers of the game. Max McDonald had a total of 13 saves.

With the season already started, the Mustangs are not going to rest until the get the job done. "This is a year full of opportunity," says Coach John Kennedy. But to make it to the playoffs, the Mustangs are going to have to work hard.

The Fastest Growing Sport in America

by Jay Maurer

What is the fastest growing sport in America? Perhaps soccer? Or maybe Texas Hold-em Poker! No wait, that's a game, not a sport, even though it is on ESPN. Actually, the fastest growing sport in America is Lacrosse. According to Lacrosse.org, over 300,000 people participate nationwide. Youth players account for about half of that number, and many young players can be found right here in Novato and at San Marin High School. Just ask your classmates; it won't take long for you to find a fellow student who plays lacrosse. San Marin has both boys and girls varsity teams competing in MCAL. San Marin is a member of the Novato Lacrosse Club (NLC), one of the oldest lacrosse clubs in Northern California, dating back to the 1960s!

Why the popularity of lacrosse? "You've got boys with sticks running around hitting each other. What could be better than that?" says Matt Ogelsby of the San

Jose Stealth. Boys lacrosse is like ice hockey on grass, but using a ball instead of a puck and a stick with a net instead of a blade. The ball is about the size of a baseball, but even harder. Some of these guys can shoot at speeds well over 100 mph! Lacrosse is also the oldest sport in America, since it was invented by the Native Americans. The game was referred to as "the little brother of war" because it was considered excellent military training.

The girls version of Lacrosse is much more ladylike and requires much more finesse. Hitting and checking are not legal, so body angles and refined play rules the game. But girls Lacrosse has a draw of its own, and once a girl plays it, there's no turning back. "It just gives you such a rush and it is so competitive. It's like no other sport; I just love it." said San Marin's Julie Kern, who was Defensive Player of the Year last year.

Girls Lacrosse is very

much a team sport as there are 11 players on the field from each team. Some girls love it because there are so many positions and therefore great variety. "It's a combination of the spirit of team coming together, and the freedom you feel when you're running down the field." said Senior player Paige Thelen, who made MCAL Second Team last year. Paige continued, "It's such a hands-on sport, like no other - you're right in it all the time."

If you think you might be interested in Lacrosse, there will be an informational lunch meeting in the next few weeks; watch for the announcement. NLC also is sponsoring a fall ball clinic the last three Sundays in November and the first three Sundays in December. Sign-up sheets will be passed out at the informational meeting. "It's a unique sport that most people don't do, like soccer or track, but it's such a great team sport." said Meredith Mixer.

Starting Off Slow

by Kavon Banejad

Following last year's double overtime loss to Marin Catholic in the first round of MCAL playoffs, the 10 returning seniors are more pumped up than ever to make this season a success. Along with their experience, they bring a squad of technically skilled players, including Senior Captains **David Holleran** and **Fili Ramirez**, Senior **Alex DeConde**, and Senior **Jessie Mendoza**. With Senior **Taylor Jones** in goal and Junior **Nick George** as sweeper, their defense will be a force to be reckoned with. The only aspect this sensational soccer team is lacking is tactic. After the departure of long time coach **Jay Larsen**, the team is struggling to



Hunter Giesen jumps for the ball

tactically prepare under the leadership of Head Coach Mike Carbone.

The team has a preseason record of 0-2-1 and a regular season record of 0-1-2. They will have to come together if they want to make it past the opening round of playoffs for the first time in over a decade. This group of skilled players looks as if they could have a successful season if they unite and play as a team.

When asked what the team needs to be successful, Holleran replied, "We need chemistry. We need to communicate better and show some discipline." Ramirez added, "We need to work as a team."

Mustangs Come Out Swinging

by Miquelle Bagley

San Marin Girls Varsity tennis is looking at another great season and a chance at taking MCALS. Even though number one singles player **Ayla Potter** was out with a thigh injury, the Mustangs shut out San Rafael in their first game, 9-0. Sophomore twins **Meredith** and **Camille Mixer** both played notable games with scores of 6-4, 6-1 and 6-1, 6-2. Doubles team consisting of **Gina Soares** and **Emily Randall** won by a score of 6-2, 6-0.

In their second match, the team advanced to a 2-0 league play record with a win over Terra Linda, 7-2. San Marin's **Dina Rosenberg**

dominated her opposition, as did **Jordana Seldon**, with a score of 6-2, 6-1.

It seems that the girls' late summer practice is paying off. They are more comfortable with each other and their coach, Jay Potter. While the girls are still recovering from the emotional loss of team cheerleader and big sister, Alicia Miranda, compensation comes in the form of new freshman talent. A standout from the pack, Jordana Seldon, is playing number four singles and is expected to be a huge asset to the team this season. With a team full of talent, Mustangs are sure to be one of the top teams in MCAL this season.

Teeing off

by James Gramalia

The San Marin Varsity Girls' Golf team has gotten off to a solid start this season, going 2-2 in their first 4 games. The Mustangs topped Tam twice for their two wins.

The team is riding on the outstanding play of senior #1 **Allison Green**. Her excellent approach to the game resulted in her shooting a season high of 37

to beat Tam.

She has established herself as one of the top players in MCAL this year.

The Mustangs are looking good and are shooting for a spot in the playoffs this season after missing out last year.

Coach Bob Lacy summed up the season so far, "We are having a lot of fun out there...it's great."

SPORTS STANDOUTS

Marty Cunnie

by Alex Randall



How is it possible to fit a 5'8", 210-lb lineman into a Robin costume? Only Marty would know; for last year's Halloween, he was found parading around as Batman's cunning sidekick. A four-year athlete here at San Marin, his social antics demonstrate a mere part of the spirit that drives this senior.

Born into a sport-centered household, Marty has been involved in athletics for years. In the Cunnie family, which consists mostly of athletes, participation in such activities was "encouraged, if not demanded." He played sports year-round, participating in recreational soccer, basketball, and baseball.

Now a fourth-year veteran of the San Marin

football program, Marty started football later than most, as a Junior Mustang in the 8th grade. Natural talent prevailed, as by sophomore year, he was a member of the Varsity football squad. One of Marty's favorite moments came from that very year—a triple overtime victory over Del Norte in the first round of NCS playoffs.

Football has not been Marty's only sport at San Marin. During his freshman and sophomore years, he was also an active participant on the track and field team. He threw both shotput and discus for the team, the latter in which he took home an MCAL frosh-soph championship two years ago. For Marty, participation on the track and field team was incited

by his brother John's history. John Cunnie currently holds the discus record at San Marin, with a throw of 179' 5".

Though the team achievements will remain as vivid memories, Marty will miss the people most of all. "It's hard to get so many guys that I hang out with in one group working towards something," he explains.

In college, Marty plans to continue athletics, in either Division II or III football or on club or intramural teams. He also shows interest in playing rugby for a university, since he has played it since freshman year. Whether as Robin or a lineman, Marty will always be remembered as a great man in tights.

Leilani Gilpin

by Alex Randall



Amidst all the complexities that the universe holds, the fact remains that some people are simply born for the water. Leilani Gilpin, a four-year member of both the water polo and the swim team for San Marin, spends an average of 23 hours in or around a swimming pool every week.

Learning how to swim at the age of four, Leilani quickly grew keen to the water, swimming competitively by the time she was eight. A member of the Rolling Hills Stingrays for many years, she now swims with the Marin Pirates, a year-round team that takes swimming rather seriously.

Along with swimming in middle school, Leilani also participated in a synchronized swimming group. "People don't realize how difficult [synchronized swimming] is until they try it," Leilani says in defense of the sport.

Leilani was inspired to begin swimming competitively because she likes "that you compete individually, but the team aspect is great, because your teammates push you and you push them."

Over her four years here, Leilani's favorite SM athletic moment was "watching the medley relay win MCALS my freshman year." Although she wasn't on the victorious relay

team, she enjoyed the experience because "our entire team cheered them on to the finish...It just really showed the team's spirit."

When asked what she will miss most about San Marin sports, Leilani replied, "My teammates. I love the team bonding and all the new people I get to meet every year." While she would like to continue athletics in college, a passion for math directs her attention towards a major in statistics. Although sometimes aggravating, water sports will always hold a special place in Leilani's heart.

ODDS AND ENDS

Fun Facts

by James Gramalia

- There are more than 200 kinds of chili peppers, none of which belong to the pepper family.
- Golf was banned in England in 1457 because it was considered a distraction from the serious pursuit of archery.
- Olympic badminton rules say that the birdie has to have exactly fourteen feathers.
- Henry Ford of Ford Motors once flatly stated that history is “bunk”
- The Chinese, in ancient times, used marijuana only as a remedy for dysentery
- It is against the law to whale hunt in Oklahoma
- Every citizen of Kentucky is required by law to take a bath at least once a year
- The biggest pig ever recorded was a creature named Big Boy who weighed in at 1,904 pounds
- The Bible is the #1 shoplifted book in America
- Your statistical chance of being murdered is one in twenty thousand
- Paranormal experts say people reach the peak of their ability to see ghosts when they’re 7 years old
- Mageiricophobia is the intense fear of having to cook
- Your thumb is the same size as your nose
- Organized crime is estimated to account for 10% of the United States national income.
- A group of 12 or more cows is called a flink
- The lifespan of a squirrel is about nine years

Crossword

by Dan Saslow

ACROSS

1. Breathe
8. Hendrix axe
13. Act of neglecting; leaving out
15. ____-friendly
16. Blood and frogs are included in this
18. Two monkeys, two mice, two lions are all aboard
19. Quality detected by ears
20. Putter helper
23. “Thank God!” via IM
24. Occasionally more proper than “and”
25. Commonly unwelcome federal agency
26. Slithering sea creature. Tastes like chicken.
28. Small water birds
32. Demise of Joplin, Garland
34. Inventor of method for clearing airway
36. Chinese woman warrior dressed in drag
39. Chocolate and chewy, ____pop

40. Glossy
42. Closely ranked to president; abbr.
43. To glisten
44. Effeminate, timid (variant spelling); New Orleans funk song “ ____ Strut”
48. Act of resting; tranquility
49. Common article
50. Between Nebraska and Illinois
52. Most abundant heavy metal
53. Common holiday beverage, ____g
54. Correction mark indicating wrong spelling
55. Popular Japanese company producing motor vehicles and sound products

DOWN

1. To turn
2. To come out
3. To cave in
4. Hallucinogen
5. Jack rules and Piggy

- dies on this
6. Indonesian islands
7. a graphic character used in ideography; id____
9. Large brass instrument
10. Ps, Qs...
11. Popular television channel; __&__
12. Airplane dinner plates
14. Difference
17. 49 Across in Spanish
20. Odyssey creature
21. Frisbees are shaped as ____
22. Professional prefix
27. Hard candy on a stick
29. Modern computers can be labeled this
30. A favorite of Academy students
31. Collection

- of equipment
33. Evil; supernatural
35. “Howdy” variant
37. Greeters at the theatre
38. Vietnamese delicacies similar to Chinese egg rolls
41. To ____ over
43. ____ Lanka

45. Audible exhale
46. Ms. Shine practices this
47. Mayhem; C____
49. Yours; Old English
51. Warning notice
53. Video game company



by Katrina Richards

- Anonymous freshman girl goes obsessively ga-ga over Senior David Holleran.
- Senior girl known as “Summer” made it on radio talk show Loveline.
- Anonymous English teacher is seen with a “love bite” on his neck.
- Junior Girl rumored to be dating wrestler with rhyming name.
- Senior Nick LeDuc and Sean Ruggerio get suspended for egging a few '08 girls.
- Long time sophomore couple Keith Jayne and Kasie Gasparini call it quits for the 7th time... but later get back together.
- Madden '06 distracts football team from more important goals.
- Senior Mathias Stephan’s random weekend house parties add to his growing popularity.
- Mr. Krakora tells his U.S. History class about his past as a German pop star.
- “The O.C.” (8 PM) and “Reunion” (9 PM), both on Fox, keep the female population of San Marin from completing their Thursday night homework.
- Freshmen girls rumored to be judging the upperclassmen girls by the jeans they wear.
- Hula-Skirt Honeys at the Aloha Groove entice onlookers. Sophomores girls compete, but skin doesn’t always win.
- Junior Editor, supposed girlfriend of wrestler with rhyming name, late to first layout session.
- Senior Scott Menasco’s future wife upset at Drake player after September 24th game.

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