

# THE AUGUSTINIAN

“Tolle Lege”

Issue 1

September-October 2010

Saint Augustine High School

## Remembering Bryan Goebel



By Jason Mapa ('13)  
MANAGING EDITOR

On August 23, 2009, a freshman named Bryan Goebel came to Saints. Like all newcomers, he was nervous and did not know what to expect, but he bravely attempted to initiate himself into the Saints community. He made many friends, and was loved by all who knew him. He accomplished many things about which he was deeply passionate, especially making the varsity swim team as a freshman. This was his first varsity letter and was something he was very proud to display on his newly earned letterman jacket. A scholar-athlete, he succeeded in his classes and was pleased with his development throughout the year. Building upon his triumphs, he looked toward to his next year at Saints with high hopes.

Sophomore year came and the Bryan started strong. On top of his studies, he continued to train for swim season. Sadly, he was never able to complete the season. His hopes for a great school year were unexpectedly cut short.

Losing a classmate is never easy, and it seems that he is still with us at Saints. We see his smile when we look at the desk that was once his, we remember his prowess when we see the banner that Saints won for swim, and we remember his laugh when we pass by the spot where he would normally eat lunch.

During his time at Saints, Bryan was an eternally smiling young man. He always had a positive attitude and supported his friends. Whatever problems he had, he listened to what others had to say. Nick Hesling ('13), who was in charge of the t-shirts in Bryan's name, was a friend of Bryan's.

"Just being around him could always make a bad day a whole lot better," Nick said.

He had a happy-go-lucky attitude that drew others



to him. The moment he arrived on campus, people's first impressions were of a funny, cheerful young man who could also be a little mischievous. Yet underneath, Bryan was a hard-worker who strove for what he wanted.

Swimming was one of Bryan's passions and he immediately eyed a spot on the varsity team. He did not

SEE **Bryan**, pg 4

## In This Issue...

Saints Trends.....Pg. 2
Demise of Clubs.....Pg. 2
Mr. Coffey.....Pg. 3
Saintsman of Issue.....Pg. 3
Ode to the Code.....Pg. 4
Saintsmen Summer.....Pg. 4
Chaplain's Corner.....Pg. 5
New Augie Volunteer.....Pg. 5
Film Review.....Pg. 6
Facebook Problems.....Pg. 6
Muscle Milk Bad?.....Pg. 7
Neil's Deal.....Pg. 8
Negative News.....Pg. 8



## Brother Kirk Becomes a Father



Fr. Kirk bestows blessings shortly after being ordained in Los Angeles.



By Mark Wolford ('13)  
STAFF WRITER

Juniors and seniors all remember the warm and open man known as Brother Kirk. The rest of us, though, will have a chance to know the recently ordained priest throughout the year as he gives his time to Campus Ministry. He hopes to become a familiar face in the office for the student body and inspire those with a hunger for service.

His character is one perfectly suited for Saints: a man

as easy to talk to as any friend. Though the man represents so much to the community today, his beginnings didn't foretell of a divine calling.

Born in Chicago, he was baptized as an infant, but received no religious education as a child. Though his childhood was a relatively traditional and loving time, he and his 3 sisters and brother did not attend Mass regularly, nor did he ever receive the Eucharist.

In his early career, he found himself in the advertise-

SEE **Fr. Kirk**, pg 5

## Third da Luz Joins Saints Faculty



By Taylor Tonner ('11)  
STAFF WRITER

The Three Musketeers. The Three Blind Mice. Snap, Crackle and Pop. So many terrific trios exist in the world today and will always be remembered as such. This year the Saints community boasts its own as Mr. Christopher da Luz rightfully assumes his place as a teacher at Saints. Acclimating to the Saints environment and experience with the poise of a graduate, Mr. Chris da Luz now sets up shop in room 321 teaching Civics and Economics in the Social Studies department alongside his brother, Mr. Christian da Luz. Now, supposedly teaching at the same school together was NOT planned, but as they carried out their lives each brother had drafted a "master plan" of eventually becoming an educator at Saint Augustine High School. Of course getting to the point of actually applying for a position as a teacher at Saints took some time, thus giving plenty of time for the brothers to grow up together.

"Chris was the regulator of the household," said Mr. Christian da Luz when asked who beat up on whom growing up. Mr. Chris da Luz worked the night shift in the grocery store business for 26 years and began the job at the age of 18. Needless to say the man certainly needed his rest during the day in order to perform adequately at work. This being said, if the two younger brothers decided to get caught up in some sort of quarrel or even if the T.V. was turned one decibel too high, you could bet your bottom dollar that Christopher "Master of the Charlie Horse" da Luz would be paying you a visit. Mr. Craig stated something to the effect that his posterior was handed to him on a silver platter on many occasions, but never seemed to taste appealing in any way. Notorious for the infamous charlie horse, Mr. Chris da Luz had mastered techniques and spent countless

SEE **da Luz**, pg 4



# Saints Trends: Wrist Fashion 101



By **Reilly Marin** ('11)  
CAMPUS LIFE EDITOR

Saints is a place of trends and fads. Everyone has to wear Vans with high socks. We wear different colored shirts throughout the week. However, there is a new trend that is sweeping through the Saints campus, but you may not have noticed it. Why is that so? You have to roll up your sleeves to see it. Our wrists have become the new place for style, fashion, and fads. We're not talking about Livestrong bracelets here, folks.

The two wrist-trends taking over Saints are Silly Bandz and Balance Bracelets. Silly Bandz, which became largely popular in the Junior High School crowd, are rubber bands that, when not on your wrists, form anything from cars and flowers to Shrek and Justin Bieber. You may find Ryan Walsh ('11), for example, walking around campus with up to 100 Silly Bandz on his wrists. Even some teachers have been spotted with decked out wrists.

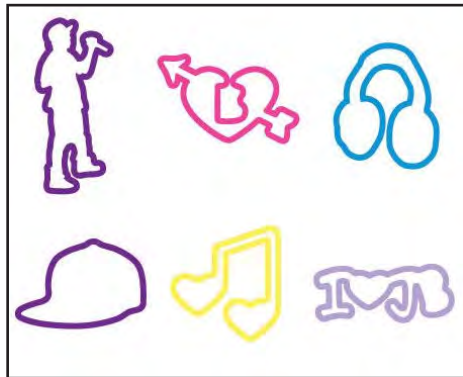
Another attractive option is customizable Silly Bandz. What about a Halo Joe or Saints logo Silly Bandz? If you can describe it, you can Silly Bandz it. The down side, though, is you have to order at least 5,000 custom wristbands in order to do so (about \$45). However, by the time you get this order delivered, Silly Bandz may be far out of style. I personally feel that Silly Bandz are a huge fad. They will lose popularity as quickly as they gained it, and by Thanksgiving break, we won't even remember what they were.

Silly Bandz are cool just to wear



around, but how about a wrist accessory that actually has some positive benefits for your body! Introducing Balance Bracelets, the new product that claims to give you more balance and strength. It is even said to help you sleep better at night! If you don't believe it, ask any varsity football player on campus. QB Evan Crower wears multiple Balance Bracelets everyday. Sean Davey and the Critchlow twins swear by them. Matt Rush, who made Balance Bracelets popular here at Saints, is a firm believer in the bracelets. I met up with Sean Davey between classes to see how the bracelet works. Without the bracelet on, he made me stand on one foot and put

both of my arms straight out to my sides. He pushed down on one of my arms, and I immediately began to fall over. Then, he gave me his balance bracelet and did the same test. I felt stronger and more balanced when he pushed me. He put all his weight into my arm, but still couldn't knock me over. I have yet to invest in a Balance Bracelet, but I can attest to its effectiveness in helping you balance. Sean even told me that he couldn't sleep in during the summer when wearing the Balance Bracelet. He got such a good night's sleep that he was wide-awake at 8 every morning. No matter how hard he tried, he couldn't fall back asleep. With results like this, it's hard to say that Balance Bracelets will go away. My prediction is that they'll have a presence at Saints for a long time. Senior Matt Rush is selling Balance Bracelets on campus, and you can contact him to take part in this new and popular Saints trend!



A few of Ryan Walsh's private Justin Bieber Collection of Silly Bandz

# Saints Survival Tips



By **Thomas Davies** ('12)  
STAFF WRITER

So it's your first year at Saint Augustine High School. You've made sure you are following the protocol. Your hair is seven times shorter than Paul Williams', you've memorized your locker combination, and you've made sure to tuck in your t-shirt on Fridays. What else could you possibly need to know for your first year? Well freshman, arranged here is a collection of firsthand knowledge written to help you make the most of your first year at Saints.

- Respect to others is a must. Respect your teachers, other freshmen, and especially the upperclassmen. It's always important to say a simple "hello" in the morning to a passing teacher. "Always make sure to greet Ms. Bayer and Carlos Martinez every day," says senior Carlos Martinez. This simple hello can make all the difference for everyone.

- Getting to know upperclassmen and talking to them about your schedule can help you learn more about the classes that you take now and will take next year. "Listen to your senior and humble yourself during freshman welcome week." This wise advice comes from senior Zac Tucker, who was "excited" to meet his freshman during welcome week at the time of his interview. "Respect upperclassmen and don't mouth off. Being responsible and getting involved are really important." Mason Brown ('12) speaks from personal experience. He's a member of the ASB and brings you the announcements every morning along with Brody.

- Saints tradition has remained solid for decades. You're not the first ninth grader

SEE **Survival**, pg 8

# The Demise of Saints Clubs



By **Michael Ebeling** ('11)  
EDITOR-IN-CHIEF

A schools' personality is often defined by the clubs and sports it offers. In middle school, you all may have heard about the amazing clubs at Saints, such as the Pacman club, the Seinfeld Club, or even the more recent Sailing Club. So, what happened to them?

Some would argue that, as classes change, groups of people with a certain interest do as well, and a club loses interest. However, as one class leaves another usually takes its place, which means that clubs come and go, but there is generally the same number of them. In the past few years, there seems to have been a drought of clubs. Whereas in my own woebegone freshman year (2007-2008), there were about thirty clubs from which to choose, there are perhaps fourteen today. Below are but a few of the many clubs we've lost over the years:

The Pacman Club- Lost its third life with no quarters to spare. RIP on Google

The Macintosh Club- Mr. Bachynsky moderated this club when Macs were unpopular on campus about a decade ago. Judging from the computers on campus, this club might need to make a comeback.

The Paintball Club- lived in obscurity, died in obscurity.

The Sailing Club- SOS

The D&D Club- Stop laughing now or I'll use my +40 defense to silence your laldabode.

The Pro-Life Club—How sad and ironic that it died.

The Anti-Pop Culture Club- Apparently clubs are too mainstream now.

The Indie Collective (Club) - Sold out to the corporate pigs (and fakes).

The *Star Wars* Club- Went to the dark-side.

The *Seinfeld* Club- Weren't fans of the pop-in every week. (We at *The Augustinian* would love a resurgence of this club).

The video game club- They stopped coming to school when the newish Call of Duty came out.

The sudden death of clubs at Saints makes me wonder if there is some underlying cause of the apparent loss of interest in coming up with and participating in clubs of varying degrees of seriousness. One correlation I've found is that the decline in clubs occurs right after the move to the new buildings. Perhaps Saints lost a bit of its more familiar and casual feel in the very modern and sleek new buildings, and this is reflected in the lack of bizarre and fun clubs. Part of this, as Mr. Bachynsky attests, is due to the restriction on eating in the newly carpeted rooms.

"When teachers said students couldn't eat in the classrooms, students weren't able to eat their lunch," said Mr. Bachynsky, "and as a result they may have stopped attending meetings."

This is certainly part of it, though many teachers now allow students to eat inside their classrooms during lunch with the stipulation that they clean up after themselves. So was it simply apathy? I believe that's partly to blame. Students seem to be very overwhelmed with homework, sports, other more useful extra-curricular activities, and their social lives. As a result, they learn to value their



The downward trend in clubs begs the question, "Why?"

lunchtime to socialize with their classmates wherever and whenever they please and maybe even get some homework done. They don't want to be bogged down by a meeting schedule, as this tends to be seen as another burden.

Another reason is the design of the new campus. The old buildings, as few will remember, were each one-story and were boxed around a central courtyard, where many students ate during lunch. To attend a club, then, only took a short walk around the corner to one of the classrooms. As the rooms often got hot, teachers left the doors open and students could see everything that was going on inside and could be intrigued by, say, a club being held.

To attend a club today, one must walk to their locker on the first floor to get their lunch, perhaps go up one to two flights of stairs, through two doors to the floor on which the club is held, and then sit down. Add a 20 Lbs. backpack, and we're talking about a real workout for some. Saintsmen know, that's WAY too much work every week. So eventually, unless the club stays interesting, students lose interest. There is also empirical data to back up this claim.

After examining where all the clubs are or were held, I found that only two of them, *The Office Club* and *The Interact Club*, were on a floor other than the first one. Even then, they were in Villanova Hall, much closer to where most students' lockers are and much more accessible. All indications point to it not being just apathy, but laziness from having too many other things to do.

It could be said that many of these dead clubs were simply fads that fell out of style. It seems to me though that every club now has to serve some functional or practical matter to survive. The days of playing video games in the Macintosh club are long gone, heeding to the drab group known as the Interact Club (See: How Scott Briggs got into Duke). Some of the clubs are fun yet useful (The Newspaper Club is, if I may make a plug), but for the most part, clubs are a boring requirement for anyone wanting to go to a good college. Perhaps this is for the better, as I don't recall putting down "I watched *The Office* during lunch" on my list of activities for college. But, if the ever-referenced Jack were any indication, all homework and no play can make school a dull place.

*The Augustinian* is open to promoting any club at Saints. Shoot us an email at [saintsnewspaper@gmail.com](mailto:saintsnewspaper@gmail.com)

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By Alec Payne ('12)  
STAFF WRITER

From hiking up an active volcano outside Antigua, Guatemala to watching Buddhist monks celebrate the sunset in Songnisan, South Korea, Mr. Coffey has been all over the world and has brought his passion and excitement to Saints this year as the new Junior English teacher. He comes to Saints after working for a year on a Masters of Philosophy in Irish Literature at Trinity College Dublin in Ireland, which he recalls fondly as “one funny experience after another.”

Mr. Coffey hails from Marlton, New Jersey, which is located in the western part of the state, and he was raised in adjacent Cherry Hill. He went on to attend an all-boys Catholic high school in urban Philadelphia and enjoyed the sense of community there, which he likens to the fraternal sense that he now sees at Saints. He currently defines himself as a bachelor without the bachelor lifestyle.

Mr. Coffey teaches four blocks of English III and one block of AP English to Juniors. He was first attracted to teaching at Saints because of his love for the subject and the dynamics of all-boys Catholic high school communities. He remarked, “Here I get to marry the two passions.” Mr. Coffey believes that English is one of the most important subjects, and in his class, he emphasizes the search for invaluable human truths in literature and the clear communication of those truths through perfect use of the language. He strives to create an environment in his class where everyone is free to contribute whatever idea or opinion they have, no matter how perplexing or strange.

However, Mr. Coffey does many things outside of teaching. As you might expect, being an English teacher, he absolutely loves reading, but music is also a major hobby. He has played piano ever since he

was a child. Mr. Coffey describes himself as a terrible athlete, but he loves to watch sports, especially golf and rugby. According to a personality test, Mr. Coffey gains energy with alone-time, thinks with his heart, and focuses more on the big picture rather than details.

With his personality and incredible enthusiasm for literature and the learning of English, Mr. Coffey will be a great addition to the English department. When he was prompted with a question on his views about our school, he replied, “I love it! What a wonderful sense of community you have here.” Even though many questions abound about new teachers, such as their teaching styles and level of strictness, one thing is for sure about Mr. Coffey. He will give any Saintsman in his English class a great learning experience that will surely prepare them for the next level, whether it is Senior English or college English.

I asked Mr. Coffey a few questions:

*Alec Payne: What is your biggest fear in life?*

Mr. Coffey: Someone successfully converting me into a Boston Red Sox fan. I get chills just thinking about that one.

*A.P.: What profession would you have chosen if you couldn't be a teacher?*

Mr. Coffey: If a pile of money fell from the heavens, I'd probably consider writing – learning to master that art and seeing where it might take me.

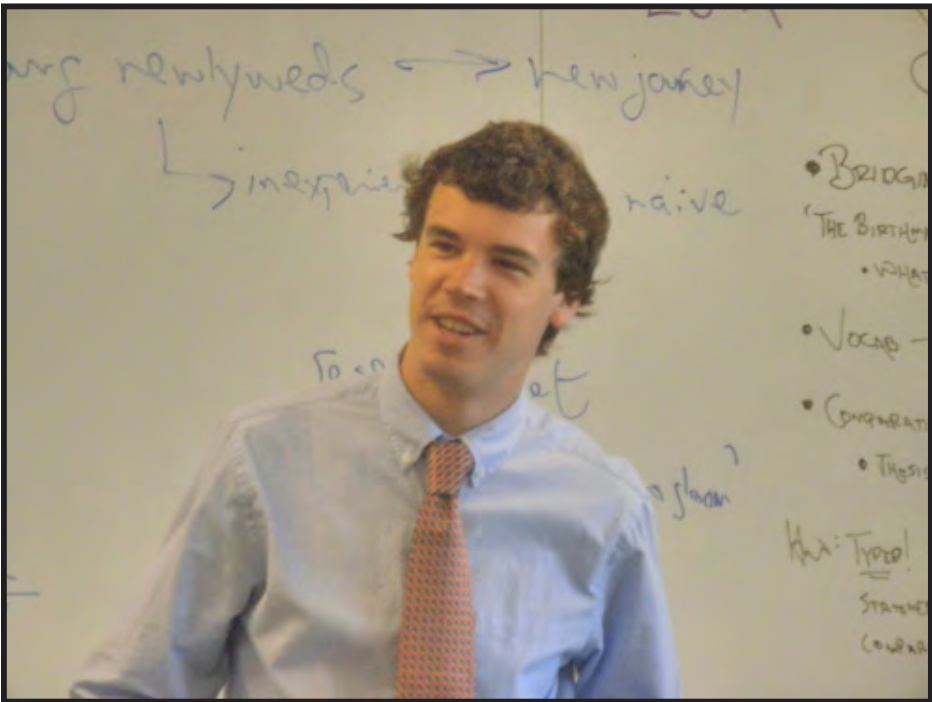


Photo Credit: Bobby Reedholm ('12)

*A.P.: What is your favorite food?*

Mr. Coffey: I'm a big fan of season foods (especially as I'm a product of the East Coast, where we really get the full essence of all the seasons). Nothing beats the richness of a good pumpkin soup in Autumn or a thick stew (or Shepherd's pie) in the Winter; but for the Spring and the Summer I look forward to the freshness of great corn, tomatoes – and these on the sidelines of a really good cheeseburger or hot dog.

*A.P.: If you could meet any historical person, who would it be and why?*

Mr. Coffey: Today I'm going with Shakespeare. He is easily the greatest writer in the English language and yet we know so little about the guy! We're not even entirely sure

that it was just one man writing all of these profound pieces of literature. If it was just this one person writing all this fantastical art – wow; that's a guy I'd love to meet.

*A.P.: If you could live in another country, where would you live and why?*

Mr. Coffey: I do love Ireland. I spent two non-consecutive years living there right in the smack of Dublin. And outside the city there is some of most stunningly beautiful country in the world. A cottage along the coast of Kerry would be pretty sweet.

*A.P.: What is your favorite movie? If you were a character in that movie, who would you be?*

SEE Coffey, pg 8

# Saintsman of the Issue: Kiko Garcia



By Cole Schenewerk ('13)  
STAFF WRITER

In Virginia, there is a quiet little town called Williamsport. Only 6,400 people live there, but every August, kids and their parents from all over the world descend on this little town for one event, the Little League World Series. In our larger town of San Diego, a team from Chula Vista prepared to leave for Williamsport to play in that Series. This team, Parkview Little League, would eventually win it all. Kiko Garcia, a member of this champion team, is now a Saintsman of the class of 2014, and that's why he is our pick for Saintsman of the Issue.

His real name is Enrico, but everyone calls him Kiko. Even the official Little League scores used Kiko. He has been playing since age three, but as a kid, he played almost every sport. “I was always more

interested in baseball,” he says.

His team from Parkview Little League in Chula Vista won their district, then their section, then their divisional tournament, their regional tournament, and finally, the World Series. This was a series of twenty-six games, with Kiko's team winning twenty-three and losing only three. Do the math: that's about an 88.5% win ratio. Only one of those losses came during the Little League World Series itself. It seems, however, that the team from Parkview knew it all along. Kiko says, “We knew we were the best because we had the best will to win.”

Anyone would be nervous playing in front of 40,000 people at the revered Howard J. Lamade Stadium in Williamsport. Kiko himself admitted, “You had to be a little nervous.”

Many kids who play in the Little League World Series grow up to play professionally. Kiko says, “That's definitely the dream.”

Kiko's all-star team from Parkview Little League was the first San Diego Area team to win the Little League World Series since 1961, when Fletcher Hills Little League won. Parkview was also the first local team to play in the Series since 2005.

Included in the Little League rules is a “mercy rule” that prevents teams from beating up on their opponents. If a team is leading by ten runs or more after the end of the fourth inning, the game ends immediately to prevent undue humiliation. Kiko's team used this rule seven times during their run to the championship, even shutting out some teams. Kiko himself hit three home runs while he was playing in Williamsport. Fellow Saints freshmen Andy Rios also played with Kiko on the Parkview team.

After their triumph at Williamsport, the whole team went to the White House and met President Barack Obama in the East Room. Kiko says, “Not many people have met the President. Ask anyone, most will say no!”

Kiko is looking forward to playing baseball for Saints and, he hopes, for the Yankees someday.



Photo Credit: Bobby Reedholm ('12)

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► **Bryan Goebel**  
*Continued from Page 1*

know how hard he would have to work but he came in with the desire to succeed.

“The moment we saw him, we knew he was varsity material, but he didn’t [stop trying]. He worked extremely hard and exceeded our expectations,” said Head Swimming Coach Mr. Manley.

His commitment and dedication contributed to his triumphs, but his willingness to learn provided the driving force that led to his accomplishments.

“He tried to do everything that both the coaches and the older students told him to do,” Mr. Manley said, “and at that moment, we knew he would develop into a fine athlete.”

It did not take long before Bryan made the team and was rewarded with his first varsity letter.

The swim team was not the only aspect of school to which he gave his full attention. He excelled in his studies and was determined to earn good grades. “Bryan was a ‘try-hard’ [person]. He was the kid that gave 300% and made everyone else better by doing so,” said Max Robertson (’13) of his classmate. Max observed that he did particularly well in Spanish class and was a regular participant in the discussion and class activities. No matter the difficulty of his workload, he was able to persevere through mental discipline. Few people knew how deep his dedication was. Most saw the lighter, more carefree side of Bryan in class. Always smiling, he seemed more like the kind of person who would shrug at teachers and crack jokes during class. Though this was true, he was also a fine student who tried his hardest to succeed in whatever he tried.

Though Bryan has left us, we at Saints will never forget him. His name will continue to appear in our thoughts and prayers. He left behind his mother, father, and his sister, all of whom have a special place in our intentions as well. A scholarship and swim meet are being formed in his name. It is the least we can do for some who had such a lasting imprint on the whole Saints community.

As a fellow Saintsmen, we remember Bryan as a brother, a true family member whose untimely departure has saddened us all. We can take solace, though, in our belief that he is in heaven, having been saved and living in the full paradise of God’s kingdom. Perhaps when we think of him we should learn from such an optimistic and happy person and smile. For Bryan.



It's easy to tell which brother was master of the house growing up. Photo Credit: Mr. Vladimir Bachynsky

► **DaLuz**  
*Continued from Page 1*

hours perfecting approaches, fakes, fakes to non-fakes, as well as the devastating blow that left a man without the use of his leg for the better part of an hour. Accused of being part horse by his brothers, the “Regulator” was feared in the household. However, Mr. Chris da Luz was also loved and respected for his good nature and willingness to be there for his family while their father was away for long periods of time. Mr. Craig and Christian da Luz were both thankful for their brother’s presence at home and in their lives as he guided Mr. Craig da Luz’s passion for sports and aided him on his way to the MLB professional league. Now, being here at Saints, Mr. Chris da Luz is able to stand beside his brothers Craig and Christian on the sidelines and share the coaching experience with them, as well as the teaching experience.

Obtaining his Masters Degree in 2009, Mr. Chris da Luz sat in as a Teacher’s Assistant for his brother Christian for

two years prior to this accomplishment. Honing his skills as an educator, Mr. Chris da Luz worked intensely for a shot to teach at Saints and now that he has reached his goal he realized that Saints has certainly changed, but the community feel and brotherhood of the school still remain. And as for the awkward year long adjustment period for newly enrolled teachers, you can just forget about it with Mr. Chris da Luz. Being a Saints alumni certainly has helped with this adaptation because he can somewhat expect what is in for store him, and ultimately the presence of his brothers makes the transition like butter. Just being involved in an interview for 15 minutes enabled them to share memories and recount the life that they have had the pleasure of sharing with each other.

As a Saints community, we are honored to have another da Luz added to the already rich personality established at school by the teachers. In the name of the entire Saints community, I would like to personally say welcome aboard, Mr. Chris Da luz.

# Ode to the Dress Code



**By Luis Miranda (’13)**  
STAFF WRITER

It is 7:40 AM. You arrive at St. Augustine High School. You say goodbye to your mom, get out of the car, and walk to your locker. While you’re organizing your books, you notice that your shorts are falling down. You don’t have a belt! You start to panic. “What’s my first class?,” you think to yourself. “Mrs. Arn,” and you quickly recall, “she gets everyone.” You frantically put all your books that you need in your backpack and wonder, “What I am going to do?”

Time is passing, the clock on Villanova Hall is ticking and it’s getting closer to 7:45. You have only a few minutes to figure out what you’re going to do. As your friends get out of Mr. Isaak’s room from tutoring, you tell them that you don’t have a belt. They feel sorry for you because they know that you will be wearing a tie on the holiest of days: Friday, a.k.a. spirit dress day. Your friend, a student of Mr. Cudal’s, says that you can rent a belt in student services for five dollars. You check your wallet and discover that you have exactly five dollars. You know that those five dollars were going to be used at Ted’s to buy the homerun with bacon and a drink. You hesitate because you have to choose between a delicious lunch and a belt.

You choose the belt and run to student services. It is 7:43 AM. and you have only 120 seconds to get to the front of the line, get your belt, put it on, and sprint to class before the bell rings. You have 100 seconds left and you still are in line. You hesitate and you stare at the clock and watch the seconds pass. You finally get to the front of the line, greet Miss Bayer and ask for a belt. You pay five dollars and see that you have 30 seconds left. You start to put it on and run at the same time. When you go into the hall, you feel safe and believe that you have made it. The bell rings, and you sprint to the

room. You get into the classroom; Mrs. Arn looks at you and motions you to stay where you are.

You panic again because you don’t want to get a late slip; you realize you’ll eventually get a detention if you get a few of those. The prayer starts and you’re standing at the door just thinking what is going to happen to you after this. When the pledge of allegiance finishes, Mrs. Arn tells you to sit down. You feel overwhelmed because you thought that you were going to get a late slip. You sit down, take your books out and begin to do your daily class starter. The day passes quickly after this incident. Even though you were craving food at lunch, you feel that you picked the right choice for that day.

Not having a belt is but one of the many reasons why you may receive a dress code. If

you shirt, shorts, socks, or even shoes are not in order, that might also result in a dress code. There are some teachers that are strict and some that are very relaxed and don’t check as often.

Even though students may think that the dress code is a bit drab, it is also good to have it because you don’t have to think what you’re going wear every day. It may be tough to wear a tie every single Wednesday, but it helps us to be more respectful at Mass. As Saintsmen, we have to look presentable because we represent more than just ourselves—we represent our entire school community. Our dress code is not meant to oppress the creative desires of students; it works for the betterment of our school. The next time you are irritated with the dress code, remember who you are... a Saintsmen.



Ryan Tweed (’12) receives a dress code from the Chief, Mr. Johnston. Not suprisingly, Mr. Dent laughs in the background.

# Summer through the Eyes of Saintsmen



**By Brian Maloy (’11)**  
STAFF WRITER

To get a full understanding of Summer 2010, I spoke with a few Saintsmen about what they saw as the highlights of their break.

Many got a job as a San Diego Junior Lifeguard Intern. The internship exposed them to a variety of lifesaving techniques and exhilarating ocean opportunities. They definitely had a positive impact on our community and went to the beach all summer long.

Profit.....\$2,500.00 in your wallet!

Evan and Darren Critchlow spent the summer pumping iron and working on their game. They were invited to a football camp at Brown University and even spotted Emma Watson (of *Harry Potter* fame) on campus.

Profit.....free college education!

Riley Marin spent the summer fishing off the Coronado Islands. When not fishing, though, he spent his time surfing at Blacks Beach and shredding the gnar. A summer like Riley’s will yield no scholarships and probably lose money, but you’ll have an amazing break from school.

Profit.....Hang Ten!

Emilio Guerra probably had one of the most unique summer experiences out of all the senior class. He spent six weeks at the USC Film School, taking classes in audio production and filming. Emilio reported that it was not just an academic experience but also one that allowed him the chance to foster relationships with many of his classmates. After this experience, Emilio plans to create a short film here in San Diego, as well as hopefully attend USC next year.

Profit.....priceless!



# Service Opportunities

SPECIAL OLYMPICS OF SAN DIEGO HAS TWO UPCOMING EVENTS THAT NEED VOLUNTEER HELP. SIGNING UP IS A SNAP ONLINE. OPPORTUNITIES INCLUDE:

1. Floor Hockey on October 16, in National City.  
Floor Hockey – All Volunteers must be at least 14 and register online.
2. Regional Fall Games on November 6, in Rancho Bernardo.  
Fall Games – All Volunteers must be at least 14 and register online.

These events all have online registration, so please see Campus Ministry for details on the location and link.

## FORTY DAYS FOR LIFE

Forty Days for Life is organizing a prayer vigil from September 22 to October 31 to end abortion. Students who want to give a human face to this pro-Life work and earn service hours in the process may obtain more info by going to the following website:  
<http://www.40daysforlife.com/sandiego/>

## HOGAR INFANTIL

Campus Ministry is sponsoring three trips this semester down to Hogar Infantil, the Augustinian orphanage in Tijuana. We will depart Saints on Saturdays at 8AM and return by 4PM. Activities will include painting, landscaping and odd jobs in the morning, followed by lunch and recreation with the kids. Scheduled dates are October 16, November 13 and December 4. Stop by Campus Ministry for details and permission slips. Spaces are limited and will be assigned on a first come, first served basis.

## FATHER JOE’S THANKSGIVING DAY RUN/WALK

This year, the Saints cross-country team has committed to participate in Fr. Joe’s Thanksgiving Day 5K Run/Walk. All students are welcome to participate...either by running/walking, or manning the Saints sponsored water station along the route. This is a wonderful opportunity to give back to the community on Thanksgiving morning—and you can even pick up your pies there for dinner! For more information see Fr. Kirk in the Campus Ministry office.

FOR CURRENT AND ONGOING SERVICE OPPORTUNITIES, PLEASE REFER TO THIS WEEK IN CAMPUS MINISTRY, POSTED ONLINE AND IN MOST CLASS-ROOMS.

# Saints Welcomes Augustinian Volunteer John Tompkins



By Michael Ebeling ('11)  
EDITOR-IN-CHIEF

Many of you visiting the Campus Ministry office or simply walking around have noticed a fresh, new face on campus. He often goes room to room with “get out of class free” slips sending people to that aforementioned office. For those of you who haven’t heard Mrs. Crachy say it for the 200th time, that’s John. John Tompkins, to be precise. Born in Olathe, Kansas, John attended Kansas State University. He’s quick to point out that his early life mirrors that of Darren Sproles, who was not only born in the same town, but attended the same college. It remains to be seen, however, if such a comparison will pay off in the faculty vs. student football game.

Though he’s only been here a month, he feels right at home. “I love Saints!” he says, “there’s an awesome community here; it’s fun, and everyone’s great.” He adds that Saints is a “pretty awesome” place to be, and seems excited about the year ahead of him. As the Augustinian volunteer, his job entails helping with the retreats, especially Kairos, to which John looks forward the most.

To get to know Mr. Tompkins more personally, I asked him a few questions, including a few off-the-wall ones.

Michael Ebeling: What do your interests include?

John Tompkins: I love running, golfing, snow skiing, going to the beach, and anything outdoors. I am a huge Kansas State sports fan and also love baseball. I also really like music and movies.

M.E.: Do you have a facebook profile, and if so, will you add students?



John Tompkins: Maybe [I have one], maybe not. But if I did, I wouldn’t add students.

M.E.: There’s a burning bus, and Fr. Bob’s on it, and you can rescue him. But there’s another burning bus, and Mrs. Crachy’s on it, which one do you save?

John Tompkins: I would say a prayer for Fr. Bob while saving Mrs. Crachy. But I’m sure he’d be okay because he is the priest version of Chuck Norris.

(Well Played)

M.E.: Of whom does Mr. Horne remind you? An eloquent and intelligent George W. Bush, or Randy Quaid?

John Tompkins: I just can’t make the connection.

(The debate rages on...)

M.E.: Let’s say you had to pick your favorite adult on campus, who would it be?

John Tompkins: Mr. Coffey, because he makes me look more like an adult.

# THE AUGUSTINIAN

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Editor-in-Chief

Reilly Marin  
Campus Life Editor

Ryan Walsh  
Sports Editor

Jason Mapa  
Managing Editor

Paul Williams  
Viewpoints Editor

Mr. Vladimir Bachynsky  
Moderator

## ► Father Kirk

Continued from Page 1

ment business. For 12 years, he worked in Hollywood for a design and advertising firm. Most of his work involved the design and production of movie posters. As producer of the firm, he did anything from over-viewing photo shoots to making sure the celebrities had the correct coffee and doughnuts on the refreshment tables. His business led him to work with many big names, from Robert de Niro to Farrah Fawcett to Chevy Chase.

“I enjoyed the work and achieved great success,” recalls Father Kirk. “But as the years went by, I had the increasing feeling that something was missing in my life. Several people came into my life at this time who helped me begin my journey to full participation as a Catholic.”

This journey led him to Our Mother of Good Counsel Parish in Los Angeles, where he entered the RCIA program and received the Sacrament of Confirmation.

“Once my active conversion process began in 1999, it has not lost momentum,” he reflects. “After a couple of years in the parish, I expressed an interest in the religious life to the Augustinians, (coincidentally, our very own Fr. Bob was among those in the parish) and before I knew it, I was selling my house and moving on. It has been, and continues to be, a great adventure.”

Fr. Kirk completed his Novitiate in August 2003 and professed simple vows. He moved to the Augustinians’ San Francisco community where he completed his undergraduate degree in Philosophy and Latin American Studies. His greatest joy in the Augustinian life is the community, as he often stresses the ability to, “Use your

gifts and talents in a community life and being a part of a group focused on God.”

Fr. Kirk went on to complete three years of theological studies in Washington D.C. He later returned to Chicago where he received his Masters of Divinity from Catholic Theological Union (CTU) in May of this year. Finally, on July 10, 2010, he was ordained a priest in the Order of St. Augustine.

Since being ordained a priest, Fr. Kirk has returned to the Saint’s community and is taking part in many of the service opportunities and events provided by Campus Ministry. As Director of Christian Service, Father Kirk hopes to make service more integrated into the Saints experience, and to help make service and fellowship seen as a benefit instead of an additional homework assignment.

“Service,” he explains, “is like a two-way street. You give to others, but in return, you gain.”

But Fr. Kirk’s responsibilities are not solely at St. Augustine High School. The Augustinian Order, along with other religious, non-governmental orders, such as the Permanent Observer Mission of the Holy See, works with the United Nations as Non-Governmental Organizations (NGO) on peace and justice issues. Fr. Kirk will be taking a two-week training program at the United Nations this September to support the Order’s participation in the program. After his year with us though, he will return for his fourth year of theology in Chicago.

When asked if he had any comments for the Saints community, he said: “Appreciate each other and what you have here. The unique brotherhood here is a gift.”



# Chaplain's Corner

By Fr. Bob Gavotto O.S.A

“Good grief!”...Grief is good.

First of all, our prayers go out to our fellow Saintsman, Bryan Goebel: may he be at peace in the joy of God’s kingdom.

Our heartfelt condolences, prayers and prayerful support go Dan and Kelly Goebel, his parents, and his sister, and all the members of his family. May they all know our love and support at this time of grieving. And may the Lord give them his strength to sustain them now and in the days to come.

Here are some thoughts that we may find helpful at this time.

• Grief has been described as the emotion or complex of emotions we experience when we lose anyone or anything we care about deeply. We, as a Saints community, are experiencing that grief now with the passing of our brother Saintsman, Bryan. His passing is a most terrible loss for his parents and sister and family; it is also a terrible loss for us as individuals and a community.

• We have a need and a right to grieve. We should not be surprised that it affects us all. We are all linked together as one body. It cannot be otherwise for us who are members of the Body of Christ. “None of us lives to himself, and none of us dies to himself.” (Rm

14:7) “Now you are the body of Christ and individually members of it. If one member suffers, all suffer together; if one member is honored, all rejoice together.” (1 Co 12:25-26)

• “Jesus wept.” The shortest verse in the Bible, yet those simple words speak volumes about the inner feelings of Jesus and his reaction to grief. “Jesus wept at the death of his friend Lazarus. Seeing his tears, friends of the family remarked, ‘See how much he loved him!’” (Jn 11)

• Yet, as St. Paul reminds us, we do not grieve without hope. “We want you to be quite certain, sisters and brothers, about those who have died, to make sure that you do not grieve about them, like other people who have no hope.” (1 Thess. 4:13) We grieve, but we have hope and the assurance of the resurrection and trust in God’s power. Through the death of Jesus Christ there is forgiveness – complete forgiveness – with God.

• A simple story. A little girl lost a playmate in death, and one day reported to her family that she had gone to comfort the sorrowing mother. “What did you say?” the father asked. “Nothing,” the child replied, “I just climbed up on her lap and cried with her.”



## Summer Tunes: An Overview



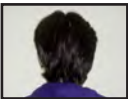
By **Derek Snyder ('11)**  
STAFF WRITER

As high school students music tends to define our summers. For some its that song that was the theme song to their summer. For others it was seeing their favorite band perform live at a concert, of which there were many. I was able to see a personal favorite of mine, Slightly Stoopid, perform live at Cricket Wire-less Amphitheater down in Chula Vista. If you weren't able to make any concerts then you missed out, but there is still plenty of time to go catch a concert. Besides concerts, there was plenty of good

New Album	Rating
Eminem's Recovery A new face for Eminem.	★★★★★
Drake's Thank Me Later New and upcoming artist, expect great things.	★★★★☆
New Songs: Katy Perry's "California Gurls" The most over-played song of the summer, but catchy.	★★★☆☆
Usher's "OMG" Usher breaking it down like always.	★★★☆☆
Mike Posner's "Cooler than Me" Catchy beat and lyrics.	★★★★☆
David Guetta's "Getting Over You" For all of the electronic fans.	★★★☆☆
BOB ft. Haley Williams and Eminem "Airplanes pt. II" Has some real emotion in it.	★★★★★
Jay-Z's "Young Forever" Nice mix with some old school music.	★★★★★
Katy Perry's "Teenage Dreams" The typical teenage girl song.	★★★☆☆
Taio Cruz's "Dynamite" Good way to start off any night.	★★★☆☆
Bruno Mars' "Just the Way You Are" Perfect way to have a girl going head over heels.	★★★★☆

music that was released this summer. All of the songs listed below are songs that were at the top of the charts on iTunes, but they comprise a very small portion of the music released; it is mostly a list of the most overplayed songs of the summer. If you haven't had a chance to check out any of these songs you should broaden your horizons and listen to some other styles of music. You might just find something you love. This summer was a great time for new music and getting out to see some enjoyable concerts, and if you missed out, there is always next summer.

## Is Dinner for Schmucks for Schmucks?



A movie review  
by **Paul Williams ('11)**  
VIEWPOINTS EDITOR

This summer, viewers walked out of one picture with their heads feeling funny and a certain sense of confusion. This film was "Dinner for Schmucks". Fans of "Inception" can take an aspirin and relax their minds as they prepare to enter the world created by French writer Francis Veber. Veber wrote "Le Dîner de Cons" in the 1990s as a simple comedy involving minimalistic sets, a few actors, and witty dialogue.

Director Jay Roach (Meet the Parents; Austin Powers) decided to take Veber's comedy and repeat the formula. He started by hiring two of the most popular faces in today's comedy world: Steve Carell (The Office; Get Smart) and Paul Rudd (I Love You, Man; Role Models). The two worked together previously in Carell's "The Forty-Year-Old Virgin". Two A-list comedy stars, check. Roach then decided to round out his supporting cast with some oddball players who are consistently funny: Zack Galifianakis (The Hangover) and Jemaine Clement (The Flight of the Conchords). Two funny side players, check. At this point, Roach surely thought, "How can this miss?" He forgot to look in the mirror.

This film suffers in its direction more than anything else. Playful scenes are dragged



out too long and transitional moments are almost non-existent. Roach probably assumed he could sit back and relax with this film. Surely the concept in itself is funny, as is the script (though it is sometimes conventional in emotional moments). The actors are all game, even the fresh-faced Rudd (playing Tim, whose life is ruined by his new acquaintance), but he is rarely tossed a good line. Galifianakis is restrained as the mind-control guru/IRS agent Therman, and he phones in his performance here. Clement is perhaps the most committed actor present, donning ram horns and goat skin as a pseudo-artsy moron. Carell, (playing the titular schmuck, Barry) manages to create a character even more dim-witted than his Michael Scott from "The Office", while still bringing realism to the table in a few scenes that manage to chide the audience for laughing at his foolishness. Carell proves that an anchoring performance cannot hide the flaws of a film that lacks solid behind-the-scenes support.

The message of the movie is very admirable, and serves a greater subliminal purpose than other summer comedies such as "The Other Guys." As far as laughs are concerned, a sure-fire laugh machine such as the aforementioned Will Ferrell vehicle would surely win, but the situations created within "Schmucks" are very different and rival the comedic awkwardness of a good (Season 2-3) episode of "The Office". At certain points, though, a green light flashing to alert the audience that it is all right to laugh out loud would have been desirable. Carell thrives in the format, though, and his scene with Tim's psychotic stalker Darla (a terrific Lucy Punch) is the highlight of the movie. Barry's odd hobby in the film is taxidermy, and his subjects are mice. The cute mouse/people in the film's opening sequence are a perfect introduction to Barry's character and his theme "The Fool On The Hill" (the original) matches him and his utter simplicity (even if it did cost director Roach \$1.5 million to obtain the rights to the original version).

Verdict: ★★★★★

## Facebook: Do You Really "Like" It?



By **Evan Suda ('13)**  
STAFF WRITER

The greatest procrastination technique when writing English papers, studying for tests, or writing newspaper articles... \*cough cough\* is Facebook. Created by a Harvard student named Mark Zuckerberg, it has grown to become a worldwide phenomenon that has completely redesigned the way people use and perceive the internet. With over 500 million active Facebook users to meet and converse with daily, Facebook has become a portal for communication. Even professional businesses have started to use Facebook as means of advertising and sharing information with other businesses. Though many may absolutely love it, there are people out there who dislike certain Facebook features.

Some people are not very happy about the constant exchange of information with complete strangers and few even find it a bit creepy.

Mr. Bachynsky (barely) maintains a Facebook page, but he is occasionally unnerved by friend requests from people he has never met. He likens it to being at a party where people you don't recognize walk up to you and say, "Hiiiiii, how have you been?" Meanwhile, you feel awkward and think, "Am I supposed to know you?"

This ability for other people, who could be on the other side of the world for all he knows, to be able to see everything that he has posted, uploaded, or "liked" since he has joined, weirds him out. However, Facebook does require a certain amount of information in order to help differentiate the Mr. Bachyn-



sky that we all know and love from the Erik Bachynsky attending F.J. Brennan Catholic High School in Windsor, Ontario, Canada. But what about the other people who enjoy being able to meet new people on a daily basis because of the fact that they are connected by a friend of a sister of a friend? What do they have against Facebook?

"The problem with Facebook is its chat feature," is probably the most common reply I received when interviewing people. Consistently since its creation, chat has been experiencing quite a lot of problems. From shutting off randomly to not even starting at all. Sometimes it refuses to enter text, or posts the same sentence seventy-three times. It has driven many a man insane, and has even driven some to tears. This constant state of panic does not however prevent it from being used nearly every time an individual logs onto Facebook. Why then, if it has so many problems, do people still use it? Why don't they just post their personal conversations on one

another's walls?

Speaking of Facebook's walls, another student at Saint Augustine, Joseph Maalouf ('13), disagrees with Facebook allowing certain users freedom of speech. He does not enjoy reading "Can we pretend that airplanes in the night sky are like shooting stars?" on every single one of his Facebook friends' walls, or having to see a fifty-four post wall-to-wall conversation between two OLP girls who have not seen each other in "over 2 days!!! OMG." And then there is the more than occasional incorrect grammar of continued letters, for instance: "heeeeeeeeeeyyyyyyy yy!!!!!!!!!!!!!!!!!!!" This pain on the eyes is also known as lead fingers. Joseph believes that Facebook should take the incentive to tighten the reins on the misuse of modifiers and the misplacement of prepositions.

Anne Barnes ('13) from OLP does not like anything about Facebook. When asked, she proceeded to name every problem that has been stated thus far as well as how much she cannot stand the ads that Facebook uses to make its operating money. She finds her eyes drifting from a conversation about the cutest boys at Saints to a picture of Justin Bieber walking into a glass door with a caption under it that reads, "Do you have the Bieber Fever? Go to bieberfever.com for a chance to win free tickets."

Paul Maalouf, an alumnus from Class of 2010, has his own problem with Facebook. He thinks that people spend far too much time on it. Collectively, all users spend over seven hundred billion min-

utes per month on Facebook. People spend more time on Facebook than Google, Yahoo, YouTube, Bing, Wikipedia, and Amazon combined. He says that his friends spend more time on Facebook talking to other friends while he is over than they do actually hanging out with him.

"I haven't had a real conversation with a single one of my friends since the invention of Facebook! The good thing is I can ask them most anything and they will reply 'mmmmmmm...'" At least he stays positive.

Facebook may have its problems, but hey, it's FREE, and it basically lets you have your very own webpage to upload, post, and do whatever your little heart desires. Also, remember to keep in mind that Facebook has a hired staff that works on improving it and are looking for your input, so if you have a problem, go online and send the group "Facebook" a message with what you would like changed. Whether you believe Facebook to be a huge waste of your time, or a valuable asset in the war against boredom, it has become an integral part of American youth and will likely remain as such for a long, long while, despite its occasional annoyances.

**Comments? Criticism? Praise?**  
**We welcome your thoughts and invite you to write letters to the editor. Every submission will be considered for publication. Just email us at [saintsnewspaper@gmail.com](mailto:saintsnewspaper@gmail.com), or drop it off in Room 318.**  
**Express yourself!**



# Saints Football in the Hunt for CIF



**Robert Baughman ('13)**  
STAFF WRITER

Saints takes pride in all the sports they play, but football is an especially cherished tradition. Since 1960 with their first league banner to their recent back to back CIF banners, Saints football has been setting the bar for athletic performance. This season, however, we got off to a rough start. Our first game against Carlsbad was a crushing loss of 21-12. Though it was a tremendous effort with a late comeback, Saints started the season 0-1, with many wondering whether they'd be the powerhouse of past years.

However, our Saintsmen team is a determined bunch. Next week they bounced back with an incredible 45-14 win over Clairemont High. During the next game we had the Crusaders begging for mercy as we defeated Mater Dei with a whopping of 56-7. After that the Saints took on the La Jolla Vikings. The final score of this game was 55-21 with the Saints in the lead.

On October 1st, the St. Augustine Saints took on the Serra High Conquistadors. By the end of the 4th the Saints had the Conquistadors on their knees with a final score of 45-14. The Saints took off with a 13 yard touchdown pass to Lucas Morales (#35). Next up Johnny Jackson (#32) took it in for 28 yards and another point for the Saints. Quarterback Evan Crowder threw a 39 yard touchdown pass to Nick Gonsalves (#23) to close out the first quarter. After the break, another 13 yard touchdown pass from



**Johnny Jackson ('11) overwhelms the Mater Dei defense in a lopsided 56-7 score**

Crowder, this time to Luke Nowland (#11), was completed. The Saints finished off the half with a 35-yard field goal by Seamus Mc-Morrow (#2). The Conquistadors doubted they could come back with the score now 31-0 Saints.

The 3rd quarter resumed with the Saints still in good spirits, but a new spark had ignited in Serra's special teams. N. Kelly (#28), of the Conquistadors, returned the kickoff for a 82 yard touchdown pushing the score to 31-7. Jackson however, answered

right back with a 26-yard touchdown reception. D. Kemper (#1) responded with a 48-yard touchdown reception for Serra. Saints finished up the game with a 1-yard touchdown pass from Joe Kennedy (#12) to Evan Critchlow (#85). Final score of the game was 45-14 Saints. I got to talk to Nick Gonsalves about the team's strong record of 4-1 and the many lop-sided wins.

"We really just worked together," said Gonsalves of the Mar Vista game. "[W]e just got together and beat them

badly." The Saints then took a week of rest and then prepared for their first league game against Patrick Henry on the 15th.

Coach Sanchez provided me with some valuable insight on where the team stands, and what they need to do to get to the next level. In the previous weeks, the Saints obviously performed well.

"We were fast during the beginning of the game, but we need to work on finishing strong," said Coach Sanchez.

He also mentioned turnovers being an issue.

"We're still nowhere near that championship team we want to be, but I believe our guys can get there."

The main things coach mentioned were that we need to play faster and work on ad-

justing to the other team. Overall however, Sanchez was proud of the Saints performance last Friday. Sanchez noted that our guys didn't take this game for granted.

"Even though we had the advantage in height and weight, our guys still went out and performed well until the end."

Coach also said that so far this year we've really grown as a team. Congratulations to the Saints for a strong start to the football season.

## The Dangers of Muscle Milk



**By Joe McCabe ('13)**  
STAFF WRITER

If I were to hand you a cup and told you it was filled with cadmium, lead and arsenic and told you to drink it you would probably look at me as though I were crazy. However these same toxic metals are in the Muscle Milk protein powder that many of us at Saints take regularly. This is a very common item found in Saintsmen's sports lockers. Many take this protein supplement as a way to build muscle mass and recover after workouts. A recent study by the magazine Consumer Reports showed alarming amounts of heavy metals in the Muscle Milk's Chocolate Powder and the Muscle Milk Vanilla Crème Powder.

The results of the lab tests from Consumer Reports show the following levels of heavy metals in Muscle Milks Chocolate and Vanilla Powder.

### Chocolate Powder

- 5.6 µg (micrograms or one millionth of a gram) of cadmium in three daily servings where as your intake of cadmium should not be over 5.0 µg
- Also there was 13.5 µg of lead where as the daily intake should be less than 10 µg.
- The level of arsenic in this protein powder was 12.2 µg which is close to the daily limit of 15 µg per day.

### Vanilla Crème Powder

- 12.2 µg of lead which is over the limit of 10 µg per day
- Also there was 11.2 µg of arsenic which is near the limit of 115 µg per day.

These metals all pose certain health problems. First of all it takes the body twenty years to get rid of half of the amount of cadmium that you took in one day. While your body is getting rid of cadmium it can damage your kidneys which are the same organs that can be

damaged from excessive protein in your diet. Lead is very dangerous as it damages the brain and nervous system. Arsenic is a metalloid that is very poisonous, as it inhibits the production of energy in cells and in large doses arsenic can cause organs to fail. These elements all pose threats to the body in large amounts or from extended exposure to them.

These results, though alarming, have some skewed numbers. First of all the amount of powder used in the tests was three servings of powder, which is 210g, or almost half a pound. However the makers of Muscle Milk recommend two servings a day at most. The lab which performed these tests also used 84% more Muscle Milk powder than they did when they tested other brands. Also the recommended limits of these metals are given for a 110 lbs. person, where as the average adult male in America weighs 195 lbs.

Another problem found with these protein powders was the amount of protein that was being consumed. For example the amount of protein that I need as one hundred and sixty pound person that plays sports is about 130 grams of protein per day. Now, if for dinner I had a large steak that would be about 100 grams of protein and are with the rest of the food I consume, would already exceed my requirement for full day's worth of protein. If I had the three servings of protein powder, which was the amount the lab tested, that would be an extra 96 g of protein in my diet. Also it is wise to note that your body can only digest five to nine grams



per hour and the rest that is not burned will be turned to fat or excreted. So, these protein drinks may be a waste as your body may not even use the extra protein from the protein powder. This extra protein can also lead to health problems such as an upset stomach and even kidney damage.

These muscle milk powders contain levels of heavy metals which can damage the body. However, these same metals are also found in foods such as shellfish, leafy greens, potatoes, raisins and many other foods we eat every day. The amounts of metals found in these protein powders are very slight and most students consume much less protein powder than the close to half a pound that was tested. Also these powders have large amounts of protein that may not even be consumed and just wasted. However the liquid, ready-to-drink Muscle Milk, did not contain these heavy metals and provides a safer alternative to the powders. With all these things considered it may be best to avoid these toxic metals and excess protein and stick with foods such as red meat, nuts, beans, poultry, milk, and eggs. So if you want to look ripped and don't mind a damaged liver and brain, this product is just right for you.

## The Band Behind the Team

**By Mylène Macias ('13)**  
OLP CONTRIBUTOR

Most Saints and OLP students are not aware of the preparations taken by the St. Augustine Marching Band and Pageantry Corps in order to be ready for the Fall Football Season. While many are still enjoying the summer, the musicians and colorguard meet several times during the month of August to rehearse the pregame and halftime routine. One rigorous week is what is often referred to as Band Camp.


Under the direction of Maestro Brandon Jagow, the band of 65 musicians and 15 Colorguard met from 2-6pm every day from August 16th-August 20th. While the Pageantry Corps practiced its flag routine, the band members focused on learning the new musical score. After several hours, the two groups joined on the football field and practiced the routines together.

Even though the temperature was hot, the practicing continued. To make the week motivational, the band leadership team organized daily themes, which included two of the all time favorites: movie night and short shorts day. On the final day, the musicians and Colorguard treated themselves to a mean evening game of Laser Tag.

Just as the coaches and football players prepare for the fall season, so does the band director, band, and Pageantry Corps. This year's score will be featuring some of the favorites that are performed every year, but will also include music from Led Zeppelin. So when you are out cheering for the football team, cheer as well for the St. Augustine Band and Pageantry Corps.



# Neil's Deal: Tablet Computers Compared



**By Neil Rens ('12)**  
STAFF WRITER

Over the course of their history, computers have evolved from large, primitive machines to speedy, versatile, units found in every home. Major changes along the way include size reduction, computing power, and most importantly, affordability. Once again, manufacturers are exploring new types of computers. Instead of aiming to increase raw computing power, the industry endeavors to shrink their size and increase their usability. Beginning in the 1990's, companies like Microsoft began including support for digital pens. Many people viewed these pens as the new mouse. However, when touch screens became more practical during the new millennium, computer makers shifted their gaze.

In 2001, Hewlett-Packard unveiled one of the first tablets. This thick, heavy, notebook featured a touch screen and a stylus. This "convertible" design proved useful to some for note taking and drawing, but its high price and impracticality led to low sales. Meanwhile, Palm was perfecting their touch screen. Over the past decade, touch screens have improved significantly.

Their cost has diminished, their quality increased, and most importantly, their accuracy dramatically improved. While tablets progressed, mobile phones developed more functionalities ranging from email to browsing the web. Now, buyers want a device with the simplicity of a smartphone but the power and functionality of a tablet. Ultimately, the consumers will decide on the next generation of computers, based on what fulfills their needs.


In spring of 2010, Apple unveiled its tablet titled the "iPad." While some called the device an iPod Touch on steroids, it has the ability to perform more computer-like operations. From manipulating spreadsheets to viewing movies, the tablet meets the needs of many consumers. Also, the iPad includes a built in e-reader and digital bookstore. While the iBook store has far less titles than the Kindle store, the device itself has far more capabilities than the Kindle or

any other e-reader. The high-resolution display and the growing App store contribute to the iPad's appeal and success. While the iPad does not replace a notebook computer, it provides a laptop alternative and a desktop supplement. Unlike the iPad's approach of a mobile operating system, LG plans to unveil a tablet based on Windows 7. Due to its full operating system, the LG UX10 tablet will likely be more customizable and have a wider array of uses than the intuitive but simple iPad.

While computer companies see the potential for tablet computing, they have differing views for its uses. Some companies, like Apple, hope to reach out to people that want small devices for storing media, browsing the web, emailing, and social networking. Meanwhile, other computer companies hope to appeal to business users who require devices that edit pictures, word documents, and spreadsheets. Many even believe there is a market for tablet-based classes where textbooks, interactive videos, and Internet resources are all contained in one small device. Despite the varying predictions, tablet computing will undoubtedly revolutionize the way people do things, just as the original personal computer did.




## I've Got Bad News, and More Bad News



**An Editorial By Cole Schenewerk ('13)**  
STAFF WRITER

What happened to good news? Today's news stories are filled with all things depressing: deaths in Afghanistan, environmental doom and gloom, and a stock market in free fall. If an outsider from another planet were to watch cable news, he would see only the worst facets of humanity, with no consideration given to our better side.



many months of trying, BP capped the well. This made the news for only one day. Just as quickly as it had begun, it all ended. There has been no more mention of how BP has been spraying millions of gallons of dispersant chemicals into the gulf, clearing up the oil, or how the corporation has been settling the many lawsuits filed against it by fishermen and hotel owners. Nothing of how BP has been working to repair its damaged public image has been reported in a main media outlet, and through all of the news, the eleven men who died were sadly forgotten.

to Iraq to provide medical attention to poor Iraqi citizens. We are making progress, but the stories of the car bombings and assassinations dominate our view of the war.

The depressing stories of soldiers killed in Iraq are overshadowed by things that would seem to be less important. On July 25, 2009, two soldiers and several civilians were killed by a suicide bomber. This incident received little news coverage because on that day, singer Michael Jackson died. For over two weeks, America was shown the same pictures again and again of the singer combined with stories of people committing suicide because of his death. America cared more about its possibly-pop star than the heroes dying for the sake of freedom.

Major media outlets report the bad news because it is the most interesting, but in doing so, they skew our view of the world. Instead of seeing the world as a good place, we see the world as a bad place. That is not to say that everyone in the world is good or that "The world would rather hug you than hurt you." This only means that there is much more positive news in the world than the media would have us believe. So let's focus on the good news, not the bad.

► **Survival Tips**  
*Continued from Page 2*

ever to have gone through Freshman Welcome Week. You should have enjoyed being a part of this tradition, learned the fight song and the alma mater, and yelled them as loud as possible at the final assembly.

- Getting involved in Saints also means going to after school events. "Go to every football game and actually talk to the girls there." Andrew Vazquez ('12) is not only a member of the cross country team, but is also a member of the varsity tennis team. He adds that he speaks "from experience." Going to Saints football games is a great way to meet new students and girls from Our Lady of Peace. Who knows, from there you might start going to the great dances provided by Saints every year.
- "Don't procrastinate. Also, the criticisms from teachers build character, so wear them as a badge of honor and listen to their advice." Drew Garcia is a senior who learned this lesson in Mr. Yoakum's class, which he added was one of his favorite classes at Saints. "Study, study, study," insists Father Alvin, who teaches religion to dozens of freshmen every year. He says, "Get to know other freshmen, other classmates, and teachers." Some teachers require their freshman to do well in a variety of fields. "All students, especially freshmen, need to know the starting lineup of the Boston Red Sox." Mr. Haggerty also adds that, "being able to do 3-fingered push-ups is a must."
- Surviving your freshman year at Saints may seem like an impossible task, but with the help of your upperclassmen and teachers, you will learn a lot and meet tons of new people. Just remember to study hard, respect everyone you meet, and get involved.

Consider the Deepwater Horizon Oil Spill. A blowout aboard the rig caused a raging fire, in which eleven people were killed. Several days later, the rig sank, and the broken pipes began to pour oil into the Gulf of Mexico. For months, BP struggled to cap the well and its failures made national headlines. Concerns about the environmental impact of the spill were cover stories on newspapers and political parties both began to put their spin on the events.

Fearing another Katrina-like public outcry, the Obama Administration clamped down hard on the industry, not wanting to be criticized for being too light on already unpopular corporations. For weeks at a time, BP's attempts to cap the well, the political spin, and the environmental outcry dominated the news even on days when nothing new had developed. Instead of moving on to different topics, CBS and NBC ran the old stories, deflating BP's reputation. More mudslinging occurred than actual oil was spilled.

Then, after

In Iraq and Afghanistan, American soldiers have been making progress. It is now estimated that there are fewer than 100 members of Al-Qaeda left in Afghanistan, and insurgent fighting in Iraq has diminished. This has never been on the news. The only stories we see are the stories of the many soldiers killed by IEDs and suicide bombers.

On June 30 of this year, President Obama made the situation seem even worse by removing General David Petraeus, the commander of coalition forces in Iraq, from his position and replacing him with Raymond T. Odierno. To American citizens, it seems that we were making little progress in Iraq with Petraeus in command. In fact, we were making significant strides. The school system was being rebuilt, hospitals have reopened, and the number of insurgents in Iraq has steadily decreased. Several volunteer organizations have sent missions



## LIFE AT SAINT'S

MAY:



I AM SO TIRED OF SCHOOL. THIS YEAR IS TAKING FOREVER!!!

BY: MR. BACHYNSKY AND JACOB WHISPELL

JUNE:



FREEDOM!! I'VE GOT THREE MONTHS AND A LOT TO DO!! YEAH! WOOWOO!! FINALLY!

AUGUST:



YOU KNOW, I ACTUALLY LOOK FORWARD TO THE NEXT SCHOOL YEAR...

SEPT. 2010 END

► **Mr. Coffey**  
*Continued from Page 3*

It would probably be *On the Waterfront* – an amazing picture that coalesces some of the best writing with some of the most brilliant actors under the direction of a master, and set to music by one of America's premier composers. It just doesn't get better than that.

While Brando's character is so fascinating, my attention in the film always goes to Karl Malden's depiction of Fr. Barry – a role modeled on the real-life "waterfront priest," Fr. John Corridan, S.J. His passionate conviction, his faith in the unbelievable, his hope in the hopeless, his love toward the loveless – it's all so beautiful, all so deeply Christian.