

THE AUGUSTINIAN

“Tolle Lege”

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St. Augustine High School 

Winter Sports Hang Multiple Banners



By Luis Fernando Andrade ('19)
SPORTS WRITER

Another winter sports season has ended for Saints, and, once again, it did not disappoint. Saintsmen exhibited their athletic abilities in soccer, basketball, rugby, wrestling, and surfing. The spotlight hasn't only been on our athletes this winter season, but also on our student section, the Pit, which has shown itself to be one of the best in California (if not *the* best), especially at the recent basketball games.

Our Saints soccer team had another great season with an overall record of 11-8-3 and a league record of 5-2-1. This record allowed the Saints footballers to go on and win the Western League Championship, as well as to qualify for CIF's Open Division playoffs. The boys started out their playoff campaign with a nail-bitter against Coronado High School. After being tied at 2-2 for 80 minutes, the game went on to overtime. Junior Jose Diaz-Ceballos later secured Saints' CIF semi-final ticket with a golden goal banger off a free-kick.

The semi-final game versus Point Loma High School was played at Mission Bay High School, where it was once again a tense, close game. Senior Michael Piancone opened the match with a great finish early in the game, but the Pointers' late goal sent the game to overtime once again. At the end of overtime, the game remained scoreless. Saints would go on to penalties in



The Saints soccer team before a game against Poway High School.

the semi-finals versus Point Loma for the third year in a row! Senior leaders Michael Piancone, Henry DiPaolo, and Alejandro Peñuñuri stepped up from eleven feet away from goal, but the Saints fell short in the end, allowing the Point Loma Pointers to move on to the finals.

Despite this upsetting loss, their season wasn't over just yet. The boys went on to play Scripps Ranch at home for the third place CIF match, which allowed the winner to qualify for CIF's State Regional playoffs. The team went on to secure a 6-1 victory in what would end up being their final home game at Saints. The third place saintsman went

on to play San Clemente in Division 1 state playoffs, where their journey ended in a 2-1 loss to the #3 ranked team in the nation.

The Saints had yet another successful basketball season this winter as they completely dominated the Western League. The saintsman finished with an overall record of 22-8, and a league record of 11-1 that would crown them league champions once again. Saints not only had the best team in the league, but also several standout individuals that were noticed by many. Junior Chibuzo Agbo was named Western League Player of The Year after several impressive performances, including his

40-point game at Mission Bay High School, when he dropped eight 3-pointers against the Buccaneers. Junior Luke Haupt was named in the Western League team of the year, as well as junior Tyson McWilliams in the league's second team of the year.

Off-the-court highlights were announced on Senior Night when senior Misael Rosado was surprised by his parents as they traveled from Puerto Rico to watch him suit up for Saints for the first time. The Pit also played a huge role this season, catching the attention of many, as the best student section in San Diego motivated the boys to keep getting great results. The Pit was nomi-

nated to take a part in Battle of the Fans, which added to its social media fame through platforms such as Instagram and Twitter.

The Saints season was sadly cut short as they lost to league rivals Mission Bay in CIF's quarter finals by one point in a thrilling battle that ended 69-68. The hoopers still went on to play in the state playoffs but lost to Etiwanda High School after being up at halftime. With this season coming to an end, many already can't wait to see what the team full of juniors that has been together on the court since freshman year will bring as seniors.

The Saints rugby team came up big time this season as they dominated Southern California and have caught national attention as they have been ranked the #11 single school in the U.S. The Saints ruggers went 10-0 overall and 7-0 in league play. They went on to win their third consecutive Charity Cup and played the Southern California Interscholastic Rugby Federation final versus St. John Bosco and took their first loss of the season with a final score of 11-19. This result has the Saintsman heading to compete in the third-place match versus De La Salle in the first California Rugby State Championship on March 9th at UCLA.

“It's been a pleasure getting to do what I love most with my brothers these past four years. Even though the season didn't end the way we wanted it to, we grew immensely as a squad and I couldn't be more proud of

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Mr. Weber To Depart After Over Twenty Years



By Thomas Vedder ('20)
STAFF WRITER

Mr. Robert Weber has worked at Saints for almost 20 years and has been an integral part of our community, serving not only as a teacher but also selling tickets for football and basketball games, coaching both football and track, and helping the Academic League and the robotics team. We are not saying goodbye yet, but unfortunately, our favorite physics teacher will be leaving us at the end of the semester.

Mr. Weber graduated from the University of Notre Dame and served in the Navy on a nuclear submarine. When asked what he learned from his time in service, Mr. Weber remarked, “The Navy was a great place to reinforce the lessons that I learned in my life. The idea of respect was ever present. It was respect shown not only for the chain of command but also for the fellow man.” He could not elaborate more because, as he says, “it's classified.”

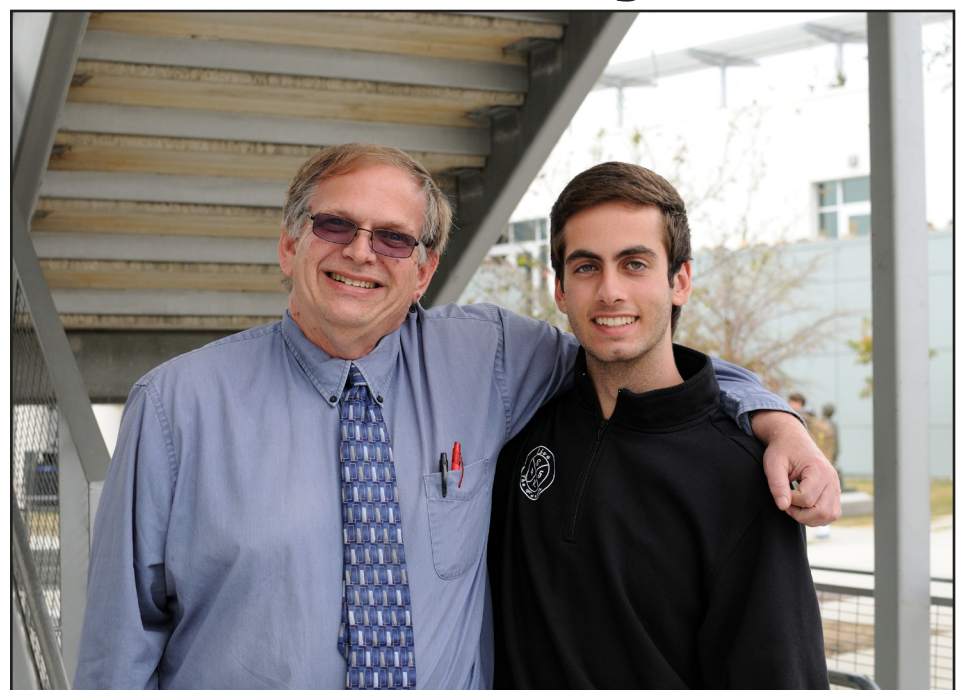
“When I was younger, I said that I never

wanted to be a teacher,” Mr. Weber said. However, during his time in the Navy, he realized that instruction came naturally to him. After he completed his teacher accreditation course at Mission Bay High School, the Diocese suggested that he apply to teach at Saints. He began as an English and Religion teacher, but during the early 2000s, he was asked to also teach the Physics course, which he has taught ever since. Later, Mr. Weber also began to teach Science Fiction and Fantasy, Mythology, Chemistry, and his Intersession class, Game Theory and Design.

When he was asked about one thing he wanted the student body to know about him, he replied, “I want them to know, despite occurrences to the contrary, I love them.”

The importance of community is very clear in Mr. Weber's life. Mr. Weber's two most memorable experiences had to do with this ideal. The first is Kairos. “The ability to be open and honest without fear that you will

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Mr. Weber (left) with AP Physics C student John Soro (right).

Andrew Tran ('19)

GOing For a New ASB Structure in 2019-20



By Joseph Selfani ('21)
STAFF WRITER

Recently, Mr. Osberg proposed a new plan to restructure the ASB, passing through the vote of its current members, with 17 voting yes, 4 voting no, and 3 absentees. This new structure was inspired by CADA, or the California Association of Directors of Activities.

This new framework radically changes the previous system by eliminating the roles of Secretary, Treasurer, and Vice President, replacing them with officer positions that will serve as appointed committee leaders. The president position remains intact with the same duties as before, but will now have a cabinet of officers to support him in specific areas. Each class will now elect a president and four officers. When students run for class officer, they do not need an absolute majority; instead, they must be among the top four highest vote getters. Officers, when elected, choose one position in which to specialize, ranging from lunch event planner to outreach deputy, to prayer minister. It is similar to our federal government's executive branch in which there is a president with a cabinet that specializes in certain areas, such as defense or education. There are currently eight roles for officers from which to choose. They can hold one position for the year or switch their position for the next semester.

The executive positions received similar changes with the abolition of the Secretary, Treasurer, and Vice President. Replacing them are three new positions: Club Coordinator, Pit Generals, and ASB News Team. The Club Coordinator is in charge of everything club related, including Club Day, club picture day, and other

activities. The Pit Generals are responsible for Pit themes, chants, shirts, curtains, set up, clean up, and other Pit activities. Lastly, the ASB News Team replaces the commissioners of communications, who deal with the daily announcements on the intercom and appear on our screens during home-room to report Saints news and perform skits. Two positions are open for Pit Generals and ASB News Team while one is open for Club Coordinator.

In addition to the three new ASB positions, the plan introduces a new elected role named the ASB DJ, who is responsible for choosing the music at ASB events. He is present at all home football games, five home basketball games, and other events, such as the viewing parties and 5th quarter dances.

The ASB reconstruction plan also includes new Pit representatives from each class. This excludes the freshmen, as students must have at least a year of the Saints experience in order to be in charge of the Pit. The titles right now are preliminary and they could change in the future, but for now, the sophomore class will elect four Pit Soldiers, the junior class four Pit Lieutenants, and the senior class four Pit Commanders. These Pit positions are responsible for organizing their classes, developing themes and chants, and coordinating half-time antics and sign creation. The Pit Commanders also aid the Pit Generals, and the Pit Lieutenants and Soldiers are responsible for being the voice of the underclassmen in respect to new ideas in the Pit. There is no GPA requirement for these elected positions as it is technically not part of the ASB, but a subsection dedicated to the Pit, funded by the ASB. The Pit Generals, however, are part of ASB.

The introduction of Pit positions for each class is intended to improve the most

integral part of the Saints community and experience.

"So much goes into the Pit that we needed to make it a separate thing where it would be led by the craziest, wildest people who will come up with fun ideas," Mr. Osberg said.

The goal of this new structure is to remove useless roles to which no one adheres.

"A major problem with the current ASB structure is that the Vice President has loose rules, the Treasurer rarely sees the budget, and the Secretary never takes notes," Mr. Osberg said.

The benefit of adding new officer positions is that it gives them flexibility to specialize in an area they would enjoy and therefore may improve. It would also distribute the workload evenly between each

officer and take some of the burden off the president. In addition, having the four highest vote getters elected instead of the popular person for each role would hopefully make ASB more diverse and inclusive, so that someone who is not necessarily popular but very passionate for ASB could have a chance.

"We are trying to get more people involved and every student's voices heard," ASB President Chris Erpelding said.

The new ASB structure will consist of 25 ASB and 14 Pit positions, giving students a better opportunity to have their voices heard and make change. To apply for these positions, see Mr. Osberg. Applications will be open from March 11th-29th.



Mr. GO fiercely enforcing his reform of the ASB.

Andrew Tran ('19)

Vaping: The Real Cost of E-Cigarettes



This image is part of a campaign, sponsored by Health and Human Services.



By Aiden Rickwa ('22)
STAFF WRITER

Schools across the nation have been expressing their concerns about vaping, and Saints is no exception in discouraging this practice.

Last semester, the ASB produced a music video to dissuade students' vaping, and posters have been put up in the restrooms, as reminders of the activity's harms. In addition to Saints discouraging vaping, the U.S. Food and Drug Administration has begun aiming more ads towards teenagers warning about its dangers. The ads identify vaping as an epidemic with hidden risks that are not being properly addressed.

Vaping most commonly refers to the use of e-cigarettes. Since e-cigarettes are devoid of tobacco and some harmful chemicals found in regular cigarettes, they

are often touted as a healthy alternative to smoking. That being said, e-cigarettes still contain nicotine as well as other chemical compounds. E-cigarettes can also be flavored, and, according to the National Institute of Drug Abuse (NIDA), the most common flavors among teenagers are those meant to resemble fruits, such as apple, cherry, and orange.

Nicotine, a component of nearly all e-cigarettes, is a highly addictive stimulant which causes a rush of dopamine, a "feel-good" hormone, and increases the speed of the brain, muscles, and heart. Too much stimulation can lead to permanent problems, such as a disturbed circadian rhythm, or sleep cycle. Nicotine also causes less insulin to be produced and commonly causes people to develop type 2 diabetes, lung disease, and chronic bronchitis. In addition, other chemicals such as the ones found in the metal inside the vape pen, are

inhaled. Overall vaping can be very damaging to your body because some possible problems have concealed side effects.

Although data shows that vaping does reduce some of the risks that cigarette smoking causes, it may also cause some side effects which can be worse. Increased cancer risk is one of the worst effects vaping has on a person. Contracting lung cancer can occur due to vaping because of the chemical diacetyl that is found in vape cartridges. Heart problems are another common side effect to vaping. Nicotine is a stimulant which increases both your blood pressure and your heart rate, which then can cause chronic heart problems.

According to the National Institute of Drug Abuse (NIDA), the use of e-cigarettes has increased by 9.5% among high school seniors since 2017. According to NIDA, many scientists believe that there are a lot of other possible side effects, which include other forms of cancer and possible heart problems. It is also shown by NIDA that more harmful chemicals are placed in e-cigarettes with flavors which are mainly appealing to teenagers. NIDA says that vaping is extremely dangerous to teenagers especially, because vaping can lead to worse side effects and can cause future problems as adults.

Since vaping is a relatively new practice, it is not yet specifically cited in the Student Handbook. However, at Saints, it falls into the category of substance abuse and possession of tobacco products. Even being caught possessing an e-cigarette is punishable with a referral or worse, with the same punishment as with other tobacco products.

With this information about just some of the risks of vaping, it is up to you to decide: is vaping worth the risk? After this information, The Augustinian urges you to see the real cost and answer this question with a firm and definite "no."

► Weber

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be compromised," is what truly stuck with Mr. Weber about the retreat. He also volunteered as an offensive line coach for the freshman football team in 1998. "We had a game in Oceanside, and, after the game, there was a police checkpoint. I got up to the checkpoint and the officer waved me through because he, in fact, had graduated from Saints a few years earlier. It seemed like everywhere I turned I would meet someone who had some kind of connection with this school."

"The thing I will miss most about San Diego is the weather," Mr. Weber said. "I looked at the temperature this morning, and it was 48 degrees here. In Fort Wayne, it was 4."

However, he is also looking forward to the changing of seasons and enjoying Skyline Chili, a Cincinnati delicacy that contains chocolate, cinnamon, and meat served over a bowl of unseasoned spaghetti.

Mr. Weber also dispatched some advice for new teachers, "Make sure you never forget the mission of the school and maintain the connection to Christ. Also, make yourself available to the students as best as you can."

"You'd be hard pressed to find someone with greater integrity and honor in his personal life and profession," Mr. Bachynsky, Mr. Weber's friend and former roommate, said. "When you think about the Augustinian values, he embodies them all. He loves his students, bonds with them in countless activities, and strives to give them an education that is rigorous yet accessible. He genuinely loves his craft."

When asked how he wanted to be remembered, Mr. Weber said, "Someone who isn't just viewed as intimidating, but also approachable. I may get frustrated with some questions, but I truly want success for each and every student. I suppose as a good role model and someone who tries to live according to the life that Christ taught us."

Mr. Weber will be leaving Saints at the end of the year to take care of his father and sister. He is currently looking for a teaching job in the Fort Wayne, Indiana area.

An Epidemic of Senioritis



By Liam Brucker-Casey ('19)
MANAGING EDITOR

Before proceeding with the rest of this article, it should be noted with the most fitting sense of comedic irony that the author of this piece was fully infected with senioritis. Such a diagnosis was obvious when taking into account the severe procrastination exhibited by the author, with his completion of this article occurring only half an hour before publication.

Truly, 'tis a malady. Saintsmen of all sorts begin to have similar experiences: lack of motivation, inability to concentrate, worsening test performance, and most shocking, increase in sleep. These are all symptoms of senioritis. The condition is defined by Merriam-Webster as an ebbing of motivation and effort by school seniors as evidenced by tardiness, absences, and lower grades. Generally, it seems, senioritis is chocked up to indolence, irresponsibility, or outright laziness. Indeed, in a 2013 article from *The Augustinian*, a former teacher said to sufferers, "Y'all are just a bunch of babies. You just need to suck it up and do your homework."

While there may be some truth to this sentiment, it is not very helpful. We can tell ourselves to, as Mr. Cudal jokes, "STUDY...HARDER!" Although a more useful initiative would probably best come from teachers and the administration.

It would be a tall order to find a senior who has not experienced senioritis. It is fittingly compared to a plague. Some seniors begin to experience symptoms, and then more and more classmates are infected with the pathogen. Arguably, the ubiquity of the ordeal provides seniors with the comfort of knowing their experience is not unique, thus rendering moot their

resistance to the affliction. "Yeah, I was assigned an essay and Econ homework to do over the weekend. I did it all on Monday night," senior Joshua Gonzales said.

Make no mistake about it, even if a senior gets accepted to a college, should their grades markedly decline, universities could easily rescind their offers. Yet, notice the word *markedly*. If an "A" student starts receiving "Bs" in his second semester, chances are this will not harm his college options. Unfortunately, not all seniors are "A" students, hence if they began with borderline grades, they cannot afford any significant decline in their GPA. This is the most harmful aspect of senioritis.

Thus, many seniors find themselves with a sharp decrease in academic motivation. This situation is clearly not the fault of the Saints administration or teachers, but is it not reasonable to absolve seniors as well? Could seniors "STUDY HARDER?" Sure, but teachers have been repeating this maxim for decades, and still, senioritis persists. Therefore, it may perhaps be prudent to look for solutions, to at the very least compliment seniors' endeavors to maintain discipline.

Literally and figuratively, seniors are becoming adults, but their education fails to change with them. Many classes taken by seniors, even some classes exclusive to the twelfth grade, are taught with a similar level of coddling as freshman classes. Most seniors already know how to write, how to study, and how to communicate with their teachers, in sharp contrast to clueless fourteen year old "rats." Yet this difference does not seem to be fully embraced. But it is important to note that this is not the fault of the administration, but rather the American education system at large.

Nonetheless, there are still steps that the entire Saints community can take that

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might offer some welcome improvement. A practical action that can be taken by students with the help of their teachers and counselors is reflection on the causes behind their academic decline. Most seniors are aware of when their academic decline commences, but they might not understand why this behavior increases.

If seniors and staff alike can better identify and remedy these problems on a deeper level, imminent improvement can be expected. In a 2015 study entitled *Autonomy and Competence Drive High School Seniors' Academic Intentions*, the importance of introspection is made clear.

"Helping seniors identify accurate explanations for the outcomes of their behavior and imagine long and short-term consequences of their actions fosters a useful skill set," the study said.

Of course, the administration has already taken this theme to heart. We have all seen Mr. Hecht give a concerned appeal after mass imploring seniors to, "Finish strong!" Seniors might, however, also

benefit from a clearer message. As stated in the aforementioned study, "Rather than generating a one-size-fits all generalization, it may be enough to regularly talk with seniors about the stress of leaving high school."

As Mr. Hecht says, senioritis manifests itself every year. He is always ready for the plague, and his concern never subsides. "We try. I don't think there's a spring that goes by where we're not incessantly reminding the seniors that there's a lot still at stake here," Mr. Hecht said. "We check on each senior's transcript three times each year to make sure they are doing what needs to be done."

Ultimately, senioritis is here to stay for the foreseeable future. Resisting the temptation to indulge in procrastination, tardiness, and overall academic lapse will vex almost every high school senior. Knowing this, students, teachers, and administrators will continue to overcome senioritis, and maybe, eradicate the disease.

Academic Council Moves to Make AP Tests Optional



By Alejandro Eros ('19)
EDITOR-IN-CHIEF

My foe is presented to me in the arena. Through tunnel vision, I see my target and nothing else. For eight months I have prepared for victory, committing to hours of grueling work and mental strain to ensure that I would be ready. It is bitterly cold, and at the slightest shift of my weight, my chair squeaks beneath me to match the volume of a Mach 3 fighter jet breaking the sound barrier. My weapon of choice, a Dixon Ticonderoga #2 pencil, sharpened. The duel begins as the order is given, "You may now remove the plastic cover from your test packet."

This is the experience of a high school student taking an AP exam in May. At least, this is what it is like for the students who are invested in the subject and genuinely hope to advance their progress in it during college. The Academic Council at Saints has decided to make AP exams optional.

It is common knowledge that a good enough score on an AP exam can earn the student course credit for the college he later attends. This can allow him to skip the introductory course and possibly move on to a more difficult course that is required for their major. If only this were the attitude of every AP student sitting in silence in Sanders gymnasium.

The unfortunate reality is that many students take these tests because they are mandatory, not because they hope to have an advantage in college.

The College Board Advanced Placement was founded in 1955 with the intention of offering students an opportunity to accelerate their education in an area about which they were passionate. It gave a student who loved languages a head start in German in college if they succeeded on the exam. In the year of its conception, 1,229 students took 2,199 AP tests for 11

offered courses. The program has grown immensely to have over 5 million students taking AP exams last year, 22,000 schools offering at least one exam, and 38 different disciplines being taught. Of course, each student pays \$94 to the College Board, a "non-profit" organization for each exam.

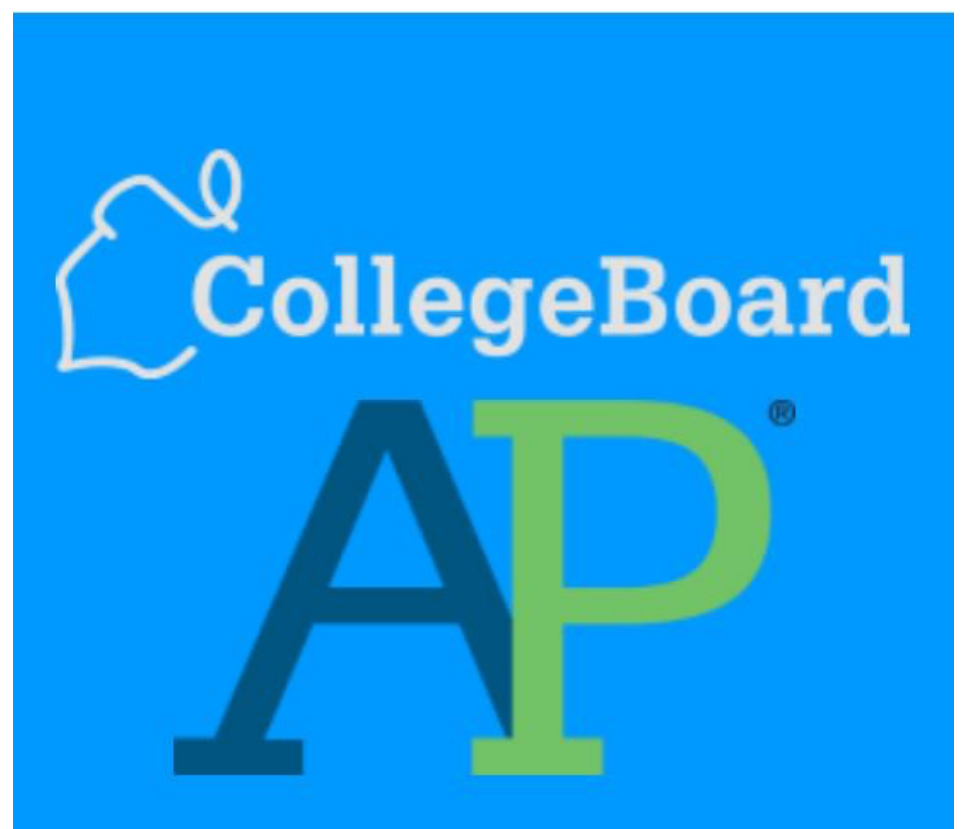
Now that AP exams are optional, perhaps students will have a different perspective when choosing between an AP course and a regular one. Or will they? At the start of AP, students chose AP courses because they wanted to learn a subject at a higher level and they had a chance to earn college credit. Now, however, the greatest incentive is the one point GPA boost granted by an AP course. AP classes now serve as material for students to throw at college admissions officers and groom their applications.

"Students should ask themselves, 'would I take this class if it didn't give me a grade bump?'" Mr. Hecht said.

It's hard to deny that taking AP courses improves a student's chances of being admitted to a college. However, should our main goal be acceptance to college, or to obtain an education so that we can have successful, happy futures? Perhaps admission to a dream school is worth the stress of taking rigorous courses, but there is also prosperity after admissions to consider. It is important to decide whether or not a course truly sparks academic interest and whether its content will be useful to learn for the future.

"All you guys care about is points. Points! Points! Points!" Mr. Osberg often said while teaching Honors English II.

Saints discourages students from taking too many AP classes, capping most students at four. The administration does not wish to handicap students for college admissions, but, especially for seniors, having too heavy of a course load is an unnecessarily burdensome challenge.



"AP courses are college level courses. Most colleges require you to take four classes in a semester. Translate that to a high school student taking four APs plus two more classes, plus sports, plus clubs. The issue isn't that students aren't capable. The issue is time," Mr. Hecht said.

All students should be wary when choosing an AP class just to pile on one more for college admissions. There is no good reason for a student to take an AP class if he is not interested in the subject and does not plan to study it in college. I chose to take regular Physics this year instead of AP because I simply wanted to learn physics. I don't plan to study it further in college, so there is no reason to force myself to take the AP exam.

Starting next year, AP students will

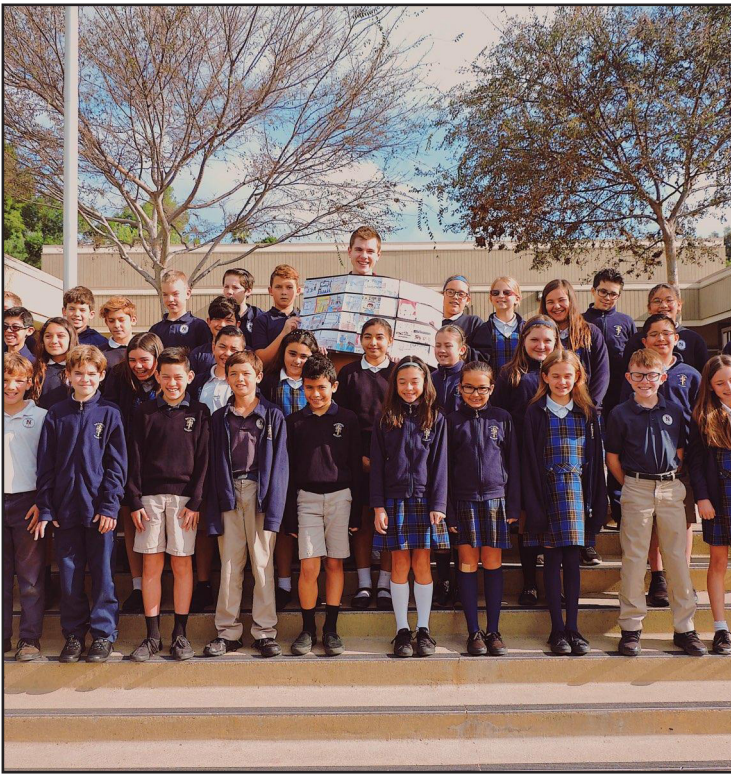
be able to opt out of the exam while still receiving the GPA boost. For students that choose to take the AP exams, keep in mind that some undergraduate and graduate schools do not grant credit for good scores on AP exams. For example, medical schools will not accept AP college credit, even if the undergraduate school did.

My goal is not to discourage students from taking AP courses. Rather, I hope that students will be wiser in their course selections, keeping in mind their own future beyond college applications. My wish is that saintsman be informed before aimlessly taking a course that sucks the creativity out of learning like a vacuum cleaner. It is also my hope that students make the most of their high school education and prioritize learning over getting good grades.

Internships Interest Seniors



Nicolas Correa lifts a tuna for inspection at an auction site. Courtesy of Nicolas Correa ('19)



Joey Rougas with 5th graders. Courtesy of Joey Rougas ('19)



By Eric Fries ('20)
STAFF WRITER

As we leave winter behind, we reminisce on the fond memories of the beauty of intercession. Leaving early, minimal homework, and sometimes the occasional late start filled our mouths with a sweet taste that we never want to get rid of. For those who do not know, most seniors spend their intercession by working at an internship of their choice. It is a unique opportunity to experience what it is like to work in a field that they wish to pursue. During the first semester, Mr. Christopher da Luz calls each student to his classroom to offer some possible options. Students can also ask Mr. da Luz's

permission to set up an internship through people they know personally. Here is what a few of the seniors had to say about their experiences.

"I worked at Scripps Mercy Chula Vista Emergency Department as an observer. I can't talk about anything specific due to our non-disclosure agreement, but overall, it was fantastic. The doctors were welcoming and open to questions, and there was a moderate amount of down time, which is ideal for a senior after first semester. There was also a lot to learn from it. Overall, I learned: don't do drugs, people are mystified when they are pregnant, and homeless people are tough," senior Alex Escobar said. "Gore, horrendous smells, and sometimes death make up an average day,

but for an aspiring doctor, don't miss this chance," Escobar said when asked if he would recommend this internship for rising seniors.

You may also wish to travel abroad for your internship like Nico Correa who worked in Tokyo, Japan at a wholesale fresh and frozen tuna business called Hicho.

"I had the awesome opportunity to work at the largest fish market in the world, Toyosu Fish Market. My days started at 3:00 am, and I was given the opportunity to attend the tuna auction where some fish weighing over 1000 pounds sell for over \$30,000. I was trained and trusted to cut a piece of the fish myself with handmade knives that look more like swords. I was

also able to observe how the CEO would deal with his customers and how he would lead his staff. I loved getting to see first-hand how the tuna business is much more complex than it seems," Correa said.

Correa also wished to give advice for the rising seniors, "If you have an idea or a connection with someone you know personally, I definitely recommend taking advantage of the opportunity. The trust that you have already established with a family member or friend is more likely to allow you to experience more," Correa said.

Senior Joey Rougas made his education internship possible by getting in touch with the principal of his alma mater, Nazareth Catholic School. Through the principal, he was put into contact with a fifth grade teacher to organize a work schedule.

"I helped in fifth grade by teaching them writing skills, and I also helped them in their math classes. I saw what it was like to make lesson plans, grade papers, give tests, etc. I was also in first grade for an hour each day to help them with their reading, but, more importantly, I learned about what each student had to offer me. I think that education is a career path about learning from the people whom you teach. I particularly liked the challenge of figuring out how each of them could figure out the assignment in their own way. I also helped with their drama production of 'Mary Poppins.' I absolutely loved sharing my love of theatre with kids who are just finding out what theatre is," Rougas said.

Despite giving no pay, internships can serve to provide meaningful and educational experiences. There is no "one size fits all" internship, but there is fortunately an internship for everyone. Juniors, to find one that's right for you, talk to Mr. Christopher da Luz.

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**LAST ONE IS
 APRIL 2ND-
 5TH.**

Chaplain's Corner



By Fr. Kirk Davis, O.S.A.
COLUMNIST

With our Ash Wednesday service yesterday, we marked the beginning of the liturgical season of Lent, and our annual forty day journey through the desert with Jesus toward the glory of Easter. We are reminded of the central recommended practices of Lent: Repentance, Fasting, Almsgiving, and Prayer. I would like to share some concrete ways you each might consider entering into these practices this Lent.

Here at Saints, each Lent we set a day aside to make the Sacrament of Reconciliation available to the community. Next Tuesday, we will begin our day with a communal penance service in the gym, followed by the opportunity for each of you to privately confess your sins to a priest and receive absolution. As Catholics, we are encouraged to receive this sacrament regularly. It's a great opportunity to reflect on what's going well in our lives, and also to consider where we need God's help. As a part of our service next Tuesday we will have an examination of conscience. I encourage each of you to take some time between now and then to consider what you might want to bring to the sacrament this Lent, so as to be better prepared to receive the spiritual benefits and grace that flow from it.

We are called to fast during this season. This practice involves abstaining from meat on Fridays during Lent and significantly limiting the amount of food we consume on both Ash Wednesday and Good Friday. It's important to remember that fasting is not intended to be a punishment, but rather an opportunity to draw our attention to the Paschal Mystery. So instead of looking at the practice as saying 'no' to meat, I invite you to consider your practice as saying 'yes' to solidarity with the person of Jesus, his life, death and resurrection.

Almsgiving is another way we draw closer to Jesus during this holy season. This year, as in the past, we will again have the chance to

participate in some traditional large-scale fundraisers to benefit the children down at Casa Hogar La Gloria. I'll be putting on my Friday Soup and Grilled Cheese sale on three Fridays during Lent, and March Madness brackets in support of the orphanage will again be a fun way to contribute. This year, on Wednesdays after Mass during Lent we will have student volunteers stationed at the exits to collect your free-will offerings for Casa Hogar.

Finally, I invite you to take advantage of opportunities to deepen your prayer life this Lent. Try to be more focused at our weekly Masses. Participate in the sacrament of reconciliation. Enter into our commemoration of the Stations of the Cross with piety. All of these things, repentance, fasting, almsgiving and prayer are meant to bring us into closer relationship with God. I pray that you all are able to make the very most of this most holy season.



By Angelo Riordique ('22)
STAFF WRITER

This summer, rising juniors and seniors will have the opportunity to take part in a trip to India as part of a new religion course. Students who elected to take the course, Applied World Religions, in the fall next school year, have the opportunity to embark on the voyage.

The voyage will expose students to India's religions and demonstrate their connection with Christianity and Judaism. This three-week immersion trip would be led by Fr. Kirk, Mr. Dillon, and Mr. Sourav Tiwari, who has participated in trips abroad with the Saints community for two years.

While in India, the group will first follow the Pakistani border and travel all the way to the Sundarbans National Park for one night. Along the way, the group will visit the Red Fortress in Delhi, Rajasthan, the Taj Mahal in Agra, and the Holy City of Varanasi near the Ganges River, where

Saintsmen Abroad in India



they will see the Ganga Aarti Ceremony. They will also be visiting the City Palace in Jaipur and the Jain Temple in Jaisalmer. Finally, the group will go to the Sarnath Buddhist Holy Site, visit the Sisters of Charity in Kolkata, and enjoy a camel safari in the Thar Desert.

As they learn about Sikhism, Jainism, Buddhism, Hinduism, and Islam, they will travel by means of trains, bus, taxi, auto rickshaw, cycle rickshaw, elephants and camels. They will also have a chance to connect to the local faithful who visit these holy sites, exposing the travellers to their delicious Indian cuisines and unique cultural activities.

The group will then return on July 7th, and in the next school year, the students will spend the fall semester in a new course called Applied World Religions. The course will be conducted in a seminar-style, during which the travelers will reflect on their experience. Students will receive credit for one-semester of a religion elective. This trip can be taken without the use of credit, meaning that those who take part in the trip are not required to take the religion class in the fall. The course is a

zero block, but since it qualifies as a religion class, it would allow participating students to take another course of their choice during the regular school day.

The cost of the trip is \$3750. The group of twelve, including the moderators, will take a bus to Los Angeles on June 16th, and take a round trip flight to Delhi, where they will begin their journey.

Fr. Kirk hopes to reflect with students on the richness and depth of many faith traditions that form an integral part of both ancient and contemporary Indian culture.

"You're not just reading about it, you're living and experiencing the faith we study," Fr. Kirk said.



Saintsmen Cause Panamanianism at WYD



By Elio Celentino ('21)
STAFF WRITER

Rather than choose one of the local San Diego courses otherwise available, some brave saintsmen instead packed their clothes, left their comfort zone, and said goodbye to America and hot showers. Embracing uncomfortable living conditions, the pilgrims believed they made the correct choice to have the experience of a lifetime. It was not a vacation, but a real pilgrimage.

"No big suitcases, no luxurious meals, and no hotel rooms, but we returned with a newfound respect for what we owned," senior Noah Alcalay said.

Visiting lush Costa Rica and historic Panama, the travellers attended World Youth Day, an event that packed with a month's worth of activities in a week. They focused on the Catholic faith and the youth that forms the future of the Church. World Youth Day, which really lasts a week, originally started in 1986 with Pope John Paul II to establish a foundation for the Church's future. The Archdiocese of Panama confirmed that they had over 600,000 pilgrims signed up for the event and nearly 800,000 people at the final event, the Papal Mass. The attendance in Panama was impressive, but it was not as great as the 2+ million people that attended in 2016 in Krakow, Poland, or the 5+ million that attended in 1995 in Manila, Philippines. Attendees from all three events explained how the smaller crowd in Panama allowed for a smoother, more organized, and personalized "feel" to the Panama pilgrimage.

The event was marked by the opening ceremony, and Mass was hosted by the Archbishop of Panama and featured the arrival of the Pope. "When you truly felt welcomed by the community of everyone around you, you were indeed overwhelmed by the impression of the open love of the Panamanian people,"



The group that Saints brought to World Youth Day Panama in 2019.

Photo Courtesy of Campus Ministry.

sophomore Zac Stall said.

Then followed Catechesis, when they were addressed by Archbishop Prowse of Canberra, Australia, who delivered an inspiring message of self-sacrifice and faith. Mass was celebrated every day, and those attending expressed a deeper understanding of the sometimes rote weekly ritual. In that special, ceremonial setting, an ordinary San Diegan saintsmen was suddenly connected to hundreds of thousands of others in the historical timeline of the world's greatest religious body.

Each member of the group participated in the Stations of the Cross, which was even

more moving while standing next to a traveller from another country as they share their deepest thoughts on this mystery of our faith.

The final Papal Mass was the climax of the pilgrimage. The journey to the Papal Mass was a four mile walk to the home for the night. That "home" was a large grass field and our small section was unyielding with the elements of nature.

"Sleeping on a deflated mattress with tons of bugs wasn't the greatest, but when surrounded by tons of other Catholics sharing the same place, it's hard to remember the bugs!" junior Alex Wenhe said. "I told myself [that if] you can survive the night, you will receive

a reward fit for a king: Mass with the Pope." The traveling Saintsmen made it through a cold, wet night, shivering and snoring like tired lemmings.

One of the most influential parts of the trip was Pope Francis's homily discussing how the youth isn't only the future of the Church, but we have an obligation to make most holy the present. As the Mass closed, Pope Francis announced that the next event will be held in Lisbon, Portugal in 2022.

Underclassmen have something to look forward to as Saints intends to take some brave students to Portugal to see the Pope for WYD 2022.

New AP and Honors Courses to be Offered Next Year



Mr. Hecht reviews sign-ups for next year's AP Newspaper course. Andrew Tran ('19)



By Angel Perez ('21)
EDITOR

APASB

Prerequisites: Students wishing to enroll in advanced placement ASB must be voted into office or officially join one of the associated ASB student clubs, such as the Brotherhood or Loyal Sons.

Content: This course will allow students to learn about the comings and goings of the fearless leaders in command of our school, the ASB. Taught by Dr. GO, students in this class will master the art of planning fun lunchtime events, skipping class for important ASB business, wearing windbreakers, and getting people excited about the comings and goings of our school. These students will also be in charge of creating the greatly-desired social

opportunities for saintsman, in which many of them will face their greatest fear: OLP girls.

Fun fact: Despite being erased from all school records, this course existed many years ago, but was disbanded when the students became too skillful and stopped showing up to the class entirely.

AP Band

Content: In this mentally and athletically rigorous physical education course, students will accelerate their progress on their respective instruments, compete against both the football team, the OLP cheer team, and the ASB DJ for attention, and... do whatever else band kids do. The AP exam will be playing "When The Saints go Marching In" on loop for three hours.

AP Pit Chants

Prerequisites: Prior to enrollment in AP Pit Chants, students must complete Honors Pit Chants I and Honors Pit Chants II, both with a grade of "B" or higher.

Content: Students enrolled in this course will be given the opportunity to participate in the very institution that defines St. Augustine High School: the Pit. Through the creation of this class, students will now have the opportunity to follow the examples set by the previous chants, such as the creative and original, "You can't do that!" and "Scoreboard! Scoreboard!" to write their own, unique chants.

Honors English III and IV

Prerequisites: Students wishing to enroll in Honors English 3 or Honors English 4 must have completed an English class in the previous year. In addition, students should have a desire to do well in school but have a great fear of taking an AP English course.

Content: Students taking either Honors English 3 or Honors English 4 will be completing the identical course load, including tests, quizzes, essays, etc., to those taking AP English Language and Composition or AP English Literature. In fact, students enrolled in either of these courses will simply be dispersed within blocks of the AP classes. However, in order to reduce student stress, the school will now be offering these equally difficult, less impressive, alternatives for students who tend to psych themselves out about taking Advanced Placement courses.

Spanish I (AKA: Honors Rugby)

Content: In Mr. Dent's freshman level course, students who are seeking to learn "Spanish" will also be taught about a far more important topic: rugby. As rugby is, of course, the most important sport in the entire world, a course to educate saintsman about its value is

crucial to a true Augustinian education. While many students do not realize that they are, in fact, enrolling in Honors Rugby, this is a clever ruse by the school to ensure that students do not allow their internal biases to get in the way of them taking Saints' most important class.

Honors Nap Time

Prerequisites: In order to enroll in Honors Nap Time, students must have completed all previous classes with an "A" or better, including AP and Honors Courses. While this may seem over the top, these academic accomplishments may still not prepare students for the rigorous coursework that will be presented to them throughout this summer course that is immediately followed by another two semester course.

Content: In this most intense academic course, students will learn the art of napping. Those saintsman who chose to enroll in the course will be taught how to properly power nap, emergency nap, and habitually nap. These lifelong skills will guarantee any and all students automatic admittance to their first choice university, especially if their intended major is napping or nap sciences.

AP Newspaper

Content: This once-a-week, lunchtime-only course will take place every Tuesday. While students taking this most prestigious class do not receive any actual course credit, they are given the satisfaction of knowing that they are a part of the most important student organization in the school. In addition, these students will be gifted with a proper understanding of how St. Augustine High School truly works (not to mention the ten out of ten newspaper quarter zips). This course will also expose students to the path ideas take from a writer's brain to the recycling bin.

Sports

Continued from Page 1



Chibuzo Agbo tips-off against Torrey Pines.

the team. I'm positive that the team will keep progressing and hopefully bring another title home next season," senior Alejandro Peñuñuri said.

The Saints wrestling team is also coming off a successful season, both individually and collectively. The team had some impressive results throughout the season, allowing them to capture the Western League championship. The wrestling program had the honor of hosting the CIF Championship in our own gym, where senior Christian Quinto and sophomore Dominic Pacheco were runner ups. These victories, along with an admirable performance by junior Alex Reynoso, led the three to compete in the Masters tournament against all of the top wrestlers from the San Diego and Imperial counties, regardless of division. Along

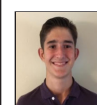
with these three competitors, Saints sent six alternates as well. After a long day of matches for the wrestlers, Quinto was able to place in the top 12, and Pacheco placed in the top eight in their respective weight classes.

"This was a great season with tons of awesome matches by everyone on the team. We all improved and learned a lot, and I would say this season was a building block for what's to come," Pacheco said when asked about his opinions on the season.

Overall, it was another great season for some great sports teams. We should all be proud of our Athletic Program, which will be hanging up three Western League Champions banners, a CIF runner up banner, and possibly a California State Championship third place banner.



Saints Rugby wins the Titan Shield once again.



By Manny Butler ('22)
STAFF WRITER

Last year, the Filipino Advocate Club organized a project to raise money for charities benefiting native Filipinos. They raised over \$4,500 for dental kits for Filipino children. Senior Gre' Yu was the driving force behind the project, raising money and distributing dental kits that they had purchased.

The kits contained a tube of toothpaste,

Yu Gives Aid to Philippines

a toothbrush, dental floss, and instructions on dental hygiene. Yu said that he wanted to provide awareness for dental health, since it is often overlooked where he used to live in Calape, Bohol.

The money came from a combination of on-campus and off-campus fundraisers. The greatest source of revenue came from a T-shirt sale that raised between two and three thousand dollars.

Gre' also asked parishes, including his own, St. Martin of Tours. Fortunately, his parish hosted breakfast fundraisers and pasta dinners to raise money.

"It was a great collaboration with other Catholic communities that wanted to help the Filipino children," Yu said.

Yu chose to distribute them in the Philippines because he wanted to give back to the community in which he was born. Yu also thanked his fellow club members who helped package the kits, his family for help with the distribution, and Mr. Cudal for hosting classroom meetings.



Senior Gre' Yu hands out dental kits in The Philippines

Photo Courtesy of Gre' Yu ('19)

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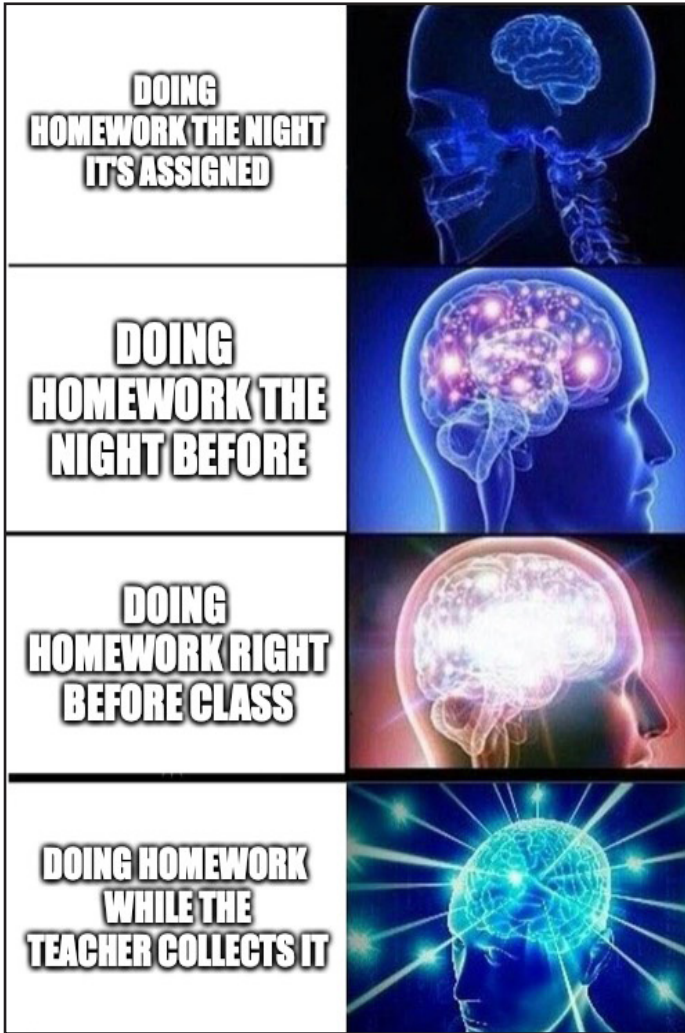
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Monthly Dose Of Memes

By Brandon Toscano ('19)
MEMOLOGIST



Senior Privileges

By Alexander Oliveros ('19)

