

THE AUGUSTINIAN

“Tolle Lege”

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St. Augustine High School

Saints Fall Sports Prepare for Playoffs



By Liam Haskett ('22)
STAFF WRITER

The fall sports season has now hit its apex here at St. Augustine High School. Beach volleyball has ended their season, but the football and cross country teams are preparing to enter the CIF playoffs.

The football team continues to fight the good fight as they struggle through a down year, falling to a 1-8 record after their blowout loss to Cathedral in the Holy Bowl. The Saints' lone touchdown came in the first quarter when star running back Isaiah Pressley broke free for a 6-yard rushing touchdown to tie the game 7-7. However, after this score, the Dons' defense shut down the Saints' rushing attack, holding Pressley to 57 yards on the ground. On the opposite side of the ball, the Saints defense, which is normally elite against the run, struggled to contain Cathedral running back Lucky Sutton, as he rushed for 272 yards and 4 touchdowns on 12 carries.

The Cathedral loss is only the latest in a series of rough games for the Saints, as they have been outscored by 121 points over their last five games. After a bye week, the Saints will face the La Jolla High Vikings on October 29th in their homecoming game. Regardless of the outcome, the Saints will then participate in the Division I CIF San Diego Section playoffs. They are currently in line for the 7 seed, but a win against La Jolla could bump them up as high as the 5 seed.

Cross country wrapped up the invitational part of their season with the Mt. SAC Invitational on October 22. They raced in the most competitive tier of the invitational, proving that they belong in

the conversation with San Diego's other top cross country teams by getting fourth place out of Divisions III, IV, and V in the state. The Saints narrowly trail Cathedral, meaning their goal is to close the gap and win the Eastern League.

The team started league races three weeks ago, with matches against Patrick Henry, La Jolla, High Tech, San Diego, and Crawford. Early predictions cause lead runner Jimmy Markowicz to believe that La Jolla and Cathedral will be the teams to beat this year in league for the Saints. League races are 5k's, held at Morley Field, giving the Saintsmen a home-field advantage. The league races are used to measure up against the other teams in the league and see what runners from other schools have to offer. In order to win, intelligent runners will identify people faster than them and track them down during the races.

As usual, the top five runners continue to be stellar, with junior Jimmy Markowicz leading the way, and seniors Nalu Coons, Michael Butcher, and Evan Williams and junior Nate Wilson all within a 1-minute spread of the lead. They have league and CIF championship aspirations and are eyeing a berth in the state championship race in Fresno.

Meanwhile, the beach volleyball team finished their season with a league record of 3-2, with the top two duos sporting undefeated records in league play. The team is led by senior pair Bodie Kerr and Caden Francke.

"He's improved a lot over the course of the season," Kerr said of his teammate. "He's been a key part of our success."

On top of the stellar senior play, the juniors on the second team, Patrick

O'Leary and Andy Boeh played excellently throughout the season as well, with a league record of 5-0. The beach volleyball team may be even better than their record suggests; for one of the games the opposing team didn't even show up to the beach because they knew they could not beat the Saintsmen. The team finished with a top 2 seed in the Division I play-

offs, but sadly, they lost 3-2 to San Marcos in the first round.

All in all, the potential for a successful Saints fall season is coming to fruition, as every team will make at least a quarterfinal round. It is an exciting time for Saints athletics, with fall sports reaching a dramatic conclusion and winter sports right around the corner.



Senior Bodie Kerr makes a kill against Mission Bay.

Courtesy of Jonette Francke

Augi Volunteer Colin Finds his Callin'



Colin Helgeson and gratuitous photo of Ms. Hammock.

Noah Villafana ('23)



By Caden Webster ('23)
STAFF WRITER

Every year, Saints is blessed with a volunteer who helps out with Campus Ministry. This year, the Campus Ministry office will fulfill its mission with the assistance of Colin Helgeson.

Helgeson is from Spokane, Washington, and graduated from Gonzaga with a degree in mechanical engineering. In-

cluded in campus ministry in college, he wanted to continue serving others for one more year and joined the Augustinian Volunteer program.

The program runs out of the Augustinian-run Villanova University. It was established in the late 1990s as a way for recent college graduates to live out a yearlong vocation of service to others. Saints has had an Augustinian Volunteer since the early

2000s, and they have given Campus Ministry crucial support.

Much like Saints' core values of unitas, veritas, and caritas, the Augustinian Volunteer (AV) program stands upon three pillars: service, spirituality, and community. An AV is committed to serving others, open to spiritual growth, and is community-oriented. With these values in mind, Colin helps to strengthen the Saints brotherhood.

Those who seek to perform meaningful service after college should further investigate the Augustinian Volunteer program. The program provides new perspectives on helping others, helps participants in their own faith journeys, and brings volunteers into new communities that they are called to serve.

Helgeson wants to make an impact on the Saints community and help foster our faith and relationship with God. He says his overarching goal here at Saints is "to help students connect with God." He was led to service by his male role models growing up, and he wants to give back to a new generation of young men. Helgeson's help with retreats and daily campus ministry activities will help him accomplish this goal.

Although his purpose at Saints is different from that of the teachers, his rou-

tine is very similar.

"First thing I do is check my emails and then start working on getting things ready for the upcoming retreat," Helgeson said.

After lunch, he finishes up work and then plays basketball on the roof of the gym with students or helps Mr. Freestone with his engineering program.

Outside of Saints, he enjoys sports and activities out in nature. Helgeson's favorite part about living in San Diego is the great Mexican restaurants. His favorite song is "Running on Empty" by the Eagles, and his favorite book is *The Screwtape Letters* by C. S. Lewis. His biggest inspirations in life are his parents and grandparents, as they guided him in developing his Catholic faith to become the person he is today.

Helgeson's first project at Saints was to assist Ms. Hammock in planning and executing the freshman retreat. Additionally, he will provide support at this year's three Kairos retreats and retreats for the sophomore and junior classes. Helgeson's main role during retreats is making sure everyone has the necessary materials and that everything is running smoothly.

Helgeson is almost always in the Campus Ministry office, so he is easy to find. When you see him, greet him and thank him for his service.

Riley Ranks: North Park Restaurants



By Riley Scanlan ('23)
STAFF WRITER

Food is a staple of a student's experience at Saint Augustine High School. When the line at Marty's is a little too long for your liking, I recommend checking out any of these ten amazing restaurants, all located within a few blocks of campus.

10. City Tacos (\$) 1.2 miles: This is the furthest restaurant from school, which bumps it down the list. Yet, what makes up for the long walk are great tacos for the low price of \$3 each. Pair that up with a soda of your choice and you are in for one of the best meals on University Avenue. One of my favorites is the carnitas taco topped with cilantro, onions, and guacamole. Their shrimp and fish tacos are also delicious. Comfortable outdoor seating shaded with umbrellas and trees is available.



9. Lefty's Chicago Pizza (\$) 0.8 miles: This is the first of several restaurants on this list located on 30th Street. Lefty's takes the ninth spot for its delicious take on Chicago-style pizza. Personally, being a fan of New York-style pizza, I was pleasantly surprised by the great taste of their deep dish; Lefty's serves a delicious meal for around \$4. In keeping with their Chicago-style theme, they also serve Chicago-style hot dogs, Polish sausage, and an Italian beef sandwich. Lefty's gets bonus points because it's run by the family of a current Saintsman.



8. Saguaro's (\$\$) 1.1 miles: Saguaro's, also located on 30th Street, takes the number eight spot because of their amazing assortment of Mexican food, all

for a decent price of between \$7 and \$8. Saguaro's is a bit of a distance from Saints, but the food makes up for it. The carne asada burrito was my favorite menu item, but you can't go wrong ordering their beef or chicken tacos either.



7. Mazara Trattoria (\$) 0.6 miles: Mazara's has some of the best pizza prices in North Park; for just \$4, you can enjoy a massive slice. They also boast a full menu of pasta dishes, sandwiches, calzones, and salads, as well as many desserts. I look forward to trying some of their other dishes, but it's hard not to order their pizza because of its crispy crust and delicious sauce. Its large freezer full of every kind of drink imaginable gives you options you won't find in many other places.



6. Taco Stand (\$\$) 0.7 miles: Listing Taco Stand at only number six might be controversial because it is well-known for its great food. Taco Stand is the best place in North Park to get a burrito or a taco. Its proximity to Saints, low prices, and great atmosphere make it an awesome place to hang out after school with your friends for a quick bite to eat. If you have not had a chance to try Taco Stand, you should take the time to do so. I've tried both the carne asada and the al pastor burritos—both are amazing. With freshly made tortillas and perfectly seasoned salsas and guacamole, you can easily argue that this is the best burrito you'll find in North Park. Want a sweet treat? Give their Mexican popsicles and Rosarito-style churros a try.



5. Soi 30th (\$\$) 0.8 miles: As someone who loves Thai food, I can say

with confidence that anyone who eats at Soi 30th will enjoy something from the menu. With many varieties of noodle dishes, soups, fried rice, and curries, you will be satisfied with anything you choose. The generous portions mean that you will surely come home with leftovers. Soi has an eclectic atmosphere with corrugated metal walls, rustic tables, and comic book-inspired artwork.



4. De Luca's Restaurant (\$) 0.3 miles: De Luca's is the most convenient restaurant on this list for both price and location. Being the closest to campus, De Luca's allows you to pick up a slice and head back to school in less than fifteen minutes. De Luca's is the most authentic New York-style pizza in North Park. The great pizza carries a reasonable \$3 price per slice, making it worth your time and money. I recommend you try a slice or take home a whole pizza if you haven't done so already. Their pizza dough is made fresh daily which helps create a crispy crust each time.



3. Pete's Seafood and Sandwiches (\$\$\$) 0.7 miles: Pete's takes the number three spot for having the best fish and chips in San Diego. Just a quick walk from school, Pete's is a great place to sit down with some friends and enjoy fish and chips or one of their delicious sandwiches or soups, like New England chowder or lobster bisque. Their fish and chips are made with Atlantic cod flown in daily. Great food sometimes requires a high price, like \$17 per person, but Pete's Seafood and Sandwiches is absolutely worth

the money.



2. Underbelly North Park (\$\$) 0.7 miles: I warn you—Underbelly ruins all other ramen options you'll try. With many styles of ramen to enjoy, along with a great atmosphere of firepit-style tables, you can relax while enjoying some amazing ramen. I tried their bento box, which included kimchi rice, gyoza, pork, and a salad. They also have beef and chicken bowls, which are served with jasmine rice. Food is served quickly, fresh, and hot.



1. Dunedin New Zealand Eats (\$\$\$) 0.8 miles: Dunedin deserves the number one spot because it has the best food and atmosphere in North Park. It is worth every penny you spend on your meal. The New Zealand meat pie is their signature dish, which consists of ground beef, lamb, and cheddar cheese in a puff pastry, served with cajun-seasoned steak fries. With a great selection of burgers, you won't leave hungry or disappointed. At around \$20 per person, it is the most expensive location on the list but is completely worth it to enjoy a New Zealand dining experience. I highly recommend you try Dunedin.



Got feedback? DM @stanewspaper!

Saints Drama to Premier Peter Pan Prequel



By Griffin Cappiello ('24)
EDITOR

On Thursday, November 18, the Saints Theatre program will open its first show of the year, *Peter and the Starcatcher*. Based on the 2004 novel by the same name, the show is a prequel to J. M. Barrie's *Peter Pan*. It tells the story of a young boy and his journey from nameless, friendless orphan into the legendary hero we all know and love.

The show will run through Saturday, November 20, with three performances, each starting at 7:00 PM. The show is a thrilling tale full of laughs that sets up Peter Pan's dramatic showdown with Captain Hook.

The show stars sophomore Griffin

Cappiello as the titular character, OLP freshman Laura Allen as Molly, junior Lucas Gonzalez as Black Stache, and senior Will Schwerin as Mrs. Bumbrake. Schwerin makes his highly anticipated return to the stage after performing in *You Can't Take It With You* in 2018 and serving as the stage manager for multiple shows, while Cappiello makes his stage debut after performing in the two episodes of *The Office* produced by the Saints Drama department last year.

"After three years, I'm excited to be back on stage," Schwerin said, "especially because this will be one of my last shows at Saints."

The show features two OLP students making their Saints Drama debut, as Allen and junior Ardumus Burnette elected to perform at Saints rather than OLP's

performance of *Shrek: The Musical*. It may seem strange for OLP students to perform at Saints rather than in their own school's production, but there are years of precedent for students of both schools performing at the other.

"I chose to do *Starcatcher* at Saints because I had always felt more connected to Saints Theatre since I was in elementary school," Allen said. "I would go to OLP and Saints plays, but there was always something that made me feel more welcomed and connected at Saints Theatre."

Despite Allen's lack of Saints Theatre experience, she has stepped up to the challenges that the cast has faced during the rehearsal process.

The show had to be postponed for two weeks due to unexpected departures by two female cast members, forcing Al-

len into the role of Molly, and Schwerin, the stage manager, into the role of Mrs. Bumbrake. The cast has come together in the face of this adversity and are excited to showcase their acting skills.

"I've been really impressed with their willingness to learn new parts with significantly less rehearsal time," director Mr. Blumer said. "The cast has really rallied together, with everyone putting in the effort to focus on their respective performances. This whole situation really managed to bring the cast together."

If you see one of the Saints thespians around campus, remind them to "break a leg," and be sure to support them and all their hard work by watching *Peter and the Starcatcher* on November 18 through 20.

Team Spotlight: Beach Volleyball Kills It



By Michael Luzi ('25)
STAFF WRITER

Welcome to *The Augustinian's* Team Spotlight article! This month is all about the Saints beach volleyball team. It was a special year for beach volleyball since this year it was elevated from its prior status as a club to being recognized as an official Saints sport.

Due to the COVID-19 pandemic, the team did not have a season in 2020, so only two starters returned from their most recent season in 2019. This means that the team was working with a lot of inexperienced players, which can create problems in a sport which relies so much upon familiarity and communication between teammates. Despite this, the team rallied to a 3-2 record in the league, with the top two pairs both going undefeated. Unfortunately, they suffered a devastating 3-2 loss in the first round of playoffs, but the top two pairs will still compete in a postseason tournament next week.

Inexperience did not cause many problems for the team, especially because players improved at unusually high rates. "This year, they have surprised me. Every day, they get better and better. Every day, we increase our skill," head coach Mrs. Palafox said. The future is bright for this young team, as in the years that follow, the team will not have to deal with the gap in player development caused by COVID-19. Standout freshman Noah Heuring is poised to lead the team for years to come.

In competition, five teams of two players compete in matches. Each pair plays a match, which is divided into games of 21 points. The match is a best-of-three-games affair, and whichever school takes more matches wins.

This year, the season started on August 16, and it went on for two months,

ending in the last week of October. The team competes in the Southern League, which includes Coronado, Helix, Mission Bay, Francis Parker, and Point Loma. This year, they beat Mission Bay and Helix, although they lost to Cathedral Catholic. They barely lost to La Jolla and Coronado, both by scores of 3-2. In the final game of league play against Francis Parker, the top two pairs each fought off game one losses to come back and win the match in three games; sadly, no other pair could muster a win, and Francis Parker won the day.

The team was led by standout seniors Bodie Kerr and Caden Francke, who comprise the top team for the program. They sport an undefeated league record, forming a powerful duo. The second team, juniors Patrick O'Leary and Andy Boeh, have also dominated this season, winning every match of league play. The dominant performance of the top two teams was the main reason the program experienced so much success this year. "Our first two teams are a certified win, and we just need one of the other three teams to win," Bodie Kerr said.

Beach volleyball is not a sport reserved only for experts, it is always open to beginner-level players. The team does not make cuts unless it absolutely has to. The team has a varsity and a JV team this year, so they have plenty of space for all those who are interested. The JV and varsity teams usually practice separately, but the teams practice together for the first thirty minutes. Player development is the main focus on the JV level, whereas the varsity team is more focused on competition. "On the JV team, we teach a lot of fundamentals, so that they prepare and can make the varsity team," Palafox said.

Beach volleyball is different from indoor volleyball for many reasons. First

of all, in an indoor volleyball game, each team has six players on the court, while in beach volleyball, each team only has two players, meaning each player has to cover more ground. This also means each player in beach volleyball has to move quickly to get to the ball. Second of all, you need more trust in your single teammate than trusting a group of

people to hit the ball. Lastly, the uneven sand in beach volleyball makes it more difficult for players to run and jump than the smooth floor in indoor volleyball.

The beach volleyball team is growing in popularity and success every year. They have had another successful season and will be well prepared going into next year.



Seniors Caden Francke and Bodie Kerr rally to beat Parker. Courtesy of Jonette Francke

Mr. Manley Explains: Does 2+2 Always Equal 4?



By Nathaniel Kotnik ('23)
STAFF WRITER

As high school students, the way we think about math is all about formulas and equations, but math is really about the relationship between numbers, definitions, and perceptions. According to Mr. Manley, Saints' resident precalculus teacher for over twenty years, math is not only a way of thinking, a way of understanding, and a way of processing, but also a way of perceiving. When math intersects with philosophy, interesting things begin to happen.

Perception is key when it comes to math. Mr. Manley pointed out a specific example in Deacon Hardick's induction speech, where he said that "sixty-five cents back then maybe could have bought a lot more than sixty-five cents today."

This demonstrates that two equal numbers can have different values. Due to inflation, the value of a dollar decreases over time, meaning sixty-five cents was more valuable in 1955 than sixty-five cents today. Just because two numbers are identical does not mean they are the same when perception comes into play. The stock market is another example. Over time, the value of a share of stock can change, even though the one share remains only one share.

Mr. Manley frames this a different way by using concrete items. He asks, "If you give me two apples and one is rotten, do I really have two apples?" Depending on one's definition of an apple, the answer can be yes or no.

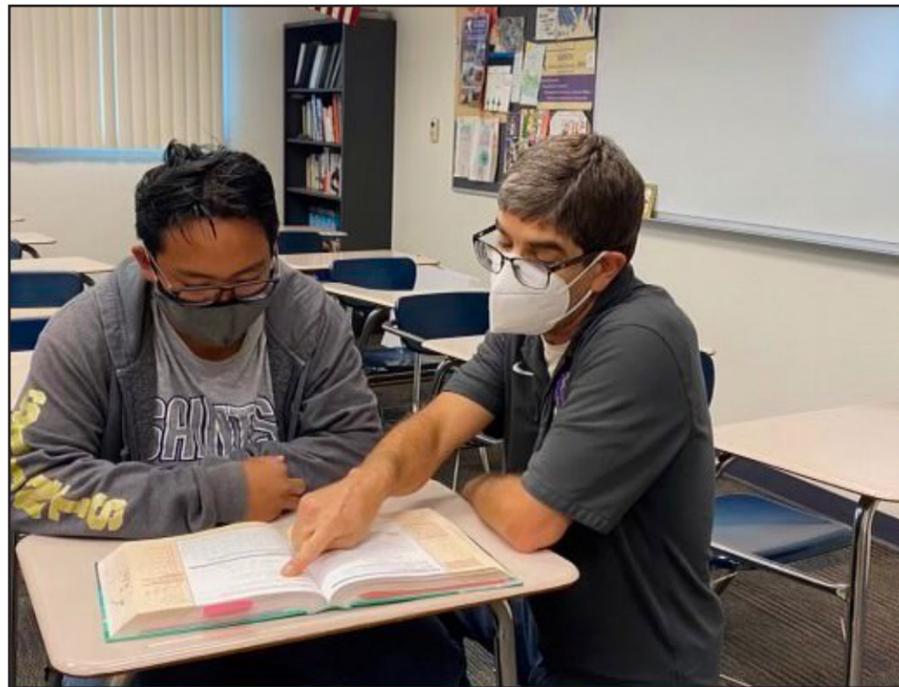
A person may define an apple as one whole piece, but this definition

fails when considering different sizes of apples. If two pieces of fruit aren't the same size, are they both apples? The quality of each apple is also important; at the grocery store, a Gala apple is more expensive than a Red Delicious. Clearly, two of each are not worth the same amount, which is a practical demonstration that the way definitions are used in math changes the perception of the equation.

In math, one plus one equals two is generally cited as the simplest example of arithmetic. But what happens when you add two lasagne together? The Italian dish simply doubles in size. This does not mean that the previous lasagne were half lasagne; it only proves that mathematical equations often do not directly correlate to real-life scenarios.

Manley has a critical example of how definitions and understanding are important to mathematics. The basic understanding of exponentials is that you multiply the base by itself several times corresponding to the power to which it is raised, i.e. $5^2 = 25$ because you multiply the base, 5, by itself twice. However, this definition disintegrates when fractional exponents are involved; after all, how is one to multiply half a time? Every mind and every profession has a different view of the concepts of math, which leads to disagreements and confusion, as definitions change to accommodate new understandings.

Hopefully, you start to question and think about mathematics in a different light; as definitions fade and perception changes, the way of thinking for each problem shifts.



Noah Villafana ('23)

THE AUGUSTINIAN

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Then vs. Now: Discipline at Saints in the 1970s



By Ty Woods ('23)
EDITOR

It is impossible to imagine Saint Augustine High School without its system of referrals, detentions, and other disciplinary actions that we know today. However, this system looked very different in the 1970s, and although most of the rules themselves were the same, the way in which infractions were punished was very different.

The vice principal, whose duties were similar to those of Mr. O'Beirne today, had four assistants who were assigned to the four grade levels. These five members also formed the Board of Discipline, which we still have to this day. The board functioned the same way: to discuss the most serious disciplinary action taken against a student. The principal also took part in these meetings, and he performed many of the same functions that we see Mr. Horne doing today.

Another unique aspect of Saints was the use of the Student Court. The court was a collection of both the Senior and Student Courts to discuss issues regarding initiation and administering punishment. The vice principal not only handled student-related conflicts, but he was also actively involved in meeting with the members of the court. These participants consisted of nine "judges" including: the ASB vice president, the senior class president and vice president, the junior class president, and five other judge assistants. These assistants were only afforded one vote, and they were changed every quarter.

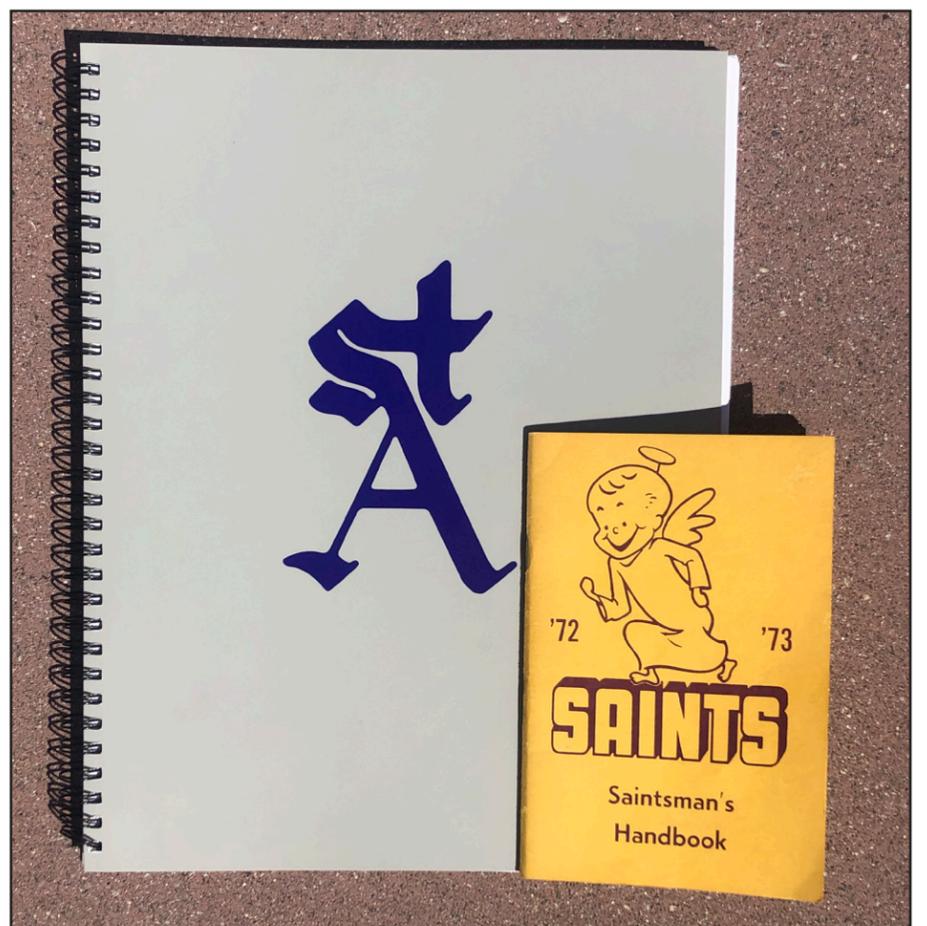
The Point Group System was also used as a basis for maintaining good student conduct. It started all Saintsmen with 100 "citizenship points" that could

be lost by the students over the quarter. Similar to the grading scale, students fell under groups based on the number of points that remained after the quarter ended. For example, a student may have fallen under the C Group if his point records fell under 80 points, thus becoming subject to specific penalties for falling into that category.

Conduct unbecoming and detrimental to the learning environment led to a loss of citizenship points. Smaller infractions resulted in a loss of 1-5 points, and they included offenses such as carrying cigarettes (5 points), littering (3 points), and not having a windbreaker (3 points). Although points were used as a way of punishing this behavior, detentions were always an option, so teachers could choose the appropriate penalty at their discretion.

Larger penalties were more concerning, as they could remove up to 20 points from a student's record. These could almost immediately drop Saintsmen down to the C Group, and they included infractions such as sitting in cars during school (10 points), truancy from a school day (20 points), and misconduct at school events (10 points). Of course, there were extreme penalties that required the attention of the Board of Discipline, and those specific retributions were similar to the consequences seen today in our new handbook.

Although the Citizenship Point System may seem to inflict only punishment, it also rewarded the very best behavior from upstanding Saintsmen. Just as there were punishments for bad behavior, the school incentivized good behavior as well. One such benefit included the exemption from quarter and semester exams from specific teachers. This only applied to students who fell under the IA Group, which



The student handbooks from 2021-2022 and 1972-1973.

Manny Butler ('22)

required all 100 points to remain after the end of the quarter.

"A lot of students kept their points to avoid taking exams," Mr. Cudal said. The A Group received a similar prize, as they were exempt from one semester or quarter exam. An exemption was only given if the student was holding a "B" in that class, and it required the teacher's approval. These prizes were intended to motivate Saintsmen to make better decisions, as well as improve the learning at-

mosphere on campus.

The incentive towards good behavior also came at a cost: the possibility to be removed from certain school activities. The C Group was the most affected category, where students were restricted from participating in plays, intramurals, clubs, and the ASB. At the end of the quarter, however, students with 79 points or less had their privileges reinstated if they kept at least 95 points over the subsequent

SEE Then vs. Now, pg. 8

Dcn. Hardick, O.S.A., Reflects on Time at Saints Upon His Induction Into the Hall of Fame

By Deacon Richard Hardick '57,
O.S.A
GUEST WRITER

In 1953, I was an 8th grader at Blessed Sacrament and, because of my reading of this St. Augustine High School student newspaper, the Augustinian, I was pretty certain I would be attending Saints. Since El Cajon was 12 miles away from the campus, I got a job working in an auto body shop in El Cajon, making 65 cents an hour. Then, I bought a 1936 Ford for \$100.00, primarily so I could drive myself and my friends to school. Most of my classmates drove their own cars to Saints, as I did.

While writing these thoughts, I was reminded of a story about a couple of my classmates who attempted to trick an Augustinian.

As the story goes, one morning while driving to Saints, these young Saintsmen decided to pick up some donuts. Although knowing that they would probably be late for school, they believed that they had devised a story good enough to fool Fr. Glenn, who, like John O'Beirne, was in charge of discipline.

So, after arriving at school, these young pranksters put a little dirt and grease on their hands and walked, or shall I say tiptoed, into Father Glenn's office ready to face the music.

Fr. Glenn said, "Good morning boys, you know you are late." While showing off their hands, they responded: "Oh yes, Father we do, we're so sorry, but it was not really our fault. We had a flat tire!"

Pausing for a moment, Fr. Glenn replied, "I am sorry to hear that, boys, accidents happen. But would you do something for me, take a pencil and a piece of



paper, and have a seat. I have just one request, please write an answer to this question: tell me which tire was flat?"

I don't know if they ever got out of detention. They found out the hard way that it's not easy to fool an Augustinian.

President Ed Hearn, Principal Jim Horne, esteemed faculty, my past students who are present teachers, Jerry Rey, John O'Beirne, Brendan Johnston, Tom Cudal, Chris, Christopher and Craig da Luz, cherished guests, beloved family, revered members of the Hall of Fame, and fellow Saintsmen:

I am truly very honored and humbled by this nomination to the Hall of Fame. I want to express my appreciation and thanks to Matt Linville and to the Hall of Fame committee, and to all of you who are here to honor both Menelik and me.

It is perhaps not well known that there are two categories for those chosen to Saints Athletic Hall of Fame, one is for excellence in athletics and the other is for meritorious service to the Saints commu-

nity.

Menelik is being honored because he achieved distinction by showcasing his athletic talent in both football and basketball.

The other category, for which I was nominated, is listed under the code words, "meritorious service." I thought it was a rather unusual name for an award. So, I looked it up in the dictionary. The word "meritorious" is defined as "deserving reward or honor." As an adjective it refers to praiseworthy, admirable, or exemplary conduct. Interestingly, it is the very behavior and attitude we hope to foster and encourage each Saints student to cultivate.

If you were to look in the Athletic Hall of Fame case on the first floor up above the sophomores, you will find 91 pictures and plaques of Hall of Fame members. Some are portrayed because of their athletic achievement, others because they served Saints meritoriously.

Most of these men I know. Some

played basketball for me, some were my students, many are friends.

In that array of honorees, you will find four Augustinians. Each one had a long-lasting effect on my life. Fr. John Aherne was my principal and handed me a diploma in 1957; Fr. Patrick Keane invited me to join the Augustinians and then later assigned me to teach math and religion. Fr. John Sanders, a principal, is the reason we have this splendid gymnasium and a revitalized campus. Fr. Bill Griswold was a teacher and assisted me in coaching basketball. I am proud and pleased to join them as a Hall of Fame member.

Earlier I relayed the story about Fr. John Glenn because he had a dream of teaching for 50 years and was the first West Coast Augustinian to do so. He taught not only at Saints but also at Villanova Prep. Fr. Glenn was kind of my hero, I followed in his footsteps and matched his 50 years of teaching. Fortunately, however, I spent all of my teaching days here on Saints' campus.

Augustinians have always been teachers. We teach and love schoolwork because our founder, St. Augustine, was a teacher. Our primary school mission is to teach the Catholic faith, and, in the process, to teach our students to be loving disciples of Jesus Christ.

As my principal Fr. John Aherne said to my 1957 graduating class, "unless we have taught you the faith, we have taught you nothing." Next year, Saints will celebrate a 100-year anniversary which coincides with the 100 years Augustinians have served the Catholic faithful on the West Coast. In addition, over those many

SEE Speech, pg. 8

New Faculty, Episode 2: Rise of the Coaches



By Luke O'Leary ('25)
STAFF WRITER

The previous issue of *The Augustinian* focused on three out of the five new faculty members. This issue will focus on the remaining two, last but not least: Mr. Klapmeier and Mr. Cinelli.

Mr. David Klapmeier, who goes by Richi, is an athletic trainer and health coordinator at St. Augustine High School. He grew up under the sunny skies of San Diego in Serra Mesa. He even attended St. Augustine and got to experience the brotherhood himself while playing soccer and baseball. He graduated from Saints in 2010.

Klapmeier then went on to attend Mesa College for a semester before transferring to Cal State Long Beach. He majored in athletic training, studying topics such as sports science, biomechanics, and physical education. He then earned his masters degree from Point Loma Nazarene University in kinesiology, the study of bodily movement.

After college, Klapmeier worked as a physical therapy aid for Rehab United, a physical therapy and sports medicine company; later, he worked as the athletic trainer at Torrey Pines High School.

After Covid hit, he began searching for an opportunity to further his career. He took a job at Santa Margarita High School but left it when he found a job working at St. Augustine.

"It was almost a no-brainer," Klapmeier said, "being able to stay in San Diego."

He enjoys being at Saints again, working alongside some of his former coaches and teachers and taking on a



Mr. Cinelli (L) takes the job as offensive coordinator, while Mr. Klapmeier (R) mends the athletes. Griffin Cappiello ('24) and Nick Luzi ('22)

new role in the Saints community.

In his free time, Mr. Klapmeier loves to stay active, with activities such as surfing, beach volleyball, hiking, and softball. He is a strong believer in physical fitness and tries to be healthy in his daily life. He is a big fan of the Padres, although disappointed by their performance last season, and loves watching all kinds of sports.

Mr. Will Cinelli is a P. E. teacher and varsity offensive coordinator. He was born in Boston and grew up near Washington, D. C. He attended Loudoun Valley High School and played several sports. Cinelli also worked at a local radio station in hopes of becoming a sports broadcaster and journalist. There he had several responsibili-

ties ranging from working on the board to reporting on town council meetings. He even got the opportunity to work on some sports talk radio shows.

After graduating, Cinelli went on to Northwestern University, where he double majored in journalism and political science. He then coached college football at the University of St. Francis, Rockford University, Montana Tech, and Northern Illinois University before moving to San Diego. Prior to his arrival at Saints, he took a job recruiting and developing for Shield Artificial Intelligence but felt that football was missing from his life. Cinelli also wanted to work with young people again and impact future generations.

After the 2020 football season, Ci-

nelli began his search for a football coaching job. After looking into several high school football programs, he met Coach Kremer and was offered a position as offensive coordinator and P. E. teacher. "Coach Kremer and I really vibed; it felt like we'd really be a great fit and fortunately for me, he offered me the job," Cinelli said. He took the job without hesitation and is happy to be back doing what he loves.

Mr. Cinelli also enjoys traveling with his wife to many different countries around the world. He is a big fan of sports and of the Padres and is on a journey to visit every MLB ballpark. Cinelli is looking forward to being a part of the Saints community and experiencing the brotherhood firsthand.

Roman Beck Learns Four Languages for Fun



By Trent Gorsich ('25)
STAFF WRITER

¡Buenos dias! Guten Morgen! Доброе утро! Доброго ранку! Are you a bit confused about what some of these mean? Roman Beck isn't. This is how you say "good morning" in the four foreign languages he is learning to speak: Spanish, German, Russian, and Ukrainian, respectively. This makes him an aspiring polyglot, or someone who speaks three or more languages.

While he doesn't have any Hispanic blood, his former babysitter was from Mexico, so as a child, he heard Spanish spoken every day. Since he already was familiar with Spanish, Beck figured, why not learn more?

Beck has German relatives (note his last name), and they inspired him to learn their native language. He also frequently goes to Oktoberfest in El Cajon and is fascinated by German culture in general. Visiting Germany twice was also helpful for practice.

He became interested in Russian after discovering a YouTube channel about a Russian-speaking Englishman who would walk the streets of Russia and comment on life there beyond the stereotypes. Beck already knew a bit of the language, so he would challenge himself to understand the vlogger without resorting to subtitles.

Of all the languages he knows, Beck uses Spanish the most due to his classes. When he is out of the classroom, he uses German the most. He also says that every language is hard to learn and maintain in its own

way.

Beck learned that German has the most complicated grammar to learn, and it shares more in common with English than many realize. For instance, father is Vater, mother is Mutter, and moon is Mond. He also learned that—contrary to popular belief—Russian and Ukrainian are considerably different: father is отец (atyéts) in Russian, while in Ukrainian it is батько (bat'ko); question is вопрос (voprós) in Russian, питання (putánnya) in Ukrainian; thank you is спасибо (spasiba) in Russian, дякую (dyákuyu) in Ukrainian.

The fact that Beck is studying Ukrainian is unusual. Ukrainian, compared to the other languages he is researching, is far less spoken. Beck's love of history and current events led him to it. He learned of Ukraine's struggles when Russia aggressively seized Crimea, and he became curious about the language, too, discovering that he likes it. (Listen for Beck doing the Angelus with Mr. Bachynsky in the near future.)

Gaining proficiency in these languages has taken Beck years of dedication and effort, and he continues to devote himself to daily practice. He uses a free app called Duolingo, which uses gamification to teach language, making the process more fun. The app promises that you can quickly move toward language proficiency if you just spend ten minutes a day with it. Beck finds it very useful, although he acknowledges that it can only take you so far. In addition to the app, he also reads articles in the languages he is studying, listens to music, and watches foreign movies.



Photo by Manny Butler ('22), Photoshop by Ty Woods ('23)

Does Beck want to be fluent in just a few languages, or just some knowledge of a significant number of languages?

"I think I'd like to have a midpoint between those two," Beck said. "Proficiency in many languages is better than knowing only two languages very well, or only a few words in 100 languages."

Learning languages is not merely a hobby for Beck; he hopes to do useful things with his knowledge.

"Maybe I could work in foreign

relations, or perhaps work for the Church as a missionary, or perhaps even the professor of a language in a university."

One thing we know about Beck, though, is that his knowledge of foreign languages will only grow over time. In the future, he is also considering tackling Farsi, Old English, and Czech.

Idiot of the Month: Facebook

The conglomerate chooses profits over morals



By Manny Butler ('22)
EDITOR-IN-CHIEF

For Facebook, it has been a rough last few weeks. On Monday, October 4, Facebook and its subsidiaries, Instagram and WhatsApp, were down for over six hours. Additionally, Facebook is dealing with the fallout caused by whistleblower Frances Haugen, who alleges that the company failed to take action against hate speech because it would reduce their profits. As a result, Facebook stock dropped a staggering 4.89 percent. CEO Mark Zuckerberg lost over seven billion dollars that day.

Facebook said that the October 4 outage was caused by configuration changes on the central routers, which coordinate traffic between data centers. These changes interrupted communication between data centers, which stopped all traffic on the websites. The outage brought on speculations of a hack or data breach, but Facebook maintains that no user data was compromised during the outage.

One of the stranger aspects of all of this is the fact that the exact same thing has happened before. In 2019, certain services were unavailable for nearly twenty-four hours before Facebook was able to rectify the issue. Facebook attributed it to a “server configuration change,” what The Verge referred to as “Facebook’s worst outage ever.”

Facebook’s statements on the recent outage suggested that the changes interfered with Facebook’s connection to the Border Gateway Protocol, a “map of the internet” that helps organize device

traffic. Due to this interference with their connection, Facebook’s domains seemed not to exist, but web pages and search engines continued to look for them.

The reverberations from this catastrophe echoed across the Internet, as many organizations experienced disruptions and slowness because of the billions of devices constantly searching for Facebook, WhatsApp, and Instagram. The malfunction caused Facebook stock to drop close to five percent, putting an exclamation point on a down month for Facebook, whose stock price fell from \$382.18 on September 7 to \$329.22 on October 7.

Haugen, a data scientist who was hired by Facebook to help protect against election interference, noticed that Facebook continually chose to maximize profit over combating hate speech and misinformation. When she quit in May, she took with her tens of thousands of documents that proved that Facebook was lying to the public by overstating the progress they were making against hate and violence.

She was assigned to the civic integrity department when she was hired in 2019, in the runup to last year’s presidential election. She says that the department’s work was only temporary, and that it was disbanded after the election.

Haugen also alleged that Facebook put systems in place to make the site safer in the leadup to the election but removed them shortly thereafter. Facebook’s private research suggested that inflammatory content was engaged with more often, and increasing engagement meant increasing profits. In a *60 Min-*

utes interview, Haugen said, “Facebook has realized that if they change the algorithm to be safer, people will spend less time on the site, they’ll click on less ads, they’ll make less money.”

After Facebook was used to organize the January 6 insurrection, many Facebook employees expressed discontent on a private message board. They were worried about continuing to work for a company that does nothing to combat the negative effects of its own program.

Of course, the harmful nature of Facebook, Instagram, Twitter, and the like were well-documented before Haugen came forward, but the vast wealth of documents she produced have a chance to enact more change on the platform than individual studies. Haugen is working with the federal government, who will hopefully have an incentive to regulate Facebook better so that disasters like January 6 never happen again.

Aside from the near-sociopathic cruelty involved in making these decisions, there is also a terrifying amount of arrogance to Facebook’s decision-making. Either the executives didn’t think this news would get back to the public, or they didn’t care if it did. The former is indicative of a tremendous lack of foresight, but the latter is far more sinister. They know that far too many people are reliant on Facebook and its subsidiaries for them to boycott them on moral grounds, so they can choose to maximize their own profits, ethical conduct be damned. It’s time for the idiot Facebook executives to face a reckoning—is society prepared for it?

Chaplain's Corner



By Fr. Max Villeneuve, O.S.A.
COLUMNIST

Ghosts, ghouls, and goblins—oh my! The festivity of Halloween is a foreshadowing of the month of November in which we honor our beloved dead.

Our culture today, as it has lost sight of God, has a grown significant fear of death. This is different from the origins of the holidays which we are about to celebrate, in which we Christians “play” with the themes of death by painting our faces as skulls and putting on skeleton suits—we do this in order to mock death and show a fearlessness towards death.

My professor in the seminary told us that, “You must die, before you die, so that when you die—there is not much left of you to die.” Bodily death is part of life. Christians are not meant to fear this, for the grave has already been conquered by Jesus Christ.

Those in society today pushing endless masks, mandates, and distancing I believe are doing so because they fear the grave. The grave rules them and their lives, and so they hang onto the illusion of control. The illusion that they can avoid death. Ironically this leads them to champion policies and causes that stifle life.

We are not called to be ruled by death! The very reason in which we remember those who have died in body, is because they have not died in spirit. The dead are alive! It is said that sometimes rather it is we who are alive, that are dead. This coming All Saints Day, let us as a community celebrate those who have gone before us, and remember that the grave has been conquered by our good and loving God, who is life itself.

Fake News: Saints to Employ Androids as Teachers



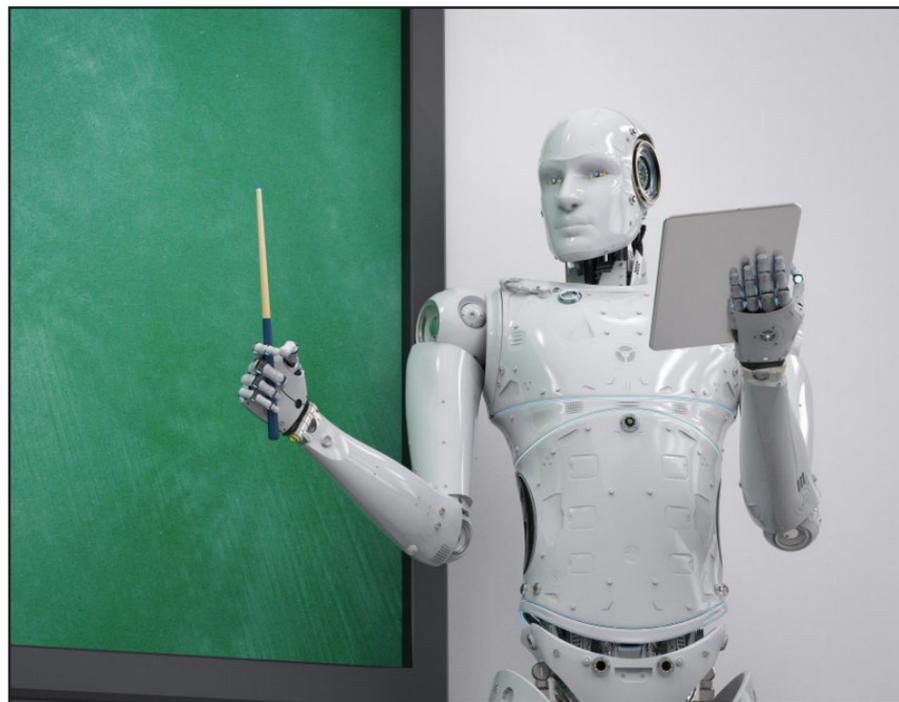
By Patrick O'Leary ('23)
MANAGING EDITOR

With tuition climbing higher each year, Saints may have found a way to cut out one of their biggest expenses. Starting in the fall of 2022, all teachers will be replaced with androids, programmed to take over instruction.

“Saints has always been on the frontlines of technology in education,” principal James Horne said, “and with robots replacing so many other blue-collar jobs, it made sense that they would eventually find their way into classrooms.”

As part of a progressive new initiative in technology, the school will be outfitted with automated educational androids, programmed to teach nearly all subjects. The androids will be programmed with pre-recorded lectures, compilations of all the greatest Saints hits, from Cudal stories to Granados rants to Bachynsky stand-up routines. Advanced software will review weeks of film to arrange classes with the perfect ratio of content to comedy, eliminating puns from the equation entirely. These newly structured classes will maximize learning and productivity, potentially covering an entire hour’s worth of instruction in half the time to create shorter school days and more time for sports and extracurriculars.

Of course, all coaches and trainers will keep their jobs—their role in molding young minds cannot be replaced by a mechanical system of metal and wires. In fact, the money saved from the program will be diverted towards the athletics budget, giving athletes better resources to prepare for their future. Physical education teachers will also keep their classes; science has yet to replicate the volume of a PE teacher “encouraging” students to keep running



Mr. Cudal's android replacement learning to recite the prayer.

or capture the look of demonic rage when a student skips their last push up rep.

However, technology can replicate the recitation and indoctrination of the religion classroom. And when confronted with questions of moral dilemmas or philosophy, an android can say “I don’t know” just as well as any human.

The hardware of the android system is inconspicuous and unobtrusive, but to make the class feel more natural, it will be accompanied by an artificial human likeness cloaked in sleek silver skin. The facial features themselves will be patterned off some of the greatest specimens the human race has to offer, from LeBron James to Owen Wilson. Later models will even draw from historical figures including Abraham Lincoln and Attila the Hun.

“The androids will have all the normal

teacher stuff, like excessive hand gesturing and eyes that stare directly into your soul,” Mr. Todd Igelman said, “just so kids can feel more comfortable.” Mr. Igelman will remain on staff for the 2022-2023 school year to ensure the initiative takes off smoothly, and then he, too, will be replaced with an android programmed to repair other androids. The repair android in turn will have its own repair android, but if the repair android’s repair android needs a repair, it is out of luck.

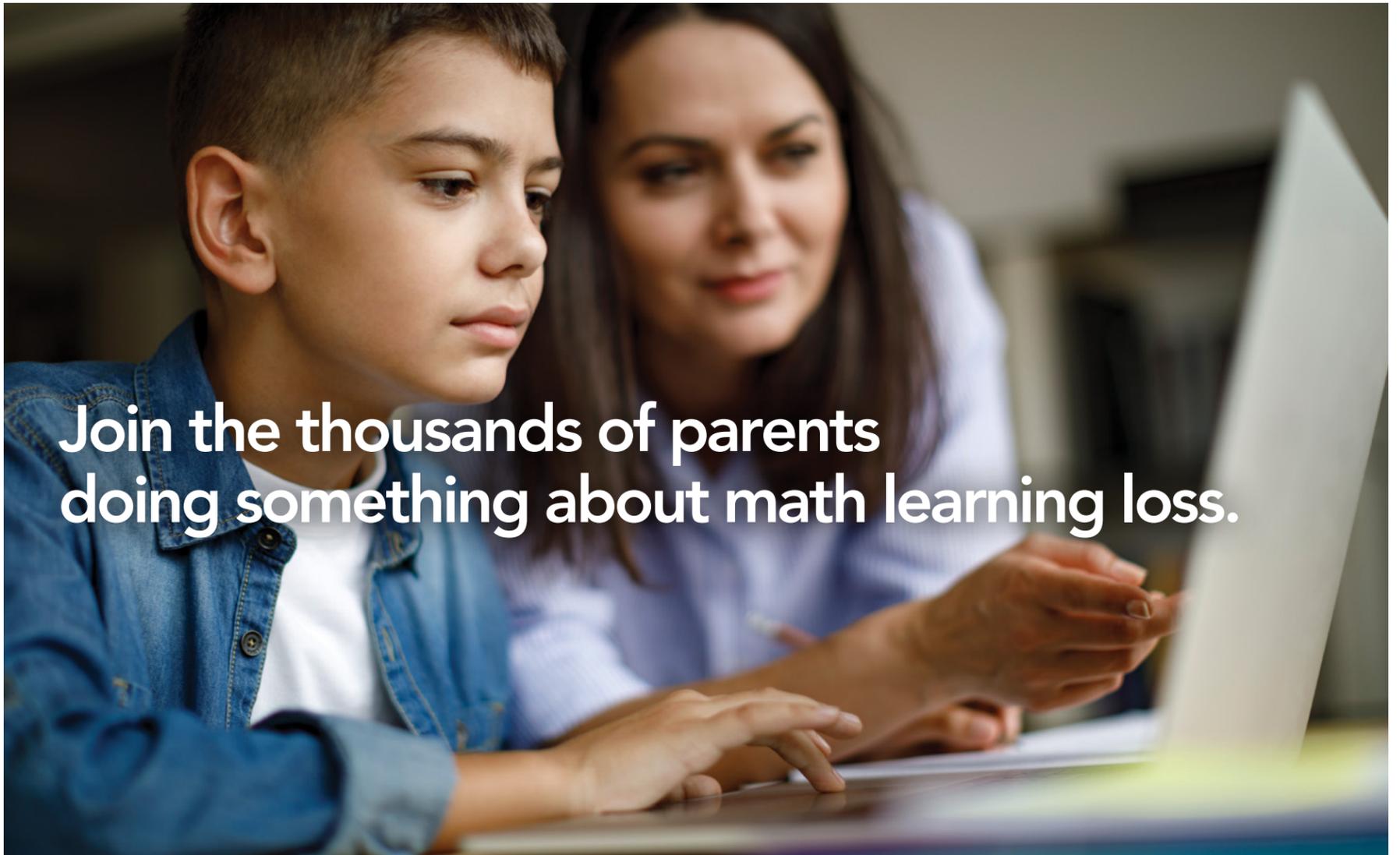
Since the coronavirus shut down many schools for over a year, teenagers have developed a preference for the digital world over human interaction, so schools must adjust accordingly to hold students’ attention. Android teachers are an important step towards transitioning all aspects of daily life onto the internet, but it

doesn’t stop there. Androids are also programmed to play the soothing buzz of a text notification when a student correctly answers a question and can accept online submissions in the form of posts, stories, TikToks, or reels. Classes will even take place in “textspeak” for added familiarity for students.

Some parents have expressed concerns that androids will lack the disciplinary techniques to keep a class in order. However, androids are probably even more authoritarian than the average high school teacher. Androids are linked directly to the school WiFi, which all student devices must connect to, and can therefore access and manipulate all phones and computers on campus. If a student acts out in class, a detailed transcript of his search history might find its way into his parents’ hands. If a student has several incomplete assignments, Snapchat and TikTok might be mysteriously deleted from his phone. If a student is late to class, a snapshot of his current grades might somehow be sent to all the contacts on his phone. And androids possess such advanced encryptions that none of it can be traced back to them.

Saints is the first high school in California to begin such an ambitious initiative and will likely pave the way for many others. “It simultaneously will solve the problems of teacher shortages, underpaying, and vaccination requirements,” state senator Jeremy Foster said. “And androids don’t unionize.”

If successful, androids will cut expenses at Saints by nearly sixty-five percent. After all, why would you continue to pay teachers upwards of \$20,000 a year when each android requires only a one-time payment of \$10,000? It almost makes you wonder why more schools haven’t thought of it.



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The pandemic has had a major impact on the world, including on our children's education. The subject that has been hit the hardest? Math.

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How to Get Ripped with Aidan “The Rock” Rickwa

Bodybuilder Aidan “The Rock” Rickwa, Saints' strongest man, shares his top workout tips so more Saintsmen can be like him



By Aidan “The Rock” Rickwa ('22)
EDITOR

Have you ever wondered how you can get ripped? Have you tried lifting in the weight room but had little success? Have you heard Coach Sweat yell Y's and T's and had no idea what he was saying? Have you ever seen the cross country kids running around shirtless and wondered how you could look like them? Well, have no fear, because Aidan “The Rock” Rickwa is here with tips on how to get absolutely buff and as ripped as all the cross country runners. Listen carefully to all my tips and soon you will be ripped and, as Mr. Dent would say, “get all the chicas.”

Lifting is not just about what you do in the weight room. Proper preparation is a great way to maximize your success. Step 1 is to make sure you get less than eight hours of sleep. If you get too much sleep then you will be sluggish and not ready to work for those gains.

Another important part of weightlifting preparation is proper hydration. Drinking as little water as possible will prevent bloating and cramping, allowing you to work as hard as possible. You might pass out, but that's how you know you're working hard enough.

Make sure you do an extensive run before you work out, so you have burned off any calories left from your last meal. If you lift in the morning, don't eat at all. This will make sure you're not in a “food coma” when you're working out; instead, you will be alert and ready to work your tail off.

I would be remiss if I neglected to tell you about the wonders of “preworkout.” These supplements provide extra energy for you to work hard. I know the bottle says to take it by drinking it, but this is a lie. The best way to take preworkout is to snort it. This gets the energy into your bloodstream ten times faster than dissolving it in water and drinking it. The tiny little scoops they give you are a pain in the rear to use, and break easily. If I were you, I would use a ¼ cup or even a ½ cup scoop for preworkout. Your heart might stop, but if not, you'll have the best workouts of your life.

Skip warmups. Get straight to pumping iron. Why would you waste your time doing body weight exercises when there's a whole room full of five-pound plates

waiting for you?

If you're designing your own workouts, make sure not to go too high on the rep count. One or two reps should be more than enough. Your power output will start to go down after that many reps anyway, so just move on to the next exercise.

Choosing how much weight to use during your exercises can be difficult. Luckily, I am here to help you. Here is my advice: make sure not to use more weight than the bar. Once you are incredibly experienced you might be able to throw on two and a halves or even five pounders, but make sure not to do that until you are incredibly experienced. Using much more weight than that will cause devastating injuries for even the most advanced lifters.

Now, let's focus on some specific exercises. When benching, you want to make sure that your hands are as wide as possible and that you have a tempo of 5:x:1, meaning you go up as slowly as possible and immediately drop as quickly as possible when you reach the top. This will allow you to properly extend your arms and be able to do a rapid motion moving down.

When measuring your velocity on hang cleans, the lower the better; you want your velocity to be in between 0.1 and 0.5. Any more than 0.5 and you are clearly way out of your league and need to lower your load.

When doing hex bar deadlifts, make sure your knees do not bend at all. Your legs must remain completely locked the entire time; instead, arch your back and lift with your arms. Deadlifts are to work your back and bending at the knee will ruin that completely. It can even cause injuries to knee ligaments, and no one wants to get hurt.

After your workout, make sure not to eat any protein as it will ruin your ability to gain muscle mass.

Overall, just remember: in the weight room if you feel any burn at all, immediately stop as any pain means no gain.

Follow these tips, and in no time, you will be absolutely ripped!

DISCLAIMER: The Augustinian would like to advise its readers that *this advice is not to be taken seriously. If obeyed, this advice can result in serious injury. Those who choose to follow this advice do so at their own discretion and The Augustinian is not liable for any bodily injury that may result.*



Aidan “The Rock” Rickwa, with the ideal human body on full display.

Ty Woods ('23)

Speech

continued from Page 4

years more than 100 Augustinians were part of the Saints school community.

In addition to teaching mathematics and religion, I was assigned to do a wide variety of tasks. To my surprise, I discovered talents I did not know I possessed. I had never dreamed I would coach varsity basketball, direct student activities, oversee student dances, organize an intramural sports program, create a co-ed surf team for Saints boys and Our Lady of Peace girls, teach sailing courses, and help design this exceptional gymnasium.

Happily, I am still moderating my surf team and with Eric Dent teaching the Ocean Aquatics class during the January Intersession program.

New opportunities always brought new challenges. I never said no to any request, and there was never a day I did not love being on campus. For me, as an Augustinian and as a Saints teacher, a half-century walking these hallowed halls of St. Augustine High School has been an incredible journey. Saintsmen, I want to leave you with a couple of guidelines I be-

lieve will assist you in becoming the loyal sons of St. Augustine I know you desire to be.

If you want to change the world: Let your conduct always be praiseworthy, admirable, and exemplary! Say yes to challenging requests! Do your best to make every day your masterpiece! Whatever act you perform or deed you do, make certain it brings honor to your family!

Thank you all again for this extraordinary honor and this unique opportunity to share my thoughts and Saints memories with you.

Then vs. Now

continued from Page 4

four-week period. Due to the forgiving nature of this policy, only one chance was given to each student every school year.

Over the years, Saint Augustine High School has developed a disciplinary system that reflects the core values practiced by all Saintsmen. Though the means of discipline have changed, the ends of living by the core values remain the same.

Space to Fill

by Patrick O'Leary ('23)

