

THE AUGUSTINIAN

“Tolle Lege”

Issue 1 September 25, 2025 St. Augustine High School

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Welcoming Chaplain Br. Tony and Fr. Kevin



By Jose Manuel Prado
Gonzalez ('27)
STAFF WRITER

This year, Saints is blessed to be joined by two new additions to our Brotherhood: Brother Tony Moreno and Father Kevin Mullins. Br. Tony will be serving as our chaplain while Fr. Kevin will be acting as the priest-in-residence.

Br. Tony is an Augustinian friar. Regarding his own faith, he described it as having eventually become “marginal,” although that might not seem apparent given his strong religious upbringing with weekly Mass and full participation in the Sacraments.

His faith journey, however, would soon hit a roadblock when he went to UC San Diego.

“It’s a very secular school, and while we read the Bible, it was almost like, with disrespect, you know? Like making fun of some of the things in there,” he said.

Though Br. Tony would defend his faith, he was made fun of. “I just kind of shut up after that,” he said.

He then joined the Air Force, where he started to stray from his morals. He would later find himself back in the

Church, where he connected with what the priests were saying. After reuniting with the church, he joined a prayer group and started attending Mass daily.

Five to six years later, on a silent retreat, he had a revelation.

“[I] felt this sensation that [I] should leave work and pursue priesthood or pursue, like, more time at ministry,” he said.

During this time, priesthood wouldn’t be the only thing that would tug at his soul.

Another calling Br. Tony felt was that of fatherhood. He met a woman for whom he developed feelings. He had a split heart between the desire for a wife and family and a calling of priesthood. Ultimately, the calling he felt for priesthood was deeper.

Br. Tony lived many lives in between discerning his calling from God and arriving here at Saints. He went to a diocesan seminary, worked in pharmaceuticals, joined an order in Spain, switched orders, and switched again to join the Augustinians. He’s taken classes at the Franciscan School of Theology, and then

SEE NEW CHAPLAIN, pg.5



Br. Tony ready to greet the day with a smile and a cuppa. Jameson Grohman '26

Saints registers new staff members



By Erik Johanson ('27)
CONTRIBUTOR

With the new school year, Saints welcomes a new registrar, Ms. Elsie Lopez (OLP '13), and two new teachers, Mr. Joseph Barnes '13 and Mr. Bennett Poiset '16.

Ms. Elsie Lopez, an OLP alumna, she attended the Dominican University of California in San Rafael, graduating with a degree in business administration and a concentration on management.

Ms. Lopez has worked for six years in education before coming to Saints, first coaching cheer and teaching at La Jolla High School for two years. She later coached cheer at Francis Parker, and then worked as a substitute teacher across the San Diego Unified School District.

Having been an OLP Pilot, Ms. Lopez has long had a connection with Saints. She decided to pursue becoming the registrar because she wanted to work at a school that “aligned with who I am... I knew Saints was going to be perfect,” Ms. Lopez said.

Ms. Lopez is a huge baseball fan, having worked for the Padres sales team and going to watch spring training nearly every year. “It’s been in my family... baseball’s, like, in my blood,” she said.

As the registrar, Ms. Lopez handles schedule changes, transcripts, and work permits. In that role, she said that she wants “to get to know the entire student body,” and that her door is always open, even if Saintsmen just want to stop by and say hello.



Mr. Poiset, Ms. Lopez, and Mr. Barnes caught in the pursuit of knowledge.

Leo Mangine '27

One of the familiar faces on campus is Mr. Barnes. After graduating from Saints in 2013, Mr. Barnes returned in March to substitute teach, but now embraces the challenges of teaching full-time. This school year, he is teaching Honors Philosophy and Scripture classes.

Teaching “is truly meant for people who care a lot and are fully committed to educating, mentoring, guiding, and molding young minds,” Mr. Barnes said. “It’s been so amazing.”

According to Mr. Barnes, it was the personal connections he made while a student at Saints that stood out to him most. Even today, he still feels “in-

spired and motivated” by everyone around him in the Saints community to pursue what he describes as his calling in life: to teach.

Mr. Barnes recently got married and moved to Mission Hills. He enjoys spending time with his wife and his dog, Willow, especially in the great outdoors.

The other new full-time addition to the teaching staff is Mr. Poiset, who finished at the University of San Diego with his master’s degree in clinical psychology in May. Mr. Poiset opted not to go into the field of clinical psychology, but rather to follow

SEE NEW FACULTY, pg. 5

Saints remembers 9/11



By Mattie Gosling ('26)
STAFF WRITER

On September 4th, Saints dad and 9/11 survivor Kevin Shaeffer visited Saints to tell us his story of survival. He recounted the events to students and teachers gathered in the school gym.

Early that September 11th morning, Mr. Shaeffer, a lieutenant and graduate from the US Naval Academy, clocked in for his shift at the Pentagon. Though college taught him much about resilience and courage, nothing could have prepared him for what would happen that day.

At 9:37 AM, a plane hit the west side, reducing the office to rubble and setting the interior ablaze. Miraculously, Mr. Shaeffer was able to crawl his way through the burning debris and make his way outside, where he was rescued by Army Sergeant Steve Workman. After being rushed to the local hospital, Mr. Shaeffer was sent to Washington Hospital Center, where he would be treated for his severe burns.

In the weeks that followed, Mr. Shaeffer fought for his life, surviving two flatlines and eventually recovering enough to return home to his wife Blanca. Later on, Mr. Shaeffer was selected to join the 9/11 Commission tasked with investigating the attack and bringing al Qaeda to justice. After his service, he travelled the United States, telling his story and encouraging all never to forget.

Pope Leo XIV: his first four months



Catholic News Agency



By Ben Bayona ('27)
STAFF WRITER

Just over four months have passed since Robert Prevost was elected pope and chose the name Leo XIV. His work for world peace and spiritual fulfillment have been at the forefront since his election. In addition, he is the first Augustinian pope, so the teachings and values of St. Augustine have guided him in these months.

An advocate for peace, Pope Leo has petitioned for an end to hostility around the world through nonviolent solutions. When President Trump met with President Putin in August, Pope Leo implored that they “end the violence, the death toll, and see how they can reach a compromise” (RomeReports). Likewise, he empathized with those suffering in Gaza, especially the youth ravaged by the conflict.

Pope Leo has also emphasized the plight of migrants around the world. He connected their persistence to the Israelites wandering in the desert to the Promised Land — powered only by their faith in God.

The Holy Father has also honored figures of faith in the Church. He named the 19th century English cardinal Saint John Henry Newman a Doctor of the Church, signifying his great contributions to Church doctrine. He also canonized two saints whose stories are very relevant to the current day: Pier Giorgio Frassati, who advocated for charity and peace in the early 20th century, and Carlo Acutis, a young teenager who promoted Christianity through technology and social media. Both were canonized on September 7.

Pope Leo’s actions so far have shown that he will continue Pope Francis’s legacy by addressing issues affecting the poor and lowly, and offering a voice of reason to guide those inside and outside the Church through turbulent times.

An exclusive interview with new Diocesan Bishop Michael Pham



The Southern Cross



By Enzo Simon ('27)
EDITOR

On May 22, 2025, Michael Pham was appointed Bishop of San Diego. Honest and faith-driven, he strives for unity, not only among Catholics, but for all people across the world, especially the marginalized. His Excellency was kind enough to let us interview him:

This interview has been edited for brevity and clarity.

The Augustinian: How would you describe yourself in three words?

Bishop Pham: Kind, loving, and caring.

TA: Could you describe your childhood?

Pham: Starting at eight years old, I was already farming. I was plowing on the farm, I was feeding pigs, taking care of my siblings, and cooking because my mom and dad were out at work to bring home food and money. I was the man of the house!

TA: Did you already have a relationship with God at that point?

Pham: Oh, yeah. Every morning at five o'clock, I went to Mass. Everyday, even though I was so tired and wanted to stay in bed! But we had to go to Mass, and after Mass, we had faith formation where we learned about catechism and the teaching of the Church and so forth to continue learning and forming in the likeness of Christ from a young age.

TA: Would you say this early, deep connection to God helped you during your journey to America?

Pham: Yeah. As I reflect upon my life

experiences, as well as my grandparents’ and my parents’ experiences, I realize the hands of God were there. Through all the ups and downs, the trials, sufferings and joy and happiness. I could feel them. I could see them. With all the number of incidents, I said, “God had to be there for my family, guiding us through this. Otherwise, how could we make it through?”

TA: Did you always want to be a priest?

Pham: When I was ten, I saw this priest, riding his bike, visiting families. I thought, in my mind, “This is something I would like to do.” Visiting families, getting to know the people — I thought that was really interesting. Then when I went to college, I took a course in philosophy called “Human Nature.” That really reignited my thought of becoming a priest. I still spent some more time finishing my schooling because I was studying aerospace engineering at SDSU. Then and there, though, that calling was still in my mind, and I said, “I gotta check this out, otherwise I’m gonna regret it.” And so I did and never turned back.

TA: What was your biggest challenge as a priest?

Pham: Personally, I’m an introvert. Preaching was my most challenging task, but I overcame it through reading, experiencing, and studying. But most especially through a passion to share the love of Jesus Christ. That propelled me to do the best I can. And I attribute it all to God. St. Paul said that God uses us through our weakness — He enabled me to share, journey with, and relate with people. I truly believe if it wasn’t through God’s grace, I wouldn’t be able to do all of this. If it was just me, I wouldn’t be able to do it.

TA: What are your main goals as bishop?

Pham: I believe our diocese has great potential. We live in a multicultural city and diocese, and I hope that we can come together, people of all languages and cultures, to be united in Christ. That mission is my love and my joy, and I hope to see it come to fruition. But it’s a work in progress — it’ll never end until we get to Heaven. God already initiated it here through Christ, but it’s a progress that we help continue to unfold.

TA: Can you walk me through a day in your life as bishop?

Pham: I get up at 4:30 in the morning and begin my day with exercise. Then I come back, shower, and get ready to do my prayer, my morning prayer, and say Mass. After mass, I get to the office — by then it’s about 9-9:30 — and during the day I’m in meetings. I then go to a parish to meet with their council and priest just to learn about the parish, to learn about what they’re doing, to support and en-

courage them. Because in the end, it’s all of us together, to move forward, to journey together, and to support each other, to make Christ known to our society through our ministries and through our lives. Being with the people, that’s what we are all about and where my heart is. Finally, by the time I get home, I’m so tired, I just go to bed. Then it’s the next day again!

TA: Did you ever have any doubts about your vocation, and if so, how did you persevere through it?

Pham: I don’t know if there was doubt. I know that there were times of difficulty, but I didn’t have any doubt about being a priest. But sure, there’s a struggle of “How can I do it better?” And that’s when I needed to be patient. Patient with myself and patient with people because I do believe the hands of God are there. You don’t do it for yourself, but you do it for others. It’s not your agenda, but God’s agenda. Knowing that really lightens your load.

TA: With the recent decline in clergy-men, are there any aspects of priestly life you’ve observed that you wish more people knew about or understood?

Pham: If you really trust and let go of yourself and let God help you journey into that calling, you will experience more than you ever thought you would. You get to know the people. You get to know the world. You get to travel all over and experience different aspects of life. You get into intimacy with people when they come to you for confession. They pour out their heart, the deepest part of themselves to you. And that’s the most sacred moment that you can encounter in life — it truly is a gift. Many people don’t see that, but it really is our treasure of the Catholic Church.

TA: You’ve had quite a lot of outreach and presence throughout this diocese. Was there any aspect of that diversity that directly had an impact on you?

Pham: Well, recently, we just started the Ministry of Immigration. A number of our people in our parishes are being affected by deportation, and it’s difficult when their families are being displaced and being deported. We can’t do much but just be present and to journey with these people, accompanying them during their time of difficulty in court. They are so grateful, and they are so thankful that we do that. But it’s not just us doing that. All different people are involved in it, not just Catholics. Other religions and traditions also see this call for humanity and unity. It’s like a human family. We’re coming together, we’re supporting, and we’re caring for each other in times of need. And that’s beautiful to me.

This exclusive interview will be continued in the next issue.

Chaplain's Corner

Hello, Saintsmen!



By Br. Tony Moreno, OSA
COLUMNIST

Like Pope Leo XIV and the Class of 2029 (as depicted on their orientation t-shirts), I am a Son of Augustine, so grateful to God for bringing me into the Order of Saint Augustine. We stress unity as a way of life. From the very beginning of our Rule: “The main purpose for you having come together is to live harmoniously in your house, intent upon God in oneness of heart and mind” (Rule of St. Augustine, Chapter 1:3). In life, Saint Augustine always lived in community, exemplifying Unitas. Saint Augustine also stood up for truth, Veritas, writing letters to correct the course of Christian leaders on the wrong path. And he did so with charity, showcasing Caritas.

In short, I look to Saint Augustine as an example in Christian virtue, someone to emulate. I pray each day that I may serve the Saints community well: that Unitas, Caritas, and Veritas may grow in our midst, intent upon God. It has been a joy being here, learning the ropes, getting to know people one at a time. Yet, I am new, so I have much to learn (as evidenced by my beanie!). I am grateful for all who have welcomed me, helped me, and stopped by. Thank you for your patience as I learn your name — I’m doing my best! May we grow closer together and closer to Jesus Christ as a Saints community. May we seek the truth and do so charitably. May we foster good friendships — not just for a season or a reason, but for life.

Homeroom makes way for new house system



By Joseph Walker ('27)
STAFF WRITER

Homeroom as we knew it is dead, making way for the new house system, thus reshaping the Saints experience. From the new priory system to additional intramural sports, the switch has been transformative for student life, and at times, controversial.

At the beginning of the new school year, each Saintsman was placed into one of five houses: Cascia, Tolentino, Villanova, Monica, and Alypius. Each house contains six priories, the replacement for homeroom, within itself. Priories now consist of a mix of freshmen, sophomores, juniors, and seniors. The mixing of classmen is intended to foster closer re-

lationships among Saintsmen of all grade levels.

Intramurals, now free of charge, will also be affected by the new priory system. New intramural sports will be introduced this year, including dodgeball, eSports, a Trivia Bowl, and over-the-line.

For football, the first intramural sport of the year, each team will consist of two priories joined together, forming three teams for each house. Those teams will then end up forming two teams that go into the final playoff. Each team, reflecting the makeup of the priories, is intended to be composed of students from all grade levels.

“Larger [diverse] rosters mean that you’ll hopefully have at least one Saintsman from each class,” said Mr. Gary “Dr.

GO” Osberg, who is in charge of the house system rollout.

When basketball season rolls around, a tournament-style competition will take place with a framework similar to March Madness.

In addition to changing intramurals, the house system promises to add new competitions. The Turkey Trot, a Saints classic, is proposed to have a parallel set for the spring, serving as a “House Olympics.”

A competition among houses known as the House Cup is also set to be introduced to Saints. The introduction of the House Cup will be accompanied by a point system similar to the one found in the Harry Potter books where the house with the most points wins the House Cup.

“There’s an academic discipline aspect,” Dr. GO said. “It’s like the house that has the least amount of dress codes and the most students above a 3.0, they’d get some points.”

Participation will also be a heavy factor, awarding houses with students who are most active within their communities.

The transition to the house system is intended to be gradual, redefining the school while allowing for a period of adjustment. Dr. GO and others leading the transition hope it will make a positive, long-lasting impact on the Saints community.

“When your sons come here, Saints will look and feel a little different — and, we feel, for the better.”

The house system: inclusive or invasive?

Houses promote community.



By Henry Barwick ('26)
EDITOR

So far, many students have expressed a strong dislike for the house system, which is understandable — change is difficult at first. While the house system has some negatives in the short-term, in the long-term it will bring more unity to Saints. It will give people a chance to get acquainted with Saintsmen they might not normally interact with, and it will become a cornerstone of the school.

One advantage of priories is that they give our student leaders a new chance to grow their leadership skills. Instead of teachers leading priories, student leaders get to have their chance in the spotlight as student captains of the priory. Each priory has a sophomore leader and a junior leader who act as priory captains, allowing them to learn valuable leadership skills from the senior captains.

While the house system may remove some relationships within classes, it adds interactions among the four classes, as each priory will contain a mix of freshman, sophomores, juniors, and seniors. This allows students to meet and interact with people they might not otherwise have met. These inter-class relationships are sorely needed and are a problem the house system aims to solve.

Outside of extracurriculars, most students have no avenue to get to know people outside their class. As a consequence, a lot of friend groups at Saints are, for the most part, contained within one grade. The house system provides a new way for people in different grades to get to know each other, through both priory time and intramurals.

This year’s reimagined intramural system will provide a new way for students to interact with people from other grades. In the first stage of intramural play, two priories from one house will compete against two other priories in that same house, which will allow students to meet more people in their house.

Shared identity among the houses will grow even stronger in the second stage of the new intramural system. Each intramural team consists of students from one house competing against students from a different house. This strengthens both the shared identity of your house and the rivalries between the different houses.

In addition, intramurals have been expanded this year to include dodgeball, over-the-line, and even trivia, among others. These new offerings provide a choice for everyone in the priory, not

Houses revoke seniority.



Left to right: The crests of the Monica, Tolentino, Alypius, Villanova, and Cascia houses.
Created by Jameson Grohman '26

the Saints community. Because of the structure of priories, many seniors have found themselves sitting on the bleachers watching in disbelief as a freshman slouches back in his comfortable, white folding chair on the floor.

It’s the little things that represent a person’s seniority. At Saints we don’t have many. A couple of key senior-special responsibilities are off-campus lunch and that SENIORS SIT ON THOSE CHAIRS. And I don’t care if I am told that we will rotate every six to seven weeks and will eventually find myself sitting down on a chair. How can I enjoy it? How, when I know another senior brother is out there watching from the bleachers, with their back aching, sitting next to some random sophomores and freshmen.

I am not unreasonable. I admit that the intramural aspect of the priory is pretty dope. It is cool to see several new sports that allow more people an opportunity to play. My team and I had a great time playing intramural football last year and even won the championship. The fact that the teams are blended among all the grade levels, however, makes the competition less exciting. The famed “Big Boy” division and the class bonding that accompanied it is gone, and has been replaced by a convoluted system which values inclusivity over competition.

Now onto Thursday mornings. This is the hour where all Saintsmen will bond and develop deep connections with each other in our priory. Really? Early on a Thursday morning, students will not have their best foot forward to create meaningful connections — especially not in an environment that feels so forced. What was once a time to have casual conversations with your classmates while working has become a forum for icebreakers. The only bonding that takes place during the icebreakers is over the shared hatred of icebreakers.

At the end of the day, the house system was implemented with good intentions — but it threatens many of the traditions which make Saints so special.


The attempt to develop stronger bonds among different classes is valuable, seeking to address an important dynamic in the Saints community. But the school was already so well designed to foster an overwhelming sense of Unitas, Veritas, and Caritas. Brotherhood is a natural occurrence and cannot be forced by the house system.

just those good at football or basketball.

To the current student body, the house system may seem foreign, but but even in four years, most Saintsmen won’t remember the old homeroom system. The house system will be the new normal, and all of the reasons people give in support of the old system will be obsolete and forgotten. On the other hand, all of the positives of the house system will be fully solidified in the workings of the school.

Many aspects of student life at Saints are being altered by the house system, and while some current students may feel like some privileges are being removed, the house system ensures that future students will have a better and more unified experience at Saints.

People often react to change negatively, even when it is a net gain. It feels safer and more comfortable when things stay the same, but change has to occur for progress to be made. The shift to the house system is a perfect example of positive change, as it will strengthen the amazing sense of unity that our school already has.



By Callum Arnaudy ('26)
CONTRIBUTOR

A new year at Saints almost always means new changes — for better or worse. During the 2024-2025 school year, core members of the Saints faculty and staff made the controversial decision to reinvent how Saints incorporated our precious Thursday mornings. Homeroom — a time for students and teachers to catch up on work, school-wide gatherings, and general community bonding — has transformed into “priory.”

On the surface, the house system sounds like an opportunity for growth in the long run. EVEN MORE BROTHERHOOD. EVEN MORE BONDING. What’s not to love? But this senior class is disproportionately suffering.

Let’s break down the idea behind the house system. This year, the house system affects a Saintsman’s time at school in three different ways: Mass, intramural sports, and priory time.

Let’s start with Mass. Saints Mass is bound in tradition. The Augustinians are committed to making weekly Mass a pillar of consistency to ground

Fall sports kick off to a promising start

Disclaimer: All information presented is accurate as of September 18, 2025.



By Peter Thorne ('26)
STAFF WRITER

Football

As the school year begins once more, so does the perennial football season. With the new season comes a new team and new goals.

Last year the Saints went 0-10 during the regular season, but took home the CIF Championship in a spectacular comeback in the Division 3 playoffs.

Coming off the heels of that unexpected run, Saints football hopes to continue last year's playoff success throughout the course of the season.

"I think we're ahead of where we were a year ago," said Head Coach Ron Caragher. He is optimistic about this season and noted that the team is always working to improve, leading to more production and wins.

"Winning the San Diego CIF section showed us what we are capable of when we stay disciplined and play as one unit," quarterback Vincent Smith said. "That experience gave us confidence and maturity, and I believe we're prepared to build on that momentum to compete at a higher level throughout the entire season."

The team this year has a lot of upperclassmen on the starting roster, with Brock Benson, Parker Cresswell, Vincent Smith, and Pai Polamalu as the team captains. With recent injuries, Marcel Sandoval and Austin Lambeth have also stepped up into captain roles.

Despite the large upper class core, Coach Caragher is excited for the future of the program, specifically mentioning the skill of the current sophomore class. Smith noted how "they bring energy, talent, and a willingness to learn."

This year, the team has a very different looking schedule than last year due to the results of last year's games. It's been a rough start to the year for the Saintsmen with three consecutive losses against La Costa Canyon, Del Norte, and Helix, and most a win against Brawley.

With another six games left in the regular season, the Saintsmen still have plenty of time to course correct and put another championship banner on the wall.



By Matthew Cramp ('26)
STAFF WRITER

Beach Volleyball

Among the many Saints sports making waves in their respective leagues,

beach volleyball has remained one of our most successful sports teams in recent history.

Thanks to the hard work of our team last year, Coaches Palafox and Theilacker were able to sweep the competition, taking third in the Open Division Playoffs and winning yet another league title.

The current season began in August and we're already 6-0. Coach Theilacker is incredibly impressed with both returning players as well as newcomers.

"It's nice to see the younger guys stepping up, leading, and encouraging others," he said. He particularly praised senior Saintsman Nick Boeh for "stepping up and showing vocal leadership on the team."

According to player Diego Reyes, the coaches are always looking for enthusiastic newcomers. If you are on the fence about joining the team, go for it!

Overall, confidence and preparedness for the coming season are high and Saints beach volleyball is ready to bury the competition in the sand.



By Sebastian Rodriguez ('27)
STAFF WRITER

Cross Country

Cross country is back and better than ever! Always on the run, the team is looking sharp to start their season.

Last year, Saints Cross Country (XC) made it to state for the first time in several years. Players and coaches alike believe that the team has a shot at making back-to-back runs.

This year, CIF realigned its divisions based on school size. Some schools, including rivals Sage Creek and Point Loma, have moved out of our division, while others, such as Imperial and San Diego, have moved into our division. These changes increase the odds of a CIF XC banner being hung in the near future.

Cross country is a mentally taxing sport, and the workouts are more strenuous than one may think. Though the training is rigorous, the runners seemingly love what they do. Why would anyone love running, i.e., the best form of torture known to man?

"I think one of the best things about [XC] has been in the community out there. Like that's what really keeps me coming back day after day, even when the workouts seem hard," said Varsity Captain Jamison Gerding.

Head Coach Christian Yoakum described the current season as a transitional period with only three experienced varsity returners, but said that "we have potential, and do I think we'll be good at the end."



Football: Mason Choi '28 / Beach Volleyball: Janene Palafox / Cross Country: Liam Olds '26

How to succeed at fantasy football



By Cole Dolin ('27)
STAFF WRITER

The long wait is over! Football season is finally back, and you know what that means: 18 weeks of the emotional rollercoaster that is Fantasy Football. Already, the season has gotten off to a great start. The most hated team in the NFL, the Chiefs, lost in week one to the Chargers, 21-27.

This year of fantasy football is bound to be a good one, thanks in part to the many new rookies rising onto the scene and making their way onto numerous draft boards. Though these rookies are scattered throughout many diverse positions, you can find many playing running back. Here is my lineup for the best rookies to win your league: Ashton Jeanty, Emeka Egbuka, and Tyler Warren.

Ashton Jeanty is coming onto a team with a decent passing force but in need

of a solid running back. He recorded the second most rushing yards in college football history, and he should be able to carry these performances to the larger stage in the NFL.

Emeka Egbuka is a wide receiver for the Buccaneers. He performed well in the first two weeks, and he will continue to take receptions from the aging Mike Evans. He already has 13 total targets on the season. If you are in a keeper league, Emeka is the best draft pick for a solid future of wide receiver excellence.

Tyler Warren, the tight end for the Colts, is a great option for QB Daniel Jones, and is probably on track for many looks in the future, only increasing his value. He already has 155 receiving yards and has the most in the NFL out of all tight ends.

There are also a few rookie names that I believe will not be good for fantasy this season.

If you drafted Travis Hunter, then I am sorry to say you will NOT be winning your fantasy league. A two-way wide receiver with Trevor Lawrence as his quarterback is not ideal. Lawrence already has three interceptions on the season which takes away from Travis Hunter's playing time on offense and ability to get yards and points.

Tetairoa McMillan is another player in a similar situation. His quarterback, Bryce Young, is arguably the worst in the league. I believe that neither McMillan or Hunter will get as many accurate passes or passes in general because of the lack of skilled quarterbacks backing them up. These teams will also have trouble getting into the red zone, meaning less touchdown opportunities for the two receivers.

Another notable player is Cam Ward. Though I do not dislike him, there is no reason to draft him above many other

notable quarterbacks who have established themselves as point scorers. In these first few weeks, he has not done anything spectacular to make me want to put him on my fantasy team.

Finally, the Packers's wide receiver, Matthew Golden, is a risky pick. He is entering onto a team with many receiver forces already established, so not only does he risk playing time, but also targets when he is on the field.

If any of the aforementioned players are still on your waivers or you have the chance to trade for them, then what are you doing? Pick them up today and you're on track to winning it all. Yet again, if I tell you to stay away from a player or two, heed my warning — for I, the (should be) winner of my fantasy football league 100 years straight, am never wrong. I did, after all, score a whopping 58 points last week.

NEW CHAPLAIN
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went to novitiate in Villanova in Radner, Pennsylvania. This past May, he graduated from the theologate — seminary school — in Chicago, Illinois.

Brother Tony is a beloved addition to the Saints family.

“I love Brother Tony... Sometimes we get an Augustinian who has a little more experience. He's got no experience in schoolwork, but he's bringing all the enthusiasm and he's doing a lot of learning” Mr. Horne said.

Born and raised in San Lorenzo, California, Fr. Kevin’s duty as priest-in-residence is to consecrate the Eucharist for Mass as well as hearing and granting absolutions for confessions.

“Rev Kev,” as he is affectionately known as, is a veteran of the faith who recently celebrated his 35th anniversary as a clergyman. He’s a self-described “cradle Catholic,” who’s had a Catholic education from elementary through high school, subsequently graduating from what is now Cal State East Bay with a bachelor’s degree in business. Upon graduation, Fr. Kevin was recruited to the military, serving abroad for four years in the Coast Guard during the Vietnam War.

At that point in his life, Fr. Kevin surprisingly hadn’t had any intention of becoming a priest. According to him, it was the combined effort and support of some friends he met in the Coast Guard that finally “pushed [him] into it.” Thus, upon returning to San Lorenzo, he started work at a parish called Our Lady of Grace.

Then, in 1981, something pivotal happened: the Augustinians visited. He recounts that two of them were his age, and it was through work and involvement in the parish that they had developed a friendship.

“There was nothing to stop me from choosing that life if I made up my mind to do it. It took me three years, but I did it,” he said.

Starting in 1984, he went through the formation process, making his first profession of vows in 1986 and his solemn perfection of vows in 1989. In 1990, he was ordained — first as a deacon in January and then as a priest in September.

His first 25 years were marked by parish work and diverse influences. In particular, he recalled his time in Los Angeles, California; Casselberry, Florida; Castro Valley, California; Chicago, Illinois (at the theologate where Br. Tony just completed his studies); and most recently, in San Diego, California.

As a result of his travels and experience, Fr. Kevin has garnered quite the reputation among his fellow Augustinians. Throughout his colorful career, he’s held a range of distinguished positions and titles, such as the Vice Rector of the San Diego Diocesan Seminary and Executive Director of the Augustinian Federation, in which he oversaw all three Augustinian provinces in the nation: St. Thomas of Villanova (East Coast); Our Mother of Good Counsel (Midwest); and St. Augustine (West Coast), of which he was additionally the provincial, which he defines as the “first among many.”

Despite his clearly remarkable career, he notes that his main “claim to fame is that [he] is the only friar in the United States who has actually worked in all three provinces.”

But the list continues. Last December, he finished one of his “most enjoyable assignments,” as part of the Board of Trustees for Villanova University. He currently serves as the prior of our school’s monastery.

With these gentlemen at the forefront of our flock leading us in our faith, our spiritual life will be in good hands.

NEW FACULTY
continued from page 1

his interest in the educational side of psychology.

He, like Mr. Barnes, became a substitute teacher at Saints in March. Mr. Poiset now teaches environmental science and physical science full-time.

“It’s definitely helped being a

Saintsman,” Mr. Poiset noted. He values the connections with his students that come from the shared experience of being Saintsmen. During his time as a student, the most impactful facet of Saints to Mr. Poiset was the camaraderie. Now, being a teacher and being able to bond with students of his own, he gets to re-experience that pre-

cious connection. With the brotherhood as a foundation, Mr. Poiset said that “It’s been an amazing experience... everything’s been working very, very smoothly.”

To read more about Mr. Barnes and Mr. Poiset, see the article “Barnes and Poiset return to Saints” in the May

The true cost of student loans



By Oliver Winn ('27)
CONTRIBUTOR

Before graduation caps are donned, many Saintsmen quickly become acquainted with student loans, which are often necessary to pay for higher education. These loans are more than familiar to the college education scene, but recent legislation under the Trump administration has altered the way student loans work. Tens of millions of Americans, including Saintsmen, will have to pay their loans under these new systems.

Here’s a breakdown of what to know about recent changes to student loans and some potential consequences for borrowers.

According to CNBC, the Biden administration’s last loan repayment program, Saving on a Valuable Education (SAVE), had 7.7 million people enrolled in it. Recent legal battles have frozen the program, leaving all those enrolled in forbearance. Under the current Trump administration, the program is being phased out, and interest is already accruing on anyone still enrolled. The SAVE plan is now essentially obsolete and has left millions of borrowers in limbo, ruling it out as a viable option for future borrowers, including Saintsmen.

The Income-Based Repayment plan (IBR) has also been affected by the Trump administration’s changes. IBR is an older income-driven plan aiming at debt forgiveness in 20 to 25 years. This older plan is still an option for many, but debt forgiveness has been temporarily paused on this plan pending legal issues over SAVE. Though still viable, IBR may not be as cheap as other plans, according to NPR.

Two other plans, the Income-Contingent Repayment program (ICR) and Pay As You Earn (PAYE), have already had debt forgiveness removed from them by the Department of Education, as included in the One Big Beautiful Bill, and are to be phased out beginning in 2028. As reported by CNBC, these two plans are also to be avoided.

So what plans remain available for student loans after all these changes? Starting July 2026, one of two options offered by the Trump Administration to borrowers is the Repayment Assistance Plan, which, according to NPR, aims for debt forgiveness in 30 years. With this extended plan, borrowers are

more likely to pay off their loans before the government cancels their debt, making debt forgiveness more unlikely.

The other option is the Standard Repayment Plan, which — for new loans after July 1, 2026 — will assign each borrower fixed payments on one of four time frames. Larger debts would be paid back over a longer time frame compared to smaller debts. The current version of the plan, which is often one of the fastest ways to repay student loans, is still the same for those who don’t take out new loans after June 2026.

The bottom line is, there are now two main ways to pay off student loans — one faster and one slower — with pros and cons to each. These recent changes have left many borrowers in confusion as they are forced to switch between plans, leaving borrowers with new costs and new deadlines. Although the long-term effects of these changes are uncertain, it’s clear that the way college graduates will pay off their debts are dramatically changing. Saintsmen face a new world of student loans, but if we understand how the system works, we can better roll with the punches.

New Terminal 1 takes flight



By James Burrell ('26)
STAFF WRITER

Well, it’s here — after almost four years of construction, the new Terminal One (T1) building at San Diego International Airport (SAN) has finally opened.

I was fortunate enough to receive tickets to the terminal’s “simulated passenger experience” on September 14, where about 1,000 people got the chance to pretend to be a passenger traveling through the new terminal. It was a complete simulation, so I had to go through security and get to my assigned gate on time for my “flight.” It was a fascinating opportunity, as I got a sneak peek of the new Terminal One, experiencing what traveling through Terminal One will be for decades to come.

It’s no surprise that SAN was desperate for a redesigned T1 — after all, the airport is the busiest single-runway airport in the entire United States. Though Terminal Two was renovated in 2013, T1 was built in 1967, over half a century ago. Anyone who has gone through the old T1 remembers its outdated infrastructure, design, and overall aesthetic.

The transformed T1 is a new world-class terminal ready to suit the needs of 21st-century San Diego. It features a state-of-the-art security checkpoint system, running on the latest technology of bag screening and metal detection. Beyond security, the terminal includes 30 gates, which is an increase of 11 gates from the old Terminal One. That being said, only 19 of the gates will open now, with the remaining 11 opening in 2028. When it opens, the new Terminal One will mainly serve Southwest, Frontier, and Spirit Airlines, with Air Canada joining them in 2026 and Delta Air Lines in 2028.

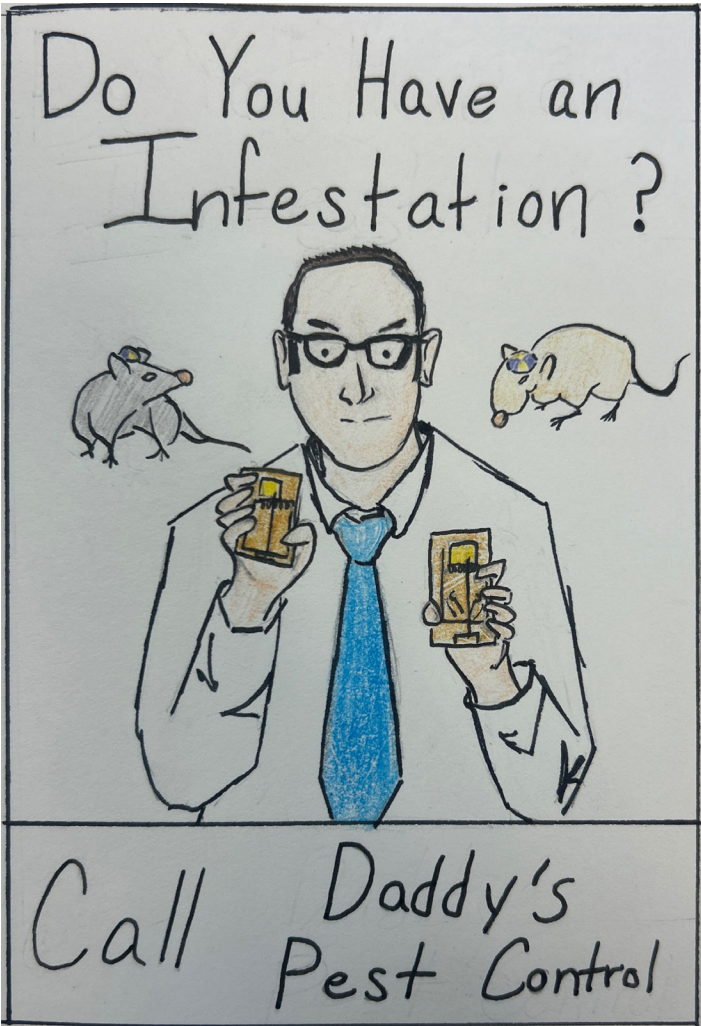
This new terminal isn’t just for launching us into the sky: T1 also features over a dozen shops and eateries scattered throughout, even including a small food

hall with offerings such as Luna Grill, The Taco Stand, and McDonald’s.

And of course, how could Terminal One be complete without that signature modern airport artwork? You may have already seen the giant jellyfish structure outside, but inside, there are large, colorful murals by local artists, lush greenery, and my personal favorite: a large sculpture of San Diego’s iconic torrey pines, hanging above the security checkpoint. Also, San Diego is bringing completely new ideas to airport design, such as building a stage for musicians to perform live and creating an outdoor patio directly facing the tarmac.

Even when not flying from Terminal One, the redesigned logistics of the airport are top-notch. The road signs have been refreshed, a new five-level parking garage with a capacity of over 1,000 cars has been built, and a new airport access road has been created to take some of the traffic away from Harbor Drive.

Terminal One opened on September 23, and it has brought more opportunities for people to experience the wonders that America’s Finest City has to offer. Where will San Diego International go from here? The sky’s the limit!



By Head Cartoonist Kieron Scanlan '26

“Assassination culture” and the existential threat to free speech



By Liam Olds ('26)
EDITOR-IN-CHIEF

On Wednesday, September 10, Charlie Kirk was shot in the neck from a distance while hosting a campus event at Utah Valley University. A 31 year-old husband and father of two, Kirk was exercising his rights to free speech and expression.

Kirk was a well-known conservative political activist, author, and media personality. Founder of Turning Point USA, he drove a youth movement that shaped modern conservatism and played a large role in getting Donald Trump elected to his second term.

The United States has room for diverse political views. Regardless of ideology — conservative, liberal, or somewhere in between — nobody deserves to die for expressing their political opinions.

The First Amendment enshrined our right to free speech and expression as the most foundational element in American democracy. Restricting that right in any way is antithetical to the ideals for which our nation stands.

But we often take our freedoms for granted in this country. I was lucky enough to spend this past summer in Estonia, studying how the nation achieved its independence from Russia and maintains peace both domestically and abroad. Through living with an Estonian host family, speaking directly to government officials, and exploring museums and literature, it was made abundantly clear the value which freedom bears for those who have been deprived of it.

Hearing stories of when Estonians were allowed to speak freely for the first time at Hirve Park after nearly 50 years of Soviet suppression; of the moment in which the people returned to singing proudly, together in their native tongue at the national Song Festival after being

forced to speak only Russian in public; of the stories from my host family and their lives under occupation, unable to speak up and define their own lives — it is impossible not to feel immeasurable gratitude for the freedoms which we are provided in our founding documents.

And yet, we as a country seem to be content trading in those priceless freedoms for outbursts of violence and hatred targeted at those who speak their minds.

As Kirk pointed out in a post on X several months ago, the United States has a problem with its growing “assassination culture.” Regrettably, we as a society view violence as an acceptable response when we encounter differing opinions.

A poll published this month by the Foundation for Individual Rights and Expression found that 34 percent of college students say they could support the use of violence to stop a campus speaker. That number is up from less than 20 percent of students in 2020, marking about an 80 percent increase from the numbers five years ago.

In normalizing violence as a reaction to free expression, the U.S. has seen a slew of politically violent acts, targeting anyone from law enforcement officers to governors and presidential candidates.

In the last 18 months alone, Donald Trump survived two assassination attempts; the Kamala Harris campaign office in Arizona was shot at three times in one month; the headquarters of the Republican Party of New Mexico suffered an arson attack; the house of Pennsylvania Governor Josh Shapiro was set on fire; two staffers at the Israeli embassy in Washington, D.C. were shot and killed; a peaceful gathering in Boulder, Colorado calling for the release of Israeli hostages was firebombed with thirteen wounded and one dying later; two Minnesota state lawmakers and their spouses were shot,



Adam Parent / iStock

leaving both the Speaker of the Minnesota State House of Representatives and her husband dead; an ICE officer was shot and wounded outside a detention facility in Texas; and a shooting at the headquarters of the CDC left one police officer dead. Charlie Kirk’s assassination was the latest event in an all too familiar pattern.

Acts of political violence like these chip away at democracy. They jeopardize the civil discourse that keeps our republican system healthy, forcing people to make the potential decision between their safety and expression.

In the words of former Congresswoman Gabby Giffords, “Democratic so-

cieties will always have political disagreements, but we must never allow America to become a country that confronts those disagreements with violence.”

Giffords survived a gunshot to the head from point blank range in 2011 while addressing her constituents in a grocery store parking lot.

The assassination of Charlie Kirk is a tragedy. It is indicative of a greater trend in American politics of resorting to violence as a tool to silence those with whom we disagree. Such violence represents an existential threat to our most valuable freedoms and to our democracy.

Mental Health: Is anxiety worrying you?



By George Burrell ('26)
EDITOR

“Anxiety. Keep on tryin’ me. I feel it quietly. Tryin’ to silence me.”

We’ve all heard this phrase — or this song — at least once before. As high school students, anxiety is an undeniably familiar feeling. How many times have you felt your heart racing while finishing your homework at 11:59 p.m.? Or your palms sweating right before a big test? If you have, you’re not alone. According to the Centers for Disease Control and Prevention (CDC), anxiety among teenagers in the United States spiked to 20 percent in 2022, more than doubling from eight percent just three years prior.

With this rise comes a lot of questions. What has made anxiety spike all of a sudden? Where does it come from? And what can we do about it?

First and foremost, it’s necessary to understand what anxiety is. Dr. Rafael M. Reyes, PsyD, a clinical psychologist and founder of private psychotherapy practice PsychSanDiego, described it as a necessary emotion to recognize threat.

“Anxiety is the body’s alert system,” Dr. Reyes said. “It is part of what is called the ‘fight or flight’ response which is a normal human reaction when we assess a danger in our environment.”

Most of us have felt dangers at least once in our lives. Whether it’s stressing over grades or worrying about our social or family life, anxiety is unavoidable

in today’s world, especially for high schoolers. According to Saints counselor Dr. Rey, the expectations of school and life are chief among the causes of anxiety today.

“Anxiety can certainly be triggered in school settings by a number of things,” Dr. Rey said. “Academic pressure, for one... social interactions..., [and] bullying are going to cause a tremendous amount of anxiety.”

It’s important to point out that although young people have been dealing with problems like these for decades, anxiety has spiked particularly for this generation. Why? According to Dr. Reyes, the culprit is social insecurity, with social media being the main offender.

“The advent of social media platforms has led to constant comparison and pressures that can fuel insecurity and unrealistic standards,” he said. “In addition, the constant news of conflicts locally and around the world can create a collective loss of safety and an increased sense of danger and uncertainty, which all conspire to create an anxious generation.”

A similar factor correlated with intensified anxiety was the global pandemic in 2020. During the lockdown, the whole world became isolated. Jobs and classes transitioned to Zoom, and people started communicating virtually rather than face-to-face. This lack of tangible connection left many people



Cleveland Clinic

stranded, and as a result, symptoms of stress and depression skyrocketed. The issue of anxiety became so prevalent that doctors gave it a name: COVID-19 anxiety syndrome.

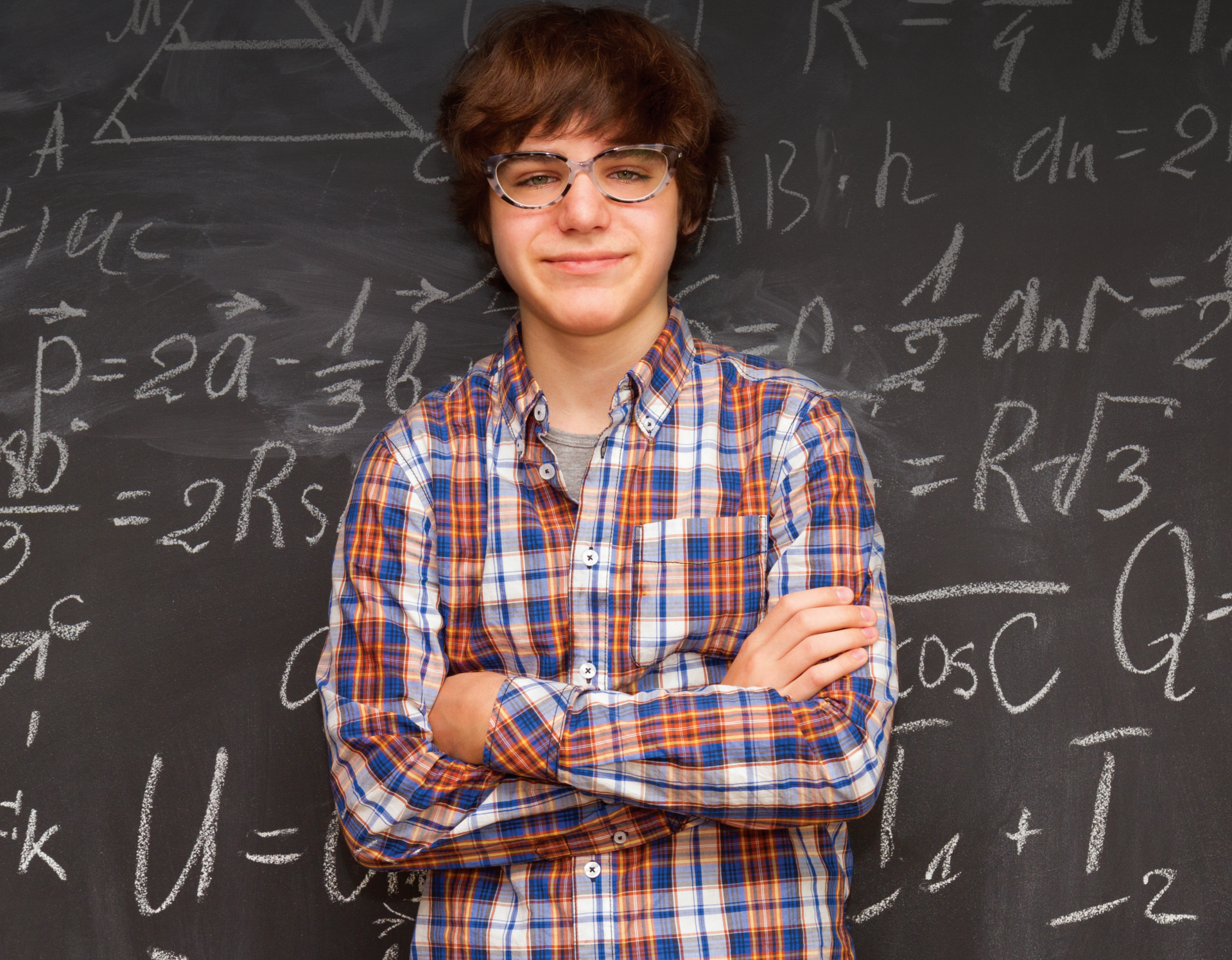
Four years after the lockdown ended, we still haven’t been able to recover from its effects. Today, there are many things that you can do to mitigate anxiety in your life. One of the best ways, according to Dr. Rey, is keeping a personal journal.

“A lot of people talk about journaling and writing down what happened to you today and reflecting on the things that occurred,” Dr. Rey said. Journaling is a very good way to reframe your point of view and reflect on your day.

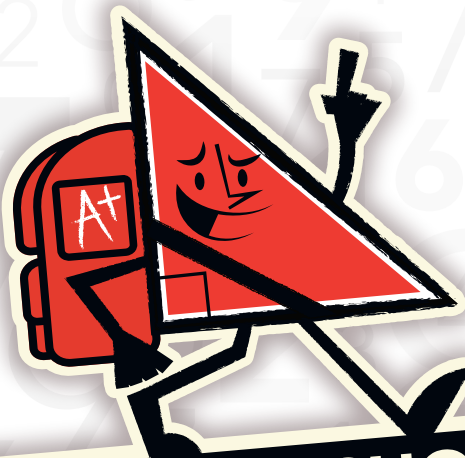
Another method is to take moments in your day to pause and take a breath. One ideal strategy is known as “box breathing.” Invented by a former Navy SEAL, box breathing is meant to make you conscious of how you breathe, emphasizing a need to breathe more deeply.

Dr. Rey also suggested bringing in third parties or talking to people you trust. The Saints counseling office encourages any Saintsmen experiencing anxiety to reach out for any of their needs. They are always accessible in the counseling office, and their door is always open to any Saintsmen who want to stop by and chat.

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Teachers in the (Clash) arena



By Kieron Scanlan ('26)
STAFF WRITER

Clash Royale is making a comeback into our daily lives, and I don't know about you, but I'm pretty sure that I've seen some cards running around our campus. Maybe I'm a bit paranoid, but I swear just the other day I saw a goblin gang running through Vasey Hall. And then a baby dragon cruising through Mendel. Could it be that some of our very own faculty members are Clash cards in disguise??? We've dug deeper into this strange phenomenon, and have revealed to you all what is the cold, hard truth.

Mr. Cudal is Ice Wizard

I mean, do you see that mustache??? A cold mustache for a chill dude, one shivers when entering into his domain. You ever wonder why he dislikes it if you look at his clock? It's because time freezes in his class — he simply doesn't want you to notice.

The da Luz Bros are the Three Musketeers

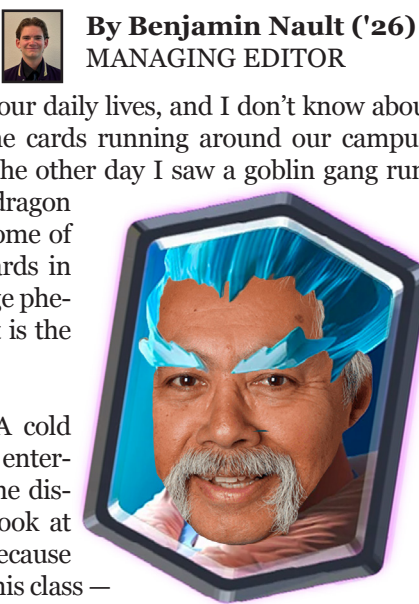
Not only are they each very handsome in their own respective manner, but they would make a killer trio on the battlefield. Sensei da Luz will lecture all about the colonial muskets which they wield, Baseball da Luz will simply hurl the cannonballs at the incoming troops, and Papa da Luz will obliterate you with his cannon of economic mindfulness.

Coach Casey is Royal Giant

Anytime you see a Royal Giant placed at the bridge your heart stops. Royal Giant's cannon is similar to Coach Casey forcing you to do pushups till "he gets tired." The nickname Laaaaaawd Gayton finally recognizes his royalty on campus and he needs to be treated as such.

Mr. Chesser is Goblinstein

Mr. Chesser has read Frankenstein so many times, he's figured out how to reanimate life while writing a 1/4/1 essay. While Chesser (Goblinstein) is intimi-



dating enough, Goblinstein's Monster is necessary to scare students into doing their annotations. Mr. Chesser needs not ask if you are with him, because if you aren't, you'll find yourself stomped out real fast.

Editor's Note: R? SE?

Mr. Lamerato is Little Prince

Many of Little Prince's voice lines sound like knock-off, two-cent thrift store copies, trying to emulate Daddy. I mean, he probably said those lines first (and better). Are we buying or are we SELLing, my guardian?? Clearly a Daddyism. He is, after all, the hired talent here, crushing rats every step of the way.

Mr. Adams is Electro Spirit

Given Unc is the engineering and physics teacher, it is of no surprise that he resembles this little ball of energy. With his mustache flying off his face and that jolly smile ready to sentence you to a happy two minutes of wall time, the youth of America will have a very troubling time trying to get past (UGH) UNCLEEEEEEE..

Brother Tony is Monk

With the power of God (and tea), BroTo will deflect the evils of the world and set them against each other. Brotato chip will not only stop there, no, as there is no limit to what one can do with the power of God. He will splash scorching hot tea onto enemies, taking them down one skeleton at a time.

Mr. Hickey is Golem

Is there a person on this great green Earth who dislikes Mr. Hickey? (No. The answer is no.) The best part is that other schools don't expect the sneaky Hick in the PIT, donning a purple beard and smug grin as he watches the Saintsmen demolish the competition.



Cards designed with love by Benjamin Nault '26

2025-2026 Editorial Staff

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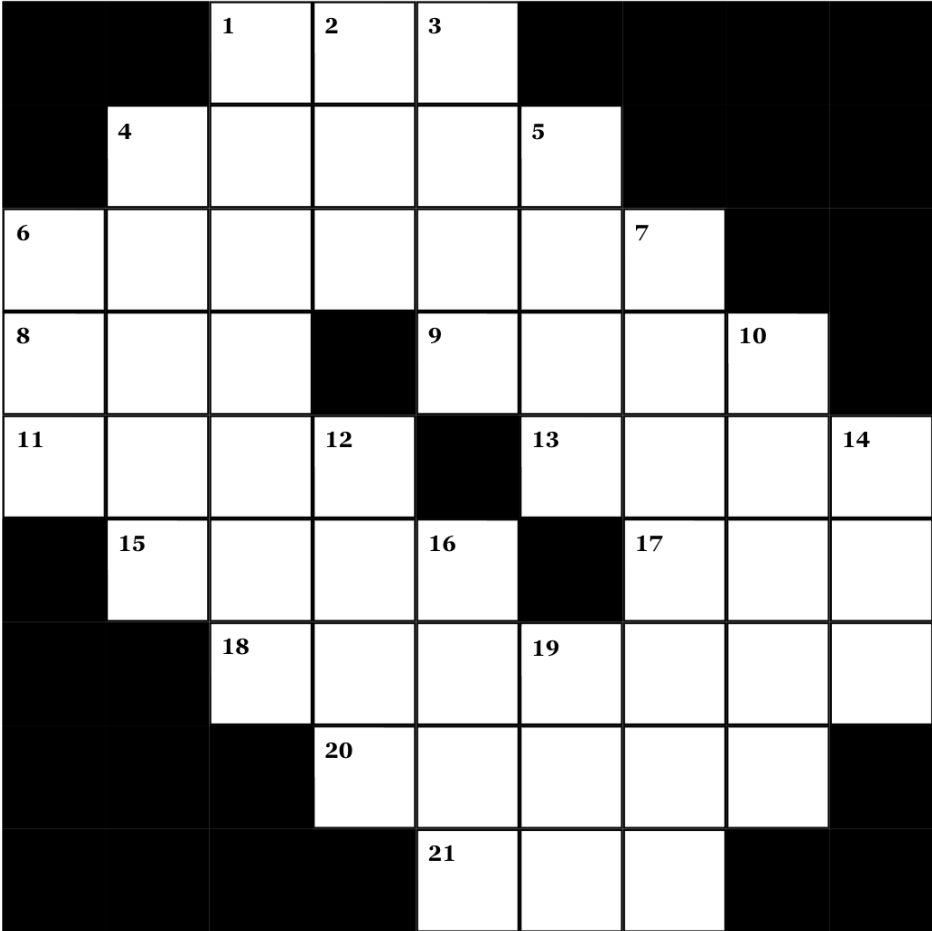
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EDITOR

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Crossword Puzzle

By George Burrell ('26)

ACROSS

- Game, ____, match
- Say (aloud)
- Engine or caboose, for instance
- Anderson Cooper's news outlet
- The da Luzes or the Stooges
- "Yield" alternative
- Swindle
- At a distance
- Brother Tony Moreno, ____
- Manic or scattered
- Twists and ties
- Korean car brand owned by Hyundai

DOWN

- Parody, like a TV show
- Electric ____ (popular roller coaster at SeaWorld)
- Discretion
- ____ Monica, Calif.
- 1-877-____-4-Kids
- Battery powered toy cars
- Italian whey cheese
- Nineties band known for "Stand By Me" and "Wonderwall"
- ____ Place, second most expensive property on a Monopoly board
- Fleetwood ____
- Placement, on a leaderboard
- "____, ____ am your father!" (the *actual* Darth Vader quote)