

# The Mandolin

St. Francis High School 2012-2013

October 4, 2012

*"Spread the Word."*

Issue 67

## September 11th: A Day of Events

By ALEXA LOGIUDICE '14

September 11, 2012 was definitely a day to remember. Not only was it the 11 year anniversary of 9/11, but it was also Holy Court. Our rival, Christian Brothers High School was back for more. With records showing St. Francis Varsity Volleyball finishing 3rd in Northern California and 5th in the State for 2011-2012, this would definitely be a hard win for C.B.

After weeks of preparation with constant hydration, drills, ice baths, dripping sweat, and more drills, the night was finally ours. As a team, we assembled in the locker room before the game to pray, listen to our coach's pep talk, and warm up. We also exchanged "Secret Sister" gifts as positive encouragement for our teammates. My gift this game was perfect! I got awesome cookies, which I of course saved for later, and a G.I. Joe battle set. I was fully prepared to battle. Just that little gift got me so pumped up and I said to myself, "Let's do this." I should have come running out with my mini sword and shield. Just kidding! The time was ticking and it was one step closer to game time.

All of a sudden I hear a huge "roar" that tells me J.V. pulled through the clutch and beat C.B. Our warm up CD starts blaring and we start running. The cheers and chants of the crowd must have been intimidating to C.B. Goosebumps went



*Following their victory, the SF Varsity team thanks their fellow Troubadours and Marauders for actively supporting them throughout the game.*

PHOTO COURTESY RACQUEL GONZALES

shivering down my spine, and the music soon died out because it was so loud. We finished running laps and we then split up hitters and defensive players. The hitters began practicing their approaches while the defensive specialists and I practiced our dives. We all rolled to the right and then the left, perfectly in sync. When warming up was over, it was time to announce the teams. Name after name was called and finally I hear the words "A 5'3" junior defensive specialist, Alexa LoGuidice." I run forward to shake hands with the opposing coach and

then high five the hands of my teammates. After a community prayer, the long awaited game begins! The first serve was hit and the intense reality of Holy Court had finally hit me. The cheer off's between the two schools were awesome as usual and helped keep our adrenaline going. After three games that seemed to fly by, St. Francis wins again. Holy Court 2012 left a memory on my mind that will never be forgotten. It's certainly great to be a Troubadour.

## Service in San Francisco?

By MAIA EVRIGENIS '13

When you think of the fabulous city of San Francisco, what is the first thing that pops into your head? I'd bet my bottom dollar that you just thought of 'shopping', and I have to say I would have too. But this summer, 12 of our SF seniors saw San Francisco in a different way. The San Francisco service trip, led by Mr. Symkowick and Mrs. Bueno, was essential in helping those in need at the St. Anthony's Dining Hall and the Creative Montessori School in East Palo Alto. After many meetings in preparation for their adventure, the girls set off to do God's work.

In the St. Anthony's Dining Hall,

the Troubies served meals to people living in poverty. St. Anthony's Dining Hall not only served meals, but had a clothing store, technology center, and rehabilitation center. Tashi De Sousa gave me the inside scoop. She said, "Because we served 5 days a week, we really got to know our guests. By the end of the week they were thanking us by our names as we handed them their meal trays." Talk about bonding- the girls even ate their meals with their guests! Tashi added, "I learned that you don't have to travel to a different country to find people in need. There are people so close to us who need our help."

Beverly Kyalwazi and Rachel Beck worked in the Creative Montessori

School. They played with the preschool kids, helped out in the craft rooms, and assisted the teachers in any way they could. The kids ranged from 2-5 years old. "They played on the playground and rode around on tricycles. It was a good time" said Rachel. She added, "Some of the kids were coming from really tough family situations". Beverly commented, "Most of them just needed someone to look up to." Who's a better role model than an SF Troubie?

Rachel recalled, "I learned a lot about giving and receiving. Though the whole point of the trip was to be giving, I felt like I was receiving so much more. I learned to really appreciate all that I have."

Way to go, girls!

## The SAT: The Super Awesome Test

By CLARISSA JAMES '14

Three score and nineteen years ago, James Bryant Conant, Carl Brigham, and Henry Chauncey developed a test that would measure ones intelligence objectively, a test that would terrify students for decades, a test called... the SAT. Now does anyone have any idea what SAT stands for? It actually doesn't stand for anything! The SAT was originally known as the Scholastic Aptitude Test, but that was considered too controversial as the SAT essentially only measures a student's aptitude for taking aptitude tests, not scholastic aptitude. That being said, the SAT is currently under considerable attack. It has been criticized for keeping intelligent students who just happen to be bad test takers out of college. Unfortunately, if any changes are going to be made, they will be made after the majority of us graduate.

Here's a basic idea of what to expect on the SAT. The SAT is comprised of ten twenty to twenty-five minute long sections; one essay, three math section, three critical reading sections, and three writing sections. And sorry guys, that does mean it's four hours long. It is scored out of 2400 points and the lowest you can receive per section is 200 points. A word to the wise, a wrong answer subtracts  $\frac{1}{4}$  of a point from your score, but no answer just counts as zero. Guessing will not be your best strategy here. However, before you start hyperventilating, there is help! (continued on page 7 with practice questions!)

## What's Inside

Olympics Recap . . . . .	2
Music Review . . . . .	2
Holy Bowl . . . . .	3
Homecoming Week . . . . .	3
Student Council . . . . .	4
Sports Highlight . . . . .	4
New Editors . . . . .	5
Teacher Interviews . . . . .	6
Politics . . . . .	7
Horoscopes . . . . .	8
#MLISF . . . . .	8

# Swimming Sensations

By MEGAN FOY '14

In many ways, Missy Franklin is just like us. She is a high school student. She goes to an all-girls Jesuit school in Centennial, Colorado. Oh, she also has eight gold medals. This summer, Missy Franklin traveled to London with the USA Women's Olympic Swim Team to compete with the best swimmers in the world, and she more than held her own. Her first final, the 100 meter backstroke, was only 13 minutes after her semi-final for the 200 meter free. Ask any swimmer about the difficulty of swimming two races so close together—not to mention the level of competition she is up against—and you'll know why Missy was facing such a challenge. Notwithstanding this, Missy pushed through and won a gold medal in her first Olympic final ever.

The two-week-long Olympics were filled with countless exhilarating moments, but a certain excitement always seemed to accompany Missy. Whether it was her always present smile, her contagious laugh, or her amazing races, Missy Franklin certainly received her

share of glory in this year's games, and she lived up to the expectations. Out of the 8 gold medals the American women received in swimming, 4 were Missy's, one of which was a new world record. Could you imagine placing that on a college app?

The 6'1" swimmer has already talked to multiple big-name colleges about scholarships and most likely could go anywhere she desired, but she continues to say how blessed she feels and how much she appreciates the support she has received from her family and friends. At the end of the school year, as her junior finals were finishing up, her school surprised her with a going away assembly. Then, during her races, they gathered to cheer her on together. Go on YouTube and watch "Watch Regis Jesuit Watch Missy Franklin '13 Win the Gold." Her classmates are so enthusiastic, it gives you goose bumps. She has been described as "the future of USA swimming," and certainly will be. So watch out Michael Phelps, a new swimmer has entered the pool!

Another amazing young athlete that must be mentioned is Katie Ledecky. She won a gold medal in the 800 meter freestyle, which is an incredible feat of

its own, without considering her age. Her 15-year-old, 5'10", 140 lb frame must be built for swimming since she was able to beat out the defending Olympic gold medalist and world record holding British swimmer Rebecca Adlington. Now a sophomore in high school, Katie returns

to the stresses of high school, but with a metal prize that should make her very proud.

Though this year's USA Olympic Swim Team had many veterans, they showed us what we have to look forward to in four short years.



Missy Franklin smiles for the camera with her gold medal. PHOTO COURTESY GOOGLE IMAGES

# A Short Oh!Hello from Hawaii to Portland

By KENDALL SPECTOR '14

Meet Michael Todd Berland, a ukulele-ist, guitarist, half Portlandian, half Hawaiian art student who makes music under the alias "OH!Hello." His spacey indie pop riffs (which sound a little bit like Real Estate and a synthesizer's child) are perfect for summer activities such as hanging out at the beach, sunburning at Lake Tahoe, or riding your bike and acting nostalgic as your hair whips behind you in the sun. Luckily, I was able to talk to Berland for a few moments in between his extremely busy band and school schedule about

his new album, concerts, and Woody Allen.

**Mandolin:** (M) "So, why the name OH!Hello?"

**Michael Todd Berland (MTB):** "When I started this project I was just so sick of everything in life being so complicated. I wanted to do something simple, welcoming, and minimalistic— and OH!Hello totally said that to me."

**M:** "When did you start playing and/or writing music?"

**MTB:** "I've been playing music for about 7 or 8 years, but I've been writing and playing in bands for about 5. I started OH!Hello just a couple years ago."

**M:** If you could sum up your present state of life in someone else's lyrics, what would you pick? (for example: "So much time spent in slow motion, Don't need to worry about this commotion" – Opus Orange)

**MTB:** "We are so smooth now, our edges are beaten driftwood whittled down" – The Morning Benders

**M:** You have a new album coming out, how does it differ from past albums?

**MTB:** I have a new project in the works called *Sleepy Ep*. Like the others it has a central theme that I'm focusing on, in this case



Oh!Hello's Michael Todd Berland is stage ready with his ukulele and face paint.

PHOTO COURTESY TUMBLR

"Sleepy." I'm looking at all the different ways I see the world and what it has meant to me. For instance, one song is called *Toast & Coffee*, which is about how last year I would fall asleep at 2am every night, then get up at 5am to have coffee and toast while watching Woody Allen movies while the sun rises before class. It is a "rainy days" kind of album, and I want people to fall asleep to it and wake up to it.

**M:** It sounds like the type of album that suits winter well. If you could pick any artist, past or present, to collaborate with, whom would you pick?

**MTB:** I would love to work with Of Montreal, Miniature Tigers, or Youth Lagoon. Very different styles of music but they seem like the coolest dudes ever, and their music blows my mind.

**M:** Such good groups right there, my goodness. Simply, what does music mean to you?

**MTB:** Music is just another form of art to me. What I really love about it is how many levels you can experience it on. Music can be so visual and emotional. And music just like art can be whatever you want it to be, and I like that.

**M:** What are the best shows you've seen thus far?

**MTB:** I saw an amazing Hellogoodbye & Fun. show a couple of years ago at the Hawthorne which was amazing. I haven't been able to get into one, but the Flaming Lips shows would be the best. That is an experience right there.

# The Holiest Of All Bowls

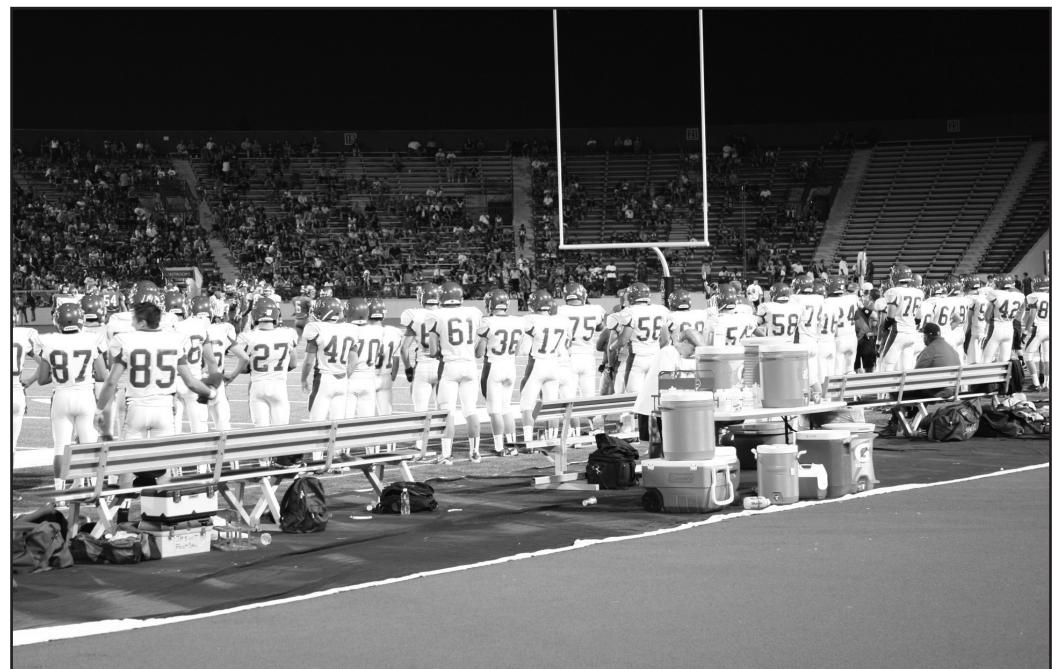
By MORGAN FINEGAN '13

Screaming cheers until you need throat lozenges, baking in the afternoon heat, watching an American tradition, and BOYS. There is only one event that fits the criteria and you have probably already guessed it: HOLY BOWL. Annually since 1969, Christian Brothers and Jesuit High School have competed in this football game to determine which prestigious school deserves bragging rights. The two schools are both Catholic private schools in Sacramento with a football team, so naturally they are rivals. This game is the climax of all football games for both schools and so the epic Holy Bowl has become the largest Catholic event in the region, with around 18,000 attendees.

On Jesuit's side the cheering section is called the Galley Crew, and freshmen Molly Shea and Caroline Urkov said that being a part of it was "really fun and we

met new people!" The Galley Crew wears all white and is led by the elected cheerleaders from Jesuit. The Christian Brothers' side is just as exciting! Maggie Ruffner said that sitting with the Falcons was "entertaining to say the least." No matter where you sat it was a great game and you were bound to find yourself in the midst of a lot of noise and energy.

If you were one of the many in the stands cheering, then you know how wild it gets. Sweat-stained shirts and colored ribbons fill the stadium while partaking in the incredible excitement of the competition. This year, the game was thrillingly close with Jesuit only 5 points ahead and a final score of 28-23. This is the third year in a row Jesuit has won, leaving even more anticipation for next year's Holy Bowl!



*The members of Jesuit's varsity football team watch the game from the sidelines.*

PHOTO COURTESY RACQUEL GONZALES

# Homecoming Week Preview!

By SIDNEY CASTRO '14

*"What do you love the most about St. Francis High School?"* This question opens the door to a wide range of different answers, but as a junior this year, I've come to notice that no one can sum up SF in one word or sentence. It would take a volume of 7 to explain every nook and cranny about how amazing St. Francis truly is. However, to keep it simple and short, most Troubies have only to utter these 2 small words to sum up her enormous love for St. Francis High School: **Homecoming Week**.

Homecoming week is the most treasured event and favorite time of the school year for many St. Francis students. Even though St. Francis doesn't have the typical football game to kick off homecoming festivities, we Troubadours do something a little more unique. Not only is our homecoming week extremely fun and exciting, it also shows the strong sisterhood and dedication put forth between the classes and the entire school to make our homecoming week the best it can be. Whether it's for the dance, skit, or decorations, most SF girls will stay late, despite her enormous homework load, to help her class out. After 2 weeks of hardcore preparation (and I mean **hardcore**), each class will present their masterpiece to the entire school at our culminating, school-wide rally. At this rally, the pride and hard work of each class will be put to the test. It becomes a matter of life or death -- where only the strong will prevail and the weak will surrender in a cloud of disappointment... JK, but it really does get intense.

After many years of fabulous themes, St. Francis continues the tradition of setting a creative theme amongst the classes. This year's theme is "A Night In..." The senior theme is "A Night in an Art Exhibit," the Junior theme is "A Night in A Big Top," the Sophomores have "A Night in a Fairytale," and the Freshman theme: "A Night in a Laboratory." This gives each class the opportunity to take this vague theme to the next level. **BE WARNED: SF GIRLS GO BIG.** During Homecoming week, expect

to see girls dressed in crazy outfits with an abundant amount of face makeup on. If you are unrecognizable to your peers, you know you are doing a good job.

This year, instead of selling magazines like we did in the previous years, St. Francis students will be selling raffle tickets. These raffle tickets will then be drawn, giving contenders the chance to win \$10,000 (first prize), \$5,000 (second prize), or \$1,000 (third prize). Despite the fact that Penny War will not be included in this year's Homecoming Week, and that the traditional "Balloon Pop" and "Musical Chairs" will be taken out of Sports Day, SF students still have the faith and motivation to have an amazing week. Junior Erin Stone expresses her excitement: "I can't wait until Homecoming week! To be honest, it's what I look forward to every year. Is that sad?" It's the week of the school year that makes all the stress and hard work worth it. It's the week of the school year that creates a deep sisterhood bond among each class. It's the week of the school year that we will one day share with our grandchildren. Homecoming week is the week of the school year that captures the essence of the spirit of St. Francis.

Through all the excitement and enthusiasm of Homecoming week, Troubies never cease to forget the bigger picture - that all our effort and hard work is dedicated to helping those in need. This year, we continue the Saint Francis tradition of serving our greater community. Many people may ask, "Why is that Saint Francis students are digging through the trash cans, holding a trash bag full of empty water bottles and soda cans?" Here's why. SF girls are currently in the process of collecting recyclables, which will then be exchanged for money to buy cans for our annual Food Drive. By the end of week, girls will have collected a variety of different food, which include boxes of Mac and Cheese, jars of baby food, cans of fruit, soup, and much more.

This year, donations will go toward the Sacramento Foodlink, benefitting the Elk Grove Food Bank and the Sacramento Food Bank. Although seniors have priority over the recyclables on school ground, the other classes still make a tremendous effort to collect elsewhere. For example, many girls have been leaving empty grocery bags on their neighbor's doorsteps, in hopes of receiving cans from their generous neighbors. Some girls will even risk the embarrassment to go to her local park or even a social gathering, with a large trash bag at hand, to dig for recyclables. No matter what, SF girls will do whatever they can to serve the greater community.

After two amazing weeks of charity-giving, sisterhood bonding, friendly competition, and loads of fun, every St. Francis student can agree that "It's great to be an SF Troubadour!"



*Musical chairs: one of the activities that will no longer be included in Sports Day.*

PHOTO COURTESY GEN MCNULTY

## Get To Know Your Student Council!

By TESS HANSON '15

The leaders of our school are at the top of their game this year. Simply observing their actions, one can tell that the Student Council and SBO's are fully engaged in school activities and ready to tackle the tremendous feat of making each year at SF better than the last! Although new to school, the Frosh Student Council fits right in among the upperclassmen standards with Clare Sakauye as President, Samantha Corrothers as Vice President, Isabella Powers as Secretary, Julia Agos as Treasurer, Zoey Wittlake as Spirit Coordinator, Sara Kate Pirnik as Historian, and Jessie Leatherby as Ministry Coordinator. The Sophomores are lucky to have a great year behind them and superb role models to follow. This year the Sophomore Student Council has Mallory Shingle as President, Tori Johnson as Vice President, Diane Menardo as Secretary, Grace Kuchera as Treasurer, Madison McKim as Spirit Coordinator, Maddie Merwin as Historian, and Danielle DesRosier as Ministry Coordinator. The Juniors, with two years of leadership experience behind them and perhaps a few candidates for next year's SBO's, are well represented by President Margaret Chavez, Vice President Ashley Kyawazi, Secretary Madi Grinnell, Treasurer Martina Penalosa, Spirit Coordinator Caroline Boals, Historian Allie Meredith, and Ministry Coordinator Leah Willover. The Seniors have this job down and should be confident in their experienced leaders: President Gianna Cronin, Vice President Makayla Mellas, Secretary Alexis Taylan, Treasurer Sam Tousey, Spirit Coordinator Elizabeth Mannerling, Historian Karly Hammack, and Ministry Coordinator Katherine Estrella.

Our Student Body Officers, preferably called SBO's, are not ones to stall this great pattern of leadership existing among each class. Even though this school year is barely underway, watching them go about their various duties with friendliness, composure, and quick collaboration is impressive. Here's what you need to know about your SBOs: President Natalie Dowd and Vice President Madeline Dyer have been skydiving. According to her SBO colleagues, Madeline has quite the affinity for floral prints, hence the super cute lunch bag. SBO Secretary Amanda Garren is slightly obsessed with pineapples. Katrina Woollgar, SBO Treasurer, likes to "pretend to be a dinosaur" (as she puts it) and her "locker is all bubbles." *(continued on page 6)*



*The Junior and Senior student council members show everyone how to Keep it Klassy.*

PHOTO COURTESY RACQUEL GONZALES

## Fall Sports Highlights

### Tennis

By JANE SADLER '14

St. Francis tennis this year is a new era for the team. We have two great new coaches—Carina and Junaid—who are new to the team coaching scene, and we are happy to 'break them in'. Another improvement is that this is the first year the team can make it to all of Holy Bowl and see their very first Homecoming Rally! Thanks to efforts by our administration (ILY Mrs. Faires!), this year is many of the juniors' and seniors' first time seeing a Homecoming Rally. The team is hoping to go to Sectionals for the ninth time in a row this year. If we succeed, we would break our own record set last year for any girls' sports team to go to Sectionals in consecutive years—eight times in a row! The team is really excited for this new and different season and we are hoping to see some of our Troubie sisters come out and cheer us on at our home matches!

### Cross Country



PHOTO COURTESY ELEANOR FERGUSON

By ELEANOR FERGUSON '13

Determination, mental and physical strength, a love of running, and 2-3 mile races on varying courses make cross-country the challenging yet rewarding sport that it is, especially at St. Francis. So far this season, the three teams—Frosh-Soph, JV, and Varsity—have performed very well, winning a majority of their races and showcasing the power and depth of the team as a whole. The team is currently ranked #2 in the state for Division I and is hoping to capture the state title this year. St. Francis cross-country isn't all hard work and sweat, though. Several small events take place during the season, such as pizza and pool parties, which help to relieve the pressure of the sport and let the girls unwind after a week of tough practices. The team is one big, supportive family, and if you ever venture out to one of the meets, you'll see the evidence of this loud and clear: girls screaming at the tops of their lungs as they run alongside the course, waving the SFXC flag and cheering on their teammates.

### Golf

By KATE SWANSON '16

Starting the season with excitement, the St. Francis golf team foresees victory in the near future. This clan of 12 determined Troubies has started the season off on a good foot with three super victories, taking the competition by storm. September 5 was the team's first official match against Ponderosa High School at Empire Ranch. Despite the threatening flashes of lightning overhead, the girls came out victors with a substantial win of 132 to Ponderosa's 167 total. Two more matches followed both with strong wins and lots of spirit. Co-captains Ileana MacDonald and Emily Laskin, two of the five strong juniors on the team are expecting great things this year. Emily had this to say about the team's success and events ahead: "The team this year is looking very promising and it gives me hope for our future. I love getting to see the underclassmen get better as the season progresses. I'm ready for us to make it to states again; I know we can. I'm looking forward to getting to know the freshmen and bonding with my sisters again. It's going to be a good year for us. I can feel it." Ileana is also excited for the team's potential: "The team is looking great this year! I see a lot of potential in the underclassmen and it's exciting seeing everyone play so well. I know that we are definitely a team that will be hard to beat." With the confidence from Emily, Ileana, and the guiding knowledge of team coach Cindy Lyford, the crew is on a hunt for triumph!

### Water Polo

By MADDIE MERWIN '15

So what is water polo? Is it like polo, but the horses are aquatic? If so why didn't Ralph Lauren make water polo polos? Water polo, in a way, is a mix of soccer, basketball, wrestling, and swimming with a ball that looks like a volleyball. There is a goal, and when one team scores they both start back up in the middle of the pool like in soccer. Girls guard their "man" and are constantly traveling up and down the playing field according to possession of the ball like basketball. Girls get held, are pinned, and fight under and above the water like in wrestling. And of course it all occurs in a pool, hence the swimming. Though similar to other sports, water polo is very much its own. One example of its individuality is that six players and a goalie start off in the pool on both sides. But the game can be played six against five if a girl is kicked out, and sometimes even six against four. Add to that the fact that over 25 fouls are called on each team in every game, and the suits are about three times smaller than anything comfortable to swim in. So playing water polo is painful, tiring, demanding, and unique but ultimately just a darn good time.

# Meet Your New Editors!



Name: Racquel Gonzales '14  
Title: Editor-In-Chief  
Fun Fact: She talks in her sleep.



Name: Madeline Dyer '13  
Title: Assistant to Editor-In-Chief  
Fun Fact: She laughs at things that aren't funny.



Name: Meredith Ray '14  
Title: Features Editor  
Fun Fact: She cannot whistle, blow gum bubbles, or make a taco with her tongue.



Name: Aly Pachter '15  
Title: School News Editor  
Fun Fact: She's in love with her cat.



Name: Blair Burleson '13  
Title: Layout Editor  
Fun Fact: She collects dead snakes...



Name: Emily Cornett '14  
Title: Pop Culture Editor  
Fun Fact: She has webbed feet.



Name: Jane Sadler '14  
Title: Outside News Editor  
Fun Fact: She drinks two to three cups of black coffee every morning.



Name: Kendall Spector '14  
Title: Photography Editor  
Fun Fact: Her first love was Steve Irwin. Then he got killed by a stingray...



Name: Victoria Vardanega '14  
Title: Sports Editor  
Fun Fact: She's pretty awesome.

## An Interview with Mr. Romo

By JANE SADLER '14

So for our male teacher highlight section this month, I hunted down arguably the most radical dinosaur-hunting, rap battling, extreme canoe dancing male teacher: Mr. Romo. I tracked him down after school just chillin' in his AP Studio Art class. He didn't want to talk to me.

**Mandolin:** So how long have you been teaching at Saint Francis?

**Mr. Romo:** Too long. (aka 11 years...)

**M:** Have you taught at another school that's not Saint Francis? And if so, was that a better school to teach?

**R:** No, I have not taught at another school, and yes, they were better than you guys.

**M:** What is the best part of teaching art?

**R:** I like teaching a new interesting subject to girls. People may have a background in science and English and math, but art history and sculpting are usually totally new to my students.

**M:** What do you do besides teaching?

**R:** Well I own a company called Romo Studios, and I do public works of art. I have worked for Saint Francis—the St. Francis statue, the St. Clare statue and the solar monitor installations—and I have worked for Jesuit and the city of Sacramento.

**M:** Where is your studio located?

**R:** I work in an old studio downtown that I have renovated. It was originally built in 1910.

**M:** Do you have any strange St. Francis experiences?

**R:** The first year I taught here I had to wear a skirt to an assembly for magazine sales...? I don't know, every day is a strange St. Francis experience.

## Get to Know Your Student Council (*continued*)

Erin Jarvis, SBO Spirit Coordinator, has a single on iTunes called "Someone Like You" that can be purchased for \$0.99 and is a viral sensation on the internet. SBO Ministry Coordinator Aimee Intagliata immensely enjoys mermaids, especially mermaid coloring books. Combined with all their unique selves and traits of a SF Troubadour, we can all rest assured that the entire SF community is in good hands with these delightful SBO's paving the way.



SBOs Maddie Dyer, Amanda Garren, Natalie Dowd, Katrina Woollgar, Erin Jarvis, and Aimee Intagliata show some attitude.  
PHOTO COURTESY GEN MCNULTY

## The New Teacher In Town!



Ms. Espindola poses for the camera!

By HANNAH PAGE '15

As you may have heard, we were lucky enough to have several new teachers join the staff of SF this year! Of course all of them are amazing (as is

everyone else at St. Francis), but you are lucky enough to have the opportunity to learn a little something about... drum roll please... Ms. Espindola!

Like many of our fabulous teachers, Ms. Espindola

is an alumna of St. Francis. She loves the school and has wanted to teach here ever since she decided to become a teacher. She currently teaches all of the Algebra 1 classes and loves her freshmen: "They're awesome!" The first rally of the year gave her a great welcoming—she wasn't expecting to be called up to the front of the gym. So far, she's really enjoyed her first year here as a teacher.

After hearing that she graduated from St. Francis (her mascot was Tigger, BTW), I was really curious about what aspects of the school have changed: "The art program has grown a lot. That whole building wasn't

there before. We just had one art classroom, and the area where the theater is now was all parking." Of course, I had to ask her about every Troubie's favorite thing—Homecoming. Surprisingly enough, Ms. Espindola might be the first person in SF history who wasn't completely obsessed with all things Homecoming! She comments, "I'm not a very enthusiastic person unless it's for a cause. I wasn't really into the whole idea of decorating the gym just for points." And the food here? It turns out teachers aren't as obsessed with it as we are. She thinks it's very good, but unlike most of the students here, eating isn't one of her favorite pastimes. Don't fret, though—Ms. Espindola does indeed love the school! She believes that the all-girl environment is great for personal growth (although she does think it can make us a little boy-crazy... hehe...).

To all of the athletes out there—Ms. Espindola can relate to you (sort of). As a freshman,

she tried out for basketball, and because she was so excited during conditioning the coach decided to let her be the team manager for the year even though she didn't make the team. She didn't play any sports for the next three years, but apparently it paid off—she got her bachelor's degree in physics and math at UC Davis! After getting her degree, she started doing some physics research for her professor and realized it "wasn't her thing." So after joining a program that let her help a teacher out one day a week to learn what she could about teaching, she decided to get her master's in education at UC Davis.

Ms. Espindola has two pugs, two rescued cats, and a 100-gallon salt water aquarium—kind of awesome, right? She would like her students to get involved with the school and enjoy it while they can!

PHOTO COURTESY ALY PACHTER

# Obama Vs. Romney

By MEGAN FOY '14

Every four years, the time comes when ads clog the commercial breaks during episodes of Pretty Little Liars, attempting to persuade us to support a candidate in an election we cannot even vote in. However, that does not mean we should be totally ignorant of the electoral process. Just because we don't yet have a say in the decision doesn't mean that decision won't affect us. My goal is to provide you with the information necessary for you to make an informed decision over which candidate you choose to support:

**Obama:** Although he did enter into presidency when the economy was severely wounded, now it's on advanced life support. His promises to revive the economy, create jobs, and spread the wealth is believed to have failed. Obama has succeeded not in reducing our nation's debt, but in increasing it by \$700 billion. His stimulus plan failed to significantly drop the dizzyingly high unemployment rate of 9.1%. Because of these numbers, Obama's campaign explains that his plans for the revival of the economy will take years to come into effect, and therefore wants the next four years in office to finish what he started.

**Romney:** Romney plans to "cut, cap, and balance" the nation's deficit, which would, in theory, bring down the debt. However, we must consider a lot before taking him on his word. The first question is: where? Where does Romney think he could cut money? Which departments? What programs? If he voiced those hard decisions he was planning on making during his campaign, it would cause him to lose votes, yet if he doesn't tell us where he is going to cut, how do we know he actually has a real plan? Who says his plan will work? His campaign manager? Can we assume he has no plan at all? It's easy to say you will cut spending, it's a lot harder to figure out where to cut.

**Obama:** Though we don't go to public school ourselves, many of our friends do. So what's the future for public schooling? Obama awarded states more than \$4.35 bil-

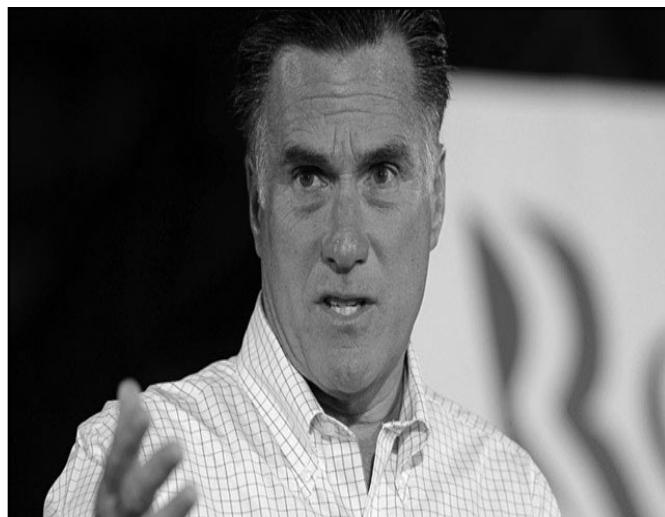


PHOTO COURTESY GOOGLE IMAGES

Improving a program's quality takes time and effort- both requiring money- so how can Romney expect to greatly improve teacher quality while trying to conserve money?

**Obama:** Obama has been credited with the killing of Osama bin Laden; however, even this must be considered realistically. Obama was not the mastermind behind the years of searching and spy work, he didn't plan the assault or lead the team of Navy SEALS into that compound in the middle of the night, he just happened to be President when it all happened. We can't take away all of the credit, but we must recognize the number of people whose coordinated efforts took out this man. One very important achievement Obama can take the credit for is his removal of troops from Iraq and his timeline for the withdrawal of troops from Afghanistan. Four years ago he told us that under him the war would end, and he has made important efforts towards that goal.

**Romney:** Romney doesn't believe that the diplomacy Obama has used towards Iran has been effective, giving the notion that he doesn't plan on using diplomacy. But what other option does he have? Romney also plans to use a timeline for withdrawal from Afghanistan, based on conditions determined by military commanders. This should cause worry for those who wish to see our troops immediately brought home. However, how can we be sure of national safety when Romney plans on not using diplomacy or negotiations? If control is the solution Romney desires, then there might even be an increase in the number of troops sent to the Middle East. Also, there is the difference between Obama's timeline and Romney's timeline. A timeline is a tool used to plan out stages of a certain task so that by the end of the timeline the task will be completed. A timeline could progress towards completing a task, but it could just as easily change directions and be reversed.

Three popular issues and the candidates' stances on each have been provided to you so that you may start to formulate your individual opinion on the legitimacy of the claims brought to you by these candidates. But don't take my word for it, do your own research, too! Though I tried to shine each man in an equal light, there is no doubt some of my prejudices and biases have snuck in. You have every right to question the claims made by politicians. So next time you're zoning out during a commercial break and one of these familiar faces pops up, listen to what they say, but also look at what they don't say, and challenge their plans' legitimacy.



PHOTO COURTESY GOOGLE IMAGES

lion in grants for creative plans to improve teachers and students under a program entitled "Race to the Top". A program designed to inspire innovative efforts to improve education.

**Romney:** Romney's plan entitled "A Chance for Every Child" emphasizes the quality of teachers. However, he made it clear that with him as president, he would attempt to achieve education equality with fiscal restraint.

## The SAT: The Super Awesome Test (continued)

There is an abundance of resources out there to help you prepare for the SAT, so don't stress! Our own Naviance provides studying tools, Kaplan and other organizations offer SAT prep classes, the College Board has tons of study options including a daily SAT question and practice SATs, and almost any bookstore will have an arsenal of SAT prep books. It's never too early to start studying so here are some practice SAT questions for you:

Solve the following problem:

- 1) If  $k$  is divisible by 2, 3, and 15, which of the following is also divisible by these numbers?

- A)  $k+5$
- B)  $k+15$
- C)  $k+20$
- D)  $k+30$
- E)  $k+45$

Replace the underlined words as necessary:

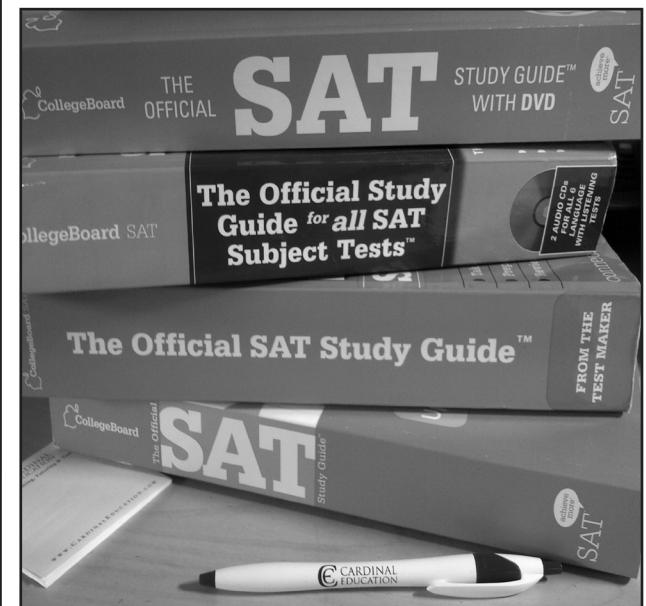
- 2) Looking up from the base of the mountain, the trail seemed more treacherous than it really was.

- A) Looking Up
- B) While looking up
- C) By looking up
- D) Viewing
- E) Viewed

Fill in the blank with the correct adverb:

- 3) St. Francis High School students who prepare for the SAT will do \_\_\_\_\_.

- A) Exceptionally
- B) Fabulously
- C) Fantastically
- D) All of the above :)



*The perfect study guides for the SAT!*

PHOTO COURTESY GOOGLE IMAGES

Answers:

- 1) D    2) E    3) D

# Zodiac Attack (Horoscopes)

By Avery Spector '16

**Aries March 21 - April 19**  
Well you're in luck Aries, on October 4th, at 3:59 you are going to find \$359.44.

**Taurus April 20 - May 20**  
Meow Meow Meow Meow. You are going to find an abundance of kittens on October 13th.

**Gemini May 21 - June 20**  
Be prepared for October 10th, the Virgos are going to try to trip you. Don't worry though, you are getting Pinkberry on the 11th.

**Cancer June 21 - July 22**

Oh gosh...watch out! This month the Pisces are going to give you sass, but you will also be given free food by the Gemini on October 12th.

**Leo July 23 - August 22**

The voices are telling me that you should make your best friend cookies.

**Virgo August 23 - September 22**

On October 20th, you are going to find \$395. Exchange it for all pennies or have bad luck forever.

**Libra September 23 - October 22**

Buy 3 cookies from the cafeteria on the October 22nd through the 25th. Homecoming Week has passed, so now it is time to eat.

**Scorpio October 23 - November 21**

Ohhh snap! On October 15th, if you do not walk around snapping, you will be struck by lightning.

**Sagittarius November 22 - December 21**

Rawrrrr. The Leo is feisty this month. If you're not careful, your Leo "friends" will start scratching you.

**Capricorn December 22 - January 19**

CapriCORN. It is fall, harvest season. Gather 13 shucks of corn or risk evaporating.

**Aquarius January 20 - February 18**

Catch a mermaid by October 27th, or you will grow fins.

**Pisces February 19 - March 20**

Sail a canoe down the river while accompanied by all of your pets or the voices tell me you will have nightmares for a week.



Juniors Melissa Dugoni, Sarah Mumper, and Lizzie Roche laugh during lunch.

PHOTO COURTESY RACQUEL GONZALES



Space Shuttle Endeavor flies over SF!  
PHOTO COURTESY GEN MCNULTY



The crowd reacts to St. Francis winning Holy Court.  
PHOTO COURTESY RACQUEL GONZALES

## #My Life is St. Francis

By Brooke Aprea '15

That awkward moment when you walk out of the bathroom and your skirt is tucked into your shorts... MLISF

Not looking in the mirror once while getting ready for school. MLISF

Having a food coma after lunch because your friend baked cupcakes. MLISF

That awkward moment when school is over and you walk up to the wrong car and then slowly walk away... MLISF

Waking up on late start days and thinking that school has already started. MLISF

Not knowing what to wear on free dress days. MLISF

Waiting for winter to come just so you can wear your Uggs again. MLISF

Not remembering the last time you actually had lunch sitting at a table because the grass in Serra Court is so comfy. MLISF

When it's your birthday and you get ten baskets of cookies. MLISF

Rocking out to your iPod during your free block and realizing that everyone is staring at you. MLISF

Memorizing the different projectiles of the water fountains. MLISF

Seeing guys on campus when there's play rehearsal. MLISF

That day when you decide to wear makeup to school and everyone is surprised. MLISF

Looking at the orange trees

wondering when you'll be able to pick them. MLISF

Never knowing what to buy at lunch and taking fifteen minutes to finally make your decision. MLISF

Carefully choosing what socks to wear to school and changing your mind five times. MSLIF

Deciding between putting your hair in a messy bun or a braid. Why must it be so hard? MLISF

Counting down the days to Spirit Week and already becoming excited. MLISF

Being proud of your new lunch box. MLISF

Hearing at least one person singing in the hallway every day. MLISF

Trying to bake cookies for your friends, except the cookie dough

never makes it into the oven. MLISF

When you paint your nails a new color and can't stop looking at them. MLISF

The first day of school is the one day out of the year when you wear your hair down. MLISF

Having a Disney movie marathon on a Friday night. MLISF

Seeing notes taped up in the bathroom that make your day. MLISF

Always having a spare hair band in case your friend wants you to braid her hair. MLISF

Feeling so accomplished when you learn a new hairstyle. MLISF

Never being able to choose what color hair band to wear. MLISF

Making new friends every day. MLISF

When you never use the word "awkward" but instead use "awk" or "awko taco." MLISF

With homecoming around the corner, using spare time watching YouTube videos of cute ways to ask a guy to homecoming. MLISF

The fact that bringing a boombox to school and playing awesome music during passing periods is totally acceptable and cool. #Roch MLISF

Going to Starbucks at late starts so often that the barista knows your order #caffeinecoma MLISF

Mr. Poggi reminding us over the intercom, "It's great to be an SF Troubadour." MLISF