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Energy: In and Out of SI

The Feature

In the midst of midterms, tumultuous college applications, and the end of fall sports seasons, the SI community is filled with energy – both positive and negative. In this issue, we examine the different kinds of energy present at SI and around the world, from how students energize themselves with different kinds of beverages, to SI's proposed energy use in the new building, to how we as a world can become more environmentally conscious. As you read through the issue, our hope is that you discover what energizes both you and the SI community.

- The Editors-in-Chief

SHINING A LIGHT: BUILDING ENERGY AT SI

Naomi Ko '24, Senna Nijagal '24, Jeslyn Oum '24, <u>Megan Stecher '24, Cayden Tu '24</u>

Editors-in-Chief

Over the past few decades, climate change has had a tremendous impact around the globe, with detrimental effects like rising temperatures, blazing wildfires, and other natural disasters along with increased air pollution. According to epa.org, our world depends on energy for "manufacturing to agriculture, and healthcare to transportation;" energy is tied into every area of our world, and more often than not, we take this easily accessible use of energy for granted. However, with the increasingly worsening state of climate change, every person, organization, and country must take care to concentrate on the role they play in contributing to the world's energy use.

In December of 2024, SI plans to break ground on its construction of the new academic building, which will be built where the Carlin Commons, Orradre Chapel, and McGucken Hall currently stand.



Continued on Page 8

PRAYERS FOR PEACE IN ISRAEL AND GAZA



Reports of horrific acts of violence against Palestinians and Israeli people have rocked the world over the past several weeks. Though this has been an ongoing conflict in the area for over seventy-five years, recent attacks have resulted in mass death and destruction. The SI community is home to members with ties to people living in both Israel and Gaza, so it is a very important issue to many people at our school. On Thursday October 19th, Campus Ministry led a sacred space for anyone who wished to pray for those suffering in Gaza and Israel.

Read more about the conflict in Israel and Gaza with perspectives from the Jewish Affinity Group and the Arab Middle Eastern Association on pg. 5.



A bowl of written intentions for the innocent civilians suffering in Gaza and Israel, written during Thursday's prayer service by members of the SI community.

VICTORY AT THE FOOTBALL BRUCE

Nick Luongo '25

On Friday, October 20th, the St. Ignatius Varsity Football team took on Sacred Heart Cathedral for the second leg of the five-game Bruce Mahoney series. Coming into the game, SI led the series 1-0 with the Varsity Women's Volleyball team defeating SHC at USF.

As one might expect, the stands were packed at this highly-anticipated game between two long-time rivals. Held under the lights at Kezar Stadium in Golden Gate Park, the atmosphere was electric. From the performances of both schools' bands and dance teams to the game itself, it was an entertaining night for all in attendance. SI's student section was filled to the brim, and the roar of their voices echoed throughout the stadium.



<u>Managing Editor</u>



BRUCE-MAHONEY SERIES

SI got off to a strong start, scoring the first touchdown of the game in the first quarter. SHC fought back, though, tying it up briefly and keeping the game close for the entirety of the first half.

At halftime, the score was SI 21, SHC 14, and the game was shaping up to be a hard fought, back and forth battle. SI had different plans, however. The second half was completely one-sided, with SI tacking on 17 additional points and not allowing another SHC score for the rest of the game. The final score was SI 38, SHC 14.

After this huge win, SI now leads the Bruce Mahoney series 2-0 with a chance to sweep SHC and keep the trophy in the Sunset with Men's basketball on January 9th.



SI Varsity football players pose for a victory picture after a successful win against SHC.



SI Varsity rushes the field and starts off the night with a bang.

SI 2-0 SHC

SEE INSIDE!

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WILDCATS SOAR TO NEW HEIGHTS

<u>Managing Editor</u>

SI NEWS

Sierra Murphy '25

Fleet Week began in 1981 and it became an important annual event throughout San Francisco. This event aims to honor the United States Armed Forces, such as the U.S Navy, Marine Corps, and Coast Guard. Throughout the week the military forces come together to showcase and celebrate their maritime capabilities with the public, and increase public understanding of the military's role.

On October 6th, Lieutenant Commander Scott Goossens '06 of the Blue Angels came to visit us at SI. LCDR Goossens was accompanied by his Navy aviator Commander Mark Swatz '01. Both of these men are SI alumni and flew in the Blue Angels Jet #4 later that afternoon, over the sights of San Francisco. LCDR Goosens spoke to students of SI about his inspiration for becoming a pilot of these jets, saying he always heard them fly over SI during Fleet Week when he was a student.



The Blue Angels soaring in the skies the weekend of October 7th

You don't have to be a pilot, you can be a doctor, teacher, or anything you dream of becoming. - Tom Hsieh

Tom Hsieh, an organizer of this event, shared that he was impressed by the selflessness of these two alumni because "they are both serving in a highly specialized and dangerous field of the Navy and they are without question among the world's best jet pilots." Hseih later shared that these pilots have so much respect for our country, leading them to become proud and dedicated members of the Navy. This is similar to how they were proud members of the SI community. "Their jobs are not always glamorous, it's dangerous and they both have trained for years in order to perform at such a high level," Hseih mentioned as he shared their dedication and commitment to our country and community.

At the presentation LCDR Goosens and Swartz also shared how their time at SI has shaped them in their careers today. SI instilled into them a sense of purpose to serve others in the United States Navy. They also said that the Jesuit values they learned while attending SI follow them in their Naval careers and personal lives. Even though these brave men are highly accomplished aviators, they remain humble and believe that every student is capable of achieving their dreams.

Naomi Ko '24

BEHIND THE CURTAIN

Editor-in-Chief

SI's annual "Behind the Curtain" took place on a pleasant evening, as the sounds of instrumental music, angelic voices, and horrified screaming filled the air. This year, the performing arts showcase presented all aspects of the arts: orchestra, jazz band, choir, dance, and the murder mystery play And Then There Were None.

Each performing art class was an open rehearsal, meaning that parents, prospective and current students, and faculty could peek in to see what a typical day in the performing arts. From Mr. Green helping the jazz band through songs like Stevie Wonder's "Superstition" to Mr. Curry directing how to react to dead bodies, Behind the Curtain was a success and an exclusive look at processes that normally fall under the radar.

Carmen Aaronson '24, a bass clarinet player for SI's orchestra, said, "I really enjoyed getting to share the music we're playing. SI is a fairly sporty school, so I love that SI has dedicated.a night to also showcase the arts."

In addition to performing arts, SI's own art teacher, Ms. Katie Wolf, set up a beautiful display of student art from her classes, including Art & Architecture and Sacred Symbols. These piece included paintings, 3D creations, and sketches. Next to the display, talented pianists rotated in and out of the foyer to play music while spectators enjoyed the art.





Dancers perform a piece to showcase Dance Workshop.

Student art from Ms. Wolf's classes on display.

As fall semester marches on, watch out for announcements about buying tickets for the Fall Play and Winter Concerts!



Ms. Gomes leads choir singers in preparation for the Winter Choral Concert. Shea Tran '24 leads the violins in "Sleigh Ride."

Mr. Green directs the jazz band in Stevie Wonder's "Superstition."











SI NEWS

Cece O'Brien '24

St. Ignatius College Preparatory's homecoming was an absolute hit this year, and it was all thanks to the dedicated efforts of the student council. Senior council members Aarav Penumarthy '24 and Matt Blake '24 introduced a fantastic idea that brought a whole new level of excitement to the event: the Senior Section, a major success. Within this cutout space, seniors were served with couches and In-N-Out burgers.

Avery Ghali, a member of the Class of 2024, expressed her delight, saying, "It was so much fun! The music was on point, the food was delicious, and the atmosphere was electric." Avery's enthusiasm was shared by many, and anticipation is already building for what the Student Council has in store for senior prom.

HOMECOMING

The heart of the homecoming festivities was none other than our beloved Carlin Commons, transformed into a vibrant club. Flashing lights, massive speakers, and a soda bar added an exhilarating edge to the event, turning it into an unforgettable night.

But the true star of the evening was DJ Sharp, who brought the house down with his beats. As the official DJ for the Golden State Warriors, he knew precisely how to keep the crowd moving. Playing fan favorites from artists like Fisher, ABBA, and Drake, he ensured that the dance floor remained packed and the energy level sky-high.

Homecoming at St. Ignatius College Preparatory was a night filled with memories, laughter, and a whole lot of dancing. <image><caption>

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Sienna Cline '25

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THE ROLE OF SI AMBASSADORS

Contributing Editor

During the months of September, October, and November, many new faces surround the halls on Wednesdays, Thursdays, and Fridays. These unknown faces were the faces of eighth grade students who are considering submitting an application to join the SI community to become members of the Class of 2028. These eighth graders took tours on the SI campus in order to become more familiar with the layout of the school, as well as to see if they could picture themselves as a student at SI.

This tour is very valuable since it allows the eighth graders to directly stand in classrooms and get a feel of student life at SI. Through this process, eighth grade students experience what it is like to learn at SI and familiarize themselves with how our teachers conduct their lessons. Although freshmen have the opportunity to give tours, mainly sophomores, juniors, and seniors guide the tours to the eighth graders. Ambassadors were typically assigned one or two eighth grade students that share their hobbies and interests.

If an eighth grader was interested in the soccer program at SI,

then that eighth grader would likely have an ambassador who plays soccer at SI. However, if an eighth grader was interested in playing an instrument for the orchestra, then that person would likely be paired with an ambassador who is involved in the orchestra. This thoughtful pairing method allowed the eighth grader students to have a personalized tour, leading them to have a great first experience of SI.

When asked about her experience serving as an ambassador, junior Alicia Jovero stated, "It is so rewarding to display my school as I am so proud to be a part of it. I enjoy displaying a school that has so many great resources and achievements." Additionally, junior Caitlin Maccauley stated, "I love connecting with potential future Wildcats and getting to express my pride for our school."

SI ambassadors create a safe and welcoming environment for these 8th grade students who nervously await the next chapter of their lives. This program plays such an important role in the school community as they allow SI to continuously thrive and welcome freshmen into the community each year.

SECOND QUARTER PRAYER SERVICE

Cayden Tu '24

Editor-in-Chief





DIWALI: CELEBRATION OF LIGHTS

Annika Watkins '26 Anthony Jin '24 Contributing Editor <u>Managing Editor</u>

Diwali, or the Festival of Lights, is one of the most significant religious celebrations in Indian religions, like Hinduism, Jainism, and Sikhism. This year, ASC hosted a Diwali event on Oct. 25th. They will host another on November 9, 2023, right after school in the Commons. Be sure to stop by to join this special celebration!

Above: The second quarter prayer service held Tuesday, October 24th was a great time to reflect on our common home. Ms. Miguens and Shelby Evans '24 led an amazing talk sharing their immersion experience in Mexico. The use of a globe centerpiece created a sense of awe for everyone listening.



DJ Sharp entertains SI

AFFINITY

CELEBRATING HISPANIC HERITAGE MONTH: EMBRACING DIVERSITY AT SI

Camila Limo Fernandez '26

As the leaves change colors and the air turns crisp, we embark on a journey of cultural celebration at SI. September 15th to October 15th marks Hispanic Heritage Month, a time to honor and recognize the rich contributions of Hispanic and Latinx cultures to our world. But why is it essential to celebrate this month, and how can it foster a more inclusive and diverse community at our school?

Hispanic Heritage Month, initially a week-long celebration established in 1968, was later expanded to a month in 1988. It encompasses the anniversaries of the independence of several Latin American countries, including Mexico, Chile, and five Central American nations. The month was an opportunity to highlight the remarkable history, traditions, and accomplishments of Hispanic and LatinX individuals and communities.

> Celebrating Hispanic Heritage Month is not just a celebration; it is a chance to expand our horizons, embrace diversity, and build a more inclusive school community. By learning about the rich heritage of Hispanic and LatinX cultures, we strengthen ou bonds, deepen our understanding, and promote a world where everyone's contributions are celebrated and respected.

Activities this last month were an invitation to , connect, learn and grow together as a more diverse, inclusive, and understanding school community.

ALAS CARNAVAL: UNA CELEBRACION!

Camila Limo Fernandez '26 <u>Anthony Jin '24</u>

Annika Watkins '26

Contributing Editor <u>Managing Editor</u>

Every year the Association of Latinx American Students (ALAS) hosts the ALAS Showcase, a celebration of the Latinx community on campus. This year, the theme was "Carnaval: Una Celebración!" This theme was meant to emphasize the importance of Latinx pride, unity, and cultural wealth on campus. This event was held on Saturday, October 28, 2023, bringing together students, faculty, and alumni to celebrate Latinx culture through art, poetry, music, and dance.

Contributing Editor

Celebrating Hispanic Heritage Month introduced our school community to the vibrant tapestry of Hispanic and Latinx cultures. Through educational events, presentations, and activities, we learned about the diverse customs, languages, foods, and art that make up these cultures. This knowledge helps foster appreciation and respect for our peers' backgrounds.

ALAS, also known as The Association of Latin American Students, is an affinity group here at SI that fosters community between students who identify as Latinx or Hispanic. Our mission is to create a community of students where we are able to explore our identities and share experiences as one. We support and empower one another, and help build a more inclusive and diverse environment at SI. In ALAS, we celebrate our beautiful culture, history, and experiences as one family.





ALAS dancers perform at the 2023 ALAS Showcase on Oct. 28th.

ASC: STRENGTHENING ASIAN CULTURE AT SI

Contributing Editor

The Asian Student Coalition (ASC) is an affinity group that has been enhancing Asian culture at SI for 50 years! To over four months, beginning in September and ending in December. Diwali, on the other hand, is one of the most

⁹hotos c/o SlickPic

appreciate and recognize ASC on a deeper level, I interviewed my friend, Jackie Hang '26, about what ASC brings to the SI community. This year, she is a Historian on the board, so her responsibilities include "posting on the ASC Instagram, and doing publicity for ASC." You can follow their Instagram: @si.asc!

Other board positions include co-presidents, secretaries, and ambassadors. They plan events, create announcements, and host "various events throughout the year, from Pasko to identity formation meetings." These identity formation meetings discuss more serious topics such as colorism and Asian American Pacific Islander hate, and provide Asianidentifying students with a safe space to talk about their experiences and bond with others. "It also provides space to share both the joys and struggles of being Asian, in and out of SI," said Hang.

ASC also participates in several fun celebrations, including Pasko and Diwali. Pasko is one of their "biggest events where we celebrate Filipino Christmas." The festive season is celebrated significant religious celebrations in Indian religions, like Hinduism, Jainism, and Sikhism. It lasts five days and typically occurs during late October or early November. This year, it falls on November 12th and represents the triumph of light over darkness.

ASC is such an important aspect of SI and helped Jackie to "find community at SI." Furthermore, ASC serves to build relationships between Asian students at SI and spread awareness of Asian traditions and culture.



Holi 2022

Photos c/o SlickPic



ASC Kickoff

OUTSIDE SI

VIOLENCE ERUPTS IN ISRAEL AND PALESTINE

Lucas Liang '26 and Kate McFarland '24

On October 7, 2023, groups of Hamas internationallyinfiltrated militants recognized Israeli territory surrounding the Gaza Strip in an unprecedented surprise attack. Hamas, a heavily armed, anti-Israeli, and Islamic-extremist group, is designated a terrorist organization by the United States, the European Union, and other countries. As displayed through videos appearing on social media, the militants crossed the heavilyguarded border with bulldozers tearing down the border fence. Facing initially light resistance, the militants roamed border settlements in vehicles and on foot, killing Israeli civilians and soldiers according to the Israeli government. Most of those killed were civilians, including children and infants, with many shot in their homes or on the streets of their towns or villages. In addition, Hamas took hostages from Israel into the Gaza Strip, to use as apparent bargaining tools in negotiations with Israel.

Israel responded forcefully to the attacks, with the Israeli government declaring war and mobilizing its military. In the weeks since Hamas' initial attack, Israel has launched continuous airstrikes within the Gaza Strip. Additionally, Israel tightened its blockade of the Gaza Strip by stopping all food, water, electricity, and fuel from entering. The Israeli military asserts that these strikes are targeted at Hamas, and civilians casualties are not intended. The Associated Press reports that hospitals in Gaza face dwindling supplies as Gaza's civilian population runs out of food, water, and medicine. Israel has since allowed limited humanitarian aid through Egypt; however, the Israeli government states that

With AMA we stand for peace, and we stand for our voices to be heard. We should be united in finding a common pathway as a community by condemning any Islamophobia, antisemitism, and any persecution of gender, religion, and ethnicity. Dina Frenkel '24

the total blockade will not be lifted until all hostages held by Hamas are released. Israel plans to expand military ground operations in Gaza in the coming days.

Many SI students have family in Gaza, Israel, and Palestine and this situation is nerve wracking, as people sit thousands of miles away worrying about their relatives in war-ridden countries. When asked about his hope for this situation, Jacob Bushler '25, one of the Co-Presidents of the Jewish Affinity Group (JAG), and Ari Bushler '26 stated, "We hope for the safe release of the hostages held in Gaza by Hamas, hope for the dismantling of Hamas, and hope that Palestinians will choose a government that is willing to live in peace with Israel through a two-state solution."

66 We hope for the safe release of the hostages held in Gaza by Hamas, hope for the dismantling of Hamas, and hope that Palestinians will choose a government that is willing to live in peace with Israel through a two-state solution.

Jacob Busher '25 and Ari Busher '26 🤍

SI's Affinity Groups are great outlets to talk with people who may have similar backgrounds. Campus Ministry invited students to Orradre Chapel on October 29th to pray and reflect on the violence occurring. Students in both the Jewish Affinity Group and the Arab and Middle Eastern Affinity group agree that the violence is not the way to solve the discrepancies between the two feuding countries. One of the Co-Presidents of the Jewish Affinity Group (JAG), Dina Frenkel '24, emphasized solidarity, saying, "With AMA we stand for peace, and we stand for our voices to be heard. We should be united in finding a common pathway as a community by condemning any Islamophobia, antisemitism, and any per-

STUDENT LOAN RELIEF PROGRAMS DEVELOP

secution of gender, religion, and ethnicity."

Many Jewish students also have concerns regarding the increase in antisemitism throughout schools in the US. Jacob Bushler '25 and Ari Bushler '26 stated, "We should try to make sure that the Jewish students at SI feel safe and that we avoid divisiveness and have zero tolerance for hate speech in our community" and that we need to ensure that Jewish students are not "having to live in fear as a result of violent pro-Palestinian protests and declarations of global jihad and the killing of the Jews."

Alexander Salentine '26, an ambassador for AMA, said, "I think reducing polarization is the best thing we can do. Fostering dialogue between Arab/Middle Eastern students like myself and my fellow Jewish classmates is needed to foster an authentic agreement and alliance together during this tough time." The AMA and JAG highly encourage learning more by attending their events and making donations to help those in need overseas.

This war is unique from those in history because word is spread much faster with the use of the internet. Additionally, claims of the tragedies are proved by video evidence. These images make clear that the ongoing violence, hatred, and murdering of innocent lives needs to come to a hard stop.



<u>Contributing Editor</u>

Evan O' Driscoll '24

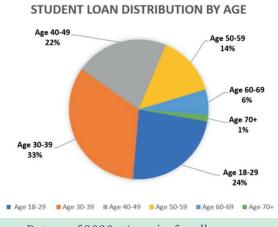
burden on many Americans, as the average price of an undergraduate degree has now risen over 165% since 1980. While students are accepted to dream schools and see the pieces of their future falling into place, some are met with a financial hurdle to navigate. Loans are a common place for students to turn to when left with few other options to secure their college education. As of 2020, more than half of scholars graduating with bachelors degrees were in some debt; the trillion dollars.

The Biden administration refers to existing debt reduction programs. This is a forgiving student loans for Americans who college education as a "ticket to the middle touchy subject for Americans; opinions are have consecutively made loan payments class," and rightfully so - higher education often strong and opposing each other. Some for at least 20 years. Finally, \$1.2 billion has can be a straightforward path to greater view college debt as unfair, a barrier keeping been slated according to the Department of opportunities and a better life. However, the educated individuals from living fully free Education for "borrowers who have a total accessibility of college has become a great lives and totally pursuing their careers. or permanent disability and have been However, others believe that widespread debt relief isn't fair; debt is a part of most Americans' lives, from mortgages to car payments, and for some, student loan debts student debt. Instead, they are taking are no different- students signed the loans themselves... shouldn't they pay them off? Well, the Biden administration isn't simply waving its hands and forgiving all student loan debt. Instead, they have doubled down this month on specific relief programs. The biggest spending, \$5.2 billion, is total national debt to date is well over 1.5 directed toward the Public Service Loan Forgiveness program, which forgives the To many, the conversation surrounding remaining balance of debt for public servants such as teachers, firefighters, and "canceling" student debt has often been social workers who both make payments and brought up, but the practical effects of these remain public servants for at least ten years. The income-driven payment-repayment However, President Biden's administration program is the beneficiary of a \$2.8 billion

identified and approved [by] the Social Security Administration." the So, government isn't suddenly forgiving all concentrated steps to ensure some debt relief for Americans who are already entitled to it.

this topic is somewhat stale - the idea of ideas are seldom clear.

announced that student debt relief would be relief package; the focus of this program is extended to an additional 125,000 Americans through revamping



Data as of 2020. c/o savingforcollege.com

OUTSIDE SI

THE LEGACY OF DIANE FEINSTEIN

Heather Yee '27 & Janice Yan '27

Dianne Feinstein, the longest-serving senator in California history, died on Friday, September 29th. She was 90 years old. Feinstein passed away in her Washington, D.C. home in the company of her daughter, Katherine Feinstein. Throughout Dianne Feinstein's many years in government, she was defined by the many glass ceilings she broke and her numerous accomplishments.

Her political career started here in San Francisco, where, in 1969, she became the first female president of the San Francisco Board of Supervisors. Nine years later, in 1978, she succeeded Mayor George Moscone after his assassination. During her 10 years as mayor of San Francisco, Feinstein enacted gun control legislation and led the renovation of San Francisco's cable cars.

Feinstein was elected to the United States Senate in 1992. While serving there, she was extremely vocal about environmental protections. Her outspokenness led to the passage of the California Desert Protection Act of 1994, which designated certain lands in California's deserts as wilderness and established several national parks including Death Valley and Joshua Tree. Its aim was to protect the unique desert ecosystems thriving in the area.

To many, Feinstein may have seemed like just another one of the twenty-five women in the U.S. Senate, but to so many women, she

GERALDING

was more than that; she was a role model and a pioneer.

When Feinstein began her journey in office, she and only one other woman, Barbara Boxer, were serving in the U.S. Senate. Feinstein taught many young women to be leaders and to always take strong initiative. She showed people what it looked like to try to the best of their abilities and not rely on opportunities given, but earned instead.

Feinstein was very passionate about banning or limiting the sale of assault rifles because she witnessed two of her colleagues, Mayor Moscone and Supervisor Harvey Milk, die at the hands of gun violence in 1978. Senator Feinstein also led a project to create Breast Cancer Stamps to help raise money to fund Breast Cancer Research. The project raised over \$100 million.

In addition, Feinstein helped secure \$4 billion for drought relief in the 2022 Inflation Reduction Act, which would fund water conservation projects to keep a sufficient amount of water in the Colorado River in the face of climate change. This provision helped prevent California's water system from being over-stressed.

As displayed by these actions, Feinstein worked incredibly hard during her three

decades in the Senate. DianeFeinstein's legacy continues to inspire people to try to make a positive impact in the world. Feinstein wasn't just a role model for women; she was an inspiration for everyone. Every day, we pass on Feinstein's legacy and can continue to advocate for the issues she championed.



Senator Feinstein addresses the audience alongside fellow Senate Democrats

SPOTLIGHT

c/o Kate Quach

GEORGIA A

Cast of 2023–2024

Kate Quach '25 Associate Editor-In-Chief

Meet the Cast of the Frosh Closeup for 2023–24! Join us on their journey as they beam with delight while reflecting on their stellar experiences!

SHINING BRIGHT IN FROSH YEAR!

AMIM

I'm in Product design, Playwright festival, DnD club, Robotics, Daraja, Mock trial, LGBTQ+ affinity, JCL, Crew, Speech and debate, and the Book Lovers Club. I'm enjoying trying to juggle this mess of a schedule and trying a bunch of fun new things. -- GEORGIA I have been able to express myself more frequently and feel loved by those around me. Despite the first few days of transitioning

Currently, I'm a varsity cross country runner, signed up for multiple clubs, and I've participated as a reader for Monday Morning Liturgy. I've been

FAVORITE SCHOOL EVENT?

I've really been enjoying the football games! I love rooting for SI, and screaming till I lose my voice. -- **GEORGIA**



SE-1

I really enjoyed going to the Volleyball Bruce Mahoney game. It was fun to come together as a school to cheer on our amazing athletes! --**AMI**

Contributing Editors

here had been hard, you able to have to get through the take g hard days to live out the establish best days! c

-- GERALDINE

able to meet new people, take great classes, and establish myself into the SI community. -- AMI

Choir! Being able to sing my heart out everyday has brought me lots of joy. Singing along with my classmates makes it even better!

FAVORITE HALLOWEEN CANDY?

Twix are the best by far, and the right Twix specifically. I know they aren't actually any different but I'm telling you they taste different! -- GEORGIA



Smarties and Snickers! Both candies bring me lots of good memories from my first trick-ortreats! --GERALDINE



You can never go wrong with some candy corn! --AMI

SPOTLIGHT —

CARIANA CAMPBELL'S BALANCING ACT

Logan Mitchell '25 & Leena Feeley '25

At an athletically driven school, SI athletes often face the challenge of balancing their academics with athletics. As students work to keep up in both academic and athletics, they have to contend with their tight schedules. Junior tri-sport varsity athlete, Cariana Campbell explained, "I have practice everyday after school because each season goes into the next so I don't really have a break in between. Then, after school and practice when I get home, I have to do all my homework." The whirlwind of activities Wildcat athletes encounter shape their routines into fastpaced blurs.

At SI, student athletes find it difficult to utilize time wisely with the intersection of sports seasons with school life. Cariana described that although having daily afternoon and morning practices are a challenging task, finding ways to manage her time is crucial. In order to get all her work done, Cariana has to take advantage of any unstructured time she has in her day. She said, "I manage my time by basically utilizing all of the break and extra time I am given during the day." Many student athletes have to work during the few breaks we have in school in addition to extra hours before school. "I also get up sometimes earlier in the morning to go meet with teachers because I can't meet with them after school because I have practice."

Since athletes experience these unmanageable schedules, they must find ways to prioritize their mental health, fostering a sense of focus and time management. Applying Cariana's strategies to one's daily life may help in discovering a balance while also maintaining time to ease those pressures one may feel during a packed season.



Photo c/o SI yearbook

GIRL POWER: UPDATE ON SI CLUBS

Alicia Jovero '25 & Sierra Murphy '25

Contributing & Managing Editor

Daraja Club



One of the largest clubs at SI, the purpose of Daraja Club is to raise money and awareness for women's education in Kenya through numerous bake and free dress sales. This year, their first bake sale raised \$600! The club's big tradition is the annual Race for Daraja, which takes place in May and receives a large number of participants.

Women in Business



Women in Business, a

SI's Girls' Journalism



SI's Girls' Journalism club began in 2022, and has grown exponentially over the past year. Girls' Journalism November issue will range from fall articles to events in and outside of SI.

"We were really happy with how the first meeting turned out, a lot of girls came with such good energy and were enthusiastic to start writing," said Shay Moriarty '25, a leader of the club.



new club this year, is dedicated to inspiring young girls to pursue careers and passions in business and other related fields. Club presidents Ava

Murphy '25 and Sofia Filice '25 explained how their club "strives to teach the young women of SI how to be leaders and excel in their careers after high school."



WOMEN'S HEALTH ADVOCACY CLUB

Created by Sophia Todd '25 and Sadie O'Leary '25, the Women's Health Advocacy Club aims to raise awareness for breast cancer, polycystic ovary syndrome, and cardiovascular health. They advocate for progress in the study of various aspects of women's health, which is especially important in October (Breast Cancer Awareness Month). They are responsible for organizing the "pink out" volleyball game and bake sales to support the American Cancer Society.



Photos c/o SlickPic

SAN FRANCISCO COFFEE SHOPS

Senna Nijagal '24

As a student in highschool, it is sometimes difficult to muster up my own energy, especially on mornings after staying up late to study for a test or when waking up while it is still dark outside for early morning practices. For this reason, I have discovered my favorite source of borrowed energy over the last couple years: coffee. Through morning after morning of showing up to class with a coffee in hand, I have discovered some of my favorite local coffee shops on my way to SI!

First and foremost, I have to start with the coffee shop that began it all: The Beanery on 602 Irving Street. This neighborhood coffee shop is the first coffee that I ever tried, introduced to me by my dad who has gone there so many times that they start making his coffee for him as soon as he walks in (at least that is what he has told me). Although my order over the years has changed, it is still one of my favorite coffee shops, and I hope that I soon will become one of their regulars, like my dad.



<u>Editor-In-Chief</u>







Senna Nijagal 24

<u>Editors-In-Chief</u>

where you could get away without caffeine for the day, then I would highly recommend getting the hot chocolate with whipped cream. It will change your life.

This next cafe is not really a coffee shop, but they do sell my favorite caffeinated drink ever: matcha. Third Culture Bakery is located at 549 Irving Street and they have delicious matcha drinks and mochi baked goods. If you have not tried either of these two before, I would highly recommend visiting this little cafe. My favorite drink there is the Caramel Matcha Latte, and I have also fallen in love with their original mochi muffin and signature pink decor.

Next is a familiar spot for many SI students: Andytown Coffee Roasters, with multiple locations very close to SI. This coffee shop is delicious, but also a bit more expensive, and it was the primary source that received most of my money my sophomore and junior year. Although I love their iced lattes, Andytown's hot chocolate with whipped cream is the most delicious drink ever. If you find yourself in a situation

Lastly, sometimes there are mornings where you do not want to spend money and find yourself with a couple extra minutes on your hands. On these mornings, I love to make myself an iced oat milk latte at home, and I have to say, they usually rival the ones that I get at my favorite coffee shops (even though I miss the fancy plastic cups that I get to bring to school). To create this drink, all you will need is coffee pods or instant coffee, your milk of choice, brown sugar or honey, and a mason jar.

BUILDING ENERGY ON SI'S NEW CAMPUS

Continued from Front Page

create more classroom space for students and to create a flexible learning environment for all types of students, one main goal behind the project is to improve SI's use of energy.

In an interview with Inside SI, Father Reese discussed a few methods to make this planned building environmentally friendly, with "solar panels" and "trees and plants surrounding the school on all sides." He commented on the possible impacts of these new additions. "I would assume in addition to us going solar, San Francisco would go much more solar, and so the power we get off the grid would be more solargenerated rather than fossil fuels." With SI leading as an example for other schools and businesses in the Bay Area, perhaps our energy use as a city will improve and in turn, help in the ever-present fight against climate change. Father Reese isn't the only one who shared positive thoughts about this new building. Elise Priesman '24, one of the leaders of the Green Team, shared that "Solar panels would be an excellent addition to our campus. As a school dedicated to social justice, I firmly believe that we must proactively reduce our carbon footprint, and solar energy is a powerful means to achieve this goal. Utilizing solar power and taking concrete steps towards a greener future aligns with our mission for the year of caring for our common home." Although SI has taken many strides in improving its energy use, there are still some slight improvements that would create a cleaner Earth. One of the options could be to find a way to create sustainable growth such as possibly growing ingredients for the meals that the Commons makes. An ambitious goal would be the school running entirely on energy from solar panels, perhaps farther down the line after the 2025 renovation.

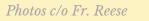


A rendering of a planne<mark>d 3</mark>rd floo<mark>r g</mark>arden o<mark>n</mark> SI's pla<mark>nn</mark>ed

Overall, this initiative, along with the new trash policies SI has implemented this school year, attempt to contribute to the same cause: caring for our common home.

academic building, showing trees and other greenery.

As a school dedicated to justice, I firmly believe that we must proactively reduce our carbon footprint." - Elise Priesman '24





The new SI building would be surrounded by trees on all sides.

FEATURE

Zoe Omar '25

CLEAN ENERGY ADVICE COLUMN

Contributing Editor

How can we save energy? Whether it's at school or at home, the clean energy movement is making a stride in spreading awareness on energy conservation. Decreasing the amount of daily energy usage can have great impacts on the environment, including but not limited to, the reduction of air and water pollution created as a result of fossil fuel emissions. Inflation also increases the cost of using energy, so reducing energy alone can save a tremendous amount of money. While conserving energy seems like a daunting task, it can be done simply and it can begin now.



- 1. Take showers instead of baths
- 2. Only use devices when needed
- 3. Turn off your lights when they are not in use
- 4. Plant something!

AT SCHOOL

- 1. Ride a bike, walk, or take a bus/carpool
- 2. Use both sides of paper when taking notes
- 3. Invest in a reusable water bottle
- 4. Sort your trash properly

Evelyn Conboy '26

CARE FOR OUR COMMON HOME: SI'S ENERGY INITIATIVES

Contributing Editor

At the beginning of the year, Principal Levine introduced our annual school theme as "Caring for Our Common Home." So what does caring for our common home mean? With the recent influx in wildfires, floods, and heat waves across the world, there is an evident need for change. According to the most recent AR6 Synthesis Report from the Intergovernmental Panel on Climate Change, scientists have a high level of confidence that "the choices and actions implemented in this decade will have impacts now and for thousands of years." Our choices right now, both individual and community, matter.

Mr. Carlos Escobar, Dean of Students, said, "Our home is not only our physical home... but also our environment, and the list above is merely a fraction of them. Kylie Tam '25 said she saves energy by "taking shorter showers and making sure the dishwasher is full before doing the dishes." Moving away from baths and towards taking shorter showers can significantly save energy. Shorter showers also force people to be more efficient with their time and usage of water. While not everyone has access to a dishwasher, they are also very useful in saving energy as they can decrease the amount of water needed to wash dishes. Waiting to run one's dishwasher or washing machine until full decreases waste, saving energy by running less cycles. People can make a difference in a vastly uncontrollable world by small actions that save energy.

Caring for our common home requires action. There are many ways we can care for

So what has SI done to cut down on its carbon footprint? Building and Grounds manager, Mr. Meehan, explained that SI has implemented larger scale projects to reduce carbon footprint in recent years. For example, SI recently retrofitted the light fixtures to automatically turn off when not in use. Additionally, SI has installed 16 Electric Vehicle charging stations in their garage and replaced their windows with a darker glass to cool the school without using

> AC. Mr. Meehan explained how these measures have cut back on our consumption of electricity but thinks that our current efforts could be improved and are not "extraordinary." This year, as many SI students are aware, the school is making a big effort to focus on reducing our trash contamination. Mr. Escobar explained how education and environmental sustainability are integrally interwoven in living up to our "role here as students" and explained that "where our waste goes is a big part of minimizing our carbon footprint." When asked about specific goals in terms of reducing our carbon footprint, Mr. Escobar said, "It'd be great if we can get to under 10% of contamination in each of the streams." He expressed doubt of reaching that goal yet but was looking forward to the anticipated trash sort on November 9th,

our community and our greater world. Part of our responsibility as inhabitants of this world is to **be accountable to each other**... [and] to make sure we **leave this world a better place** for the people that are coming after us and that's that's foundationally what we're trying to teach our students here."

SI's Environmental Science teacher, Ms. Kennedy, explained that care stems from the "little things," such as turning lights off or unplugging electronics. She explained that in her class students learn how fossil fuels are used in everyday situations, such as getting fast food, and ultimately focuses on the question, *"What can you individually do? What can you teach your family?"* Her class also looks into larger scale issues such as carbon tax and cap and trade. She concluded that caring for home spans "from little everyday things you could do to communicate, to larger scale issues for how to build excess carbon."

which he says will "give us a good kind of sense of where we are." He predicts that we are doing much better than last year but hopes, "we can still do better even yet." By educating those around us and participating in community efforts around the school such as the Green Team, which recently hosted a trash cleanup along Sunset, SI can be a catalyst for caring for our common home.

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Rini Saha '25

WHAT ART FORM GIVES YOU THE MOST ENERGY?

Contributing Editor

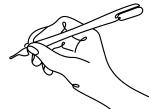
FEATURE

Humans for ages were fascinated by the process of creating or observing art. It provokes thought and a deeper level of subconscious understanding. The way creating or observing art tells a different narrative or connects with the audience intrigues many today and will continue for years to come. People get lots of inspiration from life around them. Some of that energy channels into various forms of art from literature, to drawing, to dancing.

There's power in stepping back and observing the beauty and the perspective the artist holds when creating the piece. In the eye of the beholder, a particular atmosphere, or energy is drawn out, inspiring others to pick up a pencil and start making art too.

Here are some words from students about what kind of art gives them energy- from their own creations to famous pieces!

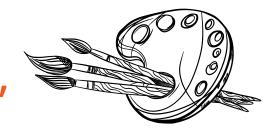
"I like writing fiction and essays about things that are important to me." ~ Elizabeth Foster '27



"I get energy from writing stories, especially fantasy." ~ Madison Dela Rama '27

"Watercolor painting gives me energy. I love to use water to creatively illustrate my paper.

~ Chance White '25



Sophie Barsoian '26

TEACHER TIPS ON ENERGIZING STUDENTS

Contributing Editor

... In Coach Cal's Classroom

"For me, the weight room, north field, and weigand theater are my classrooms where I lead movement based activities. Depending on the group, day, plan, time of day.... energy levels will predictably fluctuate. It's our job as collaborators in a process.... teacher/coach as well as athlete/student, to be attentive to the different and ever-changing levels of energy we all bring to the collaboration... and to notice and adapt to the needs of the learner and the task. I know that I tend to be more introverted to the casual observer, a little reserved. However in a training session, I bring a different energy that I sometimes need to temper or calibrate to meet the needs of the group."

... In Mr. White's Classroom

"I teach Sophomore English and Senior English. I see students bring energy with their greetings at the door, their smiles, their laughter, and their willingness to be theatrical, performative, and silly in class. We joke and laugh a lot in my class; we know when to play and when to get down to business; and the two do not have to be mutually exclusive. Group-work, play, and physical movement are major parts of the energy in my classroom. My philosophy: the movement of bodies can lead to the movement of minds. Change seats everyday! No lectures! More student-to-student facetime! Less teacher talk! I bring energy by being visible, accessible, and engaged in our school community outside of my physical classroom. I try to attend a range of extracurricular activities from sports to the performing arts to cheer students on. I bring energy by asking and showing interest in students' lives outside of school. I invest in the full-person, not just the student dimension."





"I teach freshman and senior religion classes and Algebra 1 Accelerated. For my 9th grade classes, students are just getting to know each other and the school. They bring their excitement of all the newness and potential that their high school experiences hold. Since students are encouraged to be themselves, the energy is fun and oftentimes silly. For my seniors, the energy is a little different. Since this is their last year, their attention is around the pressures of college essays and acceptances. Already formed friendships and a familiarity with the school leaves lots of room for interesting conversations around class material. Their life experiences lend insights into class discussions and the energy students bring to these conversations is more intellectual and even humorous. In my math class, enjoy demonstrating my positive energy while students work through their frustrations, getting excited for them when they make improvements, and I love watching students 'get it.' I also love the people that I work with, and whether it's laughing or swapping stories, I try to bring positivity and fun to my colleagues."

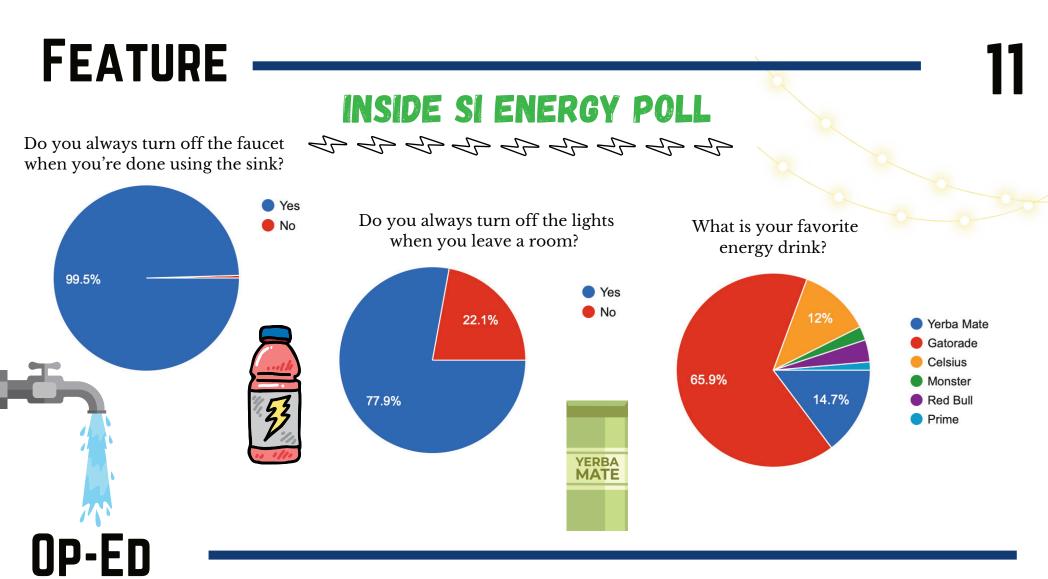


... In Mr. Castro's Classroom

"I am primarily the Psychology teacher. Between Cognitive Psych, which is about the mind, and Neuropsych, which is about the brain, I have five classes of psychology; I also happen to have one section of Ethnic Studies for 9th graders. Students bring energy to the classroom through laughing, talking, and engaging with each other and with me. In psychology, I also get to see them volunteer for a wide range of wild demonstrations. For example, we go down to the gym, run around and play some basketball, while wearing perception-distorting goggles. It's always chaotic, and nobody looks cool doing it... but students still agree to do it — and they have a great time. My wife and I have no children of our own, but our sisters do, and so I think of myself as an uncle — and I think that's the energy I bring to the school. There's things kids can't say or do with their parents, but with an uncle it's okay. Think about how an uncle shows affection. It's probably not with hugs and kisses, and it's probably with him joking and making fun of a kid. That might, possibly, perhaps, maybe be how I hypothetically emote with students."

... In Ms. Wolf's Classroom

"Students always seem open and ready to explore materials and various techniques in creating original artwork in Studio 108.... 'design and build' makes each day an adventure. Many years of experience in creating artworks (and learning from my mistakes) allows me to share how to be open to creative thinking and allow for mistakes to push forward to a new (and perhaps more interesting!) approach. Proceed and be Bold!"



COLLEGE APP SEASON: FINDING ENERGY

Managing Editor

It is hard to believe that it is already November, especially for us seniors. This month is one of the busiest for us as we are in the depths of college applications. Personally, I have a total of six applications due this month, four of which were due just two

days ago on November 1st. Balancing schoolwork, extracurricular commitments, and social lives on top of writing and editing numerous supplemental essays can feel overwhelming and stressful. Many of my peers resonate with my feelings as well.

For example, Haley Hubbard Godfrey '24 explained, "I'm swamped with applications. The November 1st deadline is really getting to me." Additionally, Grace Miller '24 stated,

"With senior activities, classes, and applications, Naomi Ko '24 works in the it can be very stressful." However, no matter how much pressure we may feel, it is crucial that

we take time for ourselves to pause, reflect, and re-energize.



counseling center.

However, no matter how much pressure we may feel, it is crucial that we take time for ourselves to pause, reflect, and re-energize. Some ways that I like to recharge when I feel tired or unmotivated include spending quality time with friends and family, taking walks in the sunshine, or having a quiet night in. These activities give my mind a break from all the busyness of life.

> Other seniors also find energy in different ways. For instance, Grace also shared, "The tactic that has helped me most is just taking it one application at a time before moving onto the next."

> In conclusion, college applications are without a doubt one of the most time consuming and difficult parts of senior year. While it is important to take one's education and future seriously, it is also just as crucial that we stay present and enjoy our last year at SI together. Let us not forget to always support and energize one another as we navigate through this process.

Shay Moriarty '25

Maya Altman '24

BRING ENERGY TO SI: WE WANT COFFEE!

<u>Managing Editor</u>

that caffeinated drinks would only benefit our school day.

Sierra Murphy '25 said, "The school day can be very exhausting, especially when students are balancing it with athletics, so I think serving caffeine in the commons would give people the energy boost needed to start and finish the day off strong."

Similarly Maya Altman '24 stated, "A lot of students, including myself, rely on caffeine to get through the day. If the commons sold caffeinated beverages, it would be very convenient for students and would give them one less thing to worry about each day." Both students, with heavy workloads, depend on their caffeinated drinks each day to power through school. In agreement, they highlight the blessing it would be to have the source of caffeine in our commons. On the other hand, the leader of the commons, Mr. Yang, justified SI's reasoning behind not having caffeinated drinks. He argued, "I have been working at SI for 10 years and even before coming, SI has always discouraged its students from consuming caffeinated beverages. There is no nutritional value to the drinks, and they have short and long term effects that would negatively affect our students." Personally, I know that I would be beyond grateful to have a section in the Commons fridge where I could pick out a source of caffeine on the days I can't bring mine to school. It would save students so much time if there was an accessible way like the Commons to buy our coffee drinks. SI could help their students come to class ready to learn and bring liveliness to the halls if they could supply them with caffeine. Energy would radiate throughout the classroom and stimulate our learning if brought to SI. After all, everyone could use a little bit of extra light in their day.

busy school day. Furthermore, the lack of SI's source of energy that I believe would be a benefit to everyone.

Energy, defined by Google as "the strength and vitality required

for sustained physical or mental activity," plays a huge role in our

lives, especially as students. Energy can be an umbrella term, used to

describe multiple different things. The term can be referred to

scientifically, like the energy we hear about in our science classes. But

for my article, the energy I am referring to is one that can be found in

the caffeinated drinks that we consume in order to get us through our

A whole day of school is very strenuous and tiresome, even more so if a student has extra-curricular activities. Personally this school year, I have not been able to say that I have had a school day where I am fully attentive and enthusiastic about my learning if I have not consumed some form of caffeine. It is a workout on its own to be completely alert in my classes, making sure I am understanding the material and taking good notes. On top of that, doing my homework, going to practice, and upkeeping my daily tasks, requires a large amount of my energy. I would be falling asleep in my classes and dragging my feet throughout the halls if it weren't for my daily Yerba Mate or coffee.

I know that I am not alone on this matter of needing some caffeine to conquer the day. Just by looking around the halls, I see students carrying some form of caffeine and sipping on it in classes. SI students as a whole would be lost if it weren't for their daily drink of energy, I know that I am when I forget to buy a drink and have to endure my day without it.

If only SI could supply their students with something that could help their lack of motivation and energy, preferably a variety of drinks that are called coffee and Yerba Mates.

Asking around school, it seems like the student body can all agree

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ARTS AND LEISURE

Bailey Nelson '24

A culmination of one artist's impressive music history, Taylor Swift's *Eras Tour* combined 17 years of her numerous music genres into one three hour masterpiece of a performance. The tour's economic impact has even been given a name: Swift-onomics. Taylor Swift brought in \$4.6 million to the local economies of the local cities she performed in, significantly affecting local businesses, clothing sales, public transportation, and tourism.

Taylor tourists spent an average of \$1,300, which includes tickets, hotels, car rentals, restaurants, merchandise, and hair stylists. Local restaurant and shop owners have begun to play Taylor Swift's music and incorporate her into their items, such as named or themed drinks.

Additionally, each of the concerts provided temporary jobs or overtime opportunities at the stadium or nearby stores - security guards at the concert, for example. The Eras Tour accumulated \$2.2 billion in North American tickets, cracking the Elton John Farewell Tour record of \$887 million.



Avery Tin '25

After a groggy Wednesday school day and practice, Ms. Wolf's evening Art and Nature class is the perfect time to connect with peers and nature. Every Wednesday from 5:30-7:30 in Studio 108, students of all grades meet to discuss ecological artists, architects, and designers. In addition to the research, class time is spent on various projects ranging from cultivating plants to take home, and creating stained glass murals, watercolor paintings, and graphite or pen pieces.

The various projects relate to class research of nature in everyday life (e.g. biomimicry in architecture). Maya Briones '25, a current Art and Nature student, described how "art and nature are connected and inspired by Ms. Wolf's lessons with different materials and how we approach artistic expression through nature." Art and Nature alumni Rini Saha '25, shared, "My favorite activities in the class are raising plants and making a stained glass window ... It's especially pretty when they bloom!"

At the end of a semester, each student collects all of their research and art pieces into a final portfolio similar to that of Ms. Wolf's regular day classes. The final portfolio represents a student's growth in under-standing the environment and how nature is intertwined with art.

TSWIFT'S ERAS: ECONOMIC EFFECTS

Transitioning into the psychological impact of the Eras Tour, people have reported that they became so extremely excited before the concert, that presently, they do not remember all they experienced. Not only have people brought this topic up, but therapists have come forward as well saying that their patients have brought this up during their sessions. This experience is called Excitation Syndrome.

I swear, once I got to the Taylor Swift concert, I was so excited I freaked out and forgot half of the concert. -Matt Blake '24



Left: movie theaters sell Eras popcorn buckets. Above: Swifties gather to buy merchandise at an Eras concert.

The pro-shot of the concert, Taylor Swift: The Eras Tour, was released on October 12, 2023 and is definitely a must watch for any Taylor Swift fan. It is especially exciting for those who were unable to attend a concert during the U.S. leg of the Eras Tour. The movie not only includes her thrilling performances but also gives fans a chance to feel like they are front row at her concert, as the film is a singalong.

<u>Contributing Editor</u>

Another recent gift to Swifties was the re-release of Swift's 1989 album that premiered on October 27th, the same day the album was originally released in 2014. Taylor's 1989 album is specifically special because it signaled her transition from country music into the pop genre.



The poster for the Eras Tour movie.

Photos c/o taylorswift.com & New York Times

Contributing Editor





Artwork from Ms. Wolf's Art & Nature Immersive class.



Photos c/o Ms. Wolf

Evie Chen '26



FASHION: HOW TWO MARGOTS CHOSE BIRKENSTOCKS

Contributing Editor

2020's style has been widely influenced by the very popular then because of the way they looked, but Zoom era (when people didn't have to dress up for some physicians liked their ergonomic design. When,







Photos c/o Unsplash

school or work): wide leg jeans, sweatpants, hoodies, leggings, pajama pants, sneakers, and crocs are fairly common across San Francisco high schools.

One item that has risen in popularity is Birkenstocks. Known for their comfortable cork footbeds that provide arch support, these shoes have been gaining even more attention these days because of the *Barbie* movie. In the movie, "Weird Barbie" (Kate McKinnon) gives "Stereotypical Barbie" (Margot Robbie) the choice between a pink high heeled shoe or a Birkenstock sandal. She says the heel is her regular Barbie life and the Birkenstock is able to give her "the truth about the universe."

Birkenstocks have been around for almost a century. In 1925, the grandson of Johann Birkenstock (a shoe maker in 1770s Germany), Konrad Birkenstock, developed flexible shoe insoles and set up a factory to produce them as well as other shoe products. The Birkenstock family continued making shoes and shoe insoles, eventually coming up with their classic footbed in 1963, which was made out of cork due to lack of materials post-WWII. Birkenstock sandals were still not

Margot Fraser tried on a pair of Birkenstocks that cured her chronic foot pain, she loved the sandals so much, she brought some to America and asked the Birkenstock family if they would let her sell the shoes there. They agreed, and although she got off to a rocky start, she was eventually able to expand her business. Eventually, Birkenstocks collaborated with and had its shoes appear on the runways of designers like Marc Jacobs (1993) and Celine (2012). Celebrities like Tracee Ellis Ross wore Birkenstocks as well, which made the brand more wellknown.

Although they're not the sleekest, Birkenstocks make a nice sandal for hot and sunny weather. Some popular styles are taupe suede Bostons, and for warmer weather, Arizonas. Bostons are a suede or leather clog that look kinda clunky but they're very comfortable and easy to wear, like slides or Ugg slippers. Arizonas have two straps and they're a nice sandal for summer weather. So whether you want a pair for fun, for fashion, or for nagging foot pain, there's a Birkenstock for everyone.

ARTS AND LEISURE WHAT'S IN SI'S AIRPODS?

Managing Editor

Ava Murphy '25

October has been THE month for music. From Drake's album For All The Dogs to the release of 1989 (Taylor's Version) at the end of the month. For every listener's taste, there seems to be an ever growing supply of content. The real question is, "What has SI been listening to in this month of October?"





The Varsity Football Team is coming off a huge Bruce Mahoney victory on 10/20.

Women's Golf <u>Record: 12-2</u>

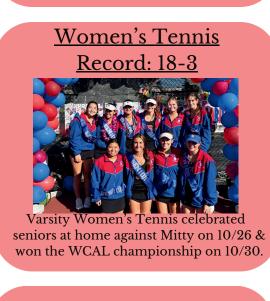


Women's Golf finished the regular season and placed second at WCAL playoffs.

Men's & Women's Waterpolo Record: Men's: 13-7, <u>Women's: 14-8</u>



Flag Football wrapped up a great first season on October 25th against St. Francis.



Cross Country





Men's and Women's Cross Country both participated in WCAL finals on November 1st.





Both Men's and Women's Water Polo celebrated their senior days on 10/18 with both teams winning their games.



Women's Volleyball

Record: 23-11

Women's Volleyball celebrated their seniors on 10/17 with a win over SHC.



Field Hockey celebrated their seniors on 10/26 against Los Altos with a resounding 7-0 win.



On October 20-22, Men's Crew traveled to Boston for Head of the Charles Regatta.

Photos c/o SlickPic

SPORTS

<u>Managing Editor</u>

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RUGBY WORLD CUP & SI RUGBY TEAM

Kate McFarland '24

France's Rugby World Cup, an event occurring only once every four years, captivates players and those passionate about the sport across the entire world. Across the span of 51 days, beginning on September 8th and ending on October 28, 48 matches are played by the 20 best teams worldwide.

Quarter finals on October 14-15 resulted in Argentina, New Zealand, England, and South Africa taking wins and moving onto the semi finals. When New Zealand played Ireland, fans of both teams watched attentively as the score was a close 18-17 at halftime. The game finished off in New Zealand All Blacks' favor with a score of 28-24. This 2023 game is Ireland's eighth Rugby World Cup quarter-final defeat. Junior TK Page was one of the alert viewers watching this game, reporting, "This is a historical World Cup, with the All Black player Sam Whitelock and Ireland's Johnny Sexton both having their final games captaining their countries' teams. It's unfortunate that Sexton had to finish his legacy with a loss."

On Friday, October 20, New Zealand swept Argentina off of its feet, with a final score of 44-6. This means New Zealand will have a shot at winning a record fourth Rugby World Cup. Another close game on the 21st, resulting in a score of 15-16, sends South Africa to the final match of France's Rugby World Cup. This game was a stormy one, with players slipping on wet grass, many medics being called, and lots of substitutions. England had five penalty kicks for 15 points and South Africa scored three penalty kicks and the only try of the match, and converted it, scoring 7 points. This gave them the one point advantage.

New Zealand and South Africa will play each other on Saturday, October 28th, to determine who takes home the World Cup title. New Zealand seems to be the new 2023 Rugby World Cup favorite team, as they are the most successful team in Rugby Union history, winning the world cup in 1987, 2011, and 2015. SI students, go learn about this rapidly growing sport and watch the big game this Saturday at noon!

With its growing popularity in the US, rugby has found its way to the SI community. Preseason workouts for the new SI club rugby team started on September 6, and tryouts are set to begin on November 27. Mr. Casey, an SI Spanish teacher, will coach the team along with other assistant coaches. Flynn O'Connell '25 is excited about the integration of his favorite sport to his school. The SI community is always looking for new ways to grow and diversify itself, and this new addition welcomes both new and experienced players to be a part of this unique sport.

It's a great thing that we're picking up old traditions with new boys...With it being the fastest growing sport in the US we have the opportunity to be one of the early school teams who can hopefully build up enough to be a force to reckon with.

— Flynn O'Connell '25

A GLIMPSE INTO FLAG FOOTBALL'S FIRST SEASON

Madison Dela Roma '27

<u>Contributing Editor</u>

One of the new sports that was released throughout California for high schools is Women's Flag Football. Many SI students were eager to try out the new sport, and here are some insightful answers by some members of the flag football team.

Many of the girls came into the school year willing to try something new, and that included trying out for new sports. While some didn't know much about football, they were still eager to try out for the team. Prior to joining the sport, some of the team admits that they only knew the basics of the sport, but have never tried playing. Flag football becoming a new high school sport gave them the opportunity to try it out.

Overall, they want the sport to succeed for years to come at SI, and potentially country and worldwide, too.



OPENING NIGHT ON WARRIOR'S GROUND

Associate Editor-in-Chief

The Golden State Warriors opened the season Tuesday night with electric fire in their home court. Facing off against the Phoenix Suns, the Warriors stadium paid a special tribute to visiting player Kevin Durant, before starting the game off with a bang. Before tipoff, the Warriors announced their full roster, each player making their own entrance onto the court with energizing music and moves for the fans.

Chris Paul made his season debut with the Warriors, as the most recent trade. Draymond Green, suffering from a sprained left ankle in the preseason, was not on the court, but made a striking appearance in his Warrior colored track suit on the sidelines.

Throughout the game, the two teams went back and forth, the score consistently close between the Warriors and the Suns. They were neck and neck until the very end, when the Warriors ultimately fell short in the last minute, trailing by 4 to end the game.

Sun's superstar Devin Booker led the team with 32 points, ending the game 108-104 Suns. Although the Warriors did not get the win on opening night, the season is just getting started at Chase center, and the Warriors followed with victories in their next two matchung!

c/o SlickPic The Wildcats celebrating a big play against SHC.



<u>Stella Hong '24</u>



Chris Paul and Steph Curry encouraging each other during the game.

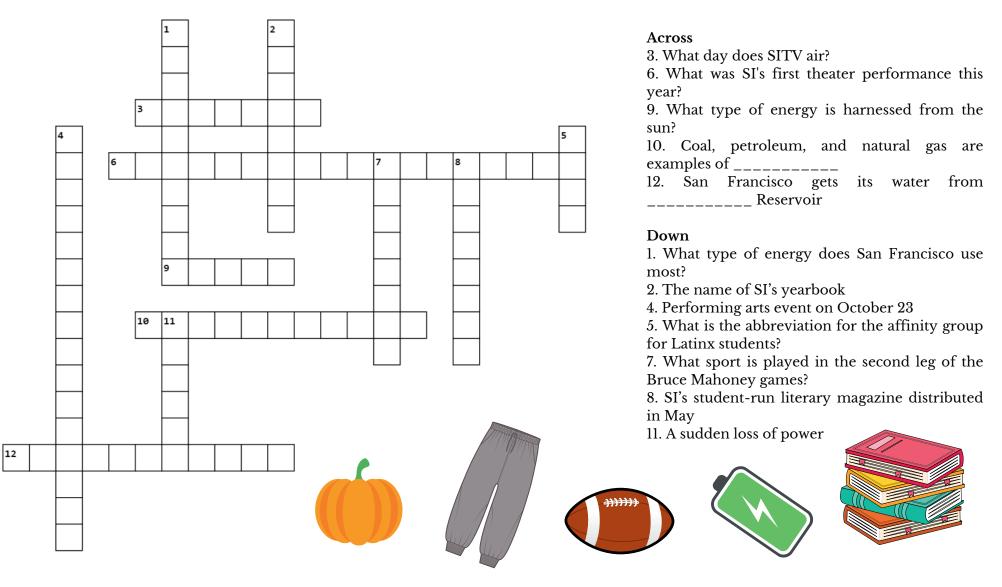
c/o CBS Sports

HUMOR

<u>Justin Lin '24</u>

CROSSWORD

<u>Contributing Editor</u>



THE ENERGY OF SI

Contributing Editor

The pure bliss you feel when you fall asleep during history class,

The pressure you feel hiding your clothes from the Dean's office while you pass,

The chewiness of the pita you bought during your bathroom break,

The disappointment you hold realizing they forgot about the ethics date,

The confusion in your legs after you leave for the bathroom and the teacher says no,

The jolt in your chest hearing "B-b-b-buenos dias San Ignacio,"

The fatigue in your head playing retro bowl instead of reviewing for the test you know you'll fail,

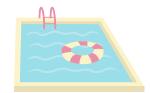
The "Oh," you let out seeing that one college's rejection letter in the mail,

The shock you feel walking into your first class seeing some people had enough time to get Starbucks,

The way the cleaning habits of the underclassmen always somehow suck,

This is what pushes SI Knowing the fourth floor pool is a lie.





Matthew Lim '24

MR. CHAD EVANS ON...

α · 1 · Π1.



SI BOYS' BATHROOM TIERLIST

Below is a ranking of every single boys' bathroom at SI. The S-Tier is the highest - "super." As the letters move down the alphabet, the bathrooms get worse. We'll look at girls' bathrooms next issue. Enjoy!

S Tier

<u>Richard Ng '24</u>

-2nd Floor Blue Side: Faculty Bathroom. Easily #1 A Tier

-Gym bathroom: Clean, has privacy, and a shower.

-Back of Campus Min: I snuck back there, just gonna eyeball it **B** Tier

-Outside Pool: Always empty, spacious, but smells like chlorine -Foyer: Nice but the paper towel dispensers always break C Tier

-3rd floor Red Side: 1st floor Red Side but less crowded

-1st floor Red Side: Nice dividers, every sink has a dif water pressure

-Locker Room: Good bathroom but smells horrible

-Outside Weight Room: Functional, barely squeaks in

D Tier (Go at Home)

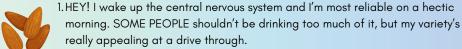
-Outside Engineering: Single stall, dirty, worst smell on campus -Commons: Urinals too close and face the door at bad angle (traumatizing) -Field (Visitor's section): There's a reason we make the other team sit there

ENERGY RIDDLES

Rini Saha '25

Contributing Editor

Solve all of these for a fast, quick BOOST of ENERGY!



- really appealing at a drive through. 2. Snapple minus the Sn
- 3. I like to help increase blood production and am a perfect bittersweet craving when it's dark, very good in cookies too.
- 4. I'm overloaded with Vitamin A, but you'd know me better as a sugary potato that's really good fried or as dessert
- 5. Originally developed in Greece, but Chobani started using my title too.

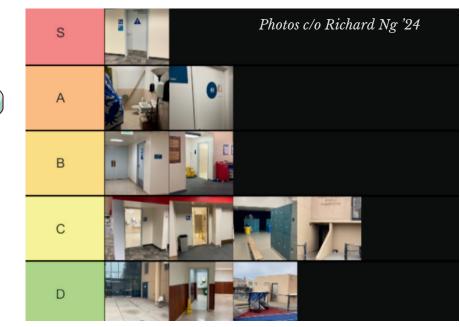


- 7. I contain a good amount of protein, but am a carbohydrate. Some are deadly allergic to me, and lots of people debate which spread is better. 8. Very good after workout snack, a salad of random things. Little kids just like
- to eat the m&ms though.
- 9. ____, the magical fruit, the more you eat, the more you ENERGY. (Not actually a fruit, but actually a legume)
- 10. As a plant-based antioxidant compound, some say I taste like green grass, but in liquid form I got a mean aftertaste.
- 11. I'm in all the large bodies around the globe. Use me to stay hydrated. 12. Composed of Chickpeas and made of complex carbs and fiber. But don't
- worry you won't get blood sugar spikes after common cookies thanks to me. The Commons carries me in stock and I'm exceptionally good with Pita bread.

Water 12. Hummus yogurt 6. Almonds 7. Peanut butter 8. Trail mix 9. Beans 10. Green tea 11. Answers: I. Coffee 2. Apple 3. Dark chocolate 4. Sweet potato 5. Greek

Want to be featured in





CONNECTIONS

Kayla Hoy '24

Contributing Editor

INSIDESI CONNECTIONS

FIND G	GROUPS	OF 4	ITEMS	THAT	HAVE /	A COMMON	VALITY

COKE	ATP	CARBS	NUCLEAR	
KILOWATT	MECHANICAL	SUN	FANTA	
CHEMICAL	PEPSI	CALORIE	GLUCOSE	
SPRITE	WATTS	THERMAL	JOULE	



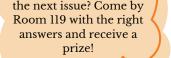




<u>Contributing Editor</u>









Photos c/o Ms. Nickolai

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