

LOVE ACROSS GENERATIONS

Naomi Ko '24, Senna Nijagal '24, Jeslyn Oum '24,
Megan Stecher '24, Cayden Tu '24 Editors-in-Chief

Snapchat. Texting. Countless dating apps. Technology, in all its forms, is at the forefront of romantic relationships for many teenagers in 2024. Most teenagers today cannot imagine a world without technology and how it would affect our relationships with others. Unlike in previous generations, where romantic relationships required face-to-face contact, chance “meet-cutes,” and intentional effort, many of our relationships are now only a click away. Interestingly enough, although these relationships appear relatively easy to form compared to past generations, the number of teenagers dating has been steadily declining. . .

Keep reading on page 10!

A Message
FROM YOUR
Editor-in-Chiefs

This issue, our feature is “Love at SI” – more specifically, ways that people experience love through friendships, relationships, experiences, hobbies, and cultures. Happy Valentine’s Day, SI!

SELF LOVE AT SI

Sofia Wall '25

Contributing Editor

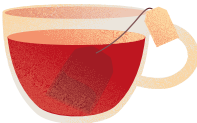
Self-love is in the air. From journaling to unwinding with a good show, SI students deal with many different stresses and tribulations during the season of love by taking care of themselves with some really creative strategies.

We often find ourselves feeling anxious about our work, stressed about challenging exams, and procrastinating upcoming deadlines. But, here at SI, students recognize that self-care is key. But what’s so important about self-care and self-love?

“I think for me, self-care means doing the things that make me feel most in tune and connected with myself,” said Caroline Foster ‘25. “I find journaling and spending time with friends to be the most beneficial when taking care of myself, and I usually retreat to these practices when I find myself feeling anxious or worried.”



“This past weekend, me and my family got together to watch the 49ers game...while we aren’t all massive fans of football, it was still nice to spend time with them.” -Sienna Cline ‘25



It seems to SI, spending time with the people who know you best in the world is the best medicine. Aryanna Karageuzian, also a junior at SI, finds spending quality time with friends and family to be the most fulfilling when feeling stressed. When asked what self-care means to her, Aryanna said, “ I guess taking care of myself physically is a way that I practice self-love. It might seem straightforward, but sometimes the physical feeling of taking care of myself makes me feel more rested and refreshed.”

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Connor Comolli '27

WHAT'S IN A NAME?

Contributing Editor

Each nook of our much-loved campus is distinguished by a name that represents a different story and reflects the heritage and soul of Saint Ignatius. As we journey through the corridors and bustling areas, it is now time to peel off the stories that have become an element of our high school life. This month we feature Carlin Commons, JB Murphy Field, and Orradre Chapel.

Carlin Commons: The Community Hub of Our Campus

A centerpiece of our school, the Carlin Commons is named after a distinguished visionary leader: Fr. Harry V. Carlin., whose leadership transformed the landscape of Saint Ignatius High School forever. Father Carlin, a Jesuit priest whose dedication to education and the community was deep, moved our school's campus from its original site in the middle of San Francisco to an area surrounding the Sunset district.

With Father Carlin as its leader, the relocation of the school to Sunset District not only increased the campus area but also enhanced its relationship with the neighborhood. Carlin Commons is an embodiment of Father Carlin's vision, and this hub of student activities and events symbolizes his desire to build an environment where students could share ideas and participate in the improvement of society.



JB Murphy Field: Remembering an Educator and Leader

Stepping onto the lush expanse of JB Murphy Field, we honor the memory of John Bernard Murphy, affectionately known as JB Murphy. Contrary to popular belief, JB Murphy was not only an esteemed athletic director but also a dedicated teacher.

Over three decades, Murphy left a memorable mark on the lives of students as an educator who went beyond the traditional classroom setting. As an athletic director, Murphy brought his passion for sports and education together, fostering an environment where student-athletes could excel both on and off the field. His commitment to instilling values of discipline, teamwork, and perseverance left an enduring impact on the entire athletic community at SI.



c/o siprep.gorepu.com

Orradre Chapel: A Place for Reflection and Spirituality

When Father Carlin was working on building the new Sunset Campus, he worried he didn't have enough money to build the entire project and planned to build the library and Commons later. However, he was able to secure significant support, including a sizable donation from Mr. and Mrs. Michael Orradre. The Orradre's support made the construction of the new chapel possible and named it in memory of their son, Michael, who died in a tragic car accident in 1964.

The Chapel continues to be a special place for our community to gather, reflect, pray and grow spiritually.



Sienna Cline '25

THE ANNUAL JUNIOR WRITING EXAM

Contributing Editor

The Junior Writing Exam, or JWE, took place on January 23rd, 2024. This year, the juniors responded to a prompt about "the cult of productivity" and whether it is beneficial or harmful to society.

After reflecting on how she felt after the exam, Sofia Wall '25 explained, "I felt like the exam went well and the prompt was fair. It wasn't too basic as it had my mind thinking so much."

When asked about how she prepared for the JWE Ava Murphy '25 stated, "For me, the most impactful way of preparing for the exam was doing various essay exercises

in Mr. Vollert's class. It really helped me get a feel for the test."

Student essays are scored on a rubric ranging from "needs improvement" to "highly effective," with the goal to find the right placement for their senior year English classes. During their senior year, students have a wide range of English electives to choose from, as well as an offering of a year long AP Literature course for those who qualify.

THE GREATEST DISPLAY OF SI SPIRIT: THE LIP DUB

Jeremy Hornik '26 and Chase Kendall '26

Contributing Editors

On January 6th, 2024, SI made a school-wide effort in our biggest show of spirit yet: the Lip Dub! A lip dub is a trend popularized by high schools over the past decade to showcase community and togetherness. Students will walk in front of a camera while lip-syncing different popular songs at the time, and everyone else in the school will stand behind as the camera passes. However, just because someone isn't lip-syncing doesn't mean they aren't a vital part of the video. Everyone cheers, screams, shoots confetti, and makes the video as hype as possible!

On our campus the route started on the J.B. Murphy Field and traveled to some of the most notable locations on the school. The Commons, the Chapel, Student Center, the Pool, Dance Room, and the ... New Gym. The songs were each different and unique, making each portion of the video special. Some of the songs that played were Empire State of Mind by Jay Z, Starships by Nicki Minaj, and All of the Lights by Kanye. Student Council members lead the charge, switching off to lip-sync different portions of the video.

Joaquin McGuigan, a member of the sophomore Student Council, shared that his favorite aspect of the Lip Dub was seeing "how hyped up the crowd was throughout the whole event. It was great watching it come together after all the work that was put into the Lip Dub."

Students were encouraged to stand with clubs or sports teams they were a part of, and to bring equipment to represent their relationships within the community. Lacrosse players brought their sticks, members of the Quill brought previous copies, and members of the swim, dive, surf, and water polo teams jumped in the pool as a last hurrah to end the video.

We asked Mr. Borja, a leader and videographer of the Lip Dub and the head of SITV, about his favorite facet of this school-wide project.



Photo c/o SlickPic

SI students line the hallways and show off their school spirit with confetti cannons, posters, and creative poses.

He replied, "everyone in the school participated and understood what was being asked of them."

The Lip Dub was a great way for the school to experience unity, however there were still some challenges that came up throughout the creation of the Lip Dub.

Borja mentioned that, "the greatest challenge was definitely making sure the student body knew what was expected of them." With many different locations and only one take, each student had to know exactly what they were doing in order to make the project a success.

Despite the challenges, Borja added that his favorite part of the Lip Dub was, "The huge rush I got from the pool scene. It was our grand finale, and the students really understood the assignment."

The SI Lip Dub was a great show of passion from many of the different clubs, groups, and teams that make up SI. Everyone came together to create a showcase of Saint Ignatius' school pride and unity.



Photo c/o SlickPic

A glimpse at the behind-the-scenes filming process, led and filmed by Mr. Borja in the center.



**CHECK OUT SI'S
2024 LIP DUB!**

CONSTRUCTING THE FUTURE OF SI

Sierra Murphy '25

Managing Editor

Have you noticed the recent changes around the Saint Ignatius building? From the distant sounds of drilling to the sudden disappearance of the snack shack, the Saint Ignatius community has officially begun the first steps of the long anticipated construction process.

SI is officially ready to take on this construction project and the challenges it may bring. After speaking with the Vice President of Advancement, Joe Vollert, he stated, "the goal of this project is to build SI's campus for the next century."

Saint Ignatius has high ambitions for the development of its campus. They plan to tear down part of the north end of the campus and replace it with a building called the New Learning Commons.

"The New Learning Commons will be where Ignatians share the SI experience and create the connective tissue for which the SI network is so well known," Vollert later shared. This three story building will include classrooms, a kitchen, and even a chapel, opening up a world of possibilities for the students of Saint Ignatius.

No doubt that there will be some disruptions from the noise and closed off areas in the coming year. For the next 18-24 months that it will take to build, life at SI may run differently. One of the main changes to student life throughout the construction process will be the food service.



*A glimpse of the New Learning Commons!
(Artistic rendering
c/o Mr. Vollert)*

Vollert said, "The kitchen and the Commons will be closed to begin the school year so that we can prepare the building for demolition. That is why we are remodeling the snack shack in the gym foyer so that we can serve our students during and after construction."

Although it may seem that the construction could affect SI admissions in the coming years, this process will not take away from the incredible community that surrounds SI. The "SI Experience" is all about excellent education and the community of teachers, students, coaches, and moderators, rather than it is about the space. Vollert mentioned that parents who previously attended SI have lived through SI's last construction project in the early 1990's. Even though it wasn't ideal, these parents had great experiences that led them to want to send their kids to SI to experience it as well. Regardless of the long process, it will be a great year with an even greater outcome.

LET'S DANCE! AT THE 2024 SI FASHION SHOW



The theme of the 2024 SI Fashion Show on February 3rd and 4th was "Let's Dance!" The segments ranged from the elegant "Dancing in the Moonlight" segment to the lively "Swing Your Partner" country segment. All of the seniors that danced their way down the stage had a blast!



Photos c/o SlickPic



ASC'S 50TH ANNIVERSARY: WHERE THEY'VE COME

Penny Pyo '24 and Anthony Jin '24

Contributing Editor and Managing Editor

Photo c/o SlickPic



Mr. Orque celebrates with SIPAC at ASC's 50th Anniversary

Over the years, ASC has created spaces for celebration, dialogue, and healing through its various cultural events, workshops, and panels. When flipping through SI yearbooks from the 1970's, it's amazing to see the students that paved the way for our affinity groups today, and how much ASC has grown since its founding!

Here are some of the events that ASC has held, and some that are coming!

On January 20th, SIPAC hosted ASC's 50th Anniversary Alumni Celebration, where alumni throughout ASC's history returned to SI. Students provided tours to showcase SI's transformation over the years into what it is today.

Maya Altman '24

FLAVORFUL FILIPINO CUISINE

Managing Editor

Growing up in Manila as the youngest child of 20 (including half siblings) provided my father with dozens of traditions and stories. Within all of these, one of the most prominent ways my grandmother passed down her love was through food. Homemade twists on traditional Filipino dishes and intricate recipes were all compiled into a cookbook that my kitchen is lucky enough to be the home of. In Filipino culture, cooking isn't just a chore—it's an expression of artistry, a form of preserving ancestral wisdom. Gloria Connolly Barredo, my father's mother, was a master of transforming humble ingredients into culinary masterpieces, passing down recipes that transcended generations.



Recipe - Chicken Adobo

Ingredients:

1 kg chicken pieces (legs and thighs)
 1/2 cup soy sauce
 1/2 cup vinegar
 4 cloves garlic, crushed
 1 onion, sliced
 1 bay leaf
 1 teaspoon whole black peppercorns
 1 tablespoon cooking oil
 1 cup water
 Salt to taste

Instructions:

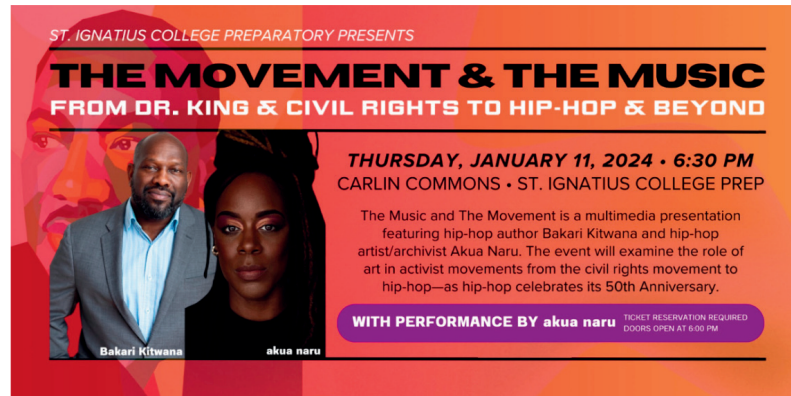
- In a large bowl, combine the soy sauce, vinegar, garlic, onion, bay leaf, and black peppercorns. Add the chicken pieces and marinate for at least 30 minutes (or overnight for best results).
- Heat the cooking oil in a large pan over medium heat. Remove the chicken pieces from the marinade, reserving the marinade for later use.
- Fry the chicken pieces until browned on all sides. Remove from the pan and set aside.
- In the same pan, pour in the reserved marinade and water. Bring to a boil, then reduce the heat to low.
- Return the chicken pieces to the pan and simmer, covered, for about 30-40 minutes or until the chicken is cooked through and tender.
- Once the chicken is cooked, increase the heat to medium-high and allow the sauce to reduce until thickened.
- Season with salt to taste.
- Serve hot with steamed rice.

RAP SESSIONS: THE MUSIC AND THE MOVEMENT

Anthony Jin '24

Managing Editor

Is music a form of resistance? When it comes to hip-hop, music can hold a tapestry of ideas: of celebrating strength, of remembering stories. On January 11, SI held the annual Rap Sessions event; this year's iteration focused on the intersections between hip-hop and the historic and continuous fight for civil rights in their



presentation, *The Music & The Movement: From Dr. King & Civil Rights to Hip-Hop & Beyond*.

During the event, speakers Bakari Kitwana and akua naru unpacked the notions of how hip-hop builds off of the legacy of past social movements. They look at the history of art and, more specifically, music, and see how those things tie into a larger narrative of resistance through elevating the voices of the people.

With this event being a mere four days before Martin Luther King Jr. Day, they also honed in on hip-hop's relationship with the Civil Rights movement and the example of Dr. King.

This presentation not only was a conversation about the power of music as a form of protest and resistance, but it also was a performance from akua naru, reciting her piece "Joy", a song dedicated to

friendships and the bonds that bind us together, from family, friends, and beyond.

This session invites us to explore the ways music serves as a vessel for resistance and reclamation. How does music speak to your soul? How does it embolden your own story? And how can we use music as a way of fighting for justice?

OUTSIDE SI

DEVELOPMENTS IN THE ISRAEL-HAMAS WAR

Lucas Liang '26

Managing Editor

Since Hamas' October 7 attack, Israel has continued its military operations within Gaza, stirring political tensions in the United States and across the world.

Israel has continued its military operations within the Gaza Strip, seeking to root out Hamas fighters. Fighting within the Gaza Strip is now reaching its fourth month, with a humanitarian crisis looming in the densely populated enclave of more than two million people. Recently, however, the possibility of an extended ceasefire between Israel and Hamas has taken shape.

According to the Associated Press, mediators from the United States and Middle Eastern countries, including Egypt and Qatar, have formulated a plan that involves a two-month ceasefire along with the gradual release of Israel hostages in Gaza in exchange for the release of some Palestinian prisoners in Israel and for more humanitarian aid to be allowed into Gaza.

Aligning with long-standing American policy, the Biden administration may also be seeking a larger deal involving a two-state solution in exchange for Saudi Arabia's recognition of Israel. Tai Morganson '26 agreed with a two-state solution and said, "I think for a lasting peace, a two-state solution, where the Israelis and Palestinians have their nations, is necessary." However, the two sides in the conflict still seem worlds apart, with Israeli Prime Minister Benjamin Netanyahu calling for a "total victory" while

Hamas seeks a "full withdrawal" from the Gaza Strip by Israeli forces.

Fighting in Gaza has spread to other parts of the Middle East, with American soldiers now also being involved. The Houthi rebel group in Yemen has begun launching missiles at cargo ships transiting the Red Sea and the Suez Canal, a crucial waterway linking the Indian Ocean and the Mediterranean Sea. The militant group, which is funded and supplied by Iran, says it will not cease its attacks on international shipping until Israel withdraws from Gaza. The group also launched missiles at American warships escorting cargo ships in the region. In retaliation, an American-led coalition began continuous airstrikes on Houthi positions within Yemen on January 12.

The conflict in the Middle East has aroused some differing views amongst SI students. Alexander Salentine '26, chairman of the Young America's Foundation's SI chapter, stated, "Young America's Foundation is committed to supporting Israel against the attacks by Hamas." While Republicans have remained broadly committed to Israel, some in the Democratic party—especially younger voters—have expressed more sympathetic views towards Palestine. Tai Morganson '26, co-vice president of the Young Democrats Club said, "Israel has a right to defend itself, but it must do so in a way that safeguards innocent lives."

TRUMP TRIALS AND REPUBLICAN PRIMARIES

Robert Mullen '26

Contributing Editor

On January 4, the Colorado Supreme Court ruled that former president Donald Trump must be removed from the state's Republican presidential primary. This ruling stems from the 14th Amendment, which states that no person shall hold political office if they "have engaged in insurrection or rebellion." The Colorado Supreme Court held that the January 6th attack on the Capitol was an insurrection caused by Trump and, therefore, he should be removed from the ballot. The ruling is now being heard on appeal by the United States Supreme Court.

The Colorado Supreme Court's ruling adds to a long list of pending litigation involving the former president as he once again runs for the presidency. Trump is currently facing federal and state criminal charges in four separate jurisdictions for alleged crimes tied to his conduct following his loss in the 2020 presidential election, illegal retention of classified documents, and falsification of business records. Trump is also the defendant in multiple civil lawsuits in New York.

In the face of these court cases, many Republicans have rallied in support of the former president, including



Photo c/o ABC News

Alexander Salentine '26, the chairman of Young America's Foundation at SI, who "sees [the trials] as unjust, and an abuse of power by the Department of Justice...meant to unjustly harm Donald Trump's name and prevent him from running in the 2024 presidential election."

Tai Morganson '26, the co-vice president of the Young Democrats Club at SI, disagreed with the notion of an unfair judiciary and said, "I do think the courts are treating Trump fairly. I have faith in the American judiciary."

Trump has used these trials on the campaign trail to allege that he is the victim of an unjust judicial system, with polls showing a rise in his support following the announcement of each indictment. Tai Morganson claimed that these attacks on the judiciary and the ensuing bump in Trump's support show that "Trump has turned the forces of democracy against democracy itself."

Trump's support within the Republican Party remains resolute, as displayed by his victories in the Iowa caucus and New Hampshire primary as he once again seeks the Republican presidential nomination. Trump's only remaining major competitor for the Republican nomination is former South Carolina Governor and former UN Ambassador Nikki Haley. However, a recent survey by Emerson College shows that Trump has a commanding fifty-four percent lead among Republican voters. With that, many believe it is a near certainty that Trump will be the Republican nominee in the quickly approaching November general election.

AIRPLANE PANEL FLIES OFF MIDFLIGHT

Kate McFarland '24

Managing Editor

On January 5th, every nervous flier's worst nightmare came true— a panel flew off Alaska Air Flight 1282 right as it reached about 16,000 feet above Portland, Oregon. This panel, known as a fuselage "plug door," had loose hardware and bolts. Although the plug door has been discovered in a Portland backyard, the four bolts that should have been restraining it from vertical movement have not been recovered, so it is being questioned if the bolts were even there in the first place. Additionally, the same plane's auto pressurization fail light had come on three times in the past month, but officials do not know if there is a direct connection between the warning lights and the terrifying incident.

Several of the 174 passengers and six crew members were injured and required medical attention. The brave flight attendants rushed to aid unaccompanied minors on the plane with their oxygen masks while the pilots worked through an emergency landing. Flight attendants admitted to CNN reporters that "communication was a serious issue" between the flight attendants and pilots.

After further investigation on Alaska and United Airlines Boeing 737 Max 9 commercial airplanes, numerous planes have been flying passengers with loose hardware. Much controversy has risen surrounding Boeing's manufacturing

processes, with questions surrounding whether the company prioritizes speed and quick profit over safety.

With agreement between Boeing and the Federal Aviation Administration, all 737 Max planes are grounded for inspection. Each of these inspections takes up to eight hours. While this unfortunate event may be shocking, it will definitely motivate the improvement of safety inspections and protocols for all future flights.



Left: the panel that flew off an Alaska Airlines plane.

Photo c/o New York Times

At SI, there are many communities students choose to join and become a part of. These communities include but are not limited to clubs, athletics, and performing arts. It's beautiful that SI offers numerous platforms for students to come together and support each other in all of these areas. This is just one of the many ways that students show up for each other and spread love and compassion throughout their community.

One community of love is the group of people that visit Martin de Porres House of Hospitality on Fridays. Martin de Porres is a small kitchen that serves breakfast and lunch to anyone who comes to their door, no questions asked. The group of people running the kitchen are volunteers, and students at SI can sign up to volunteer there, taking a van from school at 6:00 am on Fridays. Amelia Gallegos '25, a student that recently went, defined her experience with something that a man coming in for breakfast said to her: "We don't complain. We just thank." She continued, "This made me think about how privileged I am to ever be able to complain."

Many students at St. Ignatius College Preparatory live within a bubble of privilege and serving at Martin de Porres House of Hospitality is a humbling experience. It demonstrates that people must be grateful for what they have instead of constantly searching for more.

At Martin's, volunteers and staff set up the kitchen. They set out plates and food until breakfast starts at 7:00 am. After that, the service begins. When I went to serve at the soup kitchen, it was incredible to see all these people that were so grateful for my mere presence. Waking up at the break of dawn seemed like

an inconvenience at first, but it proved to be inconsequential when compared to the amount of joy that I and other volunteers brought into these people's days. A simple smile goes a long way. Signing up for Fridays at Marin's is a great way to contribute to a community that needs it. In light of the coming Valentine's Day, people must challenge themselves to spread love to areas that need it, instead of spreading love only to what they are used to.

Students should experience discomfort, and share their love, even with those who have closed themselves off from such feelings.

It can be in the small things like putting on a smile to let people know that they are seen and loved. There is not much that can stand in the way of a community that unites against injustice, steps out of their comfort zone, and actively changes as a result.

Evie Chen '26

VALENTINE'S DAY TRADITIONS

Contributing Editor

Valentine's Day evokes memories of roses, chocolates, cupid, and hearts. It's a day where you can show gratitude to your significant other. Even if you aren't with someone, there are lots of fun ways to celebrate this holiday. You can have a galentine's day or spend time with your family; it's a nice way to show appreciation to loved ones. For more inspiration, I asked SI students about their favorite Valentine's Day traditions:

"I like giving chocolates, or more so receiving chocolates, because chocolates taste really good. And I like when they have those heart ones that have different types."
-Cass Mroz-Snodgrass '25.

"I like the chocolate covered pretzels."
-Princewill Onyebuchi '26

"My mom always surprises my dad and I with fun cards, balloons, and chocolate." -Natalie Bravo '26

"For me, we got to bring candy in and write little sticker grams."
-Gabby Blas '26

"I loved it in elementary school where our teachers forced us to write little cards for each other, and we had to write them for every single person in our class and then give candies out to them, too. That was fun." -Claire Somsouk '26

So, it turns out that the Valentine's Day traditions most favored by SI students are chocolates, candy grams, and loved ones. You can also start a new tradition, like baking a heart-themed treat, eating a nice meal with people you love, or writing little notes to friends. Here's to a fun Valentine's Day, perhaps with a tradition here or one of your own. Happy Valentine's Day!

Bailey Nelson '24

VALENTINES MUST-DO BAKING IDEAS!

Contributing Editor

Valentine's Day is here and there are some baked good and treats that you should try at home. To start off one's beautiful pink and red morning one could make heart shaped pancakes or waffles. Strawberries can be added and of course, chocolate for an extra sweet taste. Red velvet cupcakes are a must, especially with cream cheese frosting.

If you're thinking about something more simple, chocolate covered strawberries are always fun, you can even dye white chocolate pink with a small amount of red food coloring. Sugar cookies are always enjoyable to make with family and friends. One can add pink frosting or fun sprinkles.

Raspberry cheesecake and strawberry cheesecake bars are a must have for a Valentine's Day party.

Small strawberry love notes would be the cutest snack to have, which are folded strawberry jelly pastries with a heart cut out in the middle. Cherry chocolate chip cookies are always a crowd favorite for their simplicity. Dark chocolate mixed with cherries is a great combination. Baking cookies with small bits of cherries and a cherry on top is a delightful treat. Raspberry tiramisu recipe is an amazing dish to impress your guests with skill. Adding in orange liquor instead of rum brightens the flavors in tiramisu to an enchanting flavor.

Baking Club President, Grace Miller '24, said, "Classic Linzer cookies are a must have for Valentine's Day. You have to use raspberry or strawberry jelly and to spice it up you could use

a little heart cookie cutter in the middle." I completely agree. A baking secret for Linzer cookies is to age the dough for three to five days and then chill the dough to help spread and form before baking. Valentine's Day is the perfect time to make delightful memories spending time with loved ones baking these irresistible sweet treats!



c/o barleyandsage.com

Anthony Jin '24

LOVE LANGUAGES IN DIFFERENT CULTURES

Managing Editor

Are you a polyglot in the languages of love? What would you say your language of love is? Is it centered on words? Is it more physical? Is it food? Whatever it is, chances are that it has been partially influenced by the people around you—whether that is your family, your friends, or even cultural norms and narratives around what love looks like.

Throughout the world, many cultures hold different values as important, which greatly influences how expectations of love manifest within that culture. For example, the phrase "I love you" is often seen as a standard expression of love in many Western cultures. On the contrary, Asian cultures generally view verbal expressions of affection as more taboo, opting instead to express love through their actions, such as kind gestures or gift-giving.



Small expressions of affection, whether through verbal affirmations or non-verbal gestures, will vary from person to person, relationship to relationship. These expressions are not solely romantic—in fact, they can show up in any relationship, whether platonic, familial, or romantic. Showing affection may be more strongly expressed through one type of relationship over another, particularly if a culture emphasizes those relationships. Many Asian cultures, for example, emphasize familial care and respect, which can lead to family being held as the most important relationship to nurture.

Additionally, cultures tend to hold their own beliefs around who someone is allowed to love, as well as different understandings as to how love may manifest in relationships. The Romans held an open view of relationships and sexuality, while Christianity focuses on the notion of single, monogamous relationships as the pinnacle of love (Matrimony/marriage).

As cultures evolve, so too does their understanding of love. Understanding the range and diversity of love languages can grow our bonds with one another, whether that is with friends, family, or partners.

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Editors-in-Chief

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... over the past several decades. A recent study by The Survey Center on American Life titled "Gen Z's Unique Teen Experiences" revealed that while 78% of the Baby Boomers generation had dated in their teen years, a smaller percentage - 56% - of Gen Z had dated in their teen years. The sharpest decrease in this survey occurred between the Millennial and Gen Z generations, right around the time when technology began to grow increasingly more prevalent in our world.

Although society continues to advance technologically, the social aspects of relationships are just as prevalent. For example, the infamous junior Ethics dating assignment at SI pushes students out of their comfort zones of hiding behind screens and towards in-person, organic interactions. Whether platonic or romantic, the assignment gives students the opportunity to form connections away from technology.

Mia Messinger '24 shared her thoughts on the development of relationships as a high school student. She stated, "Dating culture nowadays relies on the internet and social media, and it feels really hard to make a connection with someone through a screen. My current relationship started from the Ethics Date in my junior year—being able to put my

phone down for those few hours and get to know another person face to face made that connection come so much more naturally."

Through experiences similar to Mia's, it is clear that the benefits of meeting someone in a "traditional" sense are just as beneficial and useful as it was before technology. However, alongside the social role of building relationships, it still takes time and practice to hone the skills for maintaining a good connection with a partner.

Mr. Castro, SI's psychology teacher, shared, "Teens, and then young adults, often underestimate how much time, energy, and effort it requires to be a good and loving partner. Many have been, frankly, spoiled by the unconditional love of their parents, and think they will be loved regardless of their actions. In fact, being a good romantic partner is a skill that no one is good at in the beginning; it always takes practice. High school is the place to start practicing being a good romantic partner. College is late — and after college, the pool of adults willing to tolerate a bad partner is quite small. There is no time to begin something like the present."

Rachel Gray '24

THE PERFECT WAY TO SPEND V-DAY

Managing Editor

Looking for a way to fill your Valentine's Day with feelings of love and joy? Look no further. The best way to spend your Valentine's Day is by grabbing an extra large heart shaped box of assorted chocolates from your local corner store, and curling up to one of the following Rom-Coms. Along with many others, rom-coms have a special place in my heart. They don't carry the same deep and complex emotions of a romance movie, but are also not solely based around jokes and humor, like a comedy. Along with a recommendation for my favorite rom-com, I collected some of the class of 2024's favorite rom-coms that will leave your spirits lifted and your valentines day complete.

Julie & Julia

This is my all time favorite rom-com (and movie)! Based on a true story, the film follows the lives of Julie Powell (Amy Adams) and Julia Child (Meryl Streep). The film is a dual journey of Julie blogging and cooking every recipe in Julia Child's cookbook *Mastering the Art of French Cooking*, and Julia Child's life of learning to cook. It also follows the passionate love stories in both women's marriages, and is very humorous and light-hearted.

How to Lose a Guy in 10 Days

Madison Farrell '24 and Bay Brandon '24 recommend a throwback from the early 2000's: *How to Lose a Guy in 10 Days*.

10 Things I Hate About You

Perfect for nostalgia and comfort, Bay Brandon '24 love "10 Things I Hate About You" so much that she visited the school where the movie was filmed in Portland, Oregon!

*Anyone But You*

Starring Glen Powell and Sydney Sweeney, this is hottest rom-com right now!

Maya Altman '24

SENIORITIS: THE LATEST EPIDEMIC

Managing Editor

The start of the new year can bring both excitement and hope for the endless possibilities and opportunities of 2024. However, for seniors, another phenomenon has begun to creep into our lives: senioritis. For those who are unaware, senioritis is defined as, “a supposed affliction of students in their final year of high school or college, characterized by a decline in motivation or performance.”

What continues to be my only source of motivation is the fact that my teachers will exempt me from their final exams if I have an A in their class come May. This is certainly easier said than done, especially with some colleges already having sent out their acceptances.

So, to any seniors reading this, keep pushing. Although the end is in sight, we should continue to try our best academically and finish out our high school careers strong.



Shay Moriarty '25

STAYING MOTIVATED IN THE SLUMP

Managing Editor

We have arrived at the time of dull months. The minute the clock struck 12 on New Years Day, I knew that I would be counting down the days until I could envision myself walking out of the SI doors after my last spring final. Everyone experiences the painful months of January to mid-April, where we all lose motivation and dread the days to come. The good news is, we can officially say that January is in the rearview mirror. But we still have to endure the next two and a half months.

transformed my motivation and encouraged me to stay focused.

When asking Sadie O'Leary '25 about how she keeps up, she shared what helps her stay motivated: “pressure is privilege.” She shared that this quote reminds her “how grateful I should be that I have the opportunity to excel academically and have the resources, a great education, and the mentality to work hard. Even though I want to give up at times, the pressure I'm feeling is a gift and I should make use of it.

Motivation for me can be hard to muster, as I'm always trying to procrastinate another five minutes so that I can stay in bed. But I have found some ways that I can get my

work done and also try to make the best of these uneventful months.

The first tool I've adapted into my everyday life is motivating myself with journaling and idea boards. Although my time is limited as a junior, I've found that taking time to set aside some goals for myself by journaling or saving pictures and motivational quotes gives me the extra push I need. Seeing a picture of an aesthetically-pleasing page of notes motivates me to finish the assignment I've been putting off. The cute outfit on my school board makes me excited to pick out my outfit for the next day.

Another thing I do is tackle the hardest thing on my to-do list first. This might seem a little daunting at first, but the quicker you finish the hardest thing you have to do, the faster time will fly by, and I have more time to myself. These two things, although small, have

“**Pressure is privilege...I have the opportunity to excel academically and have the resources, a great education, and the mentality to work hard.” - Sadie O'Leary '25**”

Although school can be a very stressful environment, especially for juniors like Sadie and me, the pressure we feel can give us the motivation to

succeed. Instead of crumbling at our workload, we can

redirect the pressure we feel to energy to complete our work. We can use our stress as a motivator and make the next months more manageable.

Another classmate, Grace O'Neil '25, said, “I find it very helpful to stay motivated in school when I plan out my day in a journal. Making a set plan motivates me to do my work in order to carry out the schedule I planned and I have found that I get my work done way easier.”

Like me, Grace has found that journaling is very helpful when trying to stay motivated during these draining months and has realized that they have transformed her motivation.

With these tools, I've been able to increase my work ethic tremendously and have been able to motivate myself through these rainy, boring days. I promise summer will be here before you know if you can adopt ways that improve your motivation in this slump of months!

Heather Yee '27 & Janice Yan '27

96TH OSCARS

Contributing Editors

The Oscars, originally known as the “Academy Awards,” is an annual award ceremony held by the Academy of Motion Picture Arts and Sciences that highlights the “best” of the American film industry. 2024’s Oscars will be held at Hollywood’s Dolby Theatre on March 10th, with four-time host Jimmy Kimmel. Here are some highlights from the 24 categories being nominated:



- Actress Lily Gladstone, who played in *Killers of the Flower Moon*, is the first actress of Native American descent to be nominated in an acting category.
- Three female-directed movies were nominated for Best Picture: Greta Gerwig (*Barbie*), Justine Triet (*Anatomy of a Fall*), and Celine Song (*Past Lives*)
- Composer-conductor John Williams broke his own personal record of being the most nominated person alive, at an impressive 91 years old. Over the span of his seven-decade career, Williams has been nominated for an Oscar 54 times. He is responsible for composing famous movie scores for *Star Wars* (1977), *Raiders of the Lost Ark* (1981), and more.
- *Barbie*’s Latin-American actress, America Ferrera, was nominated for “Best Actress in a Supporting Role” for her outstanding monologue on the harsh realities of being a woman.

Many SI students have already formed their own opinions on who they think should win big at this year’s ceremony. Faye Florendo '27 has quite a few hot takes, sharing, “I think that the movie *Holdovers* should win in its category for “Best Picture.” When I watched it, I loved it so much that I teared up. Also, Ryan Gosling deserves his [“Supporting Actor”] nomination because he is so talented and hardworking.”

Like every year, 2024’s Oscars are no exception to having groundbreaking nominations, as well as many heated debates. This will make the award show an exciting and entertaining one, so tune in on March 10th to see the winners!

PERFORMING ARTS ASSEMBLY

Naomi Ko '24

Editor-in-Chief

On February 6, members from orchestra, jazz band, choir, and dance workshop performed for the whole school, with pieces including Coldplay’s “Clocks,” Stevie Wonder’s “Superstition,” and Take 6’s “Over the Hill is Home.”



Dance workshop and jazz band perform. C/o Slickpics



The Grammys:

Big Wins & Announcements



- Taylor Swift makes history for winning Album of the Year four times, this year for *Midnights*
- Billie Eilish and Finneas takes home Song of the Year for “What Was I Made For?” (*Barbie*)
- Miley Cyrus wins her first Grammy for “Flowers” (Record of the Year)
- Phoebe Bridgers takes home the most trophies from the 2024 Grammys, including three from her band *Boygenius*
- Taylor Swift wins “Best Pop Vocal Album,” her 13th Grammy, and announces her new album, *The Tortured Poets Department* during her acceptance speech

IT'S OVER! THE BRUCE IS OURS

Nick Luongo '25

Managing Editor

On Tuesday January 9th, the St. Ignatius Varsity Basketball team faced off against Sacred Heart Cathedral for the third game in the 2023-2024 Bruce-Mahoney rivalry. The Wildcats and Irish played in the USF gym, with thousands of students piling in to support their schools. The wild crowds and the bright lights created palpable electricity and excitement inside the bubbling arena, which was sure to house a night to remember. Names were announced, hands were shaken, and the game was on.

As soon as the ball was tipped, the Wildcats were in control. Never looking back, they went up double digits and were able to maintain the lead the rest of the way. The commanding win was in large part due to the outstanding 8 blocks as a team, and holding the Irish to a cold 33% shooting from the field. It was a night of pure domination, and as one looked on to the cheering section they could really embrace the St. Ignatius pride and excitement that flowed through each and every member of the community.



SI Varsity Boys Basketball circles up before the winning game.

Leading the team with 16 points, 4 rebounds, and 4 assists, SI's Raymond Whitley '26 was one of the bestplayers on the floor all night long. Junior Sebastian Fisher also chipped in with a season-high 15 points.

The night was definitely one to remember. Junior George Zaghbaba commented on the atmosphere, saying "Walking out on the court with my team and representing my school gave me a sense of exhilaration."

With the win, SI completed the 3-0 sweep for the Bruce Mahoney trophy, securing the honor for the 3rd straight year.

WOMEN'S BRUCE MAHONEY

Marco Cerchiai '25 & Luke Miller '25

Contributing Editors

On January 30th, St. Ignatius and Sacred Cathedral fans filed into USF's War Memorial Gym for the 4th leg of the annual Bruce Mahoney rivalry between the two schools. St. Ignatius won the series by completing the sweep in football, volleyball, and men's basketball, but the environment remained just as competitive. Right from

the tip-off, defenses dominated. Both teams turned the ball over a lot due to stellar effort and physicality on the defensive end of the floor. At halftime, the score was 23-21 in favor of Sacred Heart.



The offenses picked up a little more in the second half. SI had a great third quarter, leading 40-31 heading into the final 8 minutes. But SHC did not give up, coming all the way back to take the lead with only a couple minutes left. SI ended up falling just short with a final score of SI 45, SHC 49.

The game was a close battle the whole way, coming down to the wire. The

competitiveness and heart shown by both teams, coaches, and fans throughout the night helped contribute to another great game in a great long-lasting rivalry.

SPORTS UPDATES

Cayden Tu '24

Editor-in-Chief

Men's Soccer
Record: 6-10-2

Sam Finnerty '24 goes for the ball

Although they've had struggles, the team is looking to finish their season strong with games against St. Francis and Riordan.

Women's Soccer
Record: 13-4-2

Seniors on the team taking a picture for Senior Day

The team celebrated senior day with a 5-0 win on Feb. 7th over Valley Christian. They look forward to WCAL playoffs

SPRING SPORTS ARE HERE!

Abigail Edwards '26 & Aidan Gray '26

Contributing Editors

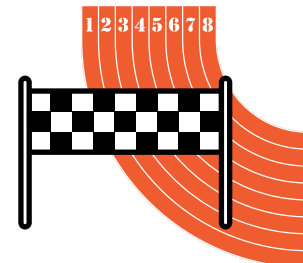
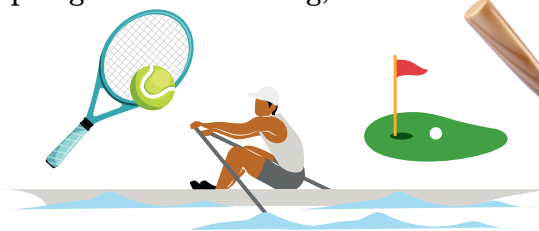


SI's newest spring sport is boys' rugby, and they've already had a successful start to their season! (pic c/o SlickPick)

Spring is finally here! The busiest time of the athletic year is upon us, and it feels like everybody is doing a sport right now. From the crew team on Lake Merced to track and field, lacrosse, swim and dive, and rugby on the Murph, everybody is hard at work! With winter sports still happening this is the busiest time of the year for Saint Ignatius athletics. As many athletes hold their breath to find out if they made their team, stress and pressure looms.

Track runner Sami Khoury '26 says "I know that my hard work in the off-season is going to pay off and I'm excited to see my improvements this season, but the best ability is availability, so staying healthy is my top priority."

Regardless, whether you're a devoted athlete or a loyal supporter of your peers, we hope that all of you have a great spring. Close out strong, SI!



SPOTLIGHT

Caroline McFadden '24

LOVE ON THE COMFORT RUN

Managing Editor

The opportunities to spread love at SI are endless. One of the best ways that students love not only the SI community, but also the larger San Francisco community, is the Comfort Run.

Maybe you noticed the white board right outside the Dean's Office and wondered what it was or maybe one of your teachers asked you to bring in sandwiches to class one day and wondered what they were for. The answer? The Comfort Run! Each week, sandwiches are collected from individual students, faculty, clubs, or classes. On Thursday mornings before school starts, a group of SI students rides down to the Tenderloin community to pass out sandwiches to the homeless community in front of St. Anthony's.

A sandwich from these runs can make people's day because "some people may not have known where their next meal would be coming from," said Bryn Scheg.

The Comfort Run and the leadership team who organizes each run with the help of Mr. Escobar do not always get the recognition they deserve for their consistent efforts to spread love and service. The Comfort Run is at the heart of what it means to be an Ignatian.

Bryn Scheg '24 is one of the dedicated Comfort Run leaders and has made many great memories during her time on the runs. But for her, nothing can beat her first Comfort Run. Going into the experience, she did not know what to expect. When she was met with so much gratitude and "a feeling of love and connection between the people there," she knew that it would not be her last run.

In a few months, the senior leaders will step down and the Class of 2025 will begin to take on the responsibility of leading the Comfort Run. Having seen the connections between past leaders and members of the Tenderloin community, Bryn's desire for leadership came out of wanting "to make the same kind of connection as a leader [herself]."

For those interested in being leaders in the future, demonstrated commitment and experience with the Comfort Run will be beneficial. Leaders should be willing to challenge themselves and be comfortable with "unfamiliar experiences," as well as be interested in learning "more about the communities that surround us in SF, and how they can help," according to Bryn. In the season of giving love, try something new, and sign up on the whiteboard in the library to make your first run!



Georgia



Geraldine

FR SH
CL SE-

Max



Ami

Kate Quach '25 Associate Editor-in-Chief

WHAT DO YOU LOVE ABOUT SI?

I love being with my friends, talking to teachers, exploring the campus, and writing Poetry in English class!

-- Geraldine

I love being able to connect with every aspect of the community. I feel supported in everything I do because of the people around me.

--Ami

I love the people and teachers at SI. Hanging out at lunch with my friends every day has been super fun, and my english class is amazing! --Georgia

I love all the activities and events SI has to offer. There is also something going on that you can be apart of. --Max

HOW DO YOU SHOW LOVE?

Geraldine: Making gifts, writing poems, playing video games, and spending quality time!

Ami: Acts of service or words of affirmation. Everyone deserves to know how loved they are, and it makes me happy to remind them of that.

Georgia: Making people laugh. When I make someone smile, it's always a great feeling.

Max: Quality time; I spend time with those I love and being with them.

Geraldine: "Here With Me" by d4vd

Ami: "You Belong With Me" by Taylor Swift

Georgia: "Can't Help Falling in Love" by Elvis Presley

Max: "Can I Call You Rose?" by Thee Sacred Souls

FAVORITE LOVE SONGS?

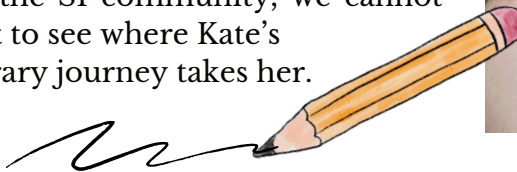
THE 100 WORDS OF KATE QUACH

Caroline McFadden '24

Managing Editor

What would you write if you only had 100 words to tell a story? [The New York Times hosts an annual 100-word memoir contest](#) where teenagers around the world submit their stories for the chance to be featured in the paper. One of our very own, Kate Quach '25, submitted her 100-word memoir "A Message on a Napkin" and her story gained recognition out of the more than 13,000 that were submitted.

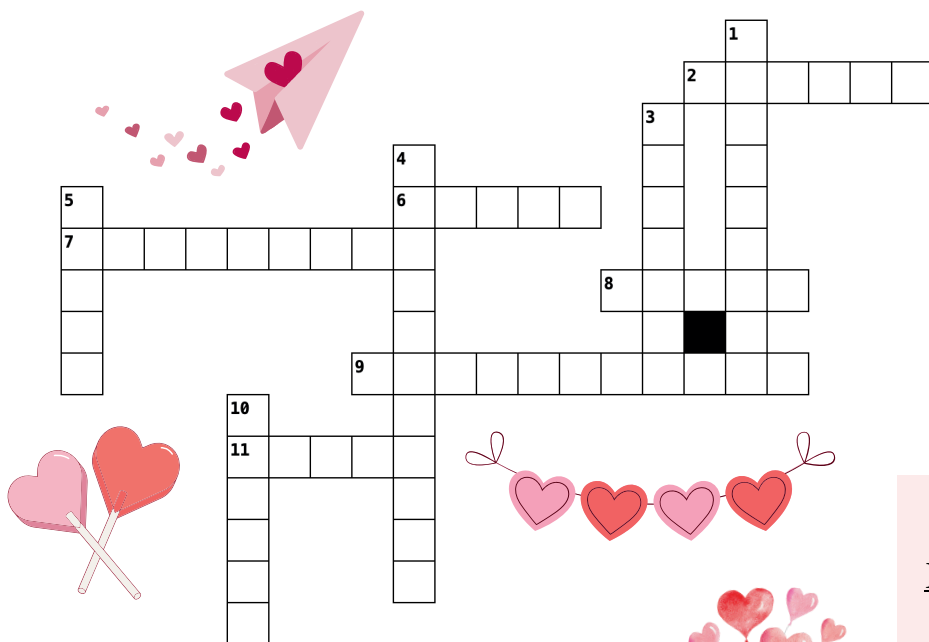
In regards to her submission Kate said, "I feel incredibly honored that the New York Times recognized my narrative. My mentors at SI have supported me throughout my literary journey as I write with an authentic voice." As for the SI community, we cannot wait to see where Kate's literary journey takes her.



Ethan Lo '24 & Justin Lin '24

CROSSWORD

Contributing Editors



ACROSS

- 2) Shakespeare mentions Valentine's Day in this play
 6) A dance in triple time performed by a couple
 7) Olympian goddess of love and beauty
 8) Song by FIFTY FIFTY released in 2023
 9) A person that specializes in making and selling chocolate
 11) The artery that starts in the lower left chamber of your heart; the largest artery in your body

BREAKUP PLAYLIST

Andrew Wong '24, Kayla Hoy '24 & Matthew Lim '24
 Associate EIC & Contributing Editors

Valentine's Day is here! Now that love is in the air and overpriced flowers and chocolate wrappers will soon flood garbage cans across the country, a little emotional insurance couldn't hurt. Here are a few breakup songs picked out by the Humor section to get you through the month.

DOWN

- 1) The patron saint of Terni, epilepsy, and beekeepers; Saint _____
 3) An arrangement of flowers, often bound together with decorative wrapping
 4) Iconic heart-shaped candies commonly given out on Valentine's Day
 5) A white fruit used to make one of the most recognizable Valentine's treats
 10) A form of poetry or song that tells a story, often with a strong emotional or romantic theme

CONNECTIONS

Kayla Hoy '24 Contributing Editor

INSIDE CONNECTIONS

FIND GROUPS OF 4 ITEMS THAT HAVE A COMMONALITY

ALL OF ME	LOVE LETTER	WHEN I WAS YOUR MAN	BOX OF CHOCOLATE
TAYLOR + TRAVIS	DRIVERS LICENSE	BOUQUET OF ROSES	LOVE STORY
I SWEAR	TEDDY BEAR	TOM + ZENDAYA	I WANT IT THAT WAY
SOMEONE LIKE YOU	JOHN + CHRISSE	WE ARE NEVER EVER GETTING BACK TOGETHER	BLAKE + RYAN



SCAN HERE TO LISTEN TO THE PLAYLIST!

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