

Finding Safe Spaces

THE FEATURE

How do you find safe spaces at SI?

As SI begins a new school year, we've realized how important it is for all SI students to be aware of the safe spaces inside and out of our campus. These areas provide a moment for students to de-stress and become grounded. As your Editors-in-Chief, we felt that featuring all the places that we believe foster a welcoming environment deserved some recognition. Discover our highlights of the SI environment and how we establish a place for all individuals to find support!

- The Editors-in-Chief

SPORTS

Football is Back

Luke Miller '25, Marco Cerchiai '25, and Sebastian Fisher '25 Contributing Editors



(Photo c/o Stickpic)

SI's Football Team achieved a victory against Mt. Tamalpais High on September 6

It's September, and football is finally back. For the last six months, it has been missing from our lives. With its exciting plays and energetic crowds, it is the epitome of American sports. Here at SI, it's an integral part of our culture.

Noting how football season brings our SI community together, SI teacher Ms. Stricherz shared that "football is about inclusion, togetherness, and overcoming adversity as one supportive family." These qualities were clearly showcased on September 6th when the SI Varsity football team defeated Mount Tamalpais high school 35-6 in front of a massive home opener crowd at the Murph.

Though suffering a first game loss to San Ramon Valley, SI bounced back in a true group effort with four different people scoring touchdowns en route to victory.

Continued on Page 16

Two Eras, One SI: Belonging & Inclusion from 1959 to 2024

Sierra Murphy '25, Kate Quach '25, Shay Moriarty '25 Editors-in-Chief

Around the Saint Ignatius community, students gather in the library, classroom, student center, and counselor center. Finding a comfortable work space promotes a campus life full of opportunity and belonging among student groups. Today, SI offers many resources in and out of the classroom allowing students to learn and practice the values of belonging within our community. Recently, members of SI's Class of 1959 came to campus and discussed changes they see.

Currently, frosh students are enrolled in one semester of Ethnic Studies. This class highlights the significance of belonging, teaching that even though our country may not have valued our diverse society in the past, it is working towards building a nation of inclusivity. Just as Ethnic Studies teaches, our country's efforts in achieving a non-discriminatory environment can be practiced on many levels, starting with the close-knit community of SI.

Through the various voices we hear in places ranging from our English classes to affinity groups and other areas throughout school, SI fosters an environment that ensures

everyone can feel embraced academically and socially. Reflecting on her previous years at SI, senior Sadie O'Leary emphasized how the sense of belonging has been incorporated into not only her

Continued on Page 10



(Photo c/o Mr. Lawhon)



(Photo c/o Stickpic)

SI students of 1959 (above) and 2024 (below) on the campus steps.

OUTSIDE SI

Presidential Debate Stirs Reactions at SI

Autumn Ragone '27 Contributing Editor



(Photo c/o ABC News)

Former President Trump and Vice President Harris met on the debate stage on September 10.

As the ABC presidential debate unfolded on September 10, many SI viewers were astounded not by the unique policies or intelligent remarks of the presidential candidates, but by the sharp-tongued insults the opponents fired toward one another.

Holly Haileselassie '27 described the debate as "unprofessional and snarky."

As the candidates approached their podiums, Vice President Kamala Harris confidently strode towards former President Donald Trump and extended her hand. While many believe the handshake was an

impressive act of leadership from Harris, others saw it as performative and insincere.

Ms. Nora Miller, Chair of the SI English Department, felt that "from the opening scene, there was an awkwardness in the handshake between the two candidates."

As the debate progressed, there was little disagreement among viewers that Harris leveraged an aggressive tone. Harris most overtly relied on this approach when calling out Trump's rally sizes.

Continued on Page 5

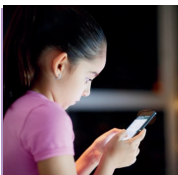
SEE INSIDE



VILLAGE TRADITIONS
Page 4



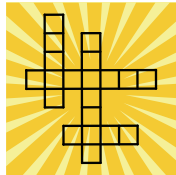
PERFORMING ARTS
TAKES OFF
Page 7



OPINION: PHONES
& FACES
Page 12



GREAT HIGHWAY &
PROP. K
Page 14



HUMOR AND
THE CROSSWORD
Page 19

SI HOSTS ANNUAL CLUB FAIR

Sebastian Huerta '26

Contributing Editor

On Tuesday, September 10, SI hosted its annual Club Fair, where students were able to inquire about more than 150 unique clubs. The club fair is one of the most important dates on the SI calendar, a unique opportunity for students to explore the diversity of the SI community, and for clubs to attract new members. Matteo Del Grosso '25 stated, "I think it's a great way to find other people with similar interests. I joined the AI club and the STEM club."

This year, students appreciated the organization of the club fair. They found it more manageable to have specific types of clubs in their own space, such as the Affinity Groups, who were all conveniently located in a neat row near the front.

Many club leaders were optimistic about how many signups they would get as they settled into the energetic atmosphere. Sadie Powers '25, a leader of the Junior Classical League, said, "we're hoping to get forty members."

As QR codes were scanned and paper sign up sheets were filled to the brink, many clubs met or exceeded their expectations. Emma McIntyre '26, representing the Institute on Aging, took the time to reflect on how her club functions as a safe space, saying, "Our club is kind of inclusive to anyone; you may not know someone with Dementia or Alzheimer's, so it's a very inclusive space that anyone can join."

In addition to this, Corey Lemmer '25, leader of the Hope for Homes club, which raises awareness for homelessness, said that her club creates a safe space because it "acknowledges that there are people at this school from poor backgrounds, and allows people to learn about deprived communities such as the Tenderloin."

Overall, the club fair was a success. Students were able to join over 150 unique and diverse clubs, finding their own voice in our vast and diverse community.



Mia Kronk '26 and Emma McIntyre '26 encourage others to sign up for their Institute on Aging Club.



Naina Paul Mulye '27 promotes her Crochet and Sewing Club.



Student excitedly signs up for the Sports Medicine Club.



Emma Wong '25 and Valerie Chu '26 are leaders of the Disney Club.



Cooper Rollings '25 and EJ Gantz '25 can't wait to meet new members of SI Live.



Eamonn Erskine, Eli Calara, and Tom Kahle '25 welcome new oceanography members.

Photos c/o Slickpic

NEW SCHOOL YEAR, NEW SI

Sofia Wall '25

Contributing Editor

Whether it's positive or negative, change can be hard to navigate. SI has experienced a lot of change recently, and this year many SI students have come back onto a campus that was very different last school year. With dress code revisions and recent construction, SI students have many thoughts to share on how they feel about the "new SI."

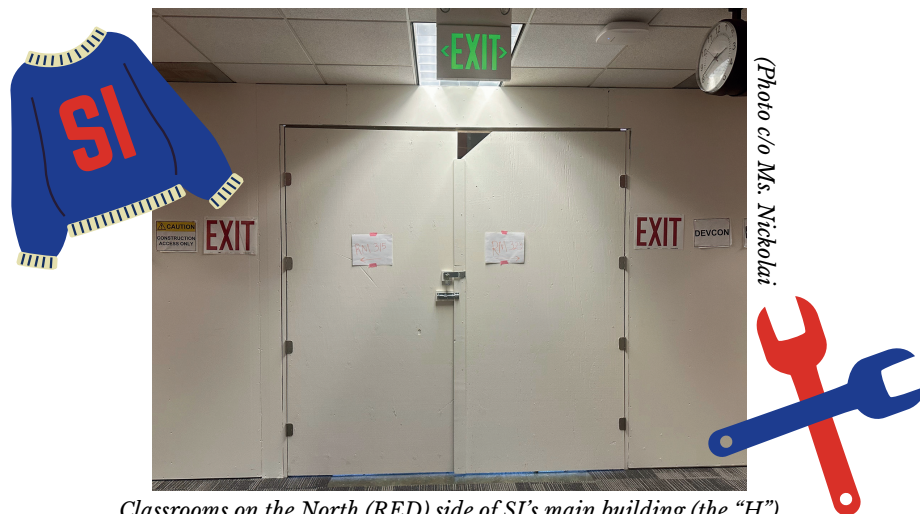
In case you missed it, SI's student handbook now reads, "Turtle-neck and crew-neck sweaters that cover both shoulders are permitted without a collared top." The overall response to these dress code revisions from students seems to be positive, with many appreciating the added flexibility. Students seem happier and more content with the changes.

Alexis Paras '25 shared her thoughts on the new dress code, saying, "It's actually really helpful and makes the dress code more comfortable for everyday wear. I just wish they allowed flared leggings." Alicia Jovero '25 also expressed that the new dress code is "definitely an improvement. When I wake up, it's easier to not worry about finding a collar to wear under my crewneck or sweater when I have a big test to review for or last minute homework to complete."

Meanwhile, the ongoing construction has been another major talking point among many SI students. While it has brought some inconvenience, such as multiple unscheduled fire drills, many students see it as a sign of progress.

Aryanna Karageuzian '25 stated, "I'm excited to see the final result of the construction. It feels like the school is investing in our future." Though the construction is going to take a while to complete, the final result of the construction will ultimately create a better learning environment and school campus for all future SI students.

In conclusion, despite all the change occurring, SI's atmosphere seems to be one of cautious optimism. The school community is adapting, and while change can be challenging, it can also bring forth opportunities for growth and innovation.



Classrooms on the North (RED) side of SI's main building (the "H") are cordoned off from students and faculty/staff

(Photo c/o Ms. Nikolai)

Emma Wong '25

ALL ABOUT GOYBS!

Contributing Editor

As we start the school year, people around campus may have heard the term “GOYB” being used in passing by teachers and in announcements. So what exactly is a GOYB? Attending GOYBs and completing the reflection assignment on those experiences is a part of the academic requirements for junior year Religious Studies, which is the current Foundation of Ethics course.

While GOYBs are assignments with deadlines, they also serve as a unique opportunity to participate in events, panels, discussions, movie screenings (and more!) where one can enjoy a focused and detailed learning experience on topics that may relate to the concepts studied in Ethics classes, or even that might be of personal interest to members of the SI community. There is a wide variety of GOYB opportunities that happen throughout the school year, so people can always find an activity they would like to attend!

When juniors attend GOYBs, they will have the chance to learn more about a topic that hopefully perks an interest, as well

as take part in a discussion or experience that speaks to important subject matters that apply to our understanding of our world today.

People who had the chance to go the production of *Green and Blue* put on by the Kabosh Theatre Group that took place after the Mass of the Holy Spirit in Wiegand Theatre had the opportunity to attend an event that counted as a GOYB, and provided a great example of the kind of experience juniors can gain through future GOYB opportunities as well.

So, remember to look out for more upcoming GOYB announcements because you don’t want to miss out!



Photo c/o Ms. Miller

Students gather in Wiegand Theatre for the performance of *Green and Blue*.

INCLUSION IN THE LIBRARY

Connor Comolli '27 and Peter Laddaran '27

Contributing Editors

The Wilsey Library at our school has always been more than just a place to check out books and relax. It’s a hub of knowledge, where students gather to study, collaborate, and explore new ideas. It is also a safe space for everyone who walks through the doors, freshmen and seniors alike.

With its quiet corners and welcoming staff, the Wilsey Library is already a comforting environment where students can focus on their work, but it can become an even stronger place for those looking for peace, acceptance, and support. “I feel safe because I am able to get my homework done in a quiet environment where there are no distractions,” shared sophomore Matthew McNally.

Many students also appreciate the variety of books and constantly changing titles that zip in and out of the library. It's great to see students reading, whether it be for a class or just for fun. The library continues to allow students from all grade levels to collaborate, whether it’s during resource, lunch, break, or even before and after school hours.

Less intimidating than the loud, bustling Student Center, our library can always be counted on as a place to go and be accepted, especially for newer students. It’s not easy to enter the world of high school, but the library can hopefully provide a safe space for everyone, especially freshmen.



Photo c/o Sierra Murphy '25

A group of students work hard in the Library during their Resource period.



SI HOLDS ANNUAL EVENTS: MASS OF THE HOLY SPIRIT & BACK TO SCHOOL NIGHT



Block Club members Sienna Cline '25 and Maggie Strain '25 prepare for Mass of the Holy Spirit held Sept. 6th



SI parents are introduced to and listen to teachers on Sept. 5th.



A class of Juniors can’t wait for the Mass of the Holy Spirit to begin.



Parents in Ms. Kennedy’s class.

A VIEW INTO THE VILLAGE TRADITIONS

Madison Dela Rama '27

Managing Editor

Now that we're more than a month into the school year, everyone is settling into the normal bell schedule and class routines set by our teachers. We should all be somewhat accustomed to the transition between classrooms—unless you're walking back and forth between the Village and the 3rd floor every other class.

The Village is a set of twelve portable classrooms located on the Gordon Practice fields, consisting of classes for upperclassmen and even sophomores taking advanced courses. The portables are to accommodate the current construction occurring across SI's campus, as we're preparing for the New Learning Commons to be built. The Village classrooms are both wonderful classroom settings and the outdoor area is a great place to hang out with friends when there's beautiful weather. (Otherwise, it's freezing and everyone is crowded inside the classrooms).

The transition to the Village seems like it has gotten easier for students, as long as one beats the rush of students in the hallways and flies down the outdoor staircase next to the Student Center. But back in the first few weeks of school, there were many complaints by students who had to rush from the 3rd floor to the Village. Students were late to class, some even receiving detentions that were out of their control.

Sophomores and juniors reported that they all struggled with the transition between rushing from the 3rd floor to the Village, or vice versa during the first few weeks.



Ms. Nickolai teaching inside one of the portable classrooms in the Village.

Many juniors commented that the rush peaked during the passing period before Lower Lunch because freshmen and sophomores would ease their way to the Student Center or the Foyer, slowing down the crowds in the staircases.

On the note of the staircases, many students added that their best attempt at beating the traffic was to avoid the stairwell on the Blue side, closest to the St. Ignatius statue near the Piazza. However, there were many cases when students were late, as they were unable to make it from the 3rd floor to the Village within the 5-minute passing period. Some teachers were more lenient than others, which made the transition easier.

Again, with everyone easing into the first full month of school, the transition has become easier, and the traffic around campus has lessened significantly. While it hasn't been the most pleasant five minutes everyday, it'll be something worth looking back on when the New Learning Commons is built in the future.



Photo c/o Ms. Vishal

Students adjust to their classes in the Village.

LEARNING IN LARGER CLASS SIZES

Sienna Cline '25

Managing Editor

With several classrooms on the "red side" of the H building being blocked off because of the construction, SI has been forced to figure out new places for students to learn despite the shortage of space. The school created "the Village" on the upper field with portable classrooms; however, more learning spaces were still needed in order for the school to offer all of its classes.

The school decided to convert larger spaces, like Bannan Theater and Wall Choral Room, into classrooms. These spaces are filled with larger class sizes and two teachers. Learning in these larger locations has been very beneficial as it can prepare students for lectures in college that sometimes have over fifty students in them. Having one class during high school with over fifty students can allow students to gain insight into what a class might look like in college.

However, many students have different opinions of this new learning setting as it is a big shift from the smaller class sizes that many students are used to. Carina Li '25 said, "I think that learning in Bannan Theater is a unique experience with more seniors and a

bigger class size. Hearing from co-teachers, Dr. MacMillan and Dr. Koller, has also brought more perspective to learning." Dr. MacMillan and Dr. Koller co-teach a religious studies elective for seniors called Religious Studies 447: Encountering the World's Religion. This class has been offered for many years; however, this is the first time it has been co-taught with so many students in one period. Dr. MacMillan and Dr. Koller take turns teaching during the class period, which has allowed the students to hear from two perspectives instead of one.

Aside from seniors learning in these larger class sizes, other grades are also in this kind of learning environment as well. Samantha Cline '27 is taking Modern World History in the Wall Choral Room. She explained, "Having two teachers is something that I was not used to at first. However, over time, I have been able to adjust to this kind of teaching and have appreciated the opportunity to learn in this new kind of way."



Photo c/o Sienna Cline '25

Students prepare for World Religions class in the Bannan theater.



Photo c/o Ms. Vishal

Mr. Maguire and Mr. Devitt co teach in the Coral Room

49ER RICKY PEARSALL SHOT IN UNION SQUARE

Bobby Mullin '26

Contributing Editor

On Saturday, August 31, 49ers rookie wide receiver Ricky Pearsall was shot in San Francisco’s Union Square. Pearsall was returning to his parked car when he was approached by a teenager who allegedly attempted to steal his Rolex. A video from the scene shows Pearsall being rushed into an ambulance on his way to San Francisco General Hospital. Luckily, the bullet missed all vital organs and Pearsall was released from the hospital the following day.

On the following Thursday, Pearsall was back at 49ers practice, though he is ineligible to play for at least the first four games of the season. The 31st overall pick still shows great promise and is unlikely to face any long term physical effects from the shooting.

In reaction to this incident, SI student and varsity football player Brendan Foss '26 said, “I think this event really demonstrates how football as a career can end in a day, but it also illuminates the brotherhood such a profession is founded on.”



Photo c/o San Francisco Chronicle

Ricky Pearsall thanks first responders at the 49ers’ season opener.

The 17-year-old suspected of the shooting made his first court appearance on September 4. His identity was not disclosed since he is a juvenile; however, the San Francisco District Attorney’s Office is considering trying him as an adult. This would result in the possibility of his sentence extending beyond the age of 25, as such age restrictions only exist in juvenile court.

This shooting comes in the midst of a resurgence for Union Square. The high-end retail hub is as clean and busy as ever, finally recovering from the pandemic. This incident has, however, worried retailers, as the recently regained reputation of the area has now become suspect. However, many are confident that the increase in visitors will continue to recover, even after this horrible incident.

PRESIDENTIAL DEBATE STIRS REACTIONS AT SI

Autumn Ragone '27

Contributing Editor

Continued from Page 1

“I’m going to invite you to attend one of Donald Trump’s rallies, and what you will also notice is that people start leaving his rallies early out of exhaustion and boredom,” said Harris.

Harris scored points by eliciting a thin-skinned response from her opponent, but that exchange may have contributed to further degrading the quality of the debate, initiating a cycle of finger-pointing and name-calling.

“She said people start leaving, people don’t go to her rallies,” Trump responded. “There’s no reason to go. So she can’t talk about that. People don’t leave my rallies. We have the biggest rallies, the most incredible rallies in the history of politics.”

How did the dialogue of this presidential debate, a historic meeting between the potential leaders of the United States, reduce to a petty comparison of rally sizes?

Others, however, believe this form of debate diverted candidates from being responsible for answering tough questions. “Kamala used diversions and traps effectively to cover her tracks and keep from answering questions that could harm her,” said conservative SI student Alex Salentine '26.

Nonetheless, Salentine believes Trump’s mistakes could have been remedied by simply focusing on policy: “Trump could have pushed [Harris] harder on answering [policy] questions.”

When asked about the presidential debate, Ms. Miller surfaced an important point. She said, “I kept wondering, how do our Catholic Ignatian values call us to challenge our candidates?”

This raises the question of what this type of destructive dialogue says about the values of this country. Chance White '25, co-president of the Young Democrats of SI, said that “America should elect a president based on their values and proposed legislation, with respect for both sides.”

“How do our Catholic Ignatian values call us to challenge our candidates?”

—Ms. Miller



HOTEL WORKERS GO ON STRIKE

Farrah Almajdalani '27

Contributing Editor

On Sunday morning of Labor Day weekend, September 1, 10,000 hotel workers, mostly women of color, from 25 different hotels walked out of their jobs in various cities carrying signs declaring, “One Job Should Be Enough.” The strike stretched from Boston to Hawaii and included San Francisco.

UNITE HERE, the labor union representing the hotel workers on strike, expressed their desire for better working conditions, healthcare benefits, and higher pay. They also wanted a reversal on the cut down on staff and guest services resulting from COVID-19.

Many hotel workers have to work more than one job in order to just barely cover their rent. It has become a growing struggle for hotel workers to support their families and continue to live in the cities that they greet visitors to. Without a new and improved contract, many of the employees fear that they will not be able to retire in the near future or be able to visit the doctor.

The hospitality workers were on strike at Hyatt, Marriott, and Hilton hotels. In response to this event, Hyatt stated that it would try to compromise on a just and rational agreement that benefits both the hotels and its workers. Hilton had a similar response, saying they would work out a new contract for their valued employees. Marriot, on the other hand, did not respond publicly to the strikes.

UNITE HERE was also recently successful in Southern California, where 34 hotels agreed to a new contract with increased pay and a fairer workload. Hospitality workers hope to see a similar result from their Labor Day strike. Keira Sorenson '27 shared her view on the hotel workers’ strike, saying, “I think that the strike is fair and that power in numbers will promote change. I also believe that their method of striking was very strategic and successful.”



UNITE HERE hotel workers strike in San Francisco.



UNITE HERE hotel workers picket outside the Grand Hyatt SFO.

Photos c/o UNITE HERE Local 2

THE EMERGENCE OF NEW ZOO NOTIC DISEASES

Adriene Barki '26

Contributing Editor

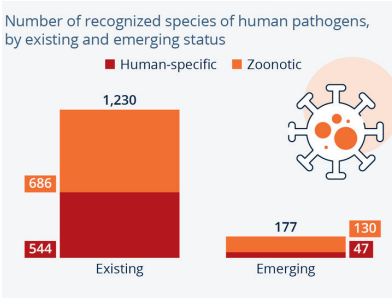
Zoonotic diseases—pathogens that are transmitted from animals to humans—have been a constant threat to global health, but recent studies suggest that they could be the source of the next major pandemic. These diseases have been responsible for the world’s most devastating pandemics in history, including Ebola, the West Nile Virus, and more recently, COVID-19.

Even though humans and animals have coexisted for nearly 2 million years, the increasing human population has expanded interactions between the two populations. As human activity expands into wildlife habitats through deforestation, urbanization, and contact between humans and wildlife increases, this ultimately strengthens the likelihood of a zoonotic pathogen crossover.

One of the most well-known examples of a new zoonotic disease is COVID-19, which is believed to have originated from bats and then infected humans. This pandemic highlighted the dire global impact that zoonotic diseases can have, leading to widespread illness, economic disruption, and a great loss of life. The World Health Organization estimates that since 1940, over 70% of new or emerging infections have been zoonotic. Data from the CDC also reveals that zoonotic outbreaks in the U.S have increased by 20% since 2000, with an estimated 2.5 billion cases each year.

When asked how he feels about the re-emergence of Zoonotic diseases, Naveen Samoza '26 said, “I see how the public would be worried about the re-emergence of zoonotic diseases, but I believe Covid has definitely increased awareness and preparation for future outbreaks, and public health systems seems to be getting stronger and better.”

In addressing this increase of zoonotic diseases, public health systems have continued to work on how to best address this issue through collaboration and research. This includes enhancing their response to detecting early outbreaks and investing in research to better understand zoonotic pathogens. Collaborative efforts also include veterinarians, ecologists, and researchers aiming to study improved strategies in detecting early warning signs and containment strategies. Additionally, practices are being placed to reduce animal habitat destruction to limit the risks of a new outbreak.



The vast majority of emerging diseases are zoonotic.

Image c/o Statista

ARTS & LEISURE

A NEW APPROACH: TWISTERS

Janice Yan '27

Managing Editor

Twisters, the 2024 summer blockbuster and disastrous thriller movie directed by Lee Isaac Chung, shocked many when it was left with positive reviews by new fans of the franchise. This movie stars a fan favorite from the movie *Anyone But You*: Glenn Powell (as Tyler Owens). Daisy Edgar Jones, an actor who starred in *Normal People* and *Where the Crawdads Sing*, co-leads as Kate Cooper. This film explores genres of science fiction with dramatic elements, making the movie a suspenseful watch for the viewer.

This film is set in Oklahoma and starts off with the backstory of Kate Cooper. She was a former storm chaser and while she is experimenting with how to dissipate tornadoes, she loses her boyfriend and her two friends. This leads to her abandoning her job and leaving to pursue a new life.



The *Twisters* poster displays its thrilling theme.

Or so she thinks. That’s not the case when she finds herself returning to her former job—storm-chasing to revisit her old experiment and make up for her past mistake. On the way, she works alongside Tyler Owens, an aspiring storm chasing social media influencer. This movie centers around the experimentation of new technology, adding a futuristic element to the film, as well as allowing the viewer to become more aware of natural disasters like tornadoes.

Not only did those elements help elevate the watch for the audience, but, also, the characters in the film had amazing chemistry and character depth. Due to Lee Isaac Chung’s direction, the film used realistic special effects that brought the tornadoes to life in a visually pleasing way, keeping the audience on edge and waiting for what’s to happen next.

Many viewers enjoyed this film as it introduced to us a new approach on how to showcase the harsh realities of tornadoes and natural disasters. Some others felt as if the unnecessary subplot of the love triangle between the characters took away from the point that the movie was trying to convey. Angeline Hsueh '27 shared her thoughts on the movie, “This movie really kept me on my toes and even though some people didn’t like the love triangle aspect, I enjoyed it because it gave us a humorous element to balance out the seriousness of the topic.”

Overall I recommend *Twisters* to those who are looking for an exciting and amusing story that will leave them with a new approach when looking at natural disasters.

IT ENDS WITH US: WHAT DO YOU THINK?

Sadie Eggert '26, Dara Lewis '26 & Riley Hartnett '26

Contributing Editors

It Ends With Us, based on the book written by Colleen Hoover, was just released in the theaters and has received many contrasting reviews as well as some stigma. The main criticisms people had were about Blake Lively's portrayal of the character Lily, her response to the film, her outfits, and the details missing from the book.

Many companies and organizations interviewed Blake Lively and her co-star, Justin Baldoni, highlighting them after the movie was released.

The movie was an effort to spread awareness about domestic violence in relationships, which is displayed in the book and movie. Throughout the interviews, many people were dissatisfied with Blake Lively’s response to this main theme and her lack of addressing it, which contrasted with her co-star Justin Baldoni’s state-ments.

light topic of the outfits rather than the heavy and very real topic of domestic violence. Many people were upset by this and it caused an outrage on social media.

Others found fault with the movie’s departure from the book. Certain things were changed or completely left out. Specific, small but valuable details were overlooked in the film compared to the book. The ages of the characters are different, some minor characters are missing, and some scenes were changed in the movie. While many movies that started as books do similar things, people liked the book version over the movie version and were upset with the things left out. The media described the movie as rushed and felt it left out the real message of domestic violence that the book displays.

Although there have been many opposing opinions on *It Ends With Us*, the general



public’s perception of Blake Lively’s actions and the absence of key parts from the original book has left audiences with negative connotations about the movie.

EXPLORING THE WORLD OF COMFORT DESSERTS

Radhika Saha '28

Contributing Editor

Comfort desserts are like a warm hug for your tastebuds! These comfort desserts will give you a pat on the back when you don't do too well on a test. For the few people who might not know what comfort desserts are, they are sweet treats that bring a sense of happiness and emotional comfort.

They often have rich flavor and striking texture that makes us feel cozy and comfortable. Comfort desserts are known for their ability to bring nostalgic memories or ability to help people wind down after a long exhausting day. They might remind us of special occasions or simple moments of joy.

Whether it's a slice of pie, a bowl of ice cream, or a fudgy chocolate brownie, comfort desserts are all about providing a comforting and satisfying experience for someone to enjoy!

In the United States, apple pie and brownies are classics, loved for their comforting flavors and warm, satisfying textures! Apple pie, with its buttery crust and sweet, spiced filling, brings memories of family gatherings and cozy kitchens. Brownies, on the other hand, offer a rich, chocolatey taste that's perfect for any late night cravings.

In France, crème brûlée and madeleines are well-loved comfort desserts. Crème brûlée is a light custard with a caramelized sugar coating, offering both a delicious appearance and flavor. Madeleines are light sponge cakes with a shell shape, often enjoyed with tea or hot drink, bringing a touch of French elegance!

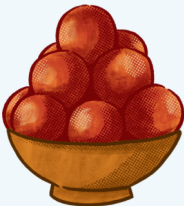
In India, gulab jamun and kheer are favorite sweets. Gulab jamun is soft dough rounded, syrup-soaked, with hits of ghee, which is super delectable. Kheer is a creamy rice

pudding with cardamom, nuts, and saffron giving a comforting taste of home.

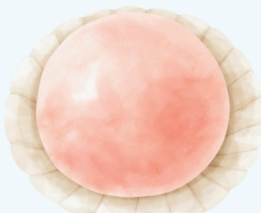
In Japan, mochi and dorayaki are popular treats! Mochi has a chewy texture and sweet flavor, enjoyed plain or with red bean paste. Dorayaki, which is a pancake filled with red bean paste, combines a fluffy texture with a rich filling.



apple pie



gulab jamun



mochi



crème brûlée

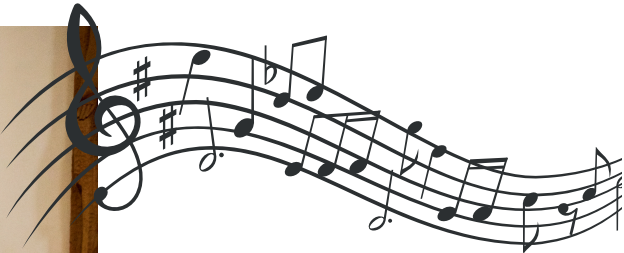
Lily Normanly '28

PERFORMING ARTS TAKE OFF AT SI

Contributing Editor



Student performers discover friendships and leadership within the arts.



Photos c/o SlickPic

Performing arts have hit the ground running at SI! After auditions were held the first week of school, students are now in rehearsals for various performances.

The theater department has been in rehearsals for the fall play, Neil Simon's *Rumors*, along with the paint and tech crew preparing sets, lighting, and sound for the production running November 6, 7, and 8. Mixed, Chamber, and Treble choir have begun learning repertoire for their winter show with the theme, "Songs for the Cold." Dance Workshop is busy rehearsing for their Fall Dance Concert on November 14 and 15, titled "Sounds that Make Us Move." The Symphonic Orchestra and Jazz Band are also rehearsing for their fall concerts, and Pep Band did a fantastic job at SI's opening football game against Tam. We look forward to hearing them play again at our upcoming games!

Students have been having a wonderful time in rehearsals. Nikki Liu '25, a violinist in the Symphonic Orchestra, reported, "Rehearsals have been going well! It has been great meeting the freshmen also interested in furthering their musical passion at SI, and we're having a great time breaking down the repertoire we've prepared for this semester!"

Because of choir director Ms. Gomes' maternity leave, choir members have had to step up to leadership roles, which has been new, but nevertheless exciting. Senior Emma Keihn who is a singer in Mixed and Chamber choir shared, "I am loving the opportunities to lead that are being presented to me and my fellow leaders and I am confident that this will be a great year!"

Cast members of the Fall Play also gave insight on the hard work they put into their performances. EJ Gantz, a senior who has done theater at SI since his freshman year stated, "I feel like people don't recognize how much time we put in for shows, and

how much work there is behind the scenes...it goes unnoticed." Another cast member, Alexis Paras '25, showed her excitement about the performances, stating, "I am looking forward to our performances for sure. I think that this show has the potential to be really funny and I am excited to perform it."

Along with the excitement, leadership, and dedication the performing arts at SI has given students, it is also a safe space for every student involved. Emma Keihn '25 shared her story on how doing performing arts at SI has provided a safe space and led to her own personal growth. She stated, "As an underclassman, I was extremely shy and afraid to sing in front of people, but with the support and strength of my peers and directors, I have grown much more confident in myself," adding, "choir has shown me a safe space to take risks, be loud, feel emotions, and meet new people, and I am forever grateful for that."

Gantz shared his perspective on building friendships and being a leader for his cast mates. "I've made friendships that hopefully will last life times, and wouldn't trade my experiences for anything. While I miss all the upperclassmen that graduated before me, it's still fun being with the underclassmen and showing them what it's like to perform." Nikki Liu '25 shed a light on building community through creating music together. "I'm always amazed with the beautiful music we are able to create together and astonished by all the friendships SI's orchestra has offered us."

SI's performing arts department is an incredible place for students to gain community, freely express themselves, and grow confidence. This has led to students' personal growth and ultimately providing a safe space for them on campus. Liu added, "I think each one of us has found something in SI's performing arts program that we will carry with us past our high school years."

HISPANIC HERITAGE MONTH: A TIME FOR CELEBRATION AND RECOGNITION

Camila Limo-Fernandez '26

Contributing Editor

Annually, from September 15 to October 15, we celebrate Hispanic Heritage Month, a time to honor and recognize the contributions, cultures, and histories of Hispanic and Latinx communities in the United States.

Hispanic Heritage Month is an opportunity to embrace our identity in the present and share it proudly. With more than 20 different countries in Latin America, there is no one way to be “Latino” or “Latina.” People speak a variety of different languages such as Spanish, Portuguese, K’iche’, Quechua, and more. Each country has a unique cuisine that combines the flavors of past generations with the present. We also have beautiful traditions that combine European, African, and Indigenous cultures.

Lucia Garcia-Martinez '25 explained what it means to her, stating, “It’s a month to celebrate a culture of bravery, resistance, and diversity. I love Hispanic Heritage Month because it allows me to take great pride in my culture and where I come from.”



Photos c/o Slitpic

During the ALAS Showcase, students perform cultural dances.

At SI, we learn about famous individuals like Cesar Chavez, Sonia Sotomayor, and Frida Kahlo, but the everyday stories from our families and communities are just as important. Many of us have either parents or grandparents who immigrated to escape poverty and danger but continue to overcome obstacles like language barriers and discrimination. For them, success and the “American Dream” are not just measured by fame or wealth, but rather by everyday achievements, such as getting an education, buying a home, and raising a family.

There’s so much to discover and appreciate about our community, whether it is through art, dance, or food! This month, the Association of Latin American Students (ALAS) will be putting together events where SI students can reflect, educate themselves, and most importantly, celebrate Hispanic Heritage Month.

Our biggest event will be the LatinX Showcase, taking place on October 19th. ALAS hopes you will join us in embracing this special time of the year, not only just as a recognition of the past, but also as an ongoing celebration of our presence and future!



Photos c/o Slitpic

Students express their heritage through music.

OPINION: EXPLORING THE BENEFITS OF A MULTIRACIAL AFFINITY GROUP

Annika Watkins '26

Associate Editor-in-Chief

As the SI community continues to embrace diversity, equity, and inclusion, there is growing interest in the establishment of a prospective multiracial affinity group. This proposed group could aim to create a safe space for students who identify as biracial or multiracial, fostering a sense of community and belonging. Another objective would be to instill a sense of self-acceptance for members to truly embrace who they are: a union of two or more cultures blending together, creating a melting pot and a symbol of the American Dream.

A multiracial affinity group would provide a unique platform for students to share experiences, celebrate their diverse identities, find common ground, and address specific challenges they may face. Additionally, the group could serve as a valuable resource for educational outreach and dialogue, helping to raise ethnic

awareness and understanding across the school community.

The benefits of such a group could be significant. It would not only support the personal growth of multiracial students, but also contribute to a more welcoming and inclusive campus culture. By facilitating open discussions and cultural exchange, the group could help bridge gaps between different communities and encourage a more nuanced understanding of racial and cultural diversity.

Although the creation of this group is only a possibility, the enthusiastic response from students and staff indicates a strong interest in one in the future.

Nathan Rose '26 shared, “I think it would be the perfect space for students who don’t affiliate themselves with one specific group to explore their different origins and embrace themselves and their multiple racial identities, all while creating community.”

Princewill Onyebuchi '26 said, “I think a prospective affinity group for those of multicultural backgrounds could be a good thing, so long as members take a holistic approach to working toward the overarching goals for the affinity group.”

As conversations continue, the impact of a potential multiracial affinity group at SI highlights the ongoing commitment to creating safe spaces where all students feel valued and supported.



AFFINITY GROUP X-PERIOD: BUILDING COMMUNITY

Jordan Liu '26

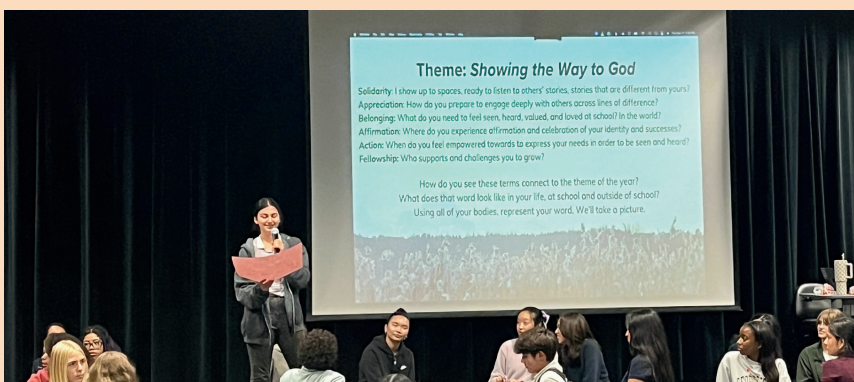
Associate Editor-in-Chief

On Tuesday, September 17, members of the seven affinity groups at SI gathered in Weigand Theater to discuss the affinity groups’ missions in relation to SI’s theme for this year: Showing the Way to God.

Students participated in group discussions, getting to know each other and also exploring core themes central to SI’s commitment to inclusion and solidarity.

This initial event showcased the range

of SI’s inclusivity and served as a promise for accepting and nurturing spaces within the SI community. It allowed students to find a safe space to be their true selves and to create connections in a supportive community.



Students listen to presentations at an Affinity Group X-Period meeting.



Photos c/o Ms. Visbal

AFFINITY GROUP MODERATOR INTERVIEWS

Jordan Liu '26

Associate Editor-in-Chief

Inside SI sat down with Affinity Group moderators to gain their perspectives on the upcoming year and the importance of affinity groups. Responses have been edited for length. SI's Affinity Groups include:

Asian Student Coalition (ASC), Association of Latin American Students (ALAS), Arab Middle Eastern Association (AMA), Black Student Union (BSU), Jewish Affinity Group (JAG), LGBTQ+, and Pacific Islander Association (PIA)

What changes have you noticed since your first year serving your affinity group?



Ms. Wong,
ASC

ASC has definitely evolved into helping students form a lot of their identity, and I feel that there is more cross-collaboration between affinity groups. We're trying to help students find out who they are based on their heritage.



Ms. Miguens,
ALAS

My second year, we added a showcase, and that's been the biggest growth I've seen in the ALAS affinity group: the commitment to create a space for the Latinx community to celebrate and showcase to the community what our different cultures are.

What is the most valuable aspect of an affinity group to students?



Ms. Brannen,
LGBTQ+

Our affinity group is just a safe space for people to be who they are without having to filter their conversations or have assumptions made about them. Although, it is good to have a space of commonality and fellowship. I would love to have the issue to be less about having a safe space and more about having a place to celebrate.



Ms. Schwarz,
JAG

A sense of community, and knowing that they're not the only Jews. Students come to JAG and meet other people so they know that they are not alone. We're intending to do more events, and we're also going to do a campus-wide Hanukah event in December.

Where do you see your affinity group in 10 years?



Mr. Shahamiri,
AMA

I really hope that we have more Jewish members join us and participate. We hope for larger visibility in the SI school community.



Ms. Hurley,
PIA

It would be great to have some traditions to establish. Some regular things, annually - that would be something really cool to look forward to and to look back on. Maybe even a showcase to show our culture.



Mr. White,
BSU

More cross-affinity group collaboration will take place in the next ten years. I hope that happens, and I hope there's more education around affinity internally around identities, cultures, and different affinities. With regard to BSU, I hope that there's some sort of formal education around Black history and not just the same image of slavery, but of celebrating people's different cultures.

What upcoming events do you have for this year?

Mr. White, BSU

We'll have a Chill and Grill of sorts for our general BSU, and we'll have a 'What is Black?' event that is open to the campus regarding the experiences of Black folks that'll be open as a GOYB.

Ms. Wong, ASC

ASC Kickoff was September 19th in the Student Center after school. Diwali, Pasko, and Lunar New Year are upcoming family events.

Ms. Miguens, ALAS

Anybody who identifies as Latinx is welcome to come to the general meetings and come to the socials. Latinx Heritage Month is coming up, with the showcase being the biggest part of it.

Mr. Shahamiri, AMA

We're still in the brainstorming phase, but in the fall we would love to invite the SI community to learn more about cultures that AMA includes.

Ms. Schwarz, JAG

We're going to have a Rosh Hashanah event. Rosh Hashanah is the Jewish New Year, and it's going to be on October 4th at X-Period for JAG Members.

Ms. Hurley, PIA

There is going to be our kickoff meeting, events with the Polynesian Dance Club, Lei-making, and some things with the football team since there are a lot of Pacific Islanders on the football team.

TWO ERAS, ONE SI: BELONGING & INCLUSION FROM 1959 TO 2024

Sierra Murphy '25, Kate Quach '25, Shay Moriarty '25

Editors-in-Chief

Continued from Page 1

school day, but also through her extracurriculars. She shared, “At SI I feel included in my tennis community where my teammates and coaches work to support each other on and off the court.” Sadie touched on an important factor of SI, that belonging does not stop when the final bell rings or when the buzzer alarms at the end of a sports game; it continues throughout the student body in all that we do.

On Thursday September 12th, members of the student body from the current senior class welcomed alumni from the Class of '59, who returned to their former high school campus. They hosted a panel discussion and embarked on a tour of the current Saint Ignatius campus afterwards.

Besides the once \$160 tuition, the Saint Ignatius community has undergone many major changes since 1959. When the Class of '59 were at SI, the Civil Rights movement remained very active. Women educators joined the SI campus, participated in key events, and were frequent activists for issues relating to poverty, education, and healthcare. It is important to recognize the impact women had at the time of the Civil Rights movement, and the way women continue to play a vital role in every community. That is why the addition of females at SI in 1989 was a very important step to take, but also a major change around the community.

Alumnus John Duggan '59 shared, “Well, obviously the first [significant change at SI] is women. I fought Father Mario Prietto, saying we shouldn't have them... I completely changed my mind. It's a better school because there are both [genders].”

Although he first questioned the idea of SI going co-ed, Duggan remarked that he has a granddaughter that graduated from SI last



Male students populated the SI Class of 1959.

year, and another one who is currently a Junior. Adding women was a very crucial step for SI as it led to a community that better promotes the fundamental ideas of belonging and inclusion. Since 1959 the student body has definitely become more inclusive to gender and culture differences and biases. “I do think the pride of “we are SI” really gets to you after a short, short while. It really does,” stated Duggan.

Even after graduating 65 years ago, the Saint Ignatius spirit has not left the Class of '59. Although SI's cost, size, and student life may have changed, the school's pride has always remained one of the strongest in the Bay.

Throughout the decades, the culture of inclusion took a forefront in S.I.'s values and class lessons. For Dr. Davis, the Assistant Principal for Community Formation and Culture, the emphasis on belonging begins before students step through the school's front doors.

“When you say yes to S.I., you're saying yes to being in an environment that's inclusive, that's warm, that's welcoming, and that's going to love you for who you are,” she said. “You're saying yes to a family.”

Dr. Davis stands alongside teachers and the student body as they collectively work to build a familial bond that embraces individuals' passions and goals. From affinity groups to classrooms, students approach discussions of equity and spark peer-to-peer kinship. “We want to make sure that students are leaving to be a person with and for others and getting out of the ‘me’ aspect and into the ‘we’,” noted Dr. Davis. With her department, students explore their interests in group spaces that thrive within S.I. and fuel them as they enter young adulthood and its responsibilities.

The Assistant Principal for Community Formation and Culture recognizes faculty, staff, and parents' perspectives: the Diversity, Equity, Inclusion, and Belonging (DEIB) task force and parent groups strengthen their belonging in the school community. Referencing the Parable of the Lost Sheep from Luke 15:3-7, she underlined S.I.'s prioritization of inclusivity. “We want all of our students to feel that sense of belonging. So if it's 1% that doesn't, then we're going to go after that 1% to make sure that they have that feeling and that they know that they know that they matter to us.”

With departmental supervisors, Dr. Davis works with Ms. Hernandez and Mr. Mingo to implement a DEIB Strategic Plan that creates goals of diversity and inclusion in areas throughout campus.

“As S.I. continues to grow and get better, we have to remember to continue to bring people up and not lose sight of that.” As the Class of '59 alumni strolled through the campus, they encountered many architectural developments. Yet throughout the decades, one feature of SI has remained timeless: its willingness to approach inclusion.



Current SI students celebrate their backgrounds with affinity groups.



Dr. Davis works to advance diversity, equity, and inclusion on campus.

(Photos c/o Slickpic)



The alumni from the Class of '59 visit SI on Sept. 12th

Rini Saha '25 and Nora Shaskan '27

SAFE SPACES IN INSIDE OUT 2

Contributing Editors

On June 14th of 2024, the sequel to the beloved film, *Inside Out*, was released into theaters. In *Inside Out 2*, we meet some of Riley's new emotions – characters Anxiety, Embarrassment, Envy, and Ennui – as she prepares for high school. This humorous film gets a rating of 5/5 because it reunites us with familiar characters while building a new plot and touching on important messages. Note: this article contains spoilers.

Inside Out 2 follows Riley Anderson, now a teenager who attends a summer hockey camp with her two best friends. Early in the film, her friends tell her they will not be going to the same school next year, which sparks panic in Riley's mental space. Soon, Anxiety, Embarrassment, Envy, and Ennui invade her mind, bottling up Joy, Anger, Fear, Disgust, and Sadness, and sending them to the back of her mind. To stop Anxiety's scheme to change Riley's personality in order to 'fit in,' our five favorites must find a way back to 'Headquarters.' The message the filmmakers attempt to convey is that it's important to control our anxiety and not let it pull us away from the people and things we love.

When Riley makes a chain of mistakes during the last scrimmage of camp,

Anxiety takes over, chaotically attempting to fix her errors. As Joy tries to resolve the panic attack, she says to the Anxiety, "You don't get to choose who Riley is. Anxiety, you have to let her go." The phrase, 'let go' really captures one of the overarching themes of the movie. Joy, too, must let go of the console which controls how Riley feels, and allow the girl to freely confront life with all her new emotions.

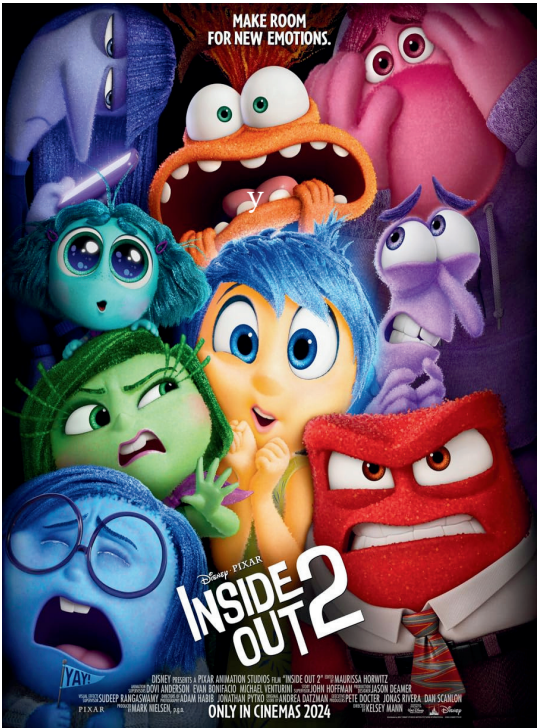


Image Courtesy of IMP Awards

Riley feels comfortable when she's playing hockey with her friends – it's her safe place where relaxed and fear-free, she experiences joy. Radhika Saha'28 said, "I found it relatable when Riley found comfort in her friends because sometimes you need them to brighten your day!"

However, when anxiety and embarrassment overwhelm that space of peace, it can become a place for negative, chaotic, and sometimes dangerous thoughts. When Riley stresses about her new school and puts too much pressure on herself to make her new high school's hockey team, the invasion of social anxiety damages her fundamental characteristics. As a result, she accidentally hurts her best friends, upsets her teammates, disappoints the coach, and even suffers a panic attack.

However, the film shows how it is important to embrace all of our own emotions, the good and the bad, the old and the new, and not feel like we are entitled to only a few; variety in our feelings gives us the chance to experience all of life.

I recommend *Inside Out 2* to people struggling with fitting in. This film shows staying true to one's identity and allowing all emotions to express themselves freely is what life is all about—living authentically.



SI's very own Dr. Davis on JB Murphy coaching Women's Flag football

At beginning-of-the-year Student Convocations, Dr. Davis, Asst. Principal for Community Formation, shared an interesting connection to *Inside Out 2*. Mr. White told her that he saw her in the movie!

Curious by this news, Dr. Davis went to the movie and immediately saw qualities and characteristics of herself in Riley's coach.

Little did we know that SI had a movie-star in our community!



Riley's hockey coach gives her some advice in the movie "Inside Out 2"

Zoe Omar '25

FINDING SAFE SPACES IN NATURE

Managing Editor

Throughout my time at SI, I have discovered an absolute need for safe spaces, whether it's a place where people can feel at home and at peace or a place free from judgment. I find these places in nature. I feel safe when a cool breeze tingles my ears and commands my stray hairs to lick the sides of my face, when the smell of dirt and bark takes over the senses, when the sun forces its way through the thick overhang of trees, and when the music of the forest beats through my heart, all these rhythms conjoining into one.

Many people find their safe spaces outside the confines of their homes and within the wilderness, but why is this? Most seniors have already heard of Ralph Waldo Emerson from SI's junior English curriculum, but for those who haven't, Emerson is famous for being part of the transcendentalist movement. In his essay, "Nature," Emerson admires the world around him and states, "I become a transparent Eyeball; I am nothing; I see all; the currents of the Universal Being circulate through me; I am part or particle of God" (Emerson). As he talks about becoming a "transparent eyeball," he really emphasizes that he's seeing beyond himself. This is an analogy to the human soul because he talks about something that is at the very core of one's being.



Emerson is first reduced to nothing in order to appreciate everything in the surrounding world. There's a freedom in being humbled in this way, in realizing that in the face of the entire universe, each human being is relatively insignificant. There's an innate connection between humans and nature that is often taken for granted with increased dependence on technology. People are born with this connection, but somewhere along the way to adulthood, this connection is disregarded, sometimes irreversibly.

In conclusion, nature, inherently a safe space for all organisms, is built into the world to create opportunity for enjoyment, love, and appreciation. People must take advantage of these sacred spaces that can provide havens away from society's pressures of social conformity.

My safe space is at the top of a hill that lies on a trail next to my house. The trail is a part of me, and the eucalyptus trees there have grown with me. So, where's your safe space in nature? And if you don't have one, well, that's why you have legs. Go out and find it!

OPINION: PHONE TO PHONE, NOT FACE TO FACE

Beatrice Sopko '26

Contributing Editor

In the critically acclaimed movie, *The Matrix*, written and directed by the Wachowskis, the main character, Neo, must choose between a red pill and a blue pill. The character, Morpheus, who serves as a mentor and guide for Neo, offers him a choice. He explains that if Neo takes the blue pill, the idea of a “Matrix,” a dream where Neo and the rest of Humanity lives in, disappears. But, if he takes the red pill, he will learn the truth behind the illusion he lives in, and Morpheus will show him “how deep the rabbit hole goes.”

While it has not been proven yet that all of us are living in an illusion constructed for robots to feed off of our energy, we all consciously make choices within our school community like Neo does. We choose whether we are going to take the red pill and put ourselves out there by making face to face connections, and creating in-person safe spaces. Or, we choose to take the blue pill by scrolling in the matrix of social media and continuing to use technology as a crutch, a place to run away to when we are uncomfortable with reality.

How is technology affecting how SI students cultivate safe spaces within the school community? Many students use their phones as a source of connection. Technology allows students to discover different cultures, stay current, and explore their interests. While these uses of technology and social media can be beneficial, one’s ability to easily access the internet also serves as an obstacle when working to create safe spaces in person.

In an article published by the Center for Humane Technology, researchers discovered that regular use of social media can significantly alter our brains. The article highlights that “rapidly changing content and constant interruptions reduce our capacity to pay attention; we become used to quick sound bites and short videos” (Humane Technology). The decrease in one’s attention span significantly affects how one is able to engage with everyday activities, like having conversations with peers and engaging in class.

Regarding this, Aiden Guerrero '26, he stated that “Social media is such a crutch socially. It provides people with so much dopamine that now, having natural conversations is not as rewarding as when they scroll on their phone.” While our generation has become extremely technologically advanced, we must realize that safe spaces are built off of in-person interactions. Safe spaces also provide the necessary foundations for people to discover and become proud of their identities.

Students are also increasingly relying on technology for a way to escape. When students are in uncomfortable or even boring situations,

they will turn to technology for distraction and entertainment. But, using technology as a form of escapism hinders student engagement in the classroom. Natalie Bravo '26 explained that social media, while it connects many people, often leaves them feeling more isolated. The isolation creates more anxiety for students in social settings. Natalie pointed out that many students feel less comfortable engaging and participating within the classroom due to an increase in social anxiety. She stated, “This is something that I see with myself, and something I see in my friends.”

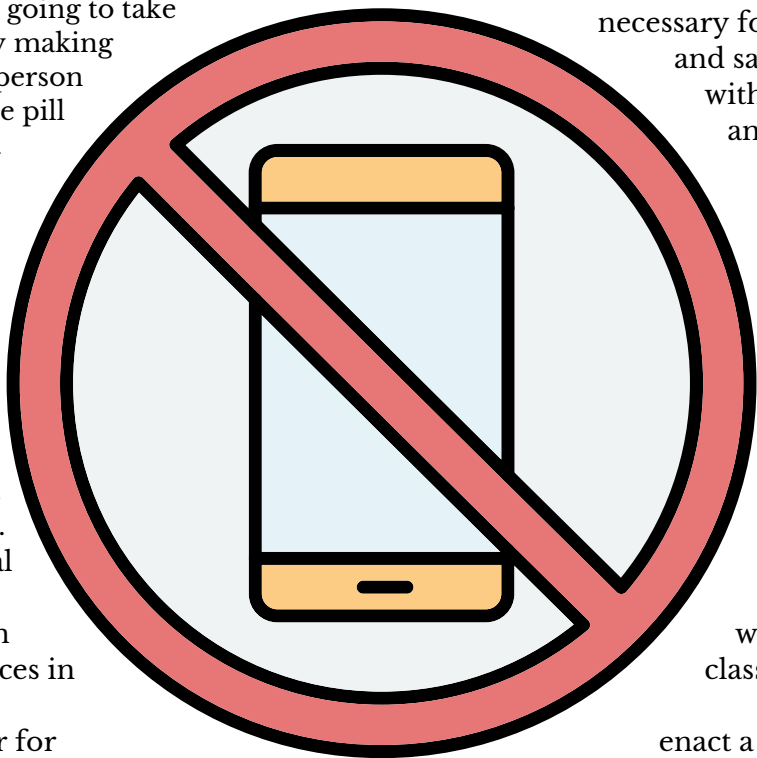
The decrease in engagement in the classroom is alarming. Classroom environments provide students with the necessary foundations for creating friendships and safe spaces. If students feel uncomfortable within their classes due to an increase in anxiety surrounding acceptance, they risk distancing themselves from crucial connections and opportunities to create spaces of belonging.

Concerns surrounding high school students' engagement within classrooms due to technology and social media have been at the forefront this year. In the current year, SI’s staff has initiated a new approach to managing this: phone lockers. When asked about the addition of the phone lockers, SI’s Dean Escobar stated, “We have to balance the good with the disruptive. There was no consistency [on phone policies in classrooms] and that was affecting learning.”

The phone lockers have been issued to enact a change within the school, yet, despite the new addition to many classrooms, there are mixed reviews of their true effectiveness. Dominic Regalia '26 pointed out that “the phone lockers help people stay on task and not be super distracted. However, people still do the same things on their iPad, so there isn't much difference.” He pointed out that even though the phone lockers are not making a difference, the teacher’s policies and their abilities to uphold them are.

So, if the phone lockers are not as effective, what can be done to ensure that students engage within the classroom and within their communities? In interviews, students consistently expressed that they engage wholeheartedly with their community away from technology through activities like sports, clubs, or performing arts.

So, the next time you swipe over to scroll on Instagram while in the hallways during break or while in class, remember the red pill and the blue pill. Recognize the decision you are making, and choose whether to push through an uncomfortable or boring situation, or give in to the little notification that pops up on your matrix.



PLUSHIE HEROES: COMFORTING COMPANIONS

Geraldine Segura '27

Contributing Editor

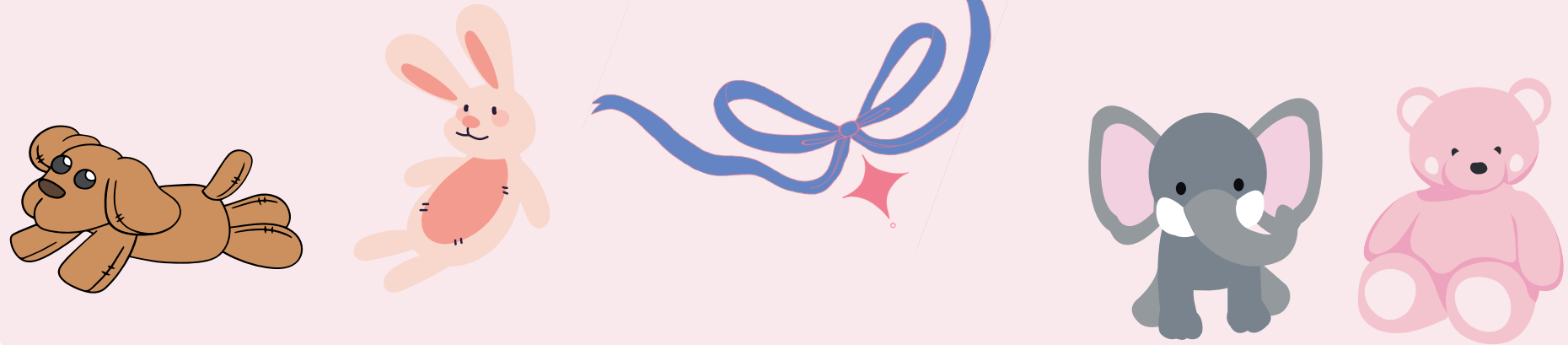
Stuffed animals play a significant role in our lives, whether we stopped collecting them years ago or have kept them to this day. Lots of stuffed animals can bring up heartwarming memories.

Regardless of price, each one is special and priceless to a child.

Stuffed animals bring the best memories to the darkest of times. These are some ways stuffed animal heroes help

us during stress and mental health crises. They can serve as an item to hold when one needs something to fidget with. Loads of stuffed animals are soft, many are fluffy, some are very cuddly. Overall, having a certain and memorable texture can help people feel safer wherever they are.

These plush companions can also serve as a good listener. Sometimes, being able to express certain emotions is hard. Not everyone will feel comfortable going up to someone and saying every single thing on their mind. People need time when they are under stress and having a little stuffed animal can comfort them without pressure.



THERAPY SHOULD NOT BE A LUXURY

Michael Cinco '27 and Skylar Chung '27

Contributing Editors

Hey SI, we know that starting off the school year can be hard and stressful. Sometimes, we need a safe space with someone trustworthy to vent to. Thankfully, we have your back! All the places or ideas cited below are of low or no cost because mental health care should not be a luxury. As Isabella Walker '27 said, "These places are more accessible to those who can't afford therapy which allows it to be more of a resource for those who truly need it."

Mission Neighborhood Health Center (MNHC) is a clinic for uninsured and low-income families that provides affordable mental health services to all, with several locations in San Francisco's Mission District. The organization accepts a wide range of insurance types including Medi-Cal, San Francisco and San Mateo Health Plan, Anthem Blue, and more. Not only do they provide mental health services like counseling and referrals, but they also offer health education and family planning. Their main teen clinic is located at 240 Shotwell Street.

Open Path is a mental health non-profit organization with online and in-person psychotherapy sessions priced at \$40 to \$70. Access to their services is open to all, regardless of race, religion, sexual orientation, or gender identity. There is also an option for a lifetime membership.



(Photo c/o BlueShield)

The Mission Neighborhood Health Center opens its doors for those in need of affordable mental health services.

But sometimes all one has to do in order to gain some peace of mind is get a journal and start writing. Journaling is an effective form of cognitive behavioral therapy, which is a therapy that can help one to better understand the reason behind their emotions. Jotting down thoughts and feelings on paper helps people digest what they are feeling, like therapy in a different form.

Another thing that can help is listening to a podcast to clear one's mind. One that we highly recommend is the Mel Robbins Podcast. One of the most important episodes is "The Let Them Theory." In this episode, Robbin explains to listeners that we have no control or power over anything outside of our own narrative.



Therefore, why even cause yourself to be upset? We spend so much time and energy trying to control the world around us when the only thing we have control of is ourselves.

Remember SI: as motivational speaker and author Michael A. Stinger once wrote, "You are not your thoughts: you are aware of your thoughts. You are not your emotions: you feel emotions. You are not your body: you look at it in the mirror and experience this world through its eyes and ears." Keep in mind you are worthy of everything you want and desire.

DO WE REALLY NEED SAFE SPACES?

Claire Somsouk '26

Contributing Editor

In recent years, "safe spaces" have become a prominent topic in discussions about inclusivity and support within schools and communities. The Oxford Dictionary defines a safe space as "a place or environment in which a person or category of people can feel confident that they will not be exposed to discrimination, criticism, harassment, or any other emotional or physical harm." Safe spaces aim to offer refuge to those in need and promote a sense of security. However, while these spaces are designed to protect individuals from harm, they can also foster division.

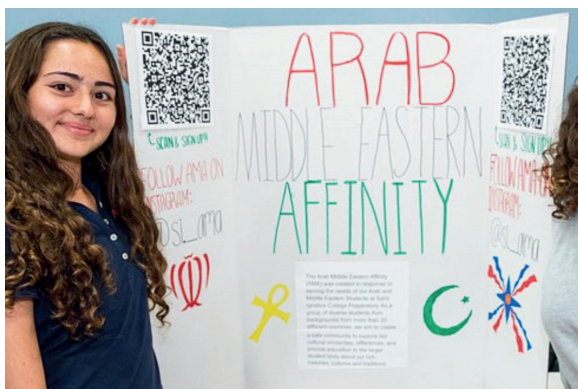
Ironically, the growing focus on "safe spaces" has the potential to create greater division within communities, fostering a disconnect between individuals and groups alike. Affinity groups, which are groups reserved for individuals who share specific identities, such as race, ethnicity, religion, or sexual orientation, are a prime example of this division. Undoubtedly, groups like the Asian Students' Coalition (ASC), Black Student Union (BSU), and LGBTQ+ Affinity all provide valuable support and a sense of belonging to students. However, this emphasis on identity-specific spaces also promotes exclusivity. With private events and entry requirements, balancing the benefits of safe affinity spaces with the need for broader community cohesion is crucial to continue to raise the standards of safe spaces at SI.

On the other hand, safe spaces, and more specifically, affinity groups, provide significant empowerment for individuals who share similar identities. The commonalities in experiences that arise from overlapping identities allow these groups to foster mutual understanding and support.

As stated in SI's mission statement regarding affinity groups, affinity groups aim to help "participants recognize that their identity has an effect on the way they move through the world" and provide "time and space for the empowerment of the individual and of the group within the greater community."

Affinity groups have acknowledged their exclusivity and are working to address these challenges. For instance, the Asian Students' Coalition (ASC) at SI organizes both public events to offer insights into various Asian cultures and exclusive events for ASC members. This approach helps balance the group's exclusivity. Additionally, the Office of Belonging, Equity, and Excellence tries to ensure that every student can join at least one of the 7+ affinity groups organized by SI. This ensures that all students have the opportunity to engage with a community that reflects their identity and interests.

In conclusion, safe spaces, such as affinity groups, foster understanding and support for individuals with diverse and developing identities. Recognizing concerns about exclusivity, SI's affinity groups have taken steps to address this by organizing inclusive events open to all, and by increasing the number of affinity groups, to allow all individuals to comfortably identify with an affinity group. These measures aim to create a more inclusive and welcoming environment for everyone.



Affinity Groups publicize their groups at Club Fair.



Photos c/o SlickPic

CREATE A NEW SAFE SPACE: VOTE “YES” ON GREAT HIGHWAY PARK

Lucas Liang '26 Associate Editor-in-Chief

Remember when there was a double-decker freeway on the Embarcadero? Chances are, as a reader of this publication, you do not. However, from 1968 to 1991, State Route 480 shrouded the Ferry Building in car pollution and barricaded San Franciscans from their northern waterfront. The eventual demolition of this roadway barely passed and sparked a political uproar.

Today, that political battle is unfolding again. This time it is about the Upper Great Highway on the city’s western coast. Voters will decide in November on Proposition K, which would turn the portion of the road between Sloat Boulevard and Lincoln Way into a permanent park. I urge you to vote “yes.”

Currently, the Upper Great Highway between Lincoln and Sloat is an open promenade for pedestrians and cyclists on weekends. However, this pilot program will end next year. Moreover, the Great Highway Extension south of Sloat Blvd. is closing permanently by 2026 due to coastal erosion, even if Prop. K loses. Because of this, the main use of the Great Highway as a direct connection in and out of San Francisco will be lost forever. Drivers will have to turn inland, either at Lincoln or Sloat. With these looming changes, now is undoubtedly the time to act.

Prop. K gives us the opportunity to do something transformative. For Supervisor Joel Engardio, who represents the Sunset and spearheaded this initiative in City Hall, this park would mark the “beginning of a renaissance for the Sunset and even San Francisco.” Supervisor Engardio, in a phone interview, told Inside SI that “we have the opportunity to create something potentially as iconic” as the Golden Gate Bridge.



The Upper Great Highway while closed to cars on weekends. (Photo c/o Yes on K, Ocean Beach Park)

In the short-term, Proposition K makes permanent a promenade that is already visited by 10,000 people every weekend. This new permanent park would continue to be a community space where people can exercise, families can enjoy time outdoors, neighbors can gather together, and young children can learn to bike. It would also increase accessibility to the coast for those in wheelchairs or mobility devices who cannot go on sand.

The exact makeup of a future park is not prescribed by Prop. K. Instead, one of Prop. K’s best parts is its straight-forward question: should the Upper Great Highway continue to be a road for private vehicles or an open space for everyone? If Prop. K passes, simple infrastructure like tables and benches can be added quickly. In the future, the community will get to come together and do, as Supervisor Engardio put it, the “fun part” of deciding what the park will look like.

Unsurprisingly for a proposed transformation of a highway, traffic has become a contentious issue. Those campaigning against Prop. K have relied on fearful rhetoric of massive traffic backups and neighborhood streets flooded with cars. However, if Prop. K passes, there will be no “car-mageddon.” Instead, roads like Lincoln Way and Sunset Boulevard will be able to absorb cars from the Upper Great Highway. Currently, the Upper Great Highway has almost 40% less traffic than pre-pandemic levels. Sunset Boulevard also sits at 30% below pre-pandemic traffic levels. Even without any traffic improvements, Sunset Boulevard’s six lanes have the capacity to handle increased traffic.

To help more with traffic, Supervisor Engardio has introduced new legislation that creates traffic improvements on Lincoln Way and Sunset Blvd. He has also proposed adding more stoplights to Lincoln and better timing for stoplights on Sunset. With all these improvements, the traffic effects of Prop. K on SI faculty and students who use Sunset Boulevard daily will be minimal, while the benefits of a new oceanside recreation space will be untold. In the words of Supervisor Engardio, a park on the Upper Great Highway would “create joy for generations to come.”



The traffic plan for the Sunset if Prop. K passes. (Image c/o Joel Engardio)



Prop. K supporters gather for a rally on August 24. (Photo c/o San Francisco Standard)

TO BE SEEN: THE VALUE OF AFFINITY SPACES

Evelyn Conboy '26 Associate Editor-in-Chief

What if you walked into a room and realized you were the only one who looked like you? For many students at St. Ignatius, this scenario is not hypothetical, but their daily reality.

In the 2020-2021 academic year, only *five percent* of students self-identified as African American and *thirteen percent* as Latin American. This skewed demographic begs the question: “How can our school create safe spaces for underrepresented communities on campus?” Affinity spaces have become the clear answer. Soaring in popularity across college and high school campuses nationwide, students and teachers alike have spearheaded this movement.

An affinity space intends to provide a safe space for educators and students on campus who share a common interest, identity, race, or heritage. As seen in the booming club fair on September 10th, clubs such as the Black Student Union (BSU), Asian Student Coalition (ASC), Association of Latin American Students (ALAS), to name a few, welcomed prospective club members as they have become spaces that students of shared identities flock toward. In a school where nearly fifty percent of the student body identifies as white, affinity groups like the BSU and ALAS are not just extracurriculars--they are lifelines.



However, as these spaces grow, so does skepticism. In recent years, outspoken media critics have touted the necessity of these spaces, questioning if these spaces empower excluded voices or enable self-segregation. To investigate the impact and effects of affinity spaces further, several affinity group members shared their personal affinity space experiences.

For BSU Co-President Jadyn Lewis '26, BSU is “probably [her] safest space on campus.” Student Lewis initially joined BSU to “embrace [her] identity as a Black student” and find a sense of community. She explained the joys of finding a judgment-free space that harbored feelings of familiarity and cultural relatability that would otherwise be scarce. As a freshman, the BSU Showcase first caught the eye of curious Lewis. From first encountering the event as a guest to becoming a cornerstone leader, Lewis shared fond memories from the showcase.

In a touching encounter from the 2022-2023 showcase, Lewis invited her history teacher to attend the BSU Showcase to hear her present her original poem. Apprehensively, she walked on stage and began nervously reading. Yet, when she glanced up from her poem, she discovered her history teacher proudly filming the moment. Reflecting on this memory, Lewis shared that this moment, “made me feel so special and appreciated.” This sentiment reflects the greater purpose of affinity spaces: to be seen, appreciated, and valued.

THE GUNS OF AMERICA

Nora Shaskan '27

Contributing Editor

In our country, there is an alarming amount of gun violence. While our state of California requires background checks, safety training, and eligibility certificates, 41 states are open carry states, three quarters of states don't require a gun license, and most states do not require registration of firearms. Few states have banned high-capacity assault rifles, and with such easy access to these weapons, communities are at risk. To keep Americans safe from gun violence, restrictions must be enforced.

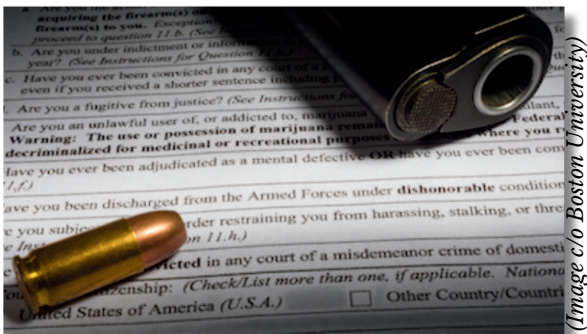
For too long, our country has been divided over the gun control issue, with politicians unreasonably dismissing one another's ideas. While I believe background checks and licenses are critical to the welfare of our nation, it is important to understand the perspectives of opponents of gun control.

Sixty million Americans (one fifth of the population) live in rural areas. The majority of this population works in the agriculture and livestock industries where produce and animals have to be looked after by only a few farmers and ranchers. Exposed to wildlife and thievery, rural citizens must protect their livelihoods, and using a firearm to do so has been a norm and a right. To them, guns are a source of safety, so when liberals fight to ban firearms, it feels as though their way of life is being challenged and their security jeopardized.

However, due to easy access to guns, there have been more than 200 mass shootings in 2024, 5,000 people have died as a result of gun violence this year, and over the few days this article was being written, two school shootings took place. So why are people still pro-guns?

According to a New York Times article written by Robert Lerond, who lives in rural Iowa, gun owners are devastated by the tragic deaths of fellow citizens. He explains, "For conservatives, the blame lies with the shooter, not the gun." Lerond explains that behind every gun is a person, and behind every person is a story that cannot justify their actions, but perhaps provide a motive. However, the state holds the responsibility and power to place restrictions on firearms, yet chooses not to.

As a nation, we must take the time to recognize each other's sentiments, come together, and create policies that benefit all. It is a priority to resolve the gun crisis in the United States and respect those who have died due to gun violence, while healing the deep cut between red and blue communities through respectful and bipartisan conversation. To secure a safer future for Americans, we must listen to one another.



Nationwide background checks may reduce gun violence.

POLITICS AND THE ENGLISH LANGUAGE

Tai Morganson '26

Managing Editor

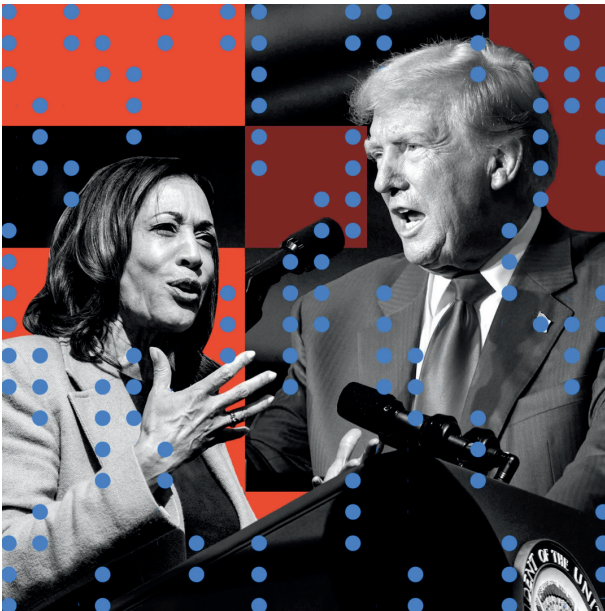
Language has always disguised political agendas. In 1946, in his essay Politics and the English Language, George Orwell observed how political buzzwords held no true, inherent meaning unto themselves. He describes how "socialism" meant bad, and "democracy" meant good. Thus, socialist countries of that time called themselves democratic solely for the word's positive connotation, which confused prospective immigrants and the world. He warned of the deceptive nature of ambiguous language, which fogged up truth and muddled the distinctions necessary to make informed choices.

In many ways, the English language has transformed since 1946; the academic language of the past has been truncated partly for convenience, and the globalist necessity for translation favors shorter, more concise forms of information. However, language used to disguise political intent persists.

The 2024 presidential election seems to be a matchup of opposite ideologies. Nevertheless, both candidates exploit the positive-negative correlation of words that Orwell observed in the '40s. One cannot tell whether Harris or Trump will be tougher on immigration if both ambiguously profess to "protect Latino and southern communities while strengthening the border." One cannot tell which candidate will jeopardize our sacred voting process if each calls the other "a threat to democracy." A voter cannot weigh foreign policies if the only information available is that both candidates share a goal of "saving

innocent lives, returning hostages, and instantly restoring peace." The use of ambiguous and broad language wins elections. If candidates specify their policies and stances, they risk ostracizing undecided voters and fractions of their base, which would cause a detrimental shift in November. However, intentionally ambiguous

language threatens our democracy because our elections rely on thoroughly educated voters. It is your obligation as a voter and your duty as a citizen to ensure that your opinion is informed with facts, and that you possess an understanding of the deceptive power of language.



Trump and Harris

A SCORING MACHINE

Malcolm Child '26

Contributing Editor

James Harden is among the top five shooting guards of all time because of his unique skill set and the massive impact he left on the NBA.

First, Harden's offensive game is quite frankly unstoppable, and his consistent ability to score by routine shots makes him very exceptional. Second, his ability to make step-back threes, finish at the rim, and knock anybody off their feet on defense further prove this. In fact, his insane ability to step back at the three-point line was so good that it was initially seen as a travel; however in 2023, the NBA updated their traveling rules and indicated that Harden's step back was legal.

Harden's accolades, like having the scoring title not just once but three times, is similar to legends like Allen Iverson and Bob Mcadoo, and shows that he deserves similar fame. Furthermore, he averaged 30.4 points, 8.8 assists, and 5.4 rebounds per game in his 2018 MVP season. This shows his dominance on the offensive side of the ball. Along with the MVP award, Harden has also been named a 10x All-Star, a 6x All-NBA first team, and sixth man of the year in 2012.

Harden needs to be recognized for his playmaking skills. He has elite vision and passing, and averaged the same amount or more assists than some of the NBA's top players. As a role model for his team through his intense leadership, he is able to bring teams like the Houston Rockets and 76ers to greatness.

James Harden's ability to score the ball, make elite plays, and exert influence on the NBA solidifies his position as a top five shooting guard of all time.



James Harden

FOOTBALL IS BACK AND BRINGING SI COMMUNITY TOGETHER

Luke Miller '25, Marco Cerchiai '25, and Sebastian Fisher '25

Contributing Editors

Continued from Page 1

The huge crowd was a result of what senior defensive back DJ Bloch would call “the network,” meaning the large SI community spread throughout the city. With the crowd’s support and the lights shining bright, the team did not disappoint. DJ also mentioned how SI Football is “definitely [a team] that most SI students rally behind.”

For a fresh perspective, we asked freshman Noah Kirsch-Lopez how his first SI football experience was. He noted, “I saw how much school spirit we had in the crowd through the chants, touchdown celebrations, and connections with people I usually wouldn’t talk to at school.”

For SI, football is not just a game -- it’s a school-wide (and even city-wide) experience that shapes our community as we know it.



Photos c/o SlickPic



The Football team rushes onto the field before facing off Tam.

WOMEN’S VOLLEYBALL GEARS UP FOR THE BRUCE

Lilly Eugster '25

Managing Editor

As they confidently step onto the court, their red and blue jerseys blend into the sea of Wildcats in the stands. The crowd erupts with pride, as the Varsity Girls Volleyball team prepares for their starting serve. Anticipation fills the air as the girls prepare for yet another season full of excitement, hard work, and victory.

Starting just three years ago, the women’s volleyball team was given the opportunity to participate in the historic Bruce Mahoney rivalry. Each year, the team rises to the occasion and continues to grow stronger.

“The team and I are really excited about this season because this group has a lot of skill and is willing to work hard to get far! Especially with the coaches and ADs we have, we feel very prepared and supported. They believe in us, and that confidence helps push us to reach new heights,” shared standout player, Elise Lau '25.

The player’s determination and skill have not only energized the school community, but have also established them as a formidable force in high school volleyball. The combination of this skill and determination with consistent support from coaches and athletic directors helps fuel the team’s success. Their coaches have been instrumental in fostering a winning mentality among the players, encouraging them to aim higher and work harder with each passing game.



“I’m excited for our team to get stronger as the season goes on. I feel like we are really prepared especially after coming out of a tournament and placing second to Mitty and going 4 and 1,” said Haylee McGee '26, another leader on the team.

This year promises to be even more thrilling, with the team showing immense growth leading up to tournaments and games. Their impressive performance in early competitions has positioned them as serious contenders, setting the stage for what could be a memorable season.

The bond they’ve formed on and off the court has translated into a seamless, cohesive playing style that confounds opponents. Whether it’s their precision in setting up plays or their resilience in the face of tough competition, this team has proven that they can not only compete but dominate.

With the Bruce Mahoney tournament looming fans are confident in the team’s ability to rise to the challenge. As the Saint Ignatius girls volleyball team steps onto the court, they are not just playing for a win; they are playing for pride, tradition, and the belief that they have what it takes to make history this season.



Varsity Girls Volleyball huddle during a time out.

Leena Feeley '25

WATER POLO SWIMS IN HAWAII

Contributing Editor

As SI began its Fall sports season, the men’s water polo team kickstarted their season with a tournament in Hawaii: The Punahou Invitational. The tournament lasted two days in Waikiki on the island of Oahu.

The team played an exhibition game against Punahou, the hosts of the weekend. They won their game on Friday, August 30th and went on to beat Mona Vista from the East Bay, finishing third overall and securing a bronze medal by Saturday.

Varsity water polo seniors Timmy Murray, Dezi Garzee, and Brooks Taylor all commented on the experience. Murray said that his favorite moments on the trip were “Hanging out with the team outside of the pool and seeing the Pearl Harbor Memorial.” He also described the team as working well collaboratively, predicting a successful fall season. “The tournament was a good first few games for the team and definitely showed us what we have to work on and what our strengths are. It showed that this will definitely be a good year for the Wildcats.”



The Men’s Water Polo Team earned a bronze medal at the Punahou Invitational.

Murray praised younger players with William Mills '28 anchoring the team as a freshman goalie and Beckett Kaye '28 performing very well and stealing a counter goal. Brooks Taylor explained that it was beneficial to play teams in the tournament that had different playing styles than they were used to as it challenged their technique.

Looking forward to the season, captain Dezi Garzee outlined the team’s goals, saying, “My hope for our team is that we accomplish our goal of placing top three in WCAL. I also hope that the remaining team members can continue the success of the program by attracting new players after graduation.”



SPORTS UPDATE

Nick Luongo '25 & Lilly Eugster '25

Managing Editors

MEN'S WATER POLO

Record as of 9/22: 5-5



Coming off the Punahou Invitational Tournament in Hawaii, Men's Varsity Water Polo heads into league play.

WOMEN'S WATER POLO

Record as of 9/22: 4-9



Women's Water Polo competed in the Amanda Mac Tournament at Menlo Atherton on September 20 and 21.

WOMEN'S VOLLEYBALL

Record as of 9/22: 11-6



Varsity Women's Volleyball prepares to compete in the Bruce Mahoney series opener on October 1.

WOMEN'S GOLF

Record as of 9/22: 4-1



The Women's Golf team is off to a hot start and aims to keep their momentum going through upcoming WCAL matches.

WOMEN'S TENNIS

Record as of 9/22: 5-4



Women's Tennis motors on through the season with a winning record and many matches yet to play.

WOMEN'S CROSS COUNTRY

The Cross Country team began their season at the Jackie Henderson invitational on Saturday September 7th. Eliot Marsh placed second overall in the frosh/soph girls race.



MEN'S CROSS COUNTRY

After starting the season at Jackie Henderson Invitational, the Cross Country team competed at Baylands. Their first league meet will be September 25th at Golden Gate Park.



FOOTBALL

Record as of 9/22: 2-1



Varsity Football looks ahead to a big game against Serra at home on September 27.

FIELD HOCKEY

Record as of 9/22: 3-0



Varsity Field Hockey kicked off league play on September 19 against Valley Christian.

FLAG FOOTBALL

League Record as of 9/22: 1-4



The Flag Football team got their first win of the season against Las Lomas on September 13.

TIM WALZ AND SI COACHES LEAVE LASTING IMPACT ON PLAYERS

Bear Vida '27

Contributing Editor

People who watched the Democratic National Convention in August may have been surprised to see a new word imprinted on the audience’s signs surrounding the stage. That word was “coach.” As most people now know, Kamala Harris’s pick for vice-presidential candidate is Minnesota governor Tim Walz. He has been so associated with his past role as the coach of Mankato West High School in Minnesota, that he is now sometimes referred to, even by political figures, as “Coach Walz.”

At the Democratic National Convention, Walz was introduced by Ben Ingram, who was coached by Walz in seventh grade in basketball and track. “Coach Walz got us excited about what we might achieve together. He believed in us and he helped us believe in each other,” Ingram said. After Ingram spoke, sixteen former Mankato West football players who Coach Walz helped lead to the Minnesota state championship in 1999, took to the stage wearing their red and white jerseys.

The role of coaches seems to have risen in the public eye in recent years. From Tim Walz’s rise to vice-presidential candidate to shows like *Ted Lasso* and *Friday Night Lights*, the national spotlight seems to be turned on the incredibly important role of coaches. In celebration of all this, I thought I would check in with some of the coaches at SI, to see what they had to say about what makes a great coach.

Coach Evans, a Cross Country coach at SI said, “I wouldn’t say that I was always a great athlete to coach (I can be pretty stubborn), but the coaches I loved the most were ones who saw past my shortcomings and encouraged me to be the athlete/teammate/person they hoped I could one day grow into. So, I think great coaches are able to see both the present (who the athlete is right now) and the future (who the athlete can become with the right combination of work, support, and direction).”

Another coach at SI, Mr. Maguire, who is the JV Football Head Coach, had this to say on the subject of what makes a great coach: “A great coach uses the sport as an opportunity to develop real life skills for the players on the team to be used long after their playing careers are over. A great coach cares about the well-being of the players and invests in them both on and off the field. A great coach has a growth mindset, and is always looking to improve upon his/her knowledge of the game and methods to deliver information.”

Ms. Horner, who coaches Women’s JV and Varsity volleyball at SI, explained further, saying, “Your priority needs to be building your team on a foundation of trust. This way, your layers will trust in you having their best intentions at heart. Then, this trust can transfer to them trusting each other as teammates as well. Developing this relationship may also include getting to know your players interests off of the volleyball court. As a coach, you hope that building this relationship will pay off and build confidence in players during the more stressful tight matches.”

Although it’s our parents and friends who cheer us on, it’s the coaches who teach us skills, keep us centered, and congratulate us when we win, but also keep us motivated when we lose.



Tim Walz talks to the crowd.



Mr. Evan provides helpful tips to the Cross Country team before their WCAL race.

SPORTS MEDIA DAY BRINGS EXCITEMENT

Chloe Fisher '26

Contributing Editor

Sports Media Days always represent the start of the season for a Saint Ignatius athlete. I love how the day brings so much excitement to each individual player and the team as a whole. As a member of the Varsity Field Hockey team here at SI, I have seen how over the past three years, Media Day has improved so much. This year’s Fall Sports Media Day was held on Saturday, August 24th. The decorations and the environment gave athletes a chance to feel seen.

When I asked Michaela Carlevaris '26, member of the Varsity Tennis team, what her favorite thing about Media Day was, she said, “It brings the members of my team closer together and gets us really excited for the season ahead. It is a fun way to represent your team and get ready for the fall.” After talking to Michaela about her experience with Media Day this year, I saw how for other Fall sports, Media Day had the same effect. I asked Jack Farrell '26, member of the Varsity Football team, what his favorite part of Media Day was. Jack said, “I like how it puts a highlight for each player and makes us all feel part of the team. It gets us very excited for this season and makes us want to win even more.”

Media Day brings one thing: excitement. This event brings sports’ teams at Saint Ignatius together and generates a lot of good energy for the upcoming season.



The Field Hockey team excitedly gathers for media day.



Boys Cross Country take a picture before heading to their Media Day panel.



Women’s Golf are ready to take their media day photos.

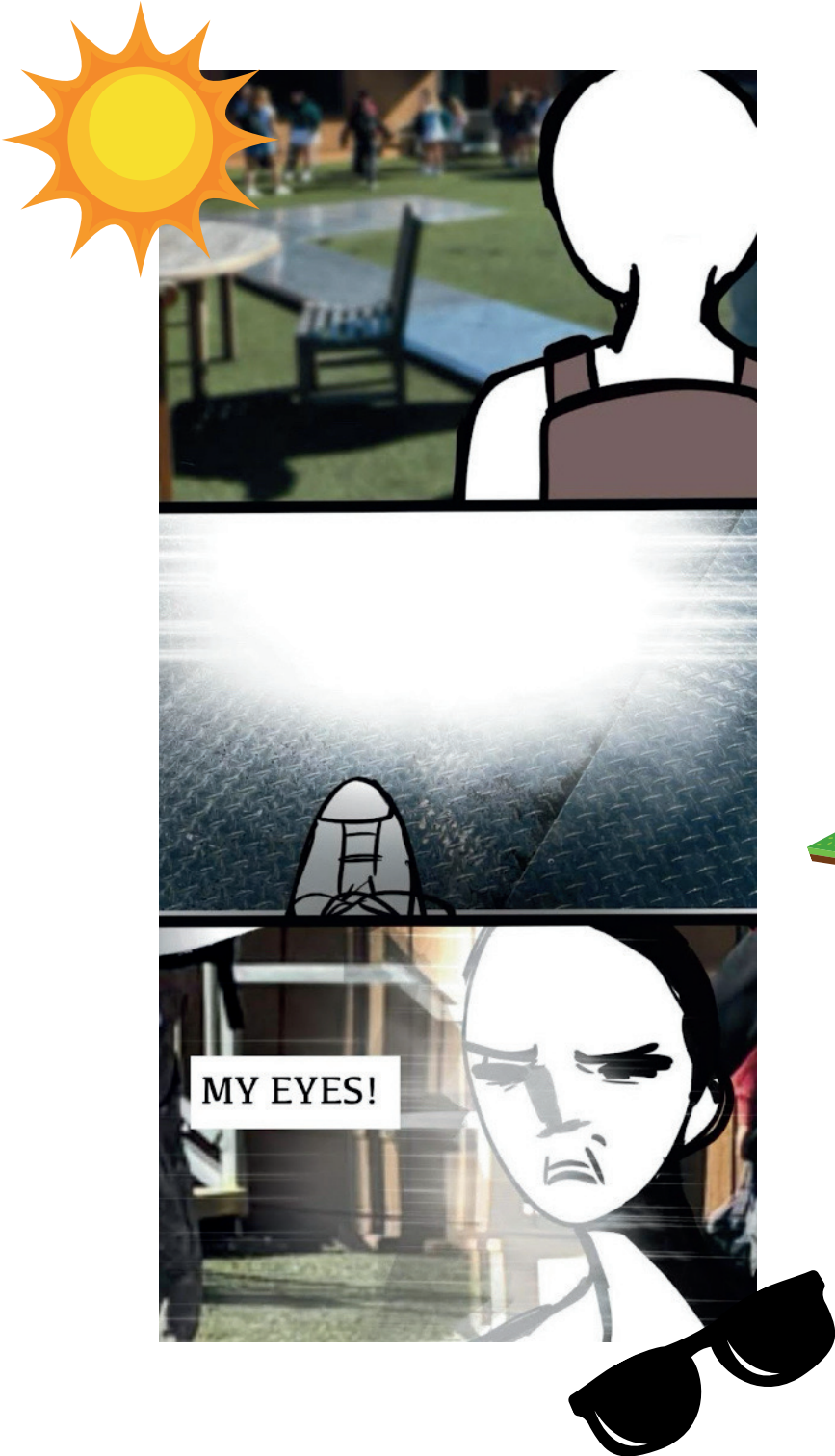


“The [Cross Country] team looks primed for an excellent year which began with their first league meet on September 25th at Golden Gate Park.”
-Kevin Chin '26

BLINDED IN THE VILLAGE

Sherina Wu '27

Contributing Editor



ODE TO THE VILLAGE

Evie Chen '26

Managing Editor

To the tune of “Little Town” from Beauty and the Beast

Little town, it's a quiet village
Everyday like the one before
Little town, full of high school students, waking up to say....
Bonjour! Bonjour!
Another eighth grade tour!
There go the teachers running late for classes
All of our shoes are filled with turf
With the AC on full blast
And the restrooms far from class
In these new portable rooms
Oh that's the bell



Bonjour!
Good day!
How is your family?
Bonjour!
Good day!
How is your life?
I need some food
But there's no Commons
A brand new building for a later time

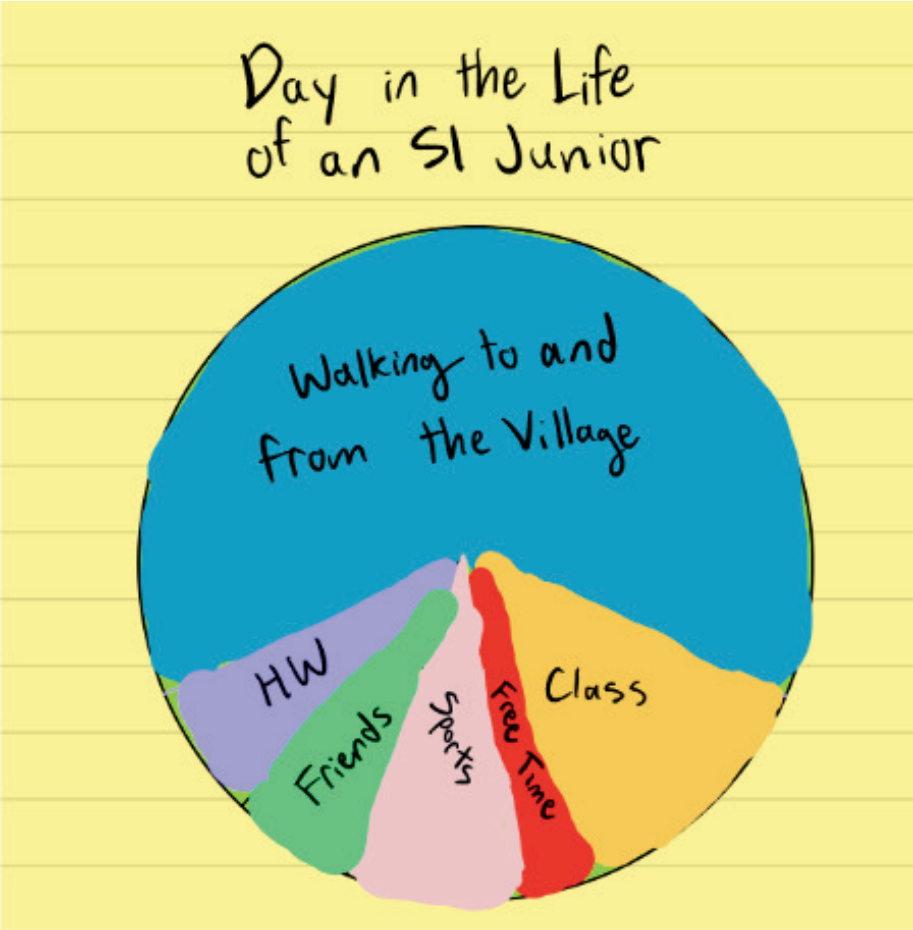
Look there, the juniors, they look so exhausted
From walking all this way to lunch
Every morning just the same
Since the morning that we came
To the tiny town the village is, oh well



Evie Chen '26

MEME MISCHIEF

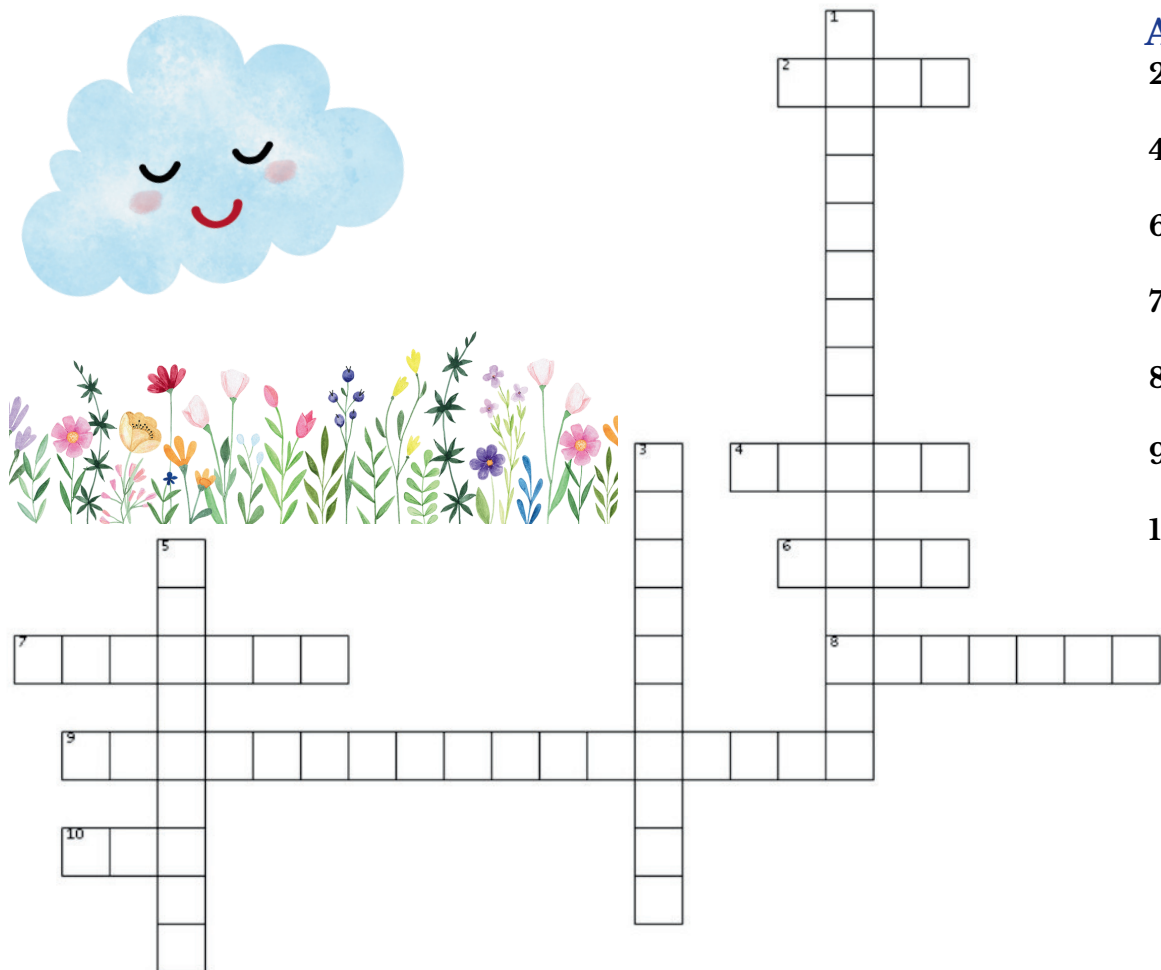
Managing Editor



Geraldine Segura '27

KEEP CALM AND CROSSWORD ON

Contributing Editor



ACROSS

- 2. A common mindfulness practice
- 4. Emotion processed with mindfulness.
- 6. “Don’t be afraid to ask for _____”.
- 7. Putting yourself in someone else’s shoes
- 8. Ms. _____ Wellness teacher.
- 9. SI mental health resource
- 10. Calming feature in zen gardens.

DOWN

- 1. Where to find PAC, college counselors, and wellness counselors
- 3. Feeling of care and sympathy
- 5. Wellness counselor, Ms. _____

The first person to complete the crossword puzzle and bring to Rm. 119 wins a prize!

LETS PLAY STRANDS!

Rini Saha '25

Contributing Editor

Find hidden words and uncover this issue’s theme!

TODAY'S THEME

Safe Spaces

V	A	H	U	E	R
E	D	R	C	S	E
N	E	N	K	L	T
V	S	A	S	E	E
V	A	B	U	H	L
A	O	L	T	A	B
U	L	C	S	E	H
L	T	K	E	R	C

- How to Play:
- Bubble theme words to fill the board
 - Find the “spangram.”
 - (The spangram describes the puzzle’s theme and touches two opposite sides of the board. It may be two words.)

Spangram: Valuable
Solutions (Top to Bottom): Havens, Secured,
Shelter, Bank, Vault, Locker, Chest

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