



## Behind the Scenes: Mitty Goes Green



Photo Courtesy of Luie Lopez

A new turf field is just one of the environmentally friendly solutions transforming our campus.

By Tabitha Ahearn and Ryan Chew  
Staff Writers

What exactly does “going green” mean, and what has the staff of Archbishop Mitty done to “green” our campus? Considering that Archbishop Mitty is a private Catholic school, the faculty is inclined to follow the guidelines set forth by environmental ethics. Although the instillation of solar panels is yet to come, there have been countless other efforts that have been made over the past year to make Archbishop Mitty a more environmentally sustainable school. As explained by Mr. Helmer, the chief financial officer, Archbishop Mitty’s effort to “green the campus” is based on greening four areas: supplies, education, building standards and student action.

### Greening supplies

This includes changing many of the materials we use on campus everyday. For example, the utensils we use daily in the cafeteria have been replaced with EcoSmart 25% recycled fiber utensils, coffee cups, and napkins. Also, this year the maintenance staff has replaced a large portion of their cleaning supplies, with less toxic products, and have started using less fertilizer and water to maintain the condi-

tions of the fields. An advantage to the new turf field is that it is more environmentally “friendly,” as it takes less water, fertilizer, and labor to maintain. The staff is also using low VOC (volatile organic compounds) adhesives and paints for current remodeling projects. Finally, in an attempt to increase recycling by students on campus, this year there have been more of the blue recycling bins added to campus which you may not have noticed.

### Greening Education

The primary effort to increase student’s education about the environment is through the senior class “Environmental Ethics.” Taught by Mrs. Matusich, this course focuses on broadening student awareness of the current environmental issues and their solutions. Additionally, last year began the “Environmental Connection Immersion” program, where students travel to Monterey and learn about how to make “green” food.

Natalie Hinson, a current senior who participated in that trip and a member of this year’s environmental ethics class, is also the President of Archbishop Mitty’s Green Club. The Green Club focuses on educating students beyond the classroom, and offering opportunities for them to become more

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## Unveiling the PSAT

By Omid Mirfendereski  
Staff Writer

All juniors and sophomores took the PSAT on Oct. 13 and are now anxiously awaiting their scores. The test allows juniors to qualify for the National Merit Scholarship competitions and thus helps their college applications, while it allows both sophomores and juniors to assess their skills.

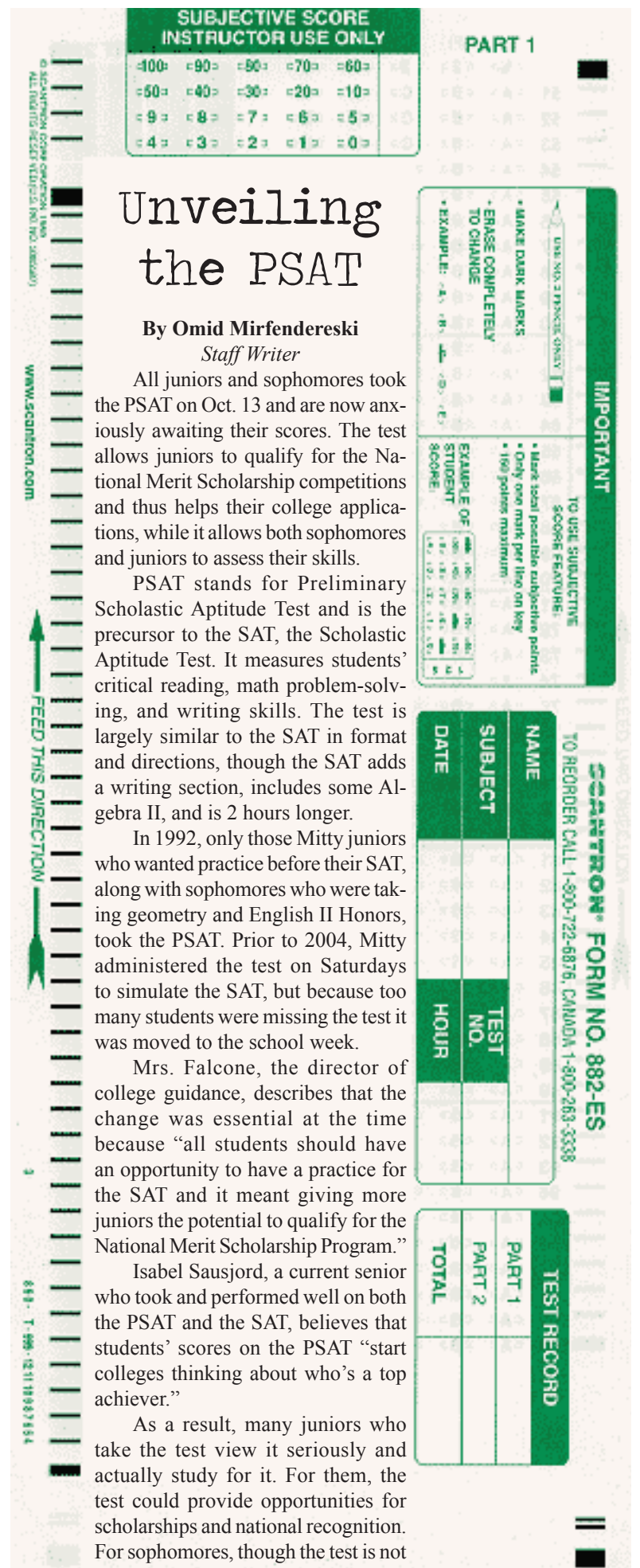
PSAT stands for Preliminary Scholastic Aptitude Test and is the precursor to the SAT, the Scholastic Aptitude Test. It measures students’ critical reading, math problem-solving, and writing skills. The test is largely similar to the SAT in format and directions, though the SAT adds a writing section, includes some Algebra II, and is 2 hours longer.

In 1992, only those Mitty juniors who wanted practice before their SAT, along with sophomores who were taking geometry and English II Honors, took the PSAT. Prior to 2004, Mitty administered the test on Saturdays to simulate the SAT, but because too many students were missing the test it was moved to the school week.

Mrs. Falcone, the director of college guidance, describes that the change was essential at the time because “all students should have an opportunity to have a practice for the SAT and it meant giving more juniors the potential to qualify for the National Merit Scholarship Program.”

Isabel Sausjord, a current senior who took and performed well on both the PSAT and the SAT, believes that students’ scores on the PSAT “start colleges thinking about who’s a top achiever.”

As a result, many juniors who take the test view it seriously and actually study for it. For them, the test could provide opportunities for scholarships and national recognition. For sophomores, though the test is not



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## Cabaret: A Show to Remember

### Mitty Presents a Sensational Show

By Ryan Kapur and Srikanth Cherukuri  
Staff Writers

Forty-four years after the *Cabaret's* debut on Broadway, Archbishop Mitty’s interpretation had it all: singing, dancing, acting, drama, and above all, rich history. On October 15, the Performing Arts Dept. raised the curtain on its fall musical.

*Cabaret* takes place in Berlin during 1929-1930 when Nazi power was on the rise. The primary setting is the Kit Kat Klub, one of the hippest spots for live

entertainment, dancing, and drinking in Berlin under the Weimer Republic.

The characters included cabaret star Sally Bowles, played by senior Michelle Martinelli; sensitive, and introverted American writer Clifford Bradshaw, played by senior Trevor Bates; the ecstatic, flamboyant, and clown-like Emcee, played by sophomore Ryan Ballard; and many more compelling characters such as Fraulein Schneider (Megan Griffin '11), Fraulein Kost (Mariah Hallacy '12), Herr Schultz (Andre Adricula '11), and Ernst Ludwig

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Photo Courtesy of Katie Epidendio

The Emcee and two of the Kit Kat girls from *Cabaret*.



# OPINIONS

## Opposing Viewpoints: Obama's First Two Years

### WE'RE GOING FORWARD

By Eugene Woo  
Staff Writer

In November 2008, 67 million Americans and countless more celebrated as heralded change was coming. There was hope in every fathomable direction, seemingly with no direction to go but forward, after eight tumultuous and controversial years of George Bush now only a thing of the past.



In a whirlwind, Barack Obama had stormed into office amid revivals of American political fervor, awakening voters from apathy, bringing a breath of supposedly trustworthy fresh air to an increasingly mistrustful nation.

Amid a host of promises on issues ranging from immigration to health-care to military withdrawal, Obama captured the hope of the nation, both a gift and a curse. As Obama and his party coasted into the presidency and both houses of Congress, America was expecting nothing short of a miraculous term.

After two years in office, the naively high hopes of America have fallen to the ground. However, as more and more Americans lose faith in the once charismatic and visionary leader, I find myself drawn more and more to his pragmatism and desire for practical progress. Obama's term, although ostensibly mired in inaction, has been host to a sizable amount of change.

On health care, Obama has spearheaded the passage of more nationalized, affordable health care for Americans. With a Democrat controlled Congress, the bill overcame opposition from partisan politics.

Additionally, due to the flailing economy, the government was forced to step in and bail out major industries, including the automotive industry. The government can cut back on spending, and let the economy rebuild upon the foundation that Obama, Bernanke, and the administration so critically saved. On these two issues, Americans have judged Obama's performance, and many, disillusioned, have lost faith in Obama.

But, to limit the judgment of Obama's performance to these two issues would be an extremely shortsided view.

Because Obama has done so much more than that.

Obama has taken America further into the new environmental era, funding energy

and science research, and removing restrictions on the promising field of stem-cell research. Various programs, such as tax cuts for hybrids and the cash for clunkers program, have increased incentive for Americans to pay attention to the environment.

Coming down hard on tax-evaders, the administration has closed offshore tax havens and gained access to foreign bank records for suspected criminals.

The newly established Urban Policy office in Washington is responsible for billions of dollars being given to struggling cities to combat growing inner-city crime and violence. Many of these changes have gone unnoticed, taken for granted and overlooked due to the larger issues of health care and the economy.

However, President Obama has truly separated himself from his predecessor by his role in foreign policy. Visiting more foreign countries and leaders than any other president in his first six months in office, Obama has shaped an aggressive policy that stretches to all aspects of the world. Obama, perhaps most critically, has reached out to the Muslim world, ensuring them that the war is not one against Islam, but one against terror. While domestic approval ratings drop, the world's high expectations of Obama have so far been satisfied.

Obama's primary mission is peace and his primary product is solidarity, both in American and worldwide. Keeping one of his primary campaign promises, Obama is pulling troops out of Iraq. Meanwhile, the more important mission in Afghanistan has been bolstered under Obama's administration.

Financial aid has been provided to Pakistan, another crucial element in the war on terror. Obama has relentlessly pushed Pakistan to combat the Taliban and reduce their influence on the country.

President Obama, after all, is just a man, and given his situation, he has performed in his two years. His list of promises is still a long one, and much of his agenda lies stalled in politics.

The oft-ignored mid-term elections could mean the difference between a term completed in political gridlock and one completed with the promised deliverance: change for the better.

### WE'RE GOING DOWN

By Hari Krishnam  
Staff Writer

On January 20, 2010, Barack Obama was sworn in as the 44th President of the United States. His election not only signified the election of the first black president, but also the first time the Democratic party took control of the House, the Senate, and the Presidency since the 103rd Congress in 1993. Thus far, Obama has implemented many of the Democratic policies that he claimed would get America back on track, but in reality, do not seek to remedy the issue at large.

This became especially relevant after the Crash of 2008, in which the Dow Jones fell 18% and the shift of the focus of both the Democratic and the Republican campaigns moved from international wars to the economic crisis. Obama proceeded to paint the economic crisis as the handiwork of Republicans and their deregulation policies, and opted for a different method, one that would create jobs and get the economy back on track.

However, his policies have had at best, little to no effect on the growth of the economy. The unemployment rate was around 6% in 2008 when the recession struck. Now it is at 9.8% and is only projected to rise. The sign of a strong economy is not only stock averages but also the employment rate. Indeed, Obama's willingness to spend many billions of dollars on bailing out big banks and on expensive new health care reform plans over the American people shows that his priorities are misplaced.

Obama promised to implement poli-

barrels of oil were leaking per day, while the true number was at 58,000 barrels per day. The fact that Obama did not criticize the response of his government nor did anything to amend it shows how the direct needs of the American people are not his primary concern.

The most glaring discrepancy between Obama's actions and his campaign promises is his failed effort to work towards bipartisanship cooperation.

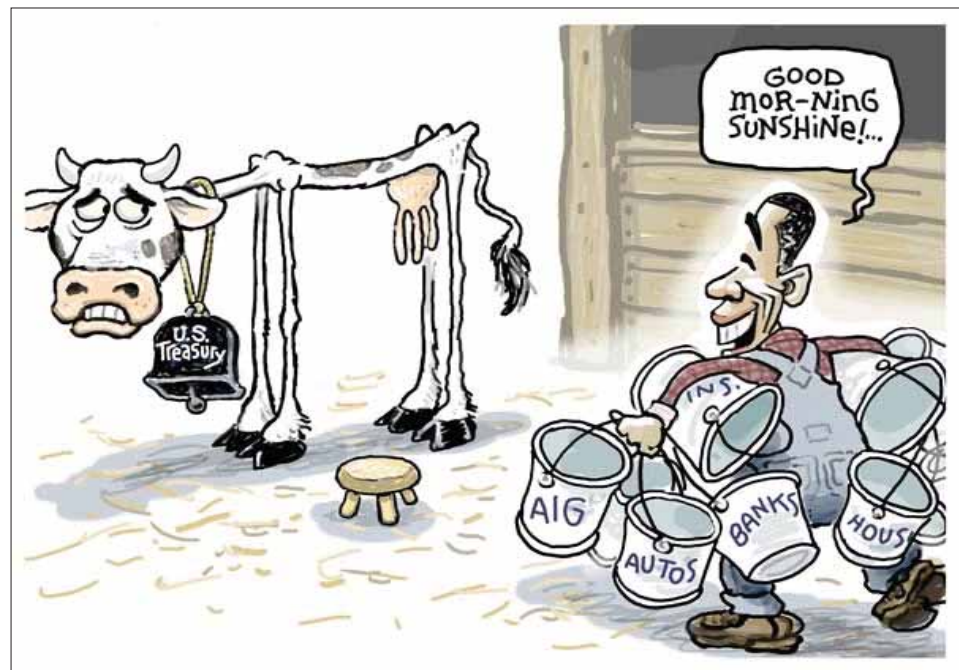
He himself stated that "I'm going to go in there with a spirit of bipartisanship" but all of his movements so far have been remarkably partisan.

The health care reform that was barely passed this summer showcases Obama's partisan attitude. The bill itself was unwise in a time when the Federal deficit was at its highest. Seeking health care reform, the Democrats decided to implement extremely liberal measures on the bill and ram it through both houses of Congress with their majority.

Moderate Republicans looked to Obama to persuade his party to take the wishes of Republicans into consideration, but Obama instead chose to walk the partisan path himself. He acts in a manner different from what he assured the American people.

Obama has done a lot during his 2-year tenure as the President of the United States. Many of his actions have had some positive short-term effects, but have done little to alleviate the serious problems facing this country.

However, neither the right-wing Republican critics nor the liberal media pun-



cies that are contrary to his predecessor, but he repeated Bush's very actions in his response to the BP oil disaster.

Obama seemed to engage in a policy of salutary neglect as the government decided that it would be best for local agencies and BP itself to deal with the situation.

This is the same mistake that George W. Bush made in the aftermath of Hurricane Katrina, and Bush was blasted by Democrats, including Obama, for it. Yet Obama is hypocritical for criticizing other presidents for their lack of response to emergencies.

The most dubious action by Obama's administration was estimate that 30,000

dits who both constantly deride Obama's actions as unsatisfactory can make fair judgments due to their bias.

The only people who can truly judge Obama's performance as a president are the American voters who are directly affected by Obama's policies. And on this note, Obama's low approval ratings of 42% show that the American people are dissatisfied with his performance.

Perhaps the once heralded beacon of dramatic change is now just a symbol of failed potential. Only now do these voters realize how much their mistake of jumping on the Democratic bandwagon can cost them.



By Andy Vo  
Staff Writer

# ANTI-GAY BULLYING

Adolescence is a time of raging hormones, self-discovery, and all too often for some, harassment for one's sexual orientation or gender identity. Bullying is a real problem in American schools today, and bullies often target students whom society labels as "different," particularly lesbian, gay, bisexual, and transgender (LGBT) youth. From casual bias to mean-spirited harassment, some students make it difficult for their LGBT peers to accept themselves for who they are.

Almost every day, people use the phrase "That's so gay" to describe something as stupid or unsatisfactory. Something so trivial as an unexpected pop quiz or a written detention is backhandedly likened to a student's orientation. But in drawing these parallels, many of us fail to realize how hurtful the use of these words can be to a young gay student.

Although people often try to justify their use by saying they meant no harm, the fact of the matter is, for one to even arm themselves with the term "gay" or "faggot" in his or her

arsenal of everyday diction, there must be a deep issue at the root of society in failing to acknowledge equality at all levels. Every time a student uses those hurtful phrases, they are inherently implying that being gay is fundamentally wrong.

However, while people hurt others unintentionally with their offhand comments and actions, there are some who have every intention of being cruel.

In a 2009 survey, nine out of every ten LGBT students have experienced bullying and mistreatment in high school. 72.4% have heard derogatory and homophobic remarks frequently throughout

their school. Two-thirds of all gay students that took part in the survey have reported that they feel unsafe at their own schools as a result of their sexual orientation and 39.3% feel unsafe because of their gender expression.

This bullying has come under public scrutiny recently because, combined with prevailing attitudes against LGBT people, it has been responsible for highly publicized suicides of multiple gay teens.

Thus, many public figures have discussed how to remedy the bullying problem, but few have sought to address the underlying issue—the bias against

LGBT people that is present everywhere.

The real problem, in my opinion, is the right-wing extremists who spread negative propaganda and make youth think that it's okay to bully others for their sexuality or gender orientation.

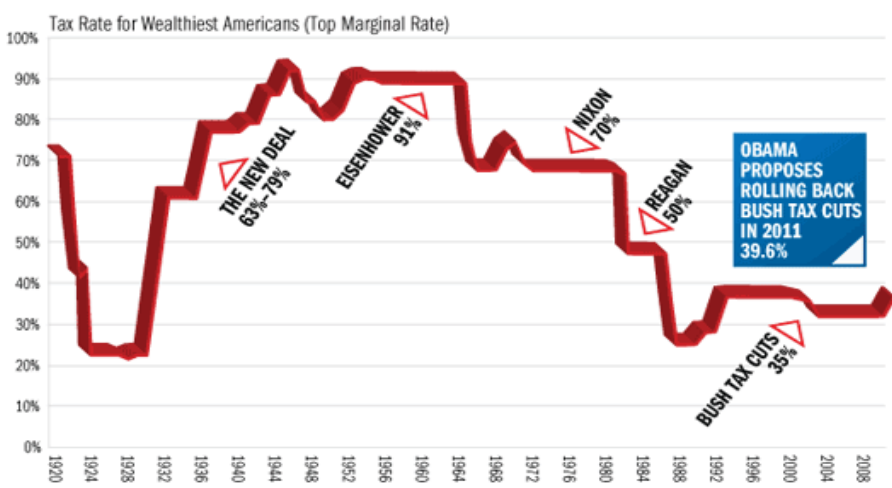
From presenting homosexuality as a demonic "lifestyle choice," to comparing it to alcoholism (as one Republican Senate candidate recently did), to even denying gay, bisexual, and trans individuals their civil rights, politicians on the national level send a message to adolescents that LGBT people are fair game for mistreatment.

To solve the bullying crisis, adults need to get their act together and stop discriminating. As noted comedian Sarah Silverman said, "When you tell gay Americans that they can't serve their country openly or marry the person they love, you're telling that to kids too. So don't be shocked and wonder where all these bullies are coming from that are torturing young kids and driving them to kill themselves because they're different. They learned it from you."



## KEEP TAX CUTS FOR THE RICH A Modest Proposal

UNDER OBAMA'S PLAN, THE WEALTHIEST AMERICANS STILL PAY FAR LESS IN TAXES THAN UNDER REAGAN OR NIXON



By Manosai Eerabathini  
Opinions Editor

There is great anger brewing amongst America's most persecuted minority.

The ultra-rich are tired of being mistreated, and they will no longer stand for injustice. With George W. Bush no longer captaining the sinking ship that is our nation, President Barack Obama has expressed a shocking interest in ending tax cuts for the wealthy. This preposterous idea is discriminatory, and will probably destroy the economy, bring Bolshevism to the US, and make puppies cry.

Disregard the economic slump that has recent college grads scrambling for stable jobs even with full qualifications. Ignore the growing number of middle-aged unemployed citizens who fear they will probably never hold a job again. Overlook the widespread poverty and rampant foreclosures that have cost millions of hard-working people their homes. Instead, focus your attention on the "wailing one percent" of America—the extremely wealthy.

Take into consideration Obama's proposal to close a tax loophole for private equity firms. What gives this idealist the audacity to discriminate against one segment of our society—the wealthy? If passed, this could only lead to a holocaust of sorts. Perhaps billionaire Steve Schwarzman better articulated this point when he said of the proposed higher taxes, "It's like when Hitler invaded Poland in 1939." There you have it: to tax the rich proportionately would be exactly like the ethnic cleansing of World War II.

Besides, our dear leader Reagan taught that lower taxes on the rich create wealth that will trickle down and revitalize the entire economy.

Pay no attention to "facts" that show

Bush's tax cuts on the wealthy were correlated with decreased job growth, more Americans living in poverty, and lower average income—Bush's tax policies definitely sustained the greater interests of the economy. After all, as Steven Colbert says, "Facts have a liberal bias."

And although the median household income tax throughout the Bush era declined, we must defer to the axiomatic truth espoused by Reagan and our beloved leader Bush: tax cuts on the wealthy always help the economy. So in these dire economic times, it is even more crucial that we maintain these tax cuts. They've been working well so far, right?

Recently, the third wealthiest person in the world, Warren Buffett, called for the government to raise taxes on the rich in order to redress the iniquity of our nation's tax code. But higher taxes on secretaries and janitors rather than on CEOs and private equity execs is obviously the proper way to resuscitate our flat-lining economy. Buffett's absurd suggestion seems to underscore more Communistic aims of redistributing wealth. Note his pledge to give away 99% of his fortune, approximated at \$47 billion. If this isn't a clear demonstration of an un-American notion of philanthropic idealism, then I don't know what is. But regardless, Buffett should be rebuked for advocating such ridiculous proposals to combat our giant budget deficit.

Even a 3-4% increase of income tax would be a Kenyan, anticolonialist Muslim policy. Now, more than ever before, we must allow the rich to continue becoming even more wealthy.

If the President isn't going to keep the richest 1% of America happy, he can be certain they're going to give him a reason not to be happy either.

## STUPID: A NATIONAL EPIDEMIC

By Sneha Singh  
Staff Writer

The theory of relativity might be widely accepted today, but according to conservative lawyer Andrew Schlafly, it is essentially liberal propaganda that can be easily disproved by evidence from the Bible.

As absurd as it may be for someone to make extreme claims based on a subject they have no expertise in, Schlafly's behavior is not uncommon among political figures today. In fact, supposedly educated and literate adults are often witnessed making mind-numbingly ridiculous claims. The following examples are a small sampling of this, though they do not begin to even scrape the surface of idiocy that runs rampant throughout our society.

Hans Ziegler, a Washington Republican who eventually hopes to join his state legislature, recently stated that, "The Girl Scouts allow homosexuals and atheists to join their ranks, and they have become a pro-abortion, feminist training camp."

Ziegler believes that girls that are involved in the scouts eventually, by some strange twist of fate, become lesbian and start campaigning for abortions. Perhaps this is simply my own personal bias (Girl Scout for 10+ years), but this seems a tad far-fetched.

God forbid young girls actually learn to tell right from wrong and perform selfless acts of community service! If anything, Girl Scouts prevents women from even having to resort to abortions, as they realize that there are much more important things in life than getting pregnant.

In this male-dominated society, we should be thankful that there aren't an increasing number of women who see the cult of domesticity as their only lot in life. This poor man must be seriously distressed if he feels the need to attack an organization that fosters strength and confidence in young women. Sadly, I doubt his viewpoint on this issue will change anytime soon, so until then, Girl Scouts, please do me a favor,

and do not sell cookies to this bigot.

Or consider the statements of Anita Andrews, a representative of the so-called Alliance for Truth, a group organized solely to combat Missouri's Proposition B, a ballot measure that would fight puppy mills and require that dogs used for breeding are given adequate conditions.

Specifically, the bill would ensure food, clean water, veterinary care, and rest between breeding cycles for the dogs. But somehow, in Andrews' mind, Prop B supporters "don't like animals." Andrews has also insinuated that the Humane Society of the United States "has the intention of wiping every animal off this earth." There is not much to say about this woman except for the fact that she needs some serious deprogramming. Either that, or a pair of very strong reading glasses.

Lastly, no rant on the stupidity of

America would be complete without mention of Glenn Beck. His new target? Elmo. That's right, the lovely, fuzzy, high-pitched Sesame Street character.

After Elmo and FCC Chairman Genachowski held an event discussing

the importance of broadband Internet access to families and children, Beck was outraged, even claiming, "Elmo wants to redistribute wealth." While it's true that Elmo and the FCC were trying to educate the public about an issue of political significance, telling children that a faster Internet connection is more efficient is a far cry from calling for redistribution of wealth! Beck needs a reality check, to say the least.

According to the Human Development Index (HDI), the literacy rate of America is just about 99%. How on earth is it possible that an educated nation can have individuals who make ridiculous accusations about the Girl Scouts, or believe that humane treatment for dogs is related to the desire to wipe out animals? Even worse, who would attack a fluffy red television character?

I say that these individuals ditch the extremist views and head back to school to fill in that missing one percent.



Young girls learning moral values, or victims of a pro-abortion, homosexual conspiracy?



# A DOUBLE BURDEN

## The Obese Face Health Issues and Stigma

By Raymond Hoagland  
Staff Writer

On national TV, Glenn Beck said, “You know those fat people sitting on their couches? And I mean really fat. I don’t mean not like me. I mean the people whose skin grows into the couch. . . . I say let them die.” How is obesity different from the issues of sexism and racism? No matter the reason, people should not be derided or condemned simply because they are outside the parameters of “the norm”.

Society is split into two major groups with two different thoughts on the issue of obesity.

The first, while acknowledging that obesity is real, does not treat obesity as an immediate issue—one that impacts today’s society directly. The second group, overly critical of the issue, maintains that those who do not fit the common perception of normal should be left behind, or as Glenn Beck so compassionately declares, “let them die.”

According to *The New York Times*, 34% of American adults are obese, along with 17% of American children. Even if one was to disregard the statistics, the fact of the matter is obesity kills, can shorten

life spans, and greatly deteriorates health by exponentially increasing the risk for stroke, diabetes, and high blood pressure.

Compounding the issue, prejudice against those considered obese has become prevalent in schools and other places alike. Researchers at Yale University and the University of Hawaii at Manoa wrote in the July issue of *Psychological Bulletin*, “the stigmatization directed at obese children by their peers, parents, educators and others is pervasive and often unrelenting.”

Like those discriminated against for their religion, ethnicity, or sexual orientation, people with obesity face even more problems, such as suicidal thoughts or public isolation, and the consequences of such discrimination can be very high.

With these issues in mind, society not only has a chance to help those who are obese; it has a responsibility. Simple things such as more educational programs in schools about “eating healthily” and “respect for others” could go a long way.

Yes, in the grand scheme of things, obesity is just one of the many items on an infinitely expanding list of current issues affecting this country. Still, it deserves the public’s immediate attention.



## OPEN CAMPUS

### The Dream and its Flaws

By Kirstin Larson  
Staff Writer

Picture this: it’s lunchtime and you left your lunch at home in your morning rush to get out the door and to school on time. As you reach for your wallet, you realize that it’s empty after your trip to Yogurtland yesterday. Your only option if you don’t want to go hungry is to ask your friends to lend you lunch money. What if Mitty had an open campus? You could feasibly leave campus to go home and get lunch.

For years now, Mitty students have been complaining about our closed campus policy. Those with cars especially dislike this rule because they hope to leave campus to get lunch at Panda Express or Jamba Juice. Open campus could provide some huge benefits on campus if it were created. The cafeteria would be less crowded because more of the upperclassmen would leave campus for lunch. Also, if you were to forget your homework and had an off period before the class, you could drive home and get it. And everyone can imagine how it feels to have the last period of the day off and second lunch on a long period day and the desire to go home at 12:30 when finished. With open campus, you would be able to.

However great open campus seems, there would definitely be some problems. The school is liable for us from 7:50 until 2, and that means anything that happens to us during that time can be considered their fault, even if we are off campus.

And think about the effects on tardiness. I’m sure everyone has experienced that horrible traffic rush around 7:30 every morning with everyone trying to get to school on time. Imagine something like that at lunchtime, with 800 or so fairly inexperienced drivers all rushing to get back to school in time for their next class. And especially with our short lunch periods, students would have very little time to get lunch then get back to class. As much as we all hope for an open campus, it’s impractical without a drastic change in Mitty’s schedule.

Mr. Wesmiller brings up another potential problem: “My ex-girlfriend’s high school had an open campus, and on my days off, I would just go over to her school and have lunch with her.” How would the Mitty administration prevent non-students from entering campus and creating compromising situations for the students and faculty?

Although the dream of open campus seems nice, it is currently just a dream that is impossible for the administration to immediately address. Right now, it just can’t be done.



## ISLAMOPHOBIA

### A Stain on Our Society

By Pratyusha Javangula  
Staff Writer

Society is confusing. Contradicting. Hypocritical. And fickle.

For example, Americans tend to disapprove of unhealthy food, but we allow fast food restaurants to advertise everywhere, even to impressionable children.

Society also says that we should accept all people for who they are, no matter how different they may be from everyone else, but we discriminate against bisexual, lesbian, and gay people by upholding laws such as Prop 8.

Everywhere we look, there is hypocrisy. We like to think of America as a haven for tolerance and religious freedom, recalling the story of the Pilgrims, but this supposed acceptance doesn’t extend very far.

When Islamophobia—an irrational fear or prejudice towards Islam and Muslims—is so rampant in our society, we stain our reputation as being a nation of freedom and equality by denying just that to an entire religion.

Although Islam shares many similarities with religions like Judaism and Christianity, because of Islamophobic discrimination many non-Muslims in the US unfairly perceive Muslim people as being “un-American.”

For example, just the other month in New York City a Muslim cab driver was hatefully assaulted by one of his passengers because of his faith, receiving large cuts on his lip, arm, and throat. How can America continue

to preach to be the best country in the world to live in, when its residents don’t receive the respect and fair treatment that they deserve? The hostility (and hypocrisy) alienates Muslims around the world, and lowers America’s standing in the eyes of fair-minded people.

Another example that highlights the Islamophobia prevalent in America today is that the opponents of the construction of a mosque in Tennessee have disparaged Islam’s legitimacy as a religion, portraying it instead as a seditious political movement. In addition to being extremely disrespectful of Islam, this shows the way some Americans try to exclude Muslims from public life. What about the freedom we supposedly offer to “all people”?

The prejudice of many makes this a difficult time to be a Muslim American.

As journalist Randy Wilder wrote, “Islamophobia has turned the American dream into a nightmare for millions of Muslim Americans. The attitude of some citizens since Sept. 11 has exposed a dangerous scapegoat mentality in the American psyche”

For many American Muslims who love their country, it’s difficult to reconcile America’s values and the discrimination they face. The bottom line is that we’re scaring away potential Muslim immigrants, hurting our own citizens, and making ourselves look bad. Unless we want to look like fools and hypocrites to the rest of the world, we need to do something about it.

The injustice has got to go.

## LOVE FOOTBALL?

### Get the Girls on the Field!

By Jessica Dumov  
Staff Writer

Watching a Mitty football game is a great way to spend your Friday night: the lights, the excitement, students and parents screaming. Being in that football game is just as important, not to mention just as fun, as cheering in the bleachers for the team that represents your school.

Every fan has moments where they wish that they were a part of the action, and that they were the ones being cheered for. If you are a girl, that’s not even an option. There are several other sports teams for girls, but our favorite American pastime isn’t one of them.

But if guys can have a football team, girls should be able to have one, too?

During Spirit Week, girls get their one chance to show everyone that they can play football as well, but that only comes once a year. Football is not just another sport for Mitty. It’s a way to show school spirit. Everybody loves powder puff football, especially the girls who wish that they could play it weekly.

I personally know the fun of playing football from my experience in P.E.

When Ms. Oakland told us that we were going to play football for two days, a bunch of girls were jubilant—a rare opportunity. Those next two classes were some of the most fun a lot of us had had for a long time in P.E.

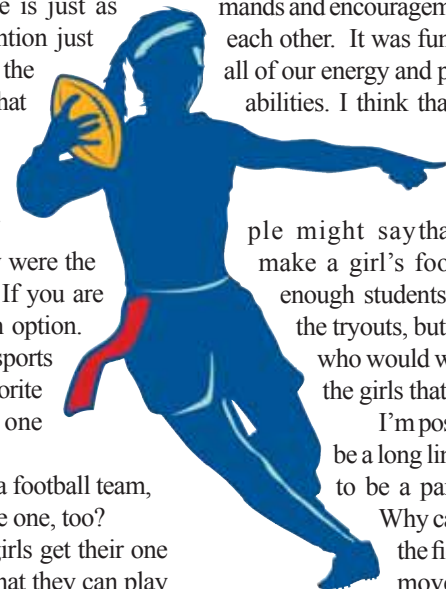
We slipped in the mud and shrieked commands and encouragement across the field to each other. It was fun for us to just let out all of our energy and play to the best of our abilities. I think that many of us would be happy to do it again.

Some people might say that if AMHS tried to make a girl’s football team that not enough students would show up for the tryouts, but I already can predict who would want to join out of just the girls that I know.

I’m positive that there would be a long line of students waiting to be a part of this new team.

Why can’t a girl be down on the field anticipating every move she and her teammates make, exhilarated by the noise of the crowd and the pressure of the coaches?

That would be one unforgettable high school memory, and AMHS is all about those, so why not give it a chance? What? Are you afraid of getting beat by a girl?





# Arts & Entertainment

## Welcome to the Family!

### Q&A with Mitty's New Performing Arts Teachers

#### Erin Lahm: **Choir**



Photo Courtesy of Kaitlin Perata

**What was the greatest factor in your deciding to come to Archbishop Mitty?**

I was hoping to go back to teaching high school chorus after a few years of teaching mostly preschool and elementary students. When I started looking into Mitty, I was very impressed with the quality of the school and its performing arts department.

**What kind of songs/music do you have planned for the upcoming year?**

The choirs will be performing a wide range of

musical styles. We'll be singing classical pieces, musical theater, jazz, spirituals, and more.

**What changes can we expect to see throughout the year/from last year?**

Throughout the year, I hope to see the groups make significant progress and improvement. The choirs will be working hard to improve their singing technique, blend and balance as an ensemble, musicianship, and reading skills.

**What is your personal favorite music/musical style? How are you incorporat-**

**ing that into the curriculum this year?**

My favorite type of music to conduct and perform is classical. At the Winter Concert, the Concert Choir will be collaborating with some of Mitty's instrumentalists to perform a large-scale classical piece.

**What happens behind the scenes that the average student may not be aware of?**

The average student might be surprised to see how hard these groups work. We spend our rehearsals trying to make the music perfect.



#### Anethra Moura: **Dance**

**How did you come to choose Archbishop Mitty as your new school? What was the greatest factor or influence in your deciding to come to Mitty?**

I had just moved back from New York and heard that my good friend, Mrs. Janssen, was having a baby and that she needed someone to cover for her while she was away. I was fortunate to have a background in dance, dance team, choreographing musicals and pilates/yoga. Now I get to teach all of these things in the same place!

**What kind of songs and music do you have planned for the upcoming year?**

The dance team is using several different popular songs for their football and rally dances. For competition season this year we are doing a

character number that is inspired by the show *Glee*. We are also using a great song for our jazz number by Janelle Monae.

**What is your personal favorite dance style? How are you incorporating that into the curriculum this year?**

I'm really into contemporary right now... what you see on *So You Think You Can Dance*. It is all about connecting the movement and feeling with the music and telling a story through the dance. I choreographed a contemporary piece for one of the Royals' competition dances and I am incorporating contemporary dance into the dance classes.

**What happens behind the scenes that the average student may not be aware of?**

The Royals' dance team rehearses about nine hours a week and they have to learn about ten dances during the fall semester, including school rally dances, football game dances, competition dances and solos. It takes a lot of discipline, time, and talent to get these dance performance ready.

**What is the process for choreographing the dances?**

I start by listening to the music over and over again. I really have to feel the music and get to know every detail of it before I can start to create movement. Then I start to think about how the music makes me feel and what emotions come up. Then I start to dance around my living room.



Photo Courtesy of Elizabeth Sowers

#### Amie Jan: **Orchestra**



Photo Courtesy of Steffie Ko

**How did you come to choose Archbishop Mitty as your new school? What was the greatest factor or influence in your deciding to come to Mitty?**

I already knew Mr. Kimont and Mr. Santana through shows we've worked on together at the Children's Musical Theater, so I was enthusiastic about working with such a strong performing arts department, as well as an administration that really values and supports the arts.

**What kind of songs/music do you have planned for the upcoming year?**

The curriculum is centered around classical, so we will mostly be playing works

from that genre, but it's fun to just throw all kinds of different music at them to try out. For our upcoming Fall concert, we are currently working on pieces by Saint-Saens, Khachaturian, and Mussorgsky.

**What sets the Mitty orchestra apart from other students and schools you have worked with?**

At other schools, I have had to do a lot of the leading, teaching, motivating, and classroom management on my own, especially at the beginning of the year. The students in the orchestra here at Mitty were hard-working and dedicated to their work from the get-go. Many have exhibited strong leadership skills with a desire to

succeed not just at the personal level but together as a team. They are doing a great job of working together, teaching and supporting each other.

**What happens behind the scenes that the average student may not be aware of?**

In class, we are doing a lot more than just rehearsing the music that we'll be performing. The average student who comes to see our concert will probably enjoy the performance, but might not be aware of all the nitty-gritty technique exercises that got us there.

**Interviews and story by Kaitlin Perata, Staff Writer**

## Pathfinder: Game Where You Become the Creator

By Danika Tatangsurja  
Staff Writer

Some are a scintillating green, a rich matte copper, an ominously glistening mauve. They had been surprisingly costly, but their aesthetic value alone is immeasurable. Created in prismatic forms, they feel substantial. And yet, they are mine only nominally, for I would not ever deign to claim their understanding.

The dice are cast in plastic.

*"In the beginning, when God created the heavens and the earth, the earth was a formless wasteland" (Genesis 1:1-2)...*

The affair was an all-consuming one: the task was the removal of the void of the yet uncreated, the fulfillment of an abyss that would seemingly never be satisfied. It did not help that this deity was going about His world-building with something less than efficiency. But the perfection was eventually fulfilled: the new land's every peak soaring to a predetermined altitude, each shoreline sculpted with care, not one tectonic plate misplaced. Natural phenomena and disasters were scheduled into His planner. It was truly a world complex and functional enough to support life.

Now, to find life...

My experience is just unraveling. And I am playing God, but not in a heretical way. I am simply playing a character, and this divinity of mine is nothing more than a tabletop role-playing game.

Pathfinder is a role-playing game with the same roots as Dungeons and Dragons. Role-playing is essentially open-ended theatrical storytelling; whether this playing is strictly thespian depends on the form. Warranting the name of this somewhat less dramatic style, a tabletop is used as a surface upon which characters take notes and statistics are documented.

I am no leader, no Dungeon Master. I am a simple escapist fantasy fanatic, a teenager with few connections and friends that have heard enough about my passion for role-playing. I have absolutely no experience organizing people—even less experience masquerading as God.

Set in whichever world a Dungeon Master, much like God, may create, a group of players create characters to form a party that then must interact with it in ways that the Dungeon Master dictates. The Dungeon Master is subordinate only to the dice.

And they rest in my palm. I am so unworthy of the DM title, and moreso unworthy of that of God. And it still falls to me. But I couldn't let a world go to waste.

*"And so it happened" (Genesis 1:6).*





## What Will You Be Wearing This Halloween?

By Alyssa Caban  
Staff Writer

Halloween. Notably known as the holiday of candy and horror, the tradition of dressing up in an assortment of collections has evolved since its early beginnings. All of the customs we associate with Halloween are rooted in the Irish Celtic holiday of Samhain. It was once believed that the night before Samhain served as a boundary between the living and the dead. In order to satisfy or ward off "evil spirits," people began the rituals of dressing in costumes, such as animal skins and heads, and making sacrifices.

Over the decades, the idea of costumes has drastically evolved from its primitive origins. When Halloween was first introduced into America in the late 1800's, the most common costumes of the time were ghosts, skeletons, witches, and devils—costumes that reflect the origins of the holiday. However, by the 1920's and 1930's, with the baby boom in full force, the idea of Halloween transitioned into dressing up infants and children in cute and charming outfits. This began

the commercialized aspect of Halloween.

As the holiday began to gradually lose its superstitious ties, costume selections extended to dressing as well-known figures, stereotypes in society, or a certain decade in history. Each year, Halloween costume trends reflect popular celebrities, movies and ideas of the time. This year's costume trends will have a strong emphasis on the entertainment industry.

While girls may be pulling out their hair spray and a "Bump It", attempting to be Snookie, boys will be potentially throwing on a long wig and #55 Giants jersey trying to sport the Tim Lincecum look.

When you look around this Halloween night, other popular costumes will probably be an array of pre-teen Lady GaGas, blonde-headed Justin Biebers, Toy Story characters and blue-skinned Avatars.

Gone are the days of warding off evil spirits. Now, Halloween is about creating the most innovative and funny costume.

It's the one chance a year to emulate your role models or favorite stars or simply to become a different person for a day. So have fun and let your alter ego shine.



## Fright Night! Must-See Scary Movies

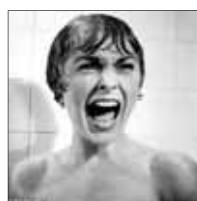
By Christina Collins  
Staff Writer

Ah, Halloween: the night when staying up past curfew for late night rounds of trick-or-treating, eating pounds of sickeningly sweet candy and wearing ridiculous costumes is morally acceptable. Sort out your treats and pop some popcorn, because these classic Halloween flicks are sure to keep the spooky spirit alive!



*Halloween* (1978): Appropriately named for the season, *Halloween* tells the story of Michael Myers, who escapes from a psychiatric ward and terrorizes his neighborhood on Halloween night. This movie has inspired count-

less other slasher flicks that follow the model of director John Carpenter's vision, as well as a distinctive Halloween mask guaranteed to frighten even the toughest of horror buffs. The Chicago Film Critics Association named this nightmarish story the 3<sup>rd</sup> scariest movie of all time; its creepy plot is a perfect transition from a night out trick-or-treating to a movie marathon at home.



## Under the Radar: Sky Ferreira

### The Newest Star in the Sky



By Diana Pawell  
Staff Writer

The newest voice ringing across the airwaves is that of Sky Ferreira, 18 year old Portuguese-American singer and songwriter. As she states in "Obsession," her flashy new single, "I've had the life of the ordinary; I spat it out." A driven and talented artist, Sky is on her way to topping the charts, refusing to settle for mediocrity.

Born and raised in Los Angeles, California, Sky began singing and writing at a very young age. At fifteen, she began working with EMI Music, where she met and befriended Katy Perry, who has remained a close friend ever since. In her time at EMI, she also participated in many demos, gaining the opportunity to work with artists such as Ellie Goulding and Frankmusik. In July 2009, she was signed to the label Parlophone.

Her upcoming album, which took four years to create, is expected to be released in January of 2011. In it, Sky will reveal the power of her versatile voice through different styles of song. The three singles she has already released demonstrate the diversity that can be found in her music—"Obsession" is a thumping pop medley that girls everywhere will sing in their cars, while "One" is a fusion of Euro-pop and techno sounds and "17" is the funky, dark story of a rebellious teenager searching for herself.

Other examples of her wide-ranging talents can be seen on Sky's Youtube channel, which is full of songs by other artists she has covered, including a slow, haunting version of "Animal" by Miike Snow. Exuding great potential, Sky has caught the notice of many powerhouse stars in the music industry as well as the media.

She has recently been featured in interviews with both *RWD Magazine* and *ASOS Magazine* and was declared by MTV as "buzzworthy" news. Her first U.S. single, "Obsession," was also selected to be featured on the hit show, *Vampire Diaries*' official soundtrack.

Sky's vocal talent is one that cannot be ignored. This young singer may still be searching for her signature style, but she shows enough promise to become the next Christina Aguilera and pop star of this generation.

*Psycho* (1960): Alfred Hitchcock's 1960 noir film *Psycho* instilled a new fear of motel showers into the minds of Americans. Eerie proprietor Norman Bates terrifies audiences through his crime spree at the Bates Motel. The American Film Institute ranks it as the scariest movie of all time, and the infamous shower murder changed film industry forever. The tension, created by the intense music score and the black and white imagery, has been imitated by films for years. *Psycho* is the ultimate Halloween movie: a must-see in every aspect

*The Exorcist* (1973): This horrifying thriller is guaranteed to scare the wits out of anyone. Inspired by a true story, *The Exorcist* chronicles the life of Regan MacNeil (Linda Blair), a twelve-year-old girl who is possessed by a mysterious entity that controls her entire being. Its critical reception has only grown with time; audiences are still as frightened today as they were in 1973. Its special effects, which include scenes of levitation and Regan's eerie visage, are comparable to today's CGI-dominated horror films, making it one of the all-time scariest movies.

*Rocky Horror Picture Show* (1975): *Rocky Horror Picture Show* has achieved a beloved cult status on both stage and screen. Tim Curry is a "mad scientist," who invites squares Brad Majors and Janet Weiss to his inner sanctum of kooky characters and bizarre rituals. It is infamous for its interactive screenings, in which the audience fully participates in dance numbers, sing-a-longs, and even recitation of the dialogue. Check it out at the Retro-Dome Theater in San Jose for a one-night-only showing on the scariest night of the year.

*The Nightmare Before Christmas* (1993): Tim Burton's *The Nightmare Before Christmas* is the story of Jack Skellington's plight to bring Christmas to the land of Halloween. It has received critical acclaim from *Rolling Stone's* reviews to the sharp tongue of Roger Ebert. *Nightmare* is an all-around favorite, achieving a rightful place in the Goth-subculture as well as a seasonal ride at Disneyland. This edgy yet whimsical story is a staple Halloween movie for people of any age.



# MONARCH CRITICS

## Life As We Know It

Admit One



Josh Duhamel and Katherine Heigl star in this romantic comedy as an unlikely duo that suddenly inherits the child of their best friends.

Faced with the tragic death of their mutual friends, Messer (Duhamel) and Holly (Heigl) soon find out that they must become the parents of a one-year-old baby.

At first the two are complete opposites and constantly fight with one another, but as they get to know each other, they find

By Christine Kelly  
Staff Writer

that they are a true family. Filled with the laughs and tears that come with parenting, *Life As We Know It* proves to be an amusing, heartwarming film.

Sure, *Life As We Know It* does not have a great, creative plot but it is charming enough to be worth 112 minutes of your life. Duhamel and Heigl are a hilarious pair on screen with remarkable chemistry throughout the movie. Heigl (*Knocked Up*, *27 Dresses*) plays her regular role of the high-maintenance control freak that is married to her job. While Duhamel (*Transformers*, *When In Rome*) is a laid-back slacker that has trouble with commitment and responsibility.

Although it has a typical, cliché plotline, the film highlights the acting skills

and humor that Duhamel and Heigl bring to the table. The two are not only good for the funny scenes, but they also do an admirable job working with serious scenes. They'll make you cry tears of joy in a scene and cry tears of sadness in another. They make this cliché, overdone plot into something worth watching.

There is a difference between a good movie and an entertaining movie. Good movies are the ones that you remember for a long time. Entertaining movies are the ones that you watch on a Saturday night because you want to laugh. If you want something original and moving, this film may not be for you. However, if you're looking for a really entertaining movie, then *Life As We Know It* is perfect.

Admit One



## It's Kind of a Funny Story

By Thomas Soares  
Staff Writer



This is a story about a 16 year-old kid living in New York named Craig (Keir Gilchrist).

For Craig, the stress of high school, parents, and girl trouble is taking its toll on his mental state. His anxiety becomes so powerful that he contemplates killing himself and calls a suicide hotline, leading him to a 5-day stay at a psychiatric hospital.

Although this storyline isn't up-beat and heartwarming, it ends up being uplifting mainly because of the relationship that the main character Craig has with Bobby (Zach Galifianakis), who is one of the patients at the ward. Although Galifianakis' quirky and socially awkward performance in *The Hangover* is very similar to what he does here, the effect he has is very different. There are a few laugh-out-loud moments, but most of the comedy is reserved for observational humor that Craig, who also narrates the film, makes on teenage culture.

Once the relationship between Craig and Bobby starts to develop, it becomes obvious that Bobby turns into a father figure for Craig and by the end of the film they make each other better people. Gilchrist gives an amazing performance in this film—although he will probably be overshadowed by Galifianakis, who also did an excellent job in his role. Gilchrist plays the part of a regular high school kid in the late 2000's with believability and perfection. However, the character of Noelle, played by Emma Roberts is clichéd and predictable. In addition, the weak title doesn't do the film justice.

However, the small glitches in this film are not enough to undermine an uplifting story-line that is worth the drive to a theater.



## ComedySportz

By Megan Baggett  
Staff Writer



ComedySportz is an improv club in San Jose that is worth a stop. Located downtown at the corner of 2nd and San Carlos, it features a competition between two comedy teams.

The club's atmosphere resembles a typical night at a sporting event, complete with referees and sound effects. The setting is simple: up front there is a stage and on both sides of the theater are screens that display the teams' scores and the schedule of events. The two teams, the red and the blue, compete while a "referee" who acts as the show's host, calls fouls.

There are two main fouls: the brown bag foul and gag or groaner foul. The brown bag foul is called when a team member says something inappropriate, and they are punished by placing a brown bag over their head for the rest of the game. The Groaner foul can be called at any time if a player just isn't funny, and their team loses a point. It's an interactive experience, because the referee will ask the audience for scenarios or words to make the many games more interesting.

A crowd favorite is a game involving the audience spouting out phrases to the referee while the teams are out of the room. Once the teams return, they put together skits using the lines the crowd provided.

Another popular game resembles the board game Clue. The audience supplies the referee with the details of the crime: the setting, weapons, and the murderer's occupation. The teams then have to do a reenactment in pairs, with one partner trying to guess what happens while the other acts it out. Once all skits and games are completed, the audience gets to vote for their favorite of the two teams.

All in all, Comedysportz's unique and interactive atmosphere makes it a place deserving of a visit.



## The Social Network

By Sarah Guzman  
Staff Writer



*The Social Network* is a film that is rooted in the story of Mark Zuckerberg, the creator of Facebook, and the lawsuits that followed his project. It starts with his creation of "Face Mash" a website that was a sort of precursor to TheFacebook, as it was then called. It follows his story and the interactions he had with those involved, revealing strengths and weaknesses in each character.

No one actor steals the show, with Jesse Eisenberg, playing Mark Zuckerberg, and Andrew Garfield as Eduardo Saverin skillfully portraying best friends that are essentially good people who are torn apart by jealousy, betrayal, and revenge. Justin Timberlake does a masterful job of acting the part of Sean Parker, a delusional, power hungry, manipulative man, who, while he does have shortcomings and drawbacks, is just looking for security in the cutthroat world of business.

The only prominent fault in this movie is that the beginning is slightly confusing, and viewers are unsure of how each character is directly involved in the dilemma. However, as the story unfolds, the relationships are revealed, and the audience realizes how the situation came to be.

*The Social Network* successfully highlights the consequences of actions taken out of jealousy and a desire for revenge. These motives seem to be the driving forces of the characters. As the viewers learn more about the characters, it becomes harder to tell who exactly is the good or bad guy and the audience leaves the theater deciding for themselves.



## Bruno Mars

By Chitra Marti  
Staff Writer



Bruno Mars, featured on the chart-toppers "Nothin' on You" by B.o.B and "Billionaire" by Travie McCoy, has worked alongside rappers to produce hit singles.

In *Doo-Wops and Hooligans*, Bruno Mars forgoes the rap sounds that brought him his initial fame and exposes his truer sound: a blend between rock, hip-hop, R&B, and reggae.

His is truly unique in a music setting where too often cookie cutter artists dominate the scene.

Mars starts the album with his new single "Grenade." Though the idea behind the lyrics is common, used in a countless number of '90s boy band songs, Mars' phrasing and artistic style make it sound refreshingly original. It is upbeat, in comparison to the catchy "Count On Me," which is mellow and light-hearted. With the variety displayed with respect to both lyrics and style throughout this album, the recycled ideas are trivial.

His voice is soft, largely because he sings in an almost falsetto voice. Nevertheless, a more powerful side of his voice shows up at times, displaying the album's diversity. In songs like "Talking to the Moon," Mars brings a fresh sound to unoriginal lyrics by mixing average pop with a slow blues-y feel. Later, "The Lazy Song" and "Liquor Store Blues" reveal a more reggae style as though a drum and a ukulele were playing in the background. This versatility appears consistently throughout the album as Mars showcases his diverse abilities.

Mars concludes his album with "The Other Side (ft. B.o.B and Cee-Lo)," where he declares that the "Truth of the matter is I'm complicated."

Bruno Mars has transitioned from typical pop to a sound that is, truthfully, complicated. However, because Mars manages to deliver it with charisma and originality, it appears effortless.



FOCUS



FO

## Recipe:

### Veggie Wrap

By Kanako Shimizu  
Staff Writer

This nutritious lunch is not only for the vegetarians, but the wholesomeness of this wrap will even turn the heads of a devoted carnivore.

#### Ingredients:

- 1 tbsp. (15 mL) spreadable cream cheese
- 1 large (10-inch/25-cm) flour tortilla, regular or flavored
- 2 tbsp. (30 mL) shredded carrot
- 2 tbsp. (30 mL) thinly sliced red or yellow pepper
- 2 tbsp. (30 mL) chopped red onion
- 1/4 cup (50 mL) shredded Cheddar or Monterey Jack cheese
- 1/4 avocado, peeled and sliced
- 1/4 cup (50 mL) baby spinach leaves (or torn arugula)
- 1/4 cup (30 mL) alfalfa sprouts
- Salt and pepper to taste

#### Cooking Instructions:

1. Spread cream cheese over the tortilla inside the edges.
2. Arrange all the filling ingredients in a row along the center to fill one-third of the tortilla. Add salt or pepper on a level of personal preference.
3. Roll the tortilla up as tightly as possible to enclose the filling without tearing the tortilla. Cut in half crosswise and eat immediately, or wrap both halves in plastic wrap to pack into a lunch bag.



## Recipe:

### Chocolate Marshmallow Cookies



Dear Mouth,  
I want sugar.  
Yours truly,  
Sweet Tooth

#### Ingredients:

- 1/2 cup butter
- 2 (1 ounce) squares unsweetened chocolate
- 1 egg
- 1 cup packed brown sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1 1/2 cups all-purpose flour
- 1/2 cup milk
- 1 (16 ounce) package large marshmallows

1. Preheat oven to 350 degrees F. Lightly grease cookie sheets.
2. Melt butter and chocolate in small heavy saucepan over low heat; stir to blend. Remove from heat; cool.
3. Beat egg, brown sugar, vanilla, and baking soda in large bowl until light and fluffy. Blend in chocolate mixture and flour until smooth. Slowly beat in milk to make light, cake-batter-like dough.
4. Drop dough by teaspoonfuls 2 inches apart onto prepared cookie sheets. Bake 10 to 12 minutes or until firm in center. Cut marshmallows in half.
5. Immediately place halved marshmallow, cut side down, onto each baked cookie. Return to oven 1 minute or just until marshmallow is warm enough to stick to cookie. Place on wire racks to cool.

By Nhi Nguyen  
Focus Editor



## Old Macdonald's Farmers Market

By Sarah Baylis  
Staff Writer



If you happen to be driving down bustling Saratoga Avenue, a sign with a cow jumping over a banana might catch your eye. The Old McDonald's Farmers Market, recently opened to the public, has drawn many with its diverse selection of fruits, vegetables, jams, nuts, and other products.

Bob Loyst, president of the market, shared some insight into his background and the business's early beginnings: In 1988, Bob ran a produce stand at the Santa Cruz Farmers' Market, thus introducing fresh products to the community. He later became the Executive Vice President of Bay Area Produce, Inc. However, he soon longed to start a hands-on store of his own, and thus, the Old McDonald's Farmers Market was born. With his 42 years of experience in the produce world, Bob confidently took on this challenge, and, with time, he brought his idea into fruition: the market has already been welcomed warmly into the neighborhood.

The produce selected, Bob says, is only the very best, whether it comes from local vendors or farms in New Zealand. While most commercial supermarkets don't get their produce for 3 or 4 days after it has been picked, Old McDonald's has its freshly picked produce delivered straight to store from many local farms.

With its reasonable prices and healthy, tempting products, this new market is certainly a treat you won't want to miss!

NUTRITIOUS

1. Eating **FISH** twice a week. True, fish oils have DHA, C...
2. Drinking **GREEN TEA**. True, green tea can improve your... or three cups of green tea a day...
3. **WALNUTS** are True, high in anti-oxidants, walnuts and Omega-3 fatty acids. Eating... performance; it can aid in le... moto...
4. Drinking **COFFEE**. False, drinking coffee in moderation and improves short term me... functions and helps...
5. **DARK CHOCOLATE**. True, dark chocolate can lower blood pressure. Ch... production of euph...

By Jocelyn Tan  
Staff Writer

## TACOS: MISREPRESENTED OR REVOLUTIONIZED?

By Trevor Bates  
Staff Writer

Beginning in 1962, Taco Bell restaurants began sprouting up across the nation. These new, Americanized Mexican eateries became flocking grounds for people seeking their fix of fast and affordable Mexican food. But how far has the taco (as we know it today) diverged from its original roots? Let's take a look back. Way back.

The tortilla, the most fundamental part of the taco, was derived from Mesoamerican culture, specifically from a native group called the Nahuatl. They laboriously ground maize and flattened it into "tlaxcalli," a basic, flat cornbread. Then, the Spanish came along and began recreating thinner versions of "tlaxcalli," calling them tortillas. The more important you were (by standards of the era), the thinner, more translucent your tortilla was. American preferences have changed since then; now we cram our tacos with an abundance of ingredients, which calls for thicker tortillas. Mexican tacos, on the other hand, haven't

changed much from their taco ancestors. They are minimal and small, filled with either mashed beans or shredded meat and sprinkled with cilantro and onion. The risk of a person having to awkwardly waddle to the bathroom with half their meal on their pants is reduced considerably.

As the 20<sup>th</sup> century unfolded, Mexican food became more prominent in America's gastronomical world. Culinary geniuses, like Joe Valdez Caballero, helped adapt traditional-style Mexican meals to appeal to American taste buds, even introducing the artery-clogging, North-American condiment sour cream. Cue: Tex-Mex cuisine. In the 1960s, Tex-Mex restaurants became a major facet of the food industry. This is where tacos in America, already straying from their initial form, took on salad form. Lettuce is the dominant ingredient in this dish, rather than the tortilla or shell. Taco salad is often topped with red onions, crushed tortilla chips, and thousand island dressing. From thin tortilla to thick salad shell...

My, how far the taco has come. Anyone hungry?



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AS ON



OOD

TRITION  
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...k can boost brain and memory function.  
...which helps prevent memory loss and  
...cellular damage.  
...A makes you more calm and alert.  
...mood and increase your focus. Drinking two  
...can reverse mental deterioration and improve  
...cognitive functions.  
...are the ultimate "Brain-Nut."  
...nuts are a rich source of copper, manganese  
...four to six walnuts daily can assist in brain  
...learning, emotional regulation, memory,  
...or coordination.  
...FFEE is bad for you.  
...ate amounts speeds up reaction times  
...memory. Caffeine bolsters higher brain  
...s fight off sleep deprivation.  
...ATE makes you feel better.  
...ms you down because it lowers  
...ocolate also stimulates the  
...opiods, which trigger  
...oric feelings.



**United States:  
Jellied Moose Nose**  
Jellied Moose Nose, which originated from Alaskan natives, is prepared by boiling the moose with other spices until the dark and white meat is tendered and the broth surrounding the meat becomes jelly-like. Appetizing, eh?

## BIZARRE FOODS FROM AROUND THE WORLD

By: Piyali Banerjee, Julianna Roy,  
Puja Subramaniam, and Katrina Vokt  
Staff Writers

**Australia:  
Kangaroo**  
Kangaroo meat is used in some of the best restaurants in the world because of its one-of-a-kind flavor and low fat content. The actual cooking process of kangaroo meat can often be a tricky process, as it can easily dry out if prepared incorrectly, making it unappetizing.

**Guam:  
Boiled Bat**  
Although boiled bat is a delicacy to the people of Guam, it has been known to cause brain damage due to the consumption of neurotoxic cycad seeds leftover eaten by the bats. After the bat is dropped into a pot of boiling milk, all parts of the boiled bat including hair, internal organs, and bones are consumed, generally during celebrations and festivals.

**South Africa:  
Babotie**  
Babotie is a South African item made of minced meat, finished with an egg-based topping. In the past, babotie was made from a mixture of mutton and pork, but nowadays consists of beef or lamb. Curry powder, ginger, marjoram, lemon, raisins, and dried fruit are incorporated in the recipe as well.

## Cooking with Christina Collins

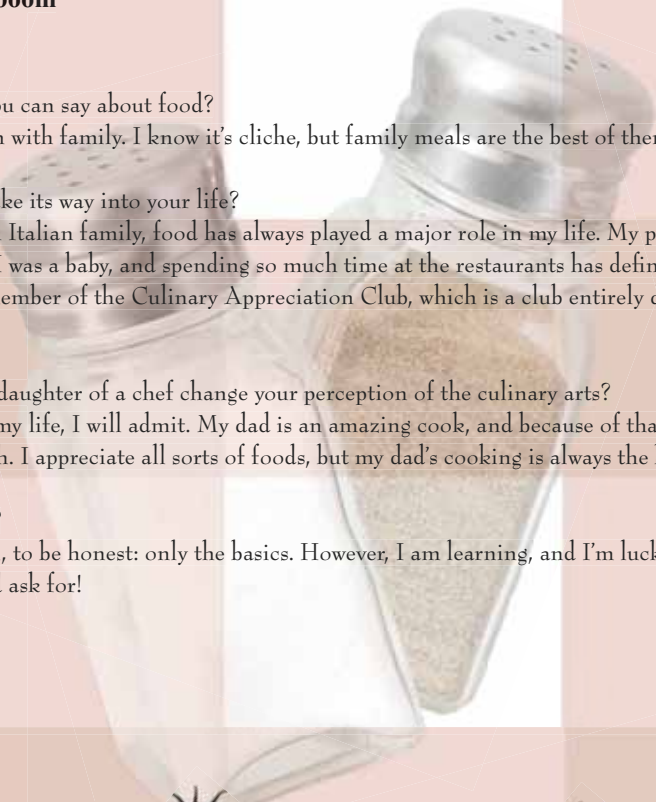
By Brandon Roosenboom  
Staff Writer

Q: What is one thing you can say about food?  
A: Food should be eaten with family. I know it's cliché, but family meals are the best of them all.

Q: Where does food make its way into your life?  
A: Since I grew up in an Italian family, food has always played a major role in my life. My parents have owned the Pasta Market since I was a baby, and spending so much time at the restaurants has definitely shaped me into who I am. I am now a member of the Culinary Appreciation Club, which is a club entirely dedicated to eating and appreciating food.

Q: How does being the daughter of a chef change your perception of the culinary arts?  
A: I've been spoiled all my life, I will admit. My dad is an amazing cook, and because of that, I have to say my standards are pretty high. I appreciate all sorts of foods, but my dad's cooking is always the best, in my book!

Q: Do you like to cook?  
A: I can't cook very well, to be honest: only the basics. However, I am learning, and I'm lucky that my parents are the best teachers I could ask for!



## The Psychology Behind Picky Eating

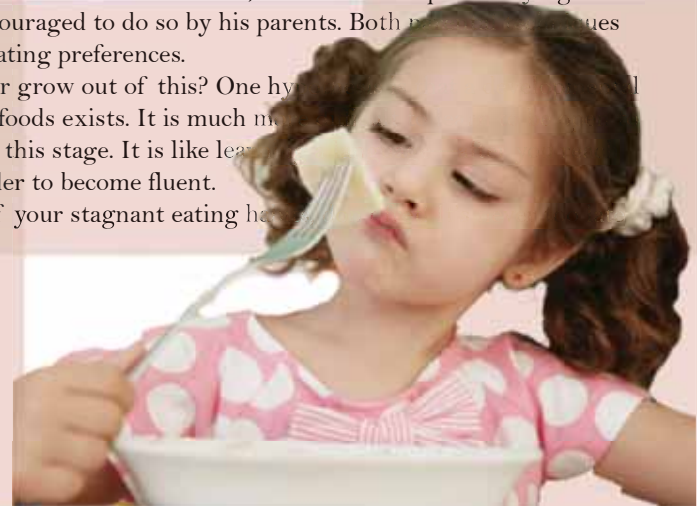
By Elena Georgieva and AnnaLiese Burich  
Staff Writers

"Eww! Mom, why do I have to eat brussel sprouts? They're so gross!" For decades, children have been complaining about being forced to eat certain foods. Some even go as far as creating strict lists of "accepted" foods. Sometimes, this food selectivity persists throughout adulthood, where it may have serious consequences. Many adults feel uncomfortable at social functions because they are embarrassed to decline the meal offered by the host. These picky adult eaters may often eat foods high in calories, with no nutritional value, impacting health severely. The question we ask is why are these adults so picky about their foods? Many adult picky eaters often blame their idiosyncrasies on their hypersensitive taste buds. People who have more sensitivity towards scents and textures often find certain foods too "strong" or too "smelly". This way of thinking alters people's perception of food. Many people carry food phobias from childhood to adulthood due to traumatic experiences. For example, if a person loves hot dogs, but eats so many of them one day that he gets sick, he may never want to touch a hot dog again. Additionally, a person's selectivity can also stem from what his parents taught him as a child. Some parents stress the importance of finishing all of the food on one's plate. As the child grows and matures, he may feel the desire to rebel and assert his independence, later

rejecting foods offered by his parents. On the other hand, some parents put no restrictions on their child's food intake. This child grows up eating only what he wants—usually junk food high in calories and low in nutrients. Furthermore, he will not be open to trying different cuisines, as he was never encouraged to do so by his parents. Both parenting styles can negatively limit the child's eating preferences.

But why does the child never grow out of this? One hypothesis is that a critical stage of learning to accept new foods exists. It is much more difficult to try different foods once you are past this stage. It is like learning a language: at age three or four, it is much harder to become fluent.

If you haven't broken out of your stagnant eating habits, it is important to try something new.





## Abigail Dunlay

### What do your pictures reveal about the Mitty Community?

The photos show how diverse Mitty is with the various activities going on everyday; I only photographed a small taste of what goes on at Mitty outside of school like the ECJ: India trip, but there are so many clubs, teams, and extracurriculars to check out which are great for people who are looking to be more involved.

### What do they say about your style?

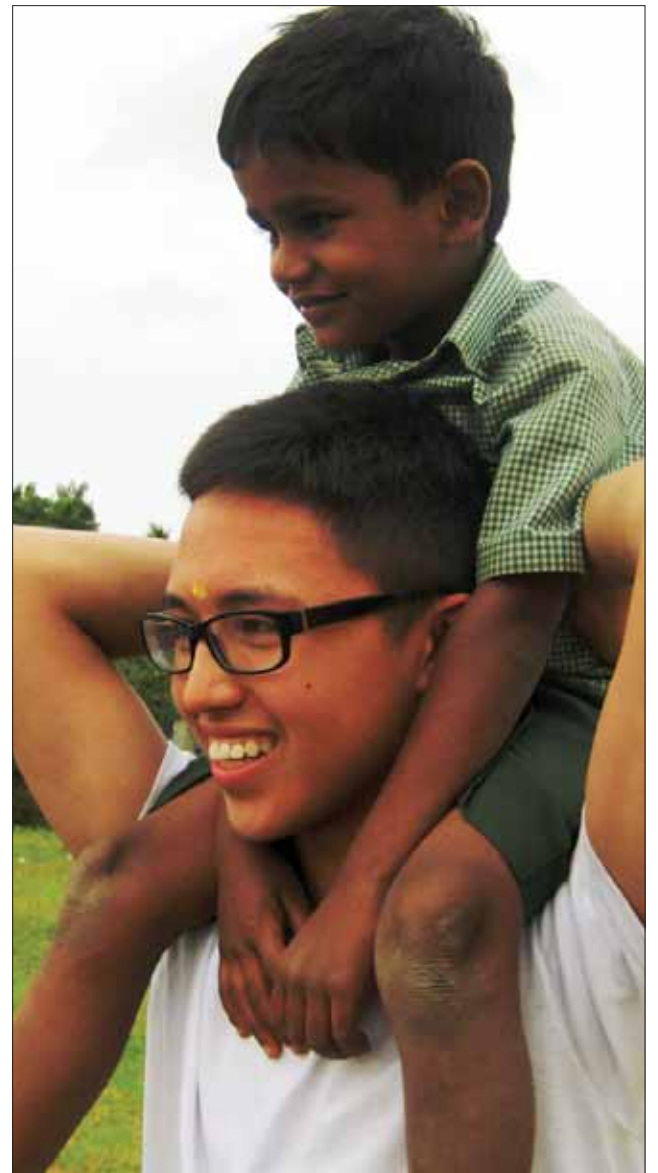
I suppose they could say that I enjoy capturing the moment without people expecting the picture; I love to get the raw essence of things.

### What three words would you use to describe your style?

Creepy, creative, and emotional.

### What intrigues you about photography?

What most attracts me to photography is the idea that a camera can completely freeze time in one frame as well as capture the small, short magic-filled moments in life. I also love how photography has no real set of rules allowing you to shoot whatever you want, however you want.



# Through the Lens: Monarch Photography



## Marina Wright

### What do your pictures reveal about the Mitty Community?

I love how these photos are so different. I think they portray Mitty for what it truly is: a diverse community made up of all kinds of people and activities to partake in, whatever your interest.

### What do they say about your style?

These photos represent a distinct part of Mitty: the sound board picture pays tribute to the Performing Arts Department, and the football pads illustrate the athletic at the school.

### What three words would you use to describe your style?

Messy. Unique. Quirky.

### What intrigues you about photography?

My favorite part of photography is being able to capture every moment. I think that you should take photos every opportunity that you get.



Interested in being a featured photographer for The Monarch's next issue? Email your best photos at [themonarch.photo@gmail.com](mailto:themonarch.photo@gmail.com) to tell us why you should be chosen. All entries welcome!



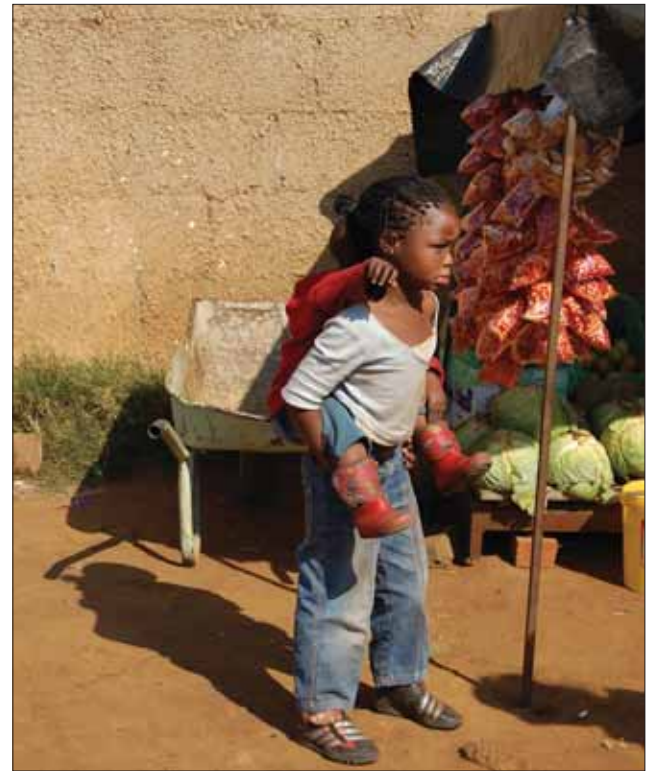


**Above:** "This picture exemplifies the golden hour that creates entrancing dark shadows."  
—**Abhishek Thakar, Junior**

**Left:** "For this particular picture, I wanted to have a contrast between the natural and human world and bring out the personality of the models through the theatrical elements."  
—**Sierra Meszaros, Senior**



"I set up my camera and flash on a tripod to take an image just focusing on the eyes, and I thought the bandana would highlight this focus and hide the rest of the face."  
—**Connor Gibson, Junior**



"This picture captured my attention because it represents the rustic simplicity of a child's life in South Africa."  
—**Miki Ohata, Senior**



"This is a clock in my house that I never took much notice of. When I got up close, I saw its amazing detail."  
—**Katie Kirmse, Senior**

Like what you see?  
Want to be a part of  
*The Monarch's*  
next contest?  
Send in a  
request to [themonarch.photo@gmail.com](mailto:themonarch.photo@gmail.com),  
and **you**  
could be featured  
in the next issue!



# Justice Awareness

## PROFILES IN JUSTICE

By Heather Lee  
Staff Writer



### Spotlight On SHELBY CRESPI

Shelby Crespi, a junior at Mitty, has witnessed a potential injustice that will affect the community center she volunteers at. Due to the economic downturn and lack of funding, the city of San Jose is considering cutting the program Kinderfun, a summer program for children with developmental disabilities, from the Roosevelt Community Center of Downtown, San Jose. Shelby has decided to raise money to subsidize the cost of the program and ultimately save the program from being cut.

#### How are you approaching this issue?

"I'm still in the process of filing a 501c3 application which will allow non-profit status," explains Shelby. Shelby is working closely with Jeff Conboy-Heiser, the founder of Kinderfun. "The money will be given to Jeff as a grant. Kinderfun is more expensive than regular camp. For every two kids, there is one staff member." Because Roosevelt Community Center is located in a poorer part of downtown, San Jose, Shelby says, it is harder for people to pay for the camp—unlike in other more privileged areas, such as Almaden.

#### How much money are you planning to raise?

Shelby responded by providing me with a spreadsheet with two different breakdowns of the costs, courtesy of Mr. Heiser. "My ultimate goal is to raise around \$17,440 to subsidize a free four-hour program. Or, I could make it twice as long... but have it cost the same price as the four-hour program." The data provided illustrates the difficulty Kinderfun is having in raising sufficient funds. For every \$100 dollar that the Roosevelt Community Center raises from the tuition of the camp, the city needs to pay another \$81.67 for "full cost recovery." "I'm going to write to corporations I've worked with in the past... who want to help with the school supplies." Shelby is planning on "selling t-shirts, friendship bracelets, and more... at community centers and farmers markets."

Shelby's program is also open to donations.

#### In the midst of other programs being cut, why do you want to help Kinderfun?

"Cutting Kinderfun is an injustice." By cutting Kinderfun but sustaining many other programs where kids are not affected by mental or psychological disabilities, the city is being unfair. Shelby feels that, "No one has [the] authority... to [decide whether] one kid is worth more than another."

\*Shelby is always looking for more people to help. "Anyone who's interested can help by raising money... talking to parents, and spreading awareness."

## The War on Drugs

### Mexican Drug Cartels Now Target Press in Mexico

By Makoto Lalwali  
Staff Writer

Since 2006, the Mexican government has been embroiled in a "War on Drugs" that has pitted armed forces against numerous powerful drug cartels. In these four years, nearly 30,000 Mexican citizens have been killed as a result of the escalating violence. In some provinces, where legal authorities literally have no control, the drug gangs have gained increasing political power through intimidation and coercion.

Now, the cartels have found a new target to manipulate, one that we may find very familiar as American citizens: freedom of the press. Though the drug wars are being fought mostly on Mexican soil, their effects are far more widespread, presenting a threat to Americans and ultimately to universal human rights.

According to *The Guardian*, recently in Mexico there has been a string of kidnappings and murders primarily directed toward journalists and reporters. On Thursday, September 16, photographer Luis Carlos Santiago of the newspaper *El Diario* was shot and killed outside of his office. The Sunday following the murder, *El Diario* published a direct message to the drug cartels themselves, asking the question "What do you want from us?"

Frightened for their lives, the Mexican press has increasingly forsaken its duty to convey information to the public in order to avoid the wrath of the drug cartels, by stressing its neutrality in the conflict. Mexican journalists lack the necessary means of protection to ensure that their jobs can be executed without fear of retaliation.

So what does this mean for us? The Mexican war on drugs is not a foreign matter. In fact, America has played a very prominent role in its outbreak and continuance. Americans are primary customers of the narcotics that the cartels export; much of the violence in the conflict origi-

nates from individual cartels fighting each other in order to gain control of strategic areas of access to the United States. To worsen the matter, the United States exports weapons to Mexico, which are used to kill.

Clearly, the U.S. needs to take more action toward Mexico's conflict, a quagmire for which we are partially to blame. This is not to say that the United States has done nothing to limit the devastation that is occurring throughout Mexico.

According to *The LA Times*, in 2008 the Bush Administration began the Merida Program, a \$1.6 billion project designed to assist Latin American governments in combating drug gangs through training, intelligence, and equipment. However, in the end American efforts have not been enough; destruction is still widespread, people are being murdered every day, and the end of the war is nowhere in sight.

In fact, the drugs that are transported by the cartels impose debilitating effects in our very own communities. Too often,

families are torn apart and loved ones lost because of drug abuse, a problem that is augmented as a result of the drug cartels' actions.

Fortunately, as Archbishop Mitty students, we in fact have the opportunity to make a difference. Through Mitty's very own Above the Influence Club, we have the option of raising awareness of the effects of drugs and preventing them from inducing further damages upon society.

The United States has always asserted itself as a global cop, a peacekeeper that seeks to dissolve conflicts around the world in the name of democracy. The atrocities that are being committed in Mexico violate a fundamental right that we believe extends to all people: freedom of expression. Clearly, we have a duty to solve this ongoing problem, not just for our own national interests, but because we must globally protect the ideas that brought this nation to life.

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**The atrocities that are being committed in Mexico violate a fundamental right that we believe extends to all people: freedom of expression.**

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## Who's at Fault?

### Are Websites Responsible for the Illegal Activity of Users?

By Kate Coffey  
Staff Writer

An incredibly popular website, Craigslist.org, offers a way for people to sell their old couch, rent their apartment, or even contact a "Missed Connection."

However, in recent years, Craigslist has also been used to hire prostitutes. This kind of service was available under the "Erotic Services" category, but in May, 2009, Craigslist changed the name to "Adult Services" in order to limit the number of questionable advertisements posted by screening them. Recently, U.S. lawmakers prodded the website to delete the entire section, and in September, 2010, they succeeded when the creators of Craigslist finally terminated the category. The question is, was this the proper way of handling the widespread prostitution, and was it really Craigslist's responsibility?

According to Malika Saada Saar, founder of The Rebecca Project for Human Rights and a leader of the effort to delete Craigslist's "Adult Services" section, Craigslist was directly responsible for any harm done to those, including minors, who were being forced into prostitution and then bartered on their site. The creators of the website, the argument goes, were directly making illegal activity easily accessible to the public.

At the same time, others claim that making ads for prostitution so public actually helps law enforcement track down the pimps and prostitutes who are responsible. Therefore, getting rid of what is basically a database of criminals strips law enforcement of this valuable resource.

Another argument is that no matter what Craigslist

does to stop sex soliciting on its website, people will find other ways to sell it. Since the "Adult Services" section was deleted, ads have been posted in disguise as services ranging from massages to French lessons. Even if Craigslist terminated the obviously illegal sections, people would find a way around it, arguing that the website is not responsible for those taking advantage of its services and that they will find a way to somehow.

Much like Craigslist, the online program Limewire, which is used to post and obtain music downloads, has faced legal trouble in recent years. In May 2010, Limewire was sued by 13 music companies, including Capitol Records and Sony BMG Music Entertainment, for copyright infringement and engagement in unfair competition. Some people, including those who own record companies, say that Limewire is responsible for providing the means to distribute illegal downloads. How-

ever, others say that it is not the fault of the program, but of the people who post the songs. After all, the creators and moderators of Limewire are not directly breaking the law; those who illegally share music files are.

**When the anonymity of an online global network allows it to easily duck traditional crime prevention and detection methods, the legal question faced is the same: does providing a medium for crime make an organization culpable? Who is responsible: Eve or the snake? This question needs to be addressed directly by the legal system as new outlets arise.**





# BENGAL CRISIS

By Celeste Lindberg  
Staff Writer



When my class went on ECJ: India this past summer, we all looked forward to the jungle safari. The wild animal reservation we visited was home to sloth bears, deer, jaguars, wild boars, and most importantly, tigers. I was excited to catch a glimpse of these mysterious creatures I had heard so much about.

However, after two trips through the jungle, nobody saw one. This should not have been much of a surprise, given that there are fewer than 1,500 Bengal tigers left in India.

The reason for their dwindling numbers, as expected, is careless and greedy people. Deforestation and poaching are direct causes of their endangerment. India is the world's second most populated country with a population of over 1 billion people and constantly rising. With its people needing more and more space, the habitats of their tigers are diminishing.

Humans win the struggle against the animals for natural resources so other species die out as well. With their food chain being severely disturbed, tigers are forced to hunt the domestic livestock of the forest dwellers.

The retaliation from people hoping to protect their stock is of fatal cost. Tigers are shot, poisoned, and trapped simply for hunting in their own homes.

According to [truthabouttigers.org](http://truthabouttigers.org), many myths concerning the medicinal qualities of tiger parts have been circulating for years.

They are hunted for their whiskers down to their toenails, used to treat insomnia and toothaches. Coveted tiger furs sell for thousands making poaching a lucrative industry. Exotic animal trafficking is one of the biggest black markets in the world and is highly funded.

Poachers, mainly from China, are the ones responsible for killing off the last of this species. Indian wildlife reservations are understaffed and have few resources at their disposal: They cannot afford pay their watchmen adequate salaries for the amount of work they are expected to do and cannot supply them with any means of protection.

Guards of the reservation are armed with sticks while poachers have knives and machine guns.

In addition, reservation guards are likely to give in to threats and bribes, and will have to choose the ability to feed their family for a year over saving a tiger's life.

This is the sad truth about the state of tigers in India today. Tigers have had a significant impact in Indian literature, art, and religion. In fact, the country has had a major environmental movement that propels their desire to protect endangered species.

Ultimately, one of the biggest barrier preventing us from protecting them is the Indian government. The biggest culprit: Political figures are reluctant to address the overwhelming issue.

Letting political figures know just how serious this problem is can be the first step to keeping them safe. Spreading the word and being informed is something that everyone can do to help.

One way to start spreading awareness is by talking to friends. Additionally, making a quick post on Facebook can go a long way.

For more information on how to help, check out [truthabouttigers.org](http://truthabouttigers.org).



## Conflict at Ground Zero

By Justice Awareness Staff

For the past few months, a major topic of discussion between the United States government and New York citizens has centered around the proposed construction of an Islamic Cultural Center near Ground Zero, site of the World Trade Center. The debate concerning the construction of the center worsened after initial approval, once the issue was exploited by FOX News and other right-wing outlets. Starting as a simple local dispute, this topic transformed into an intense national debate and controversy involving the freedom of religion.

According to *The New York Times*, Daisy Khan and her husband, Imam Feisal Abdul Rauf, created the American Society for Muslim Advancement after the September 11 attacks. Since then, they have been directing their efforts toward enhancing and increasing the status of Muslims in American society through their organization, as well as by advocating progress within Islam with regard to modernization and women's rights. Their solution: building a 15-story community center in Lower Manhattan, two blocks from Ground Zero.

New York mayor Michael R. Bloomberg is a strong

supporter of the center, saying that it is a manifestation of the religious freedom found in America. On the flip side, Republican leaders, such as Newt Gingrich and Sarah Palin, believe that the center is offensive. A Jewish civil rights group, the Anti-Defamation League, assailed the project because it allegedly "distresses many in the interfaith community," according to the *Times*.

However, President Barack Obama would not declare his opposition to the building of the center, claiming that "Muslims have the right to build near New York's Ground Zero...they have the same right to freedom of religion as everyone else in America."

The president's statements sparked a debate with others, specifically Florida Senate candidate Jeff Greene. "President Obama has this all wrong and I strongly oppose his support for building a mosque near Ground Zero especially since Islamic terrorists have bragged and celebrated destroying the Twin Towers and killing nearly 3,000 Americans."

Protestors have also made their voices heard. This past August, chants both for and against the project, formally called Park51, resounded in the streets of Lower Manhattan. According to ABC News, supporters have argued that this project calls for a community center, not a mosque, two

blocks north of Ground Zero, not directly at Ground Zero; therefore, it should not be a problem.

Opponents, however, assert that a mosque so close to what they consider sacred ground is an insult to the 9/11 victims' families. Some construction workers have protested by refusing to work at the site.

Another protestor, Carl Blum, said on CBS News, "I am here to protest this nonreligious mosque, which is a symbol of Muslim victory."

Exploiting feelings such as these, North Carolina Congressional candidate Renee Ellmers created an ad in which she used "the Muslims" and "the terrorists" interchangeably. Ellmers, who also narrates the ad, asserts that after the Muslims conquered Jerusalem, Cordoba, and Constantinople, they built victory mosques. A community center near Ground Zero, she argues, would be similar.

Opponents of this ignorant, divisive, and bigoted ad, counter by pointing out that those building the center have no connection to terrorism and have actually represented the U.S. State Department overseas under both the Obama and Bush Administrations. And that, in any case, Park 51 is not a mosque, but in fact a center whose aim is not to symbolize victory, but to signify an effort to bring people together.



# SPORTS

## Surpassing Limits: Cross Country

By Riley Back  
Staff Writer

With a new coaching staff and new runners, the 2010 cross-country team has taken a huge step forward.

The new head coach, Dina Oakland, is back after 6 years off from coaching the sport.

"Since there are fewer runners on the team, I really get to know the girls on a more personal level," she says. When asked to describe the season in one word, Coach Oakland responded simply, "intense."

The new season has brought new competition as well as new additions to the team. Sophomore Lianne Vazquez, a transfer from Presentation, is a new addition to the women's team. "Joining the team has really helped me improve my speed," Lianne states.

Sophomore Richard Guzikowski has anchored the men's varsity team this year, setting personal bests at every course thus far, while senior Mary Kriege has carried the women's team at the league meets and invitationals.

At the Clovis Invitational, the Mitty women's team finished in 4th place out of 22 teams, while the frosh/soph boys garnered an 8th place finish out of 23 teams.

With the season not yet over, it looks as if we're ready for exciting races from both the men's and women's teams at the WCAL and CCS meets. Keep it up runners!

## Passing Through Adversity: Football

By Kyle Payne  
Staff Writer

With youth comes inexperience, but also a great deal of potential. Normally when a team loses a majority of its starters, the following season is looked at as a rebuilding year, a chance to get younger players an opportunity to develop and mature. Results come second. Not for this Monarch football team.

Only a year removed from a surprising 9-1-1 finish, as well as a WCAL championship, the Monarchs are off to a fighting start. While their 4-3 record may not seem overly impressive, it does not accurately describe how this team has been playing. Two of the three losses have come by a combined five points. A few breaks the other way, and the season so far would look entirely different.

Head Coach Matt Haniger has led this young team, which features seven new starters on defense, as well as a fairly inexperienced offensive line. Both lines are anchored by senior captain Parker Smith, who has excelled both on the field as well as in the locker room.

Other seniors that have stepped up are wide receiver Brandon White and safety Greg Ruiz. White, who also doubles as the team's kicker, leads the team in receiving yards after seven games, with 637 yards, 6 touchdown receptions, and 21.2 yards-per-catch average. Ruiz has established himself as one of the top defensive backs in the section, including two interceptions, building off of his strong junior season.

Senior Rocky Meszaros has returned from injury as a potent threat out of the backfield. Meszaros has 275 total yards rushing after four games back. Junior Joe Dececco carried the load with 183 yards rushing during Meszaros' absence.

After losing several key players to graduation, the team needed new leaders to emerge, and the players in the senior class have definitely come through. As senior Tomislav Biondic asserts, "There are a lot of seniors who left from our team last year, but we definitely stepped up—especially considering our tough schedule."

Despite holding their own against Valley—ranked 5th in the state—for nearly the entire game, Mitty was taken down on a last second field goal, giving the Warriors a 15-13 win. Even though a win was snatched from their grasp, the team grew from it. Senior QB Kyle Boehm commented after the game in an interview with

*The San Jose Mercury News*, "People doubted us from the start, saying on message boards that we were going to lose 44-0. Even though we still lost, I think we grew stronger as a team."

Boehm had a strong game against the Warriors, throwing for 218 yards and two touchdowns. Boehm could have had another touchdown on a potential go-ahead score, but the pass was ruled incomplete. Senior tight end Tom McCullough seemed to have his right foot in the end zone while maintaining possession, but the touchdown was taken back, and the Monarchs were once again forced to wonder "What if?"



Photo courtesy of Mr. Luie Lopez

Quarterback Kyle Boehm hands the ball off to running back Bobby Marani.

The schedule is definitely no cakewalk this year. Non-league games have included away contests at the talented San Ramon Valley and undefeated Palo Alto. Playing in the WCAL means that every game will be tough, and with Bellarmine, St. Francis, and Valley Christian having combined for only four losses so far, this season will be no exception.

Mitty played its first game against one of the "Big 3" on October 8, facing Valley Christian, who came into the game averaging 43 points a game. After being knocked out in the 2009 playoffs by the Warriors, the Monarchs were seeking revenge entering the game as the underdogs.

Asked about the game by a *Mercury News* reporter Coach Haniger stated, "The kids played really well. They scored three times and got credit for two. It's pretty disappointing to work hard all week and for that to be the outcome."

While it's tough to move on from a loss like that, the Monarchs haven't dwelled on it. They dismantled St. Francis last weekend 42-14 on the road.

Now comes a three-week stretch starting on October 29 in which they face Serra, Riordan, and Bellarmine, all of which will be competitive match-ups as the Monarchs fight for a CCS playoff berth.

## Athletes Speak What is your pre-game ritual?



### Caitlyn Jackson, Junior

"Our pre-game ritual is to stretch in a circle while listening to "Pursuit of Happiness" by Kid Cudi. Before home games, we all crowd in the shed and get a pep talk from Coach Rachel, then do the MONA cheer to get pumped up."



### Michael Atondo, Senior

"I always start off with high knees then come back to the line with butt-kickers and follow that with karaokes. After I complete those workouts, and the race is about to begin, I shake out both my legs twice and then do a standing butterfly stretch."

### Tori Hideshima, Senior

"Aside from our normal pre-game drills and routines, our rituals include the two cheers that we perform before every game. Both cheers are always done in the exact same way every game as some of us are very superstitious. The cheers we do pump us up, intimidate the other team, and fully prepare us to play!"



### Jenny Grich, Senior

"The golf team does not really have pre-game rituals except for practicing our putting and chipping on the practice greens. We are also able to practice on the golf range before home matches. At the end of matches, we always support each other on the ninth hole and support our fellow golfers as they play the last hole!"



Compiled by Rebecca Casey  
Sports Editor



# Hard Work the Key to Volleyball's Success

By Neil Jariwala  
Staff Writer

The 2010 Archbishop Mitty Women's Volleyball team returned to the court in early September with arguably one of the hardest tasks of any program—defending its state championship and #1 national ranking from last year.

While such a task is challenging for any team, it has been made even more difficult for the Lady Monarchs and head coach Bret Almazan-Cezar, who started the season with only four seniors on the roster—outside hitters Heather Roberts, Tara MacLean, and Jacqui Lewis and libero/defensive specialist Ronni Lewis.

This is significantly different from the previous year, when the Monarchs were led almost entirely by their senior group.

The roster also contains two freshmen—middle back Clare Powers and setter Kelsey Crawford. In addition to the aforementioned seniors, junior hitters Julia Graham and Katie Conroy solidify the offense, while sophomore defensive specialist Anne Marie Schmidt, junior defensive specialist Dani Bozzini, sophomore middle blocker Heather Lowell, and junior middle blocker Katrina Milosavljevic solidify the defense.

Considering their youthful base, the Mon-

archs have performed admirably, compiling a 16-6 overall record as of press time.

Although they suffered their first loss in over a year to Presentation High School on September 4, they recovered and proceeded to go on an 11-5 run. They recently travelled to San Di-

ego to play in the California Challenge tournament. At the tourney, the Monarchs defeated Cathedral Catholic 2-0, and finished 5-2 in the tournament winning the silver bracket.

The early success achieved by the Monarchs is simply a testament to their confidence, and ability to rebound from adversity. Much of this is due to the work they have put in so far during practice.

“Although we have a young team this year, I believe that we have a lot of potential and as long as we work hard and improve every day, we can accomplish our

goals,” said junior Katarina Milosavljevic.

Senior Heather Roberts echoed this sentiment when she remarked about the team, “We always considered ourselves a family, which has been a leading factor to our success. Because we are so close, we work our hardest to not only make ourselves better, but to improve each other's skills as well.”

These girls have truly shown that hard work can overcome many obstacles.



Photo courtesy of Mr. Luis Lopez

Junior Alex Caldwell drives a point home.

## PLAYER PROFILE Kennedy Davis

### Tennis Star Making an Impact on Court

By Ariq Chowdhury  
Staff Writer

**Q: What is your favorite part about playing tennis at Mitty?**

A: I love spending time with my teammates, and just playing tennis in general. The great food we get doesn't hurt, either!

**Q: Even though tennis is a sport that emphasizes individual skills, how much has the support of your teammates helped you?**

A: My teammates are great! They cheer really loudly during all the matches, which gets everyone pumped up.

**Q: Are you planning to keep playing tennis in the future?**

A: Definitely! I hope to play tennis at Cal someday.

**Q: Do you have any source of inspiration for your dedication to tennis?**

A: My inspiration this year is senior Stacy Yam. She just puts so much into her game and hits the ball hard every shot, whether it's the first one or the last one.

**Q: How do you think the Monarchs are going to do this season, and what's your goal for the team?**

A: With our skill level, we are just going to destroy the competition, and I think we have a shot at winning CCS and Norcal.



# Highlight REEL

## Golf



Senior Cyril Galasso

Photo courtesy of Prolmage

**COACH:** MR. MATT GARRISON  
**HIGHLIGHT:** BEATING PRESENTATION TWICE FOR THE FIRST TIME IN SCHOOL HISTORY.

**COACH GARRISON:** “WE SHOULD FINISH IN THIRD PLACE AND I WOULD LOVE TO BE THE FIRST TEAM TO BEAT ST. IGNATIUS AT THEIR HOME COURSE THIS YEAR. I THINK WE'RE A GOOD ENOUGH TEAM TO ADVANCE THROUGH CCS AND BECOME ONE OF THE TOP TWO TEAMS.”

## Women's Tennis

**COACH:** MR. JASON SCALESE

**HIGHLIGHT:** 3RD PLACE FINISH AT THE FRESNO TOURNAMENT, WHERE THE TEAM BEAT MONTA VISTA 5-2, AND ST. FRANCIS 7-0.

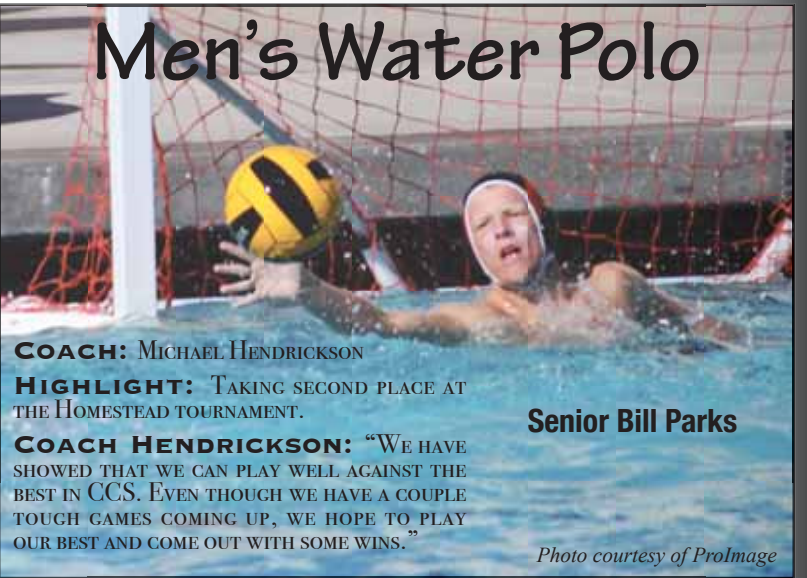
**SRUTHI RAMASWAMI:** “WE HAVE A STRONG DYNAMIC ON OUR TEAM. THE UNIQUE ASPECT OF OUR TEAM IS THAT WE PUT OUR ALL INTO EVERY MATCH, AND OUR SUPPORT FOR EACH OTHER EXTENDS BEYOND JUST THE TENNIS COURTS.”



Photo courtesy of Prolmage

Sophomore Mariska Chamdani

## Men's Water Polo



**COACH:** MICHAEL HENDRICKSON

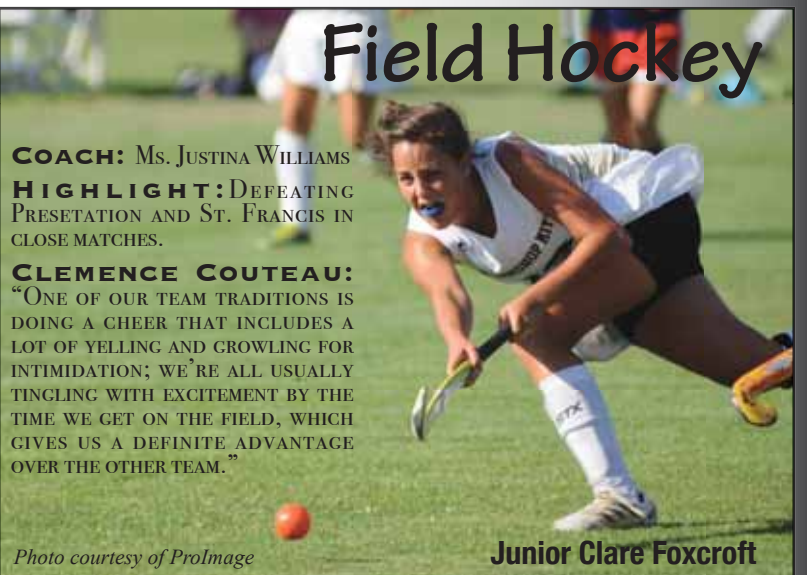
**HIGHLIGHT:** TAKING SECOND PLACE AT THE HOMESTEAD TOURNAMENT.

**COACH HENDRICKSON:** “WE HAVE SHOWED THAT WE CAN PLAY WELL AGAINST THE BEST IN CCS. EVEN THOUGH WE HAVE A COUPLE TOUGH GAMES COMING UP, WE HOPE TO PLAY OUR BEST AND COME OUT WITH SOME WINS.”

Senior Bill Parks

Photo courtesy of Prolmage

## Field Hockey



**COACH:** MS. JUSTINA WILLIAMS

**HIGHLIGHT:** DEFEATING PRESENTATION AND ST. FRANCIS IN CLOSE MATCHES.

**CLEMENCE COUTEAU:** “ONE OF OUR TEAM TRADITIONS IS DOING A CHEER THAT INCLUDES A LOT OF YELLING AND CROWLING FOR INTIMIDATION; WE'RE ALL USUALLY TINGLING WITH EXCITEMENT BY THE TIME WE GET ON THE FIELD, WHICH GIVES US A DEFINITE ADVANTAGE OVER THE OTHER TEAM.”

Photo courtesy of Prolmage

Junior Clare Foxcroft

Compiled by Cameron Schott, Ariq Chowdhury,  
Erik Chu, Mahir Khan, and Bella Colpo  
Staff Writers



# CABARET

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(Gabriel Gonzalez '11). The music was exceptional, featuring well-known theater songs such as "Don't Tell Mama," "The Money Song," and "Willkommen." The actors themselves praised the musical for its portrayal of a real-life issue, based on real people whose artistic expression and personal character are being stripped away.

The entire process of putting the show together entailed six months of pure labor and eventual magic. For Mr. Santana, the production process actually began in April, when he started to spend hours researching the history of the musical and preparing the costumes and scenic design. Mr. Santana remembers the pre-production process as "rewarding once you get the show cast, and it all comes to life before your eyes in rehearsal."

While casting roles, Mr. Santana realized that the actors' personalities were in stark contrast to characters they would be playing. He explained that Michelle Martinelli is a warm, kind, and thoughtful person, while the character she played, Sally Bowles, is quite the contrary. According to Michelle, "Sally is a glamorous, borderline-alcoholic."

Another cast member, Ryan Ballard (Emcee) said, "My role was unlike anything I'd ever done. I've never played a flamboyant character." Even so, Ryan also felt, "Emcee has the same craziness as me; I can identify with his eagerness to entertain."

A third key player, Trevor Bates said he was greatly challenged in Act II because "there was tension between Sally and Cliff. I've known [Michelle/Sally] since I was six. It's hard to become Cliff and detach yourself from the [real-life] relationship with that person."

Mr. Santana wanted to see if the actors could excel outside of their comfort zone and play iconic characters—a very challenging, yet rewarding, technique. The entire show required seven weeks of rehearsal. According to Emily Campi, the stage manager, she and the crew worked for months before the show, including every Saturday, to build and paint the entire set. The run crew and the assistant stage managers came two weeks before the show to ensure that everything was running smoothly. The costume crew handled the actors' attire efficiently, allowing the performers to change quickly and easily. Other key people involved with setup were the light and sound operators. Without the incredible effort of these people, *Cabaret* simply could not have come to Mitty.

Overall, *Cabaret* was an unorthodox high school musical. As Trevor Bates puts it, "It's an outlandish show with unique characters unlike other productions."

Mitty's rendition of *Cabaret* testifies to the excellence of the performing arts program. The audience's response toward all aspects of the production, including the orchestra, set design, costumes, lighting, and choreography, was overwhelming approval.

Mr. Santana said that he was very proud of the cast and that the memories of such a successful, glamorous, and atypical play will always be cherished.

# GREEN

*continued from page 1*

active in the environmental cause. This year, the club has joined with MICAHA in a beach clean-up day and has sold more than one hundred reusable Archbishop Mitty Green Club water bottles.

## Greening Building Standards

This year the maintenance staff has made many changes to "green" our campus. First, a large majority of the light fixtures and bulbs have been replaced with more energy efficient CFL bulbs. Also, new "cool roofs" have been installed on the 300, 400, and 600 wings as well as on the roofs of the Fien Gym and the Band Room. These "cool roofs" reflect the sun and make it much easier to cool rooms beneath, saving of money on costly expenditures, like air conditioning the school. Ideally, Mitty would purchase six sets of panels and put each on the 100, 300, and 400 wing, as well as on both gyms and the band room. However, the cost of that particular plan would be \$1.5 million, and judging by the level of efficiency of current solar technology, it would take 17 years to pay off the \$1.5 million and begin to benefit the school. Plus, the size of the panels would produce 441 kW DC, which is only 40% of our current demand; so while the panels have a good environmental benefit, they have a poor economic return.

## Greening Student Action

Finally, student input and action is imperative to Archbishop Mitty's effort to "go green" and create a more sustainable environment. We can't all drive the latest electric car and install solar panels, of course. Still, the small things are quite important. Recycling as much as possible, composting at home, riding a bike when one can, using reusable water bottles and water fountains, becoming conscious consumers, and switching to efficient CFL bulbs are ways each person can help. Adopting small changes like these can make a fundamental impact on the environment.

# PSAT

*continued from page 1*

as significant, it provides practice for the subsequent tests they will take. Their scores will reflect their skills and also allow them to be aware of the areas in which they need improvement. Taking the PSAT will give them insights into their future exams and probably reduce stress later on.

Mitty students collectively score well above both the national and California average. Still, according to Ms. Falcone, "students should be aware that they have access to 'test prep' on Family Connection."

She adds that "sophomores can also do the practice questions as they change every day. Juniors should take the evaluation test or follow the ten-week lesson plan or skip around and study only what they feel they need help with. Spring of junior year or the summer before senior year is a good time to do the two, full length, timed, SAT's. Most seniors should plan on taking the October or November SAT."

# STUDENT CENTER (RED)

## Student Focus: Michelle Martinelli

By Katya Lohngoen  
Interviewed by Matthew Tokuno  
Staff Writer and Guest Interviewer

If you have ever come to one of Mitty's many performing arts events you have almost certainly encountered Michelle Martinelli—either featured in or helping out with the production. She has been a member of every choir and she has performed in almost every show. Additionally, she is currently part of the sketch comedy group, jazz choir, and the school liturgical group, Exodus. So far, she notes her favorite performance as the Mitty 2010 spring show *Dirty Rotten Scoundrels* because she was "playing a part that was vocally challenging, comedic" and she "got to do it with two extremely talented men: Matt Hill and Ethan Fang."

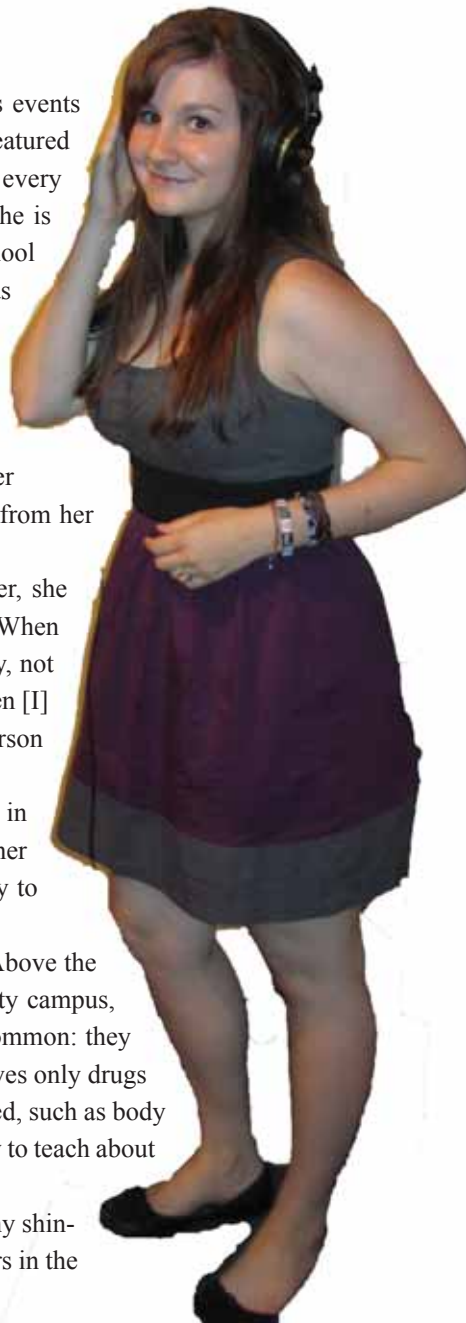
Michelle started musical theater when she was four years old, following in the footsteps of her brother at the Children's Musical Theater of San Jose (CMT). Lately, to our benefit, she has taken a sojourn from her childhood program to devote time to Mitty's fall musical, *Cabaret*.

While she found herself spending a lot of time on her character, she always reminded herself of the importance of her real life, saying, "When I'm acting, I try to only identify emotions I can relate to and employ, not assign the characters in the show to real people in my life because then [I] run the risk of confusing who the character really is and who that person in my life really is."

As she maintains this balance, Michelle hopes to continue to act in musicals and discloses that she sees herself as an actor who sings, rather than a singer who acts. Thus, she will likely jump at the opportunity to continue her pursuits at whichever university she chooses to attend.

In addition to performing, Michelle is also the president of the Above the Influence Club. She is deeply devoted to its importance to the Mitty campus, which is to unite a community of students who have one thing in common: they are above "the influence." While stereotypically this influence involves only drugs and alcohol, the club discusses how other pressures need to be avoided, such as body image and grades. The Above the Influence Club was created not only to teach about those pressures, but also to evaluate what can be done to resist them.

Clearly, Michelle has a bright future ahead of her filled with many shining opportunities, and we wish her the best in her upcoming endeavors in the theater and in college.



## Dates to Remember:

- Spirit Week: November 1-5
- Sketch Comedy Show: November 18
- Thanksgiving Liturgy: November 24

# The Monarch

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& Mr. Craig Whitt

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*The Monarch* is published for the students, faculty, and parents of Archbishop Mitty High School.