



SAINTS SCENE

SEEK WISDOM DEAR PARENTS & FRIENDS



Principal James Horne

"Your life is a product of the choices you make."

If this is a true statement, then possibly the most important thing we can teach our sons is how to make wise choices. This year at Saints our theme is "Seek Wisdom".

But, are teenage boys prepared to seek WISDOM? Sometimes teen boys ask questions that make you question their judgement; ones that demonstrate their lack of wisdom. Either of these sound familiar?

"Dad, can I ride my skateboard down the driveway and into the street?"

"Mom, can we jump off the roof into the pool?"

As parents, we've figured out how to make wise choices over time. Our boys on the other hand are just starting their journey to discovering wisdom, and unfortunately, choices aren't always cut and dry. But all is not lost... As I crossed Vasey Patio last week I shared with a small group of students our theme and asked if they had accumulated any wisdom they could share? Here is what they said:

"Friendships are more valuable than you can even imagine."

"Sometimes, the most valuable lessons aren't taught within the walls of a classroom."

"Don't listen to the haters."

Clearly, they have some wisdom! And, teaching students to "Seek Wisdom" is an important part of the Saints Experience. So, keep talking about Christian values, guide them through tough and challenging decisions and empower them to make wise

Continued on page 5



SAVE THE DATE. Go to page 3 to glean all the important details for the upcoming dedication of the new Raymond Center for the Performing Arts that's set for September 12.

PERFORMING ARTS CENTER DEBUT ENDS CAMPUS CONSTRUCTION



President Edwin Hearn

*By Edwin Hearn,
President, St. Augustine
High School.*

If you are a longtime member of the Saints Community, it would have been hard to miss the building of Villanova and Mendel

Halls and renovation of Vasey Hall in 2007, the new track and field in 2012, St. Augustine Commons in 2017 and Raymond Center for the Performing Arts in 2018.

Continued with new project images on page 4



GIFT OF TIME. The south-facing clock on the new gym tower was a collaborative gift to Saints from the classes of 1968 and 2018. It commemorates the occasion of the 50th reunion of the class of 1968 and the graduation of the class of 2018.

AUGUSTINIAN HERITAGE

NEW SCHOOL YEAR PRAYERS & WEEKLY MASSES ON CAMPUS

By Fr. Kirk David, O.S.A., Saints Chaplain

One of my favorite responsibilities at Chaplain at Saints is celebrating Mass weekly with parents and friends of Saintsmen. The group is very intimate and pastoral. In addition to being devoted to praying for their sons, I see them supporting each other as well. We gather every Thursday morning at 7:45 in the school chapel off of Vasey Patio.

Mass usually takes about 40 minutes, and after some social time

afterward, some attendees pray the rosary together. As a group, we always welcome new faces—whether a new parent of an incoming freshman student or a seasoned member of the Saints community. We encourage you to join us as we pray for our students, for the larger Saints community and for each other.

Wishing all of you God's abundant blessings as we begin a new school year. I look forward to this next leg of our journey together.

Prayer by Fr. Kevin Mullins, O.S.A., Provincial of the Augustinians in the West

All loving God, giver of life and goodness, we call upon Your name to give You thanks and praise.

As we commence this new school year, we ask You to send upon us the Spirit of Your light and Your truth.

May we strive to recognize Your presence in those we meet, in the work that we do each day, and in the many ways in which You are present every day of our life.

In our common goals, and in our specific roles, let us offer the gifts of our loving service as we offer one another the mutual support and challenges to meet our objectives.

Continue, we pray, to bless all those who seek to live in Your ways.

By my example and by the example of like-minded disciples, may we be inspired to remain true to You and to each other in our words; in our actions and our relationships.

Straighten us, strengthen us, sharpen us, and guide us so that we might be worthy instruments of Your presence and peace in our community.

Light the fire of Your love in us, that we may see ourselves as You see us and that we may see You in each person we meet.

We make this prayer through Christ, our Lord, Amen.

Prayer by Fr. John Sanders, O.S.A., Alum and former Saints Principal

Loving Father,
Please guide my son to always do your will;
Allow him to see what is really important,
And remind him how much I love him.
Send good and wholesome friends into his life,
Keep him safe,
Bless him with good health,
And give him the courage to do the right thing
when difficult or tempting choices cross his path.
Make my son strong in character,
rich in sympathy,
and generous in spirit.
Bless him with a gentle nature,
And a kind heart
Let him become a man committed to
The Gospel of your son Jesus.
Grant him a lasting faith,
and lead him to a profound love for you,
his family, and himself.





*President Ed Hearn & The St. Augustine High School Community
Cordially Invite You to the Eucharistic Liturgy for the Dedication of
Raymond Center for the Performing Arts*

Most Reverend John P. Dolan, Presider

Wednesday, September 12, 2018 at 11:00 A.M.

St. Augustine High School Campus
3266 Nutmeg Street • San Diego, CA 92104

Lunch, Tours & Short Performance Following Liturgy

Seating is Limited

Please RSVP by Wednesday, September 5, 2018.

Please email or call Casey Callery: ccallery@sahs.org • 619.764.5541



RAYMOND'S GENEROSITY MAKES NEW CENTER POSSIBLE

The recently completed and about to be dedicated Raymond Center for the Performing Arts was made possible through the generosity of Saints Alum Ron Raymond ('64) and his wife Sue. Their primary leadership gift made it possible for the Raymond Center to become a reality. During his time at Saints, Ron was a talented musician whose ambition was to establish the advancement of the arts at St. Augustine High School. On behalf of the Saints Community, we acknowledge Ron and Sue for their spirit of giving and active involvement in all three phases of our Master Plan.



Ron and Sue Raymond

PERFORMING ARTS CENTER

Continued from page 1

Now with the conversion of Dougherty Gymnasium into a performing arts center and weight room, major construction has come to an end with the completion of the Master Plan.

It has taken our faith in God to deliver the community a newer home for boys and their families that seek a Catholic, all-boys educational environment. It has been the Lord who has walked with us for these past 15 years who has been a constant source of strength in this journey. He has encouraged us when progress seemed beyond our grasp. We sometimes took steps, while not knowing exactly whether we were going forward only to find a new fork in the road leading to our goal.

The Lord's presence came through hundreds of our friends who believed we could accomplish the great task before us. It came in the form of donations, prayers, pats on the back, work in committees, leadership from the Board of Directors and Members of the Corporation, the faculty and staff, present and past parents, and our ever-growing alumni locally and abroad—gifts freely given for the common purpose of making sure Saints would continue to grow in faith and be a beacon of light for all who seek Truth.

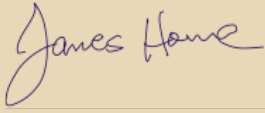


View of Stage

choices and God's blessing will be upon their lives.

On behalf of the faculty and staff at Saints, I want to welcome you to a new school year and share with you our enthusiasm to work for and with all of you.

Yours in the Spirit of Catholic Education,



James Horne
Principal



PERFORMING ARTS CENTER (cont.)

While there are still some projects which must be undertaken to adjust to the new spaces created by the Master Plan, which opened spaces in Vasey Hall for other purposes. This process should wrap up during the next four to five years.

The new Raymond Center for the Performing Arts and the Edward and Lucile Madruga Music Center will give the arts a permanent home on campus. In Saints recent history, the Drama Department has had to use theaters around the community. Sets designed at Saints had to be moved, and the actors and actresses had to practice off-site. Lighting and sound could never be fine-tuned at the theater as there was not enough time. It made the process extremely difficult for students to master their craft. Now with our own facility those problems and concerns are in the past.

Prior to the Edward and Lucile Madruga Music Center, the orchestra performed for the first time as a whole at their concerts. Their practice space was too small to handle the large group of musicians. This new facility will allow our largest music groups to practice together, instead of only in sections and will permit many opportunities for Saintsmen to discover and learn more about themselves.

We know families choose Saints for a variety of reasons: some because we are Catholic, others due to our Advanced Placement Program, others to play a sport and now with the Raymond Center for the Performing Arts, boys will come to Saints for a premiere program in Theater Arts.

We are indeed grateful for the tremendous support given to Saints through these transitional years. It is the generosity of many, in whom believed in the Augustinian mission and supported it. To walk through the campus today with all that has been accomplished, is a rich blessing for the entire community and a grace that shines on each of us.



View of seating profile



Weight Room



SAINTS SEASON TICKET PACKAGES

Football and Basketball

Passes may be ordered online @ www.sahs.org or

Make Checks Payable to: St. Augustine Athletic Department

Mail to: Athletics, 3266 Nutmeg Street, San Diego, CA 92104

Passes are for home games only – play-off games are not included

Questions? Contact Mike Stephenson @ 619.282.2184 x5538 or

mstephenson@sahs.org

ORDER FORM

PASS HOLDER NAMES: _____

CONTACT NUMBER (include area code): _____

DON'T WAIT IN LINE AT THE GAMES!			
TICKET TYPE	PRICE	QTY.	TOTAL
Adult – One pass to all home games	\$85.00		
Student – One pass to all home games for student only	\$40.00		
Family – Two adults passes and one student pass to all home games	\$175.00		
Passes Mailed to Home Address:			
Street _____			
City _____		Zip _____	

Order total: \$ _____



SAVE THE DATES: HOMECOMING WEEK 2018

Oct. 24th to Oct. 27th

We will honor all classes ending in a 3 or 8 (all members of the Saints community are invited to all events)

Wednesday Oct. 24: Homecoming Alumni Mass

7:45AM in the Rev. John Sanders Gymnasium

Followed by Alumni Breakfast & Campus Tour.

Please RSVP by Oct. 22nd: homecomingmass@sahsonline.org

Wednesday Oct. 24: Homecoming Alumni Symposium Night One "Saintsman working in the Craft Beer Industry"

Guests: Dennis O'Connor '95 (Thorn St.), Matt Akin '98 (Benchmark), and Kevin Lewis '98 (3 Ale Punks)

6PM in the Raymond Center for the Performing Arts Seating is limited Please RSVP by Oct. 22nd: symposiumnight1@sahsonline.org

Thursday Oct. 25: Homecoming Rally w/ the Student Body

1PM in the Rev. John Sanders Gymnasium (NO RESERVATIONS NECESSARY)

Thursday Oct. 25: Homecoming Alumni Symposium Night Two "San Diego Entrepreneurs"

Guests: Leo Hamel '75 (Leo Hamel's) & Jose Rojano '92 (Luche Libre Taco Shop) - 6PM in the Raymond Center for the Performing Arts -

Seating is limited - Please RSVP by Oct. 24th: symposiumnight2@sahsonline.org

Friday Oct. 26: Homecoming Tailgate

5PM Mesa College stadium parking lot

Alumni Potluck – popup tents will be provided by Saints for all classes ending in a 3 or 8

(NO RESERVATIONS NECESSARY)

Friday Oct. 26: Homecoming Football Game

7PM at Mesa College our Saints will be playing Morse (Tickets will be available for purchase on campus the week of Homecoming or at Mesa College the night of the game)

Saturday Oct. 27: Homecoming Festival

12PM to 4PM Saints campus

Beer Garden, Food, Class Competitions, Kids Crafts & Activities, Live Music and Tours

Please RSVP by Oct. 25th: homecomingfestival2018@sahsonline.org

(Food and Drinks will be available for purchase - cash or credit cards will be accepted)

***There are no fees to attend any of the events, except if you attend the Homecoming Game on Fri. Oct. 26th or if you would like to purchase food and drinks at the Homecoming Festival on Sat. Oct. 27th*

CLASS OF '54 SOLDIERS ON



CLASS ACTION. Here's a photo from a recent meeting (at Mazara Trattoria/30th & Juniper), including classmates, wives, widows and guests: Starting from the lady in the red coat, LaVerne Franke, we go left to right around the tables: Far left is Macario Colmenero, Karen Colmenero, Barbara Mercado, Jeannette Koller, Oscar Mercado, Bob Riley, Bert Mercurio, Mike Velez, Bob Eusebio, Chris Cashman, Saints Alum Director, Mary DiTomaso, Joe DiTomaso, Duncan McIntosh, Dean Lattman, standing Ole Olson, Patti Ruff, Betty, next to Victor Avalos. Standing in back is Sam, café owner.

Talk about loyalty!

The Class of 1954 is one of the most active off-campus alum circles. According to Joe DiTomaso, spokesman for the group, the "54ers" have been meeting regularly since they were organized in 2003. "We met then to organize for our 50th reunion and have been meeting monthly ever since."

That's about 180 gatherings and counting.

Meeting topics vary but focus on strengthening the fellowship that began at Saints as students. Over the years, attendance has remained steady at between 15-20 attendees.

DiTomaso, a Saints grad and retired PE coach and instructor at various high schools in the area, says the informal group raises monies for various youth charities. "We also collect unused or surplus sporting goods to redistribute to local parochial schools and to youth groups in Tijuana," says Mr. DiTomaso.

Also, the 54ers have raised funds for the upkeep of a child in the Phillipines, who they have supported for ten years. Many of the meetings involve is catching up with the letters/photos of appreciation sent over by the student showing her activities and daily life.

Class of 1954 monthly meetings are held at Mazara's Pizza (30th and



1954 yearbook cover

Juniper) at 11:30 am on the first Thursday of the month. All members of the Saints Community are welcome to drop by.

"We have a blast remembering our days at Saints (like it was just yesterday) and continuing to build on the bond we established at our wonderful school," adds Mr. DiTomaso. Also, the group meets to organize events like a day at the Del Mar Race Track; poker and dinner parties, plus we do what all Saintsmen do and that's gab, tell stories (some of them true) and laugh a lot."

For more info contact him at:
1-619-462-9391.

CLASS OF 1954's ADOPTED YOUNG GIRL GROWS UP

In 2007, the Saints Class of 1954 adopted/sponsored a precious little girl from the Philippines through Compassion International. Now 11 years later that 7 year old has grown to be a beautiful young woman.

Jovelyn Sobeza over those years has been a active letter writer. More than 100 letters have been exchanged with her Saints Lolo's (grandfathers).

"We couldn't be more proud of how this precious young lady has grown, maturing in so many ways," says Duncan McIntosh ('54), "Her letters are pure joy to read, with her penmanship and articulation having grown spectacularly every year."

Jovelyn lives north of Manila in the western coastal community of Bonuan Gueset. She lives with her mom and dad and six brothers and sisters. The language spoken there is Pangasinan, though she is fluent in English as well.

Just this past year Jovelyn graduated high school and is aspiring towards a career in the Hotel and Restaurant Management profession. And the Class of '54 plans on being there to further her in her life goals.



FAMILY MASS and BRUNCH

In peaceful Vasey Patio



Sunday, September 16th at 9:30 a.m.

*Come together with members of the Saints Community
to pray for a successful school year for our sons.*

www.sahs.org/austinparents

Austin Parents Association of St. Augustine High School, 3266 Nutmeg Street, San Diego, CA. 92104

Marty's Kitchen

The Saints Kitchen would like to welcome all new and returning students to the 2018-2019 school year!

We will be open the first day of school for breakfast beginning at 6:45AM, as well as providing gourmet lunch options later in the day. Some of our most popular lunch items include our daily specials, BBQ sandwiches, and protein plate! Visit us anytime for a fantastic family environment and delicious food.

QUICK QUESTIONS FOR NEW VARSITY FOOTBALL COACH JOE KREMER

Q. What returning players will serve as the foundation of Saints Offense?

A. On offense we will be led by Angelo Peraza, at the QB position. His success will be enhanced by great play from returning linemen Tangi Pongia & Walter Pongia. We also look forward to contributions from Byron Cardwell who will play running back and receiver and Michael Ambagtsheer at tight end

Q. How about on Defense?

A. Christian Gaeta is returning at the noseguard position and will be a problem for opposing lines. Malcolm Williams and Will Simon will anchor the linebacking crew and Travis Hall and Tyson McWilliams will lead the defensive backfield.

Q: Describe the atmosphere/tenor of summer workouts?

A: The 5-week long summer workouts were intense and efficient. Our strength and conditioning coach Mike Sweat did a great job putting together the plan and our assistant coaches and players executed the plan. Having an awesome new weight room sure helped the effort.

Q. What can Saints fans expect as they come out to support the Saints on Friday nights?

A. Saints fans should expect to see a team that plays their hearts out each night we take the field. This team loves each other and believes that they can be a special group.

GETTING TO KNOW COACH JOE KREMER

When it came time to hire Joe Kremer as the new head football coach at St. Augustine High, the North Park school did not have to look far.

Joe Kremer, who replaces Head Coach Richard Sanchez, who recently became defensive backs coach at San Diego State, is not new to the Saints community. "For the past seven years Coach Kremer has been a big part of the Varsity football program's success as linebackers coach, Defensive Coordinator and Asst. Head Coach," said Mike Stephenson, Saints Assistant Principal for Athletics.

Teamed with Richard Sanchez, Coach Kremer has contributed to the Saints rise from Division 3 power to one of the top five varsity football programs in all of San Diego County, added Stephenson. Kremer has been part of Saints teams, who earned two CIF titles, three CIF section runners-up finishes and three Western League crowns.

"Joe is the right guy to lead our program! He is intent on developing young men in a program that values academics and character," said James Horne, Principal. He is currently a Physical Education teacher at Saints and Head Track and Field coach.

"Many great coaches were considered for this position, but Joe really impressed the committee with his extensive knowledge of x's and o's. We are excited he will build upon the recent successes of the schools football program," said Stephenson, who is also Saints Athletic Director.

"Those familiar with Saints football over the years know how hard Joe Kremer has worked to teach young men how to be the outstanding athletes on the field and Christian gentlemen off it," said Horne.



That's Coach Joe Kremer and son, Ben after the Bonita High victory.

FOOTBALL UPDATES

VS. SANTA FE CHRISTIAN. *Saints Scene* will photo essay one game per issue. This month the opening match vs. Bonita is featured. Since then Saints Varsity Football roared over Santa Fe Christian 46-0 at Mesa College in its second pre-season game. Versus SFC everything went St. Augustine's way.

Junior Angelo Peraza, who passed for 178 yards and 4 touchdowns, was a major factor in the success. On defense Connor Heffler and JT Penick were demons. Penick also caught a TD.

Saints scored early and often with junior Isaac Alvarez's first quarter punt return for touchdown in the first quarter set the stage for the rout.



QB Angelo Peraza rolls out to complete one of his four touchdown passes for the game.



COACH JOE KREMER (cont.)

Continued from page 11

Joe Kremer is originally from Urbana, Ohio, He lettered four years at Indiana University of the Big Ten Conference. Kremer started two years as defensive tackle for the Hoosiers. He was part of a defensive unit ranked 8th in total sacks nationally. The 42 sacks in 2007 still stand as an Indiana record.

He was a senior leader on a 2007 Indiana team, which received a bid to the Insight Bowl in Tempe, Arizona. In high school, Kremer was a four-year letterman and starter in both football and basketball. He played numerous positions in football including fullback, punter, tight end, and linebacker.

His senior year for Urbana High School (OH) the team recorded an undefeated regular season. Kremer was 1st Team All Ohio in football and All Region Defensive Player of the Year. He was selected to play in the North/South Ohio All-Star game and Miami Valley All-Star game. He was named Champaign County Player of the Year in basketball. After graduation from Indiana University, Kremer moved to San Diego. He earned his Masters degree in Education from National University.

On a personal note, Joe and his wife Maggie are parents to Ben, who was born on Super Bowl Sunday 2017.



24th Annual Saints Alumni Bocce Ball Tournament



When: 9 a.m., Saturday, September 15th

Where: Athletic Fields on St. Augustine High School Campus
3266 Nutmeg St., North Park

What: Fun-filled day of Spirited Bocce Ball Play.
Form your own Two-Person Team or We will Match you with a Partner.

What Else: Mimosas, Coffee and Doughnuts at 9 a.m.
Lunch of Antipasto Salad and Pizza.
Unlimited beer, wine, soft drinks and bottled water.
Great Raffle Prizes!

Why: Tournament Proceeds benefit Scholarship Funds of St. Augustine High School.

How Much: \$40 per person. Includes everything. Register by Tuesday, Sept. 11th at [Http://alumni.sahs.org](http://alumni.sahs.org)
For those not wishing to play, \$25 for food and bev only.
For kids under 12, \$5 for food and soft drinks only.

For More Information contact:

Joseph "Danny" Toscano '68
(619) 246-6250
jtoscano@san.rr.com

Pete Reck '68
(858) 336-2512
p_reck@yahoo.com

SAINTS DOMINATES FIRST PRESEASON VARSITY FOOTBALL GAME

Photo Essay by Bill Hill, Parent of Saints Alum.

Seems like the County's varsity football season begins earlier each year. Case in point Saints defeated Bonita High, 35-0 on August 17 to unmute The Pit; debut this season's OLP cheer squad; strike up the pep band and ring in all the other hoopla we love about high school sports, especially varsity football.

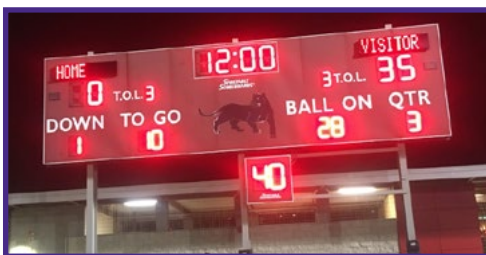
Judging from the chatter online, Saints coaches are downplaying the win as if they don't want to make waves before the season starts. The team was not highly ranked in preseason high school football polls. They don't mind sneaking up on other teams and after all it was only the first game. Inaugural games a season do not make.

But if you want to stay unnoticed winning 35-0 is not the way to do it. Nonetheless, the fan base is officially jazzed. Lots to cheer about as Sophomore running back Byron Cardwell found the endzone twice. And as flashy as 35-zip looks on the scoreboard it was the it was the defense that dominated. Defensive play accounted for two touchdowns on a intercepted pass by JT Penick and a blocked kick fumble by Frosh Jalil Tucker.

Defense ruled in this first game of a very young and very long season.



UPFRONT. Let's introduce two players who Saints Nation will be cheering loud and proud this season: No. 72 senior Shainyn Waldapfel, Senior and No. 21 sophomore Byron Cardwell.



ZIP. Scoreboard at Bonita High says it all.



DEFENSE STAR. Senior J.T. Penick (#12) had a whale of a game on defense, which included five tackles, 1 tackle for a loss of yards and an intercepted pass that he ran back 70 yards for a touchdown.





CAREER TDs. One of running back Byron Cardwell's first two touchdowns vs. Bonita High.



WOW. It's your first varsity game as a Freshman and here's what happened to #16 Jalil Tucker: he made five tackles; three tackles for loss of yards; forced one fumble and picked up a blocked kick and ran it in for a 85 yard touchdown. Other than that...



TV TIME. Saints Junior Quarterback Angelo Peraza (#14) is surrounded by his offensive teammates, who are riveted to the sideline screen showing previous game action, including #56 Soph Gino Campagna; #61 Jr. Fabian Alvarez; #58 Sr. Adrian Ortiz; #54 Sr. Walter Pongia; and #21 Soph Byron Cardwell.



TEAM BEHIND THE TEAM. Here's the AOLP Cheer Squad in preseason form.



FINGER POINTING. Saints defense led by middle linebacker #25 Jr. Connor Heffler barks out signals while Barons QB does the same.



GRATEFUL. Prayer of thanks to God then a few words afterwards from the coaches.



OH, MAN! Saints Wide Receiver Jr. Samuel Scaife III grabs a perfect TD pass. Sadly, a refs flag nullified the pass play.



ALMA MATER. Here's where Saints Pit, including new Frosh remembered all the words to the Alma Mater



ST. AUGUSTINE VARSITY FOOTBALL

Day	Date	Opponent	Site	Time/Results
Friday	Aug. 10	OLYMPIAN	Olympian	6:00
Friday	Aug. 17	BONITA VISTA	Southwestern College	7:00
Friday	Aug. 24	SANTA FE CHRISTIAN	SD Mesa College	7:00
Friday	Aug. 31	LOYOLA	Loyola	7:00
Friday	Sept. 7	OTAY RANCH	SD Mesa College	7:00
Friday	Sept. 14	HELIX	Helix	7:00
Friday	Sept. 21	BYE		
Friday	Sept. 28	LINCOLN*	SD Mesa College	7:00
Friday	Oct. 5	CATHEDRAL*	SD Mesa College	7:00
Friday	Oct. 12	MADISON*	Madison	6:30
Friday	Oct. 19	PT. LOMA*	Pt. Loma	6:30
Friday	Oct. 26	MORSE	SD Mesa College	7:00
Friday	Nov.2,9,16	CIF Play-offs	TBA	7:00
Fri-Sat	Nov. 23,24	CIF Finals	TBA	TBA

St. Augustine High School

Seek Wisdom



IF ANY OF YOU LACKS WISDOM, YOU SHOULD ASK GOD, WHO GIVES GENEROUSLY TO ALL WITHOUT FINDING FAULT, AND IT WILL BE GIVEN TO YOU.

James 1 : 5



2018-19





HEALTHY START TO NEW SCHOOL YEAR

By Gregory Hecht
Assistant Principal for Academics

The start of any school year is a very exciting time filled with anticipation, reunions, and new beginnings. But this can also be a stressful time of year laced with anxiety and apprehension. In an effort to get the school year off on the right foot and to help alleviate unnecessary tensions and worry, I would offer the following suggestions to both incoming and returning Saintsmen.

First, it is important to approach the school year with a positive attitude and an openness to trying new things and making new friends. Perhaps set a goal such as joining a club, attending several sporting events, or becoming a lector or Lay Eucharistic Minister (LEM) for weekly Mass. Not to sound cliché, but every journey begins with a first step. Commit to taking that first step this year!

Second, and I know you have heard this before, stay organized! Be sure to check CANVAS on a consistent basis to stay current with grades, assignments, and teacher communications. Utilize a calendar and input important dates such as assignment deadlines, quizzes, and tests. Make sure

every paper has a home and if utilizing an option such as Google Docs, keep your work clearly labeled and delete any unnecessary clutter that can cause confusion or undue stress. Also consider laying out clothes the night before and plan lunches for the week.

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NEW PARENTS PRIMER TO LIFE & TIMES ON CAMPUS FINDING INFORMATION: A QUICK TUTORIAL FOR NEW PARENTS

As a new Saints Parents, you should know there are really five (5) main ways to obtain information about what's happening at St. Augustine's. They are:

1. **Saint's website** www.sahs.org (browse the whole site, but the links you might need most are the calendar and the Faculty/Staff directory)
2. **Saint's E-Scene** (on-line newsletter delivered direct to your email at the start of each month, please sign-up on Saint's home page to subscribe)
3. **Facebook** <http://www.facebook.com/st.augustine> (filled with pictures, event updates, community news and student highlights)
4. **Twitter** http://twitter.com/#!/saints_info (filled with event reminders, community news, and student highlights)
5. **Instagram** https://www.instagram.com/saints_info/ (filled with pictures, community news and student highlights)

STUDENT Assignments and grades can be found on the CANVAS learning management system. CANVAS access is located at the top of the home page and also on a graphic tab on the right side of the home page about 2/3 down the page. The sign in credentials are the same as your Saints on the Web account. You'll find most everything you need amongst the sites above, including information and points of contact for important events.

Important Campus Contacts:

Campus Ministry	Ms. Nicole Quirk	nquirk@sahs.org
Counselor-9th	Mr. Carl Bronson	cbronson@sahs.org
Chaplain	Fr. Kirk Davis	kdavis@sahs.org



HEALTHY START TO NEW SCHOOL YEAR

Continued from page 16

Third, rest up and fuel up! According to the National Sleep Foundation, "Teens need about 8 to 10 hours of sleep each night to function best. Most teens do not get enough sleep — one study found that only 15% reported sleeping 8 1/2 hours on school nights. (<https://sleepfoundation.org/sleep-topics/teens-and-sleep>)." In our fast-paced, constantly on the go lifestyles, getting the necessary amount of sleep is indeed a challenge; however, sleep deficits are detrimental to health and can have adverse and unwanted outcomes on performance at school. Make sleep a priority!

Hand-in-hand with sleep is nutrition. Do not skip breakfast and be sure to make healthy choices when at all possible. Research is clear on the impacts of both sleep and nutrition on cognitive function. "Food is like a pharmaceutical compound that affects the brain," said Fernando Gómez-Pinilla, a UCLA professor of neurosurgery and physiological science who has spent years studying the effects of food, exercise and sleep on the brain. "Diet, exercise and sleep have the potential to alter our brain health and mental function. This raises the exciting possibility that changes in diet are a viable strategy for enhancing cognitive abilities, protecting the brain from damage and counteracting the effects of aging."

<http://newsroom.ucla.edu/releases/scientists-learn-how-food-affects-52668>

Finally, be sure to seek out help when needed. If you do not understand a concept, raise your hand and ask questions or attend tutoring hours with the instructor. If you are dealing with a personal crisis (e.g. feelings or anxiety or depression) do not suffer in silence. The instructors and counseling staff at St. Augustine High School are here to support you and help you through those challenging times, be they academic or personal.

I am thrilled that another school year is upon us and that cranium expansion is on the horizon! Everyday is a chance to learn something new and grow as person. Commit to viewing every Monday with the same joy as you do Friday! Every Monday is a launching point for new discoveries, inquiries and opportunities to think critically. T.G.I.M! and have a phenomenal school year!

FIRST CONCERT IN RAYMOND CENTER FOR THE PERFORMING ARTS



Saints/OLP Alums Orchestra during first performance at the new Raymond Performing Arts Center on campus. Ms. Cindy Au, Saints Music Director is conducting.

The delayed completion of the Raymond Center for the Performing Arts was certainly a disappointment for the end of the 2017-18 academic year, denying the seniors the opportunity to perform in the spring theater production and spring concert in this new outstanding facility.

Saints Music Director, Ms. Cindy Au, just could not wait for the official opening. Succumbing to her disappointment and that of her students, Ms. Au gathered a solid group of alumni musicians, practiced over 8 weeks of record summer heat and on the evening of Friday, August 10, 2018 presented the inaugural music concert in the Raymond Center for the Performing Arts.

With a final rehearsal taking place right up to show time, Ms. Au announced the theater doors to be opened, the regal purple curtain drawn closed and the music logo projected on the screen. The entering guests were clearly awed by the beauty of the center.

The Alumni Jazz Combo of Alex Almond '16, Nik Vedder '17, Luis Sanchez '17, Konrad Woestman '14, Carlo Sanchez '18 and Sebastian Echegaray '19, got the concert off to an rousing start with Clifford Brown's composition, Sandu, followed by arrangements of Black Orpheus, Take Five and Mamacita.

The Alumni Concert Band, composed of 23 alums from the class of 1991 to the class of 2018 and Sara Anfuso '17, OLP, performed next, treating the audience to the Incredibles, Marche Diabolique, Elements, Loch Lomond, A Tribute to Gershwin and Pilatus: Mountain of the Dragons. They most fittingly concluded with the Saints fight song and alma mater.

Upwards of 120 music officianados attended this first ever alumni concert. Their enjoyment was evident by their rousing applause. From the excitement of the evening, it would be no surprise if this concert become an annual event or even better, a summer concert series.

Much appreciation and gratitude to Ms. Au for taking the initiative to begin a new era on the Saints campus.



MESSAGE TO SAINTS COMMUNITY FROM AUSTIN PARENTS ASSN.



Welcome Saints Parents & Supporters to the 2018-2019 school year!

The Austin Parents Association (APA), a collaborative partnership of Saints parents and school administrators, is a vital part of the Saints community. Together we work to create an enriched learning environment and a sense of community and involvement among Saints families and our School, with the vision of providing a memorable "Saints Experience" for all students and their families.

Your active participation in the APA and its events allows you to be a part of your son's learning environment and the school in a way that adds tremendous value. Without the countless volunteer hours and your efforts to raise necessary funding through the Time, Talent & Treasure Family Involvement Program (commitment of 25 family service hours), invaluable aspects of daily school life at Saints would be affected.

Through the APA you will have an opportunity to strengthen the relationship between home and school by becoming informed, involved and educated in your son's school and its activities. It is only through your active participation that together we can foster a wide range of educational, spiritual, recreational, and cultural programs that will continue to enrich our school community and provide this unforgettable journey of the Saints Experience.

We look forward to meeting you and getting you involved!

For more information, contact us at saintsapa@gmail.com or visit our website at <http://www.sahs.org/parents/austin-parents-association/>.

Don't miss our **APA Parent Lecture Series** – the lecture series hosts periodic lectures to provide parents and guardians information that is helpful as they journey with a teenage son. This year we are hosting a college topics night, an evening on safe driving choices and an evening on faith development and spirituality.

For a list of **APA Events and Volunteer Opportunities** visit our website at <http://www.sahs.org/parents/apa-events/>. Please click on available links to volunteer for an event (via the SignUp Genius website) or contact the event Chair.

Immediate assistance is needed for:

- o **Meet the Teachers Night** on September 12th
- o **Family Mass and Brunch** on September 16th



SAINTS SCENE

Your Award-Winning* monthly report on the St. Augustine High School Experience

*Awards: Saint Scene has been voted by the San Diego Press Club as the Best Community Newsletter by an Organization, 2011. Second Place in 2006 and Third Place 2012.

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Correction Policy: While every effort is made to be accurate, we occasionally err. We do apologize to those impacted and kindly ask that you notify Saints Coordinator: Thomas.Shess@gmail.com for any corrections.

Mission of St. Augustine High School – Our mission is to provide a Catholic liberal arts education for young men in an environment that promotes the development of mind, heart and body in the Augustinian tradition. By helping to form loving disciples of Jesus Christ we communicate to the world the gospel values of community, truth and love.