



SAINTS SCENE

Athletic Update

Attention sports fans ... we're back ... kind of.



MAYBE THIS TIME. The pandemic has created a waiting game for the return of high school sports. Just when things look good to resume athletic programs, Lucy Van Pelt yanks the football away from Charlie Brown. *Repost: thanks to the Peanuts gang.*

Over the past 4-5 weeks, the State CIF and State Department of Public Health have put out some announcements and guidelines for the return to play for youth sports. While we are still, unfortunately, a long way away from a football or basketball season, Saints will be able to cheer on some of our athletes in the near future.

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Ill? Now What?

Pathway to Success for Quality Remote Learning at Saints



*By Gregory Hecht
Assistant Principal /
Academics*

Got the Rona or exposed to someone who tested positive and forgot to wrap your schnoz? Now what?

Below are the five simple steps you need to take to be successful as you begin your remote learning.

STEP ONE – Be sure you have notified Mrs. Leona Stearns, Administrative Assistant to the Principal (lstearns@sahs.org or 619-282-2184 ext. 5515) of your circumstances. Mrs. Stearns will likely be in contact with you to ask you a series of questions and determine when you will be able to return to 'in-person' learning at Saints.

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Believe in Them

Dear Parents and Friends,



Principal James Horne

Last weekend I spent time here on campus with students attending the Kairos 50 Retreat. Through the course of a Kairos weekend the boys encounter Jesus and one another in a powerful way. Their support of one another is very real and gives each of them an experience of our school community's underlying care (Caritas) for each student.

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...The Road Together

Leave the Helicopter at the Airport

By Edwin Hearn, President, St. Augustine High School



Mr. Ed Hearn

"To move from protector to encourager is a big jump that parents need to make as their son matures."

Growing up in Corona, California in the 1950s was a scene right out of the movie Sandlot.

It was a small town where it seemed like everyone knew everyone. As young kids, we had the run of the town. We could ride our

bikes to Merrill Street park where there was a Little League Park, a place to play over-the-line, a tennis court, a playground, or we could ride our bikes up to box canyon in the Santa Ana Mountains south of town, ride down to the city plunge to swim or play in the citrus groves that seemed to be everywhere.

During the summer we entertained ourselves all day by inventing games, playing baseball, and using our imagination to entertain ourselves. The only family rule I remember was the dinner prayer was precisely at 5pm and do not be late.

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AUGUSTINIAN HERITAGE

Far from Ordinary

By Fr. Max Villeneuve, O.S.A.
Saints Chaplain



The beginning of our spring semester coincided with the beginning of the first cycle of Ordinary Time in the Church liturgical year. We must be careful to not mistake ordinary time as an unimportant time.

The “ordinary” of our lives is the day in and day out necessary work and initiatives which make life possible. We human beings require schedules, routines, appointments, and duties as part of our everyday lives and to allow for our flourishing. It is in doing these things well, that we can then set time apart to celebrate the “extraordinary” times of our lives: holidays, birthdays, vacations, retreats, and the like.

If everyday is a holiday, then no day is a holiday. There cannot be championships without practices, playoffs without a regular season, or passed examinations without well taught lessons.

Many refer to the time in Jesus’ life between 12 and 30 years old as being his “hidden years” because the Gospels do not refer to any events which take place in them. Perhaps it would be better to refer to these years as the ordinary time of His life.

It was the time in which he apprenticed alongside St. Joseph as a carpenter, learned more deeply how to love others from his mother Mary, and learned social skills with his friends as a teenager in the town of Nazareth.

Living the ordinary well allows us to do the extraordinary things of life extraordinarily well. May the Lord bless this ordinary time, that we might make the most of what this spring semester has to offer our Saints community.

Three Facts We Hold in Common.

FACT: Joseph R. Biden has been sworn in as 46th President of the United States.

FACT: President Biden is a lifelong Roman Catholic. The second President after John F. Kennedy who is a member of the Faith.

FACT: In his Inaugural Address on January 21, 2021 the new President mentioned Saint Augustine to make a point: “...Many centuries ago, St. Augustine, a saint in my church, wrote that a people was a multitude defined by the common objects of their love. Defined by the common objects of their love. What are the common objects we as Americans love, that define us as Americans? I think we know. Opportunity, security, liberty, dignity, respect, honor and, yes, the truth...”



Joe and Jill Biden at pre-inauguration morning Mass at Cathedral of St. Matthew the Apostle, Washington DC. St. Matthew's Cathedral (built in 1840) is the seat of the Archbishop of the Roman Catholic Archdiocese of Washington.

Happy 
Valentine's
Day

The Kairos Experience

Kairos, adapted from Greek to mean "God's Time," is a Christian retreat program geared toward deepening one's faith, identity, relationships, and connection to God's role in our lives. This retreat offers Saintsmen an opportunity to find meaning in the highs and lows of life and the relationships we share on the journey.

Kairos provides a unique opportunity for teens, on the threshold of young adulthood, to explore and experience their faith in a mature way. Teen leaders give talks based on central Gospel values and model the call of Christ to live with faith, courage, and joy. The Kairos experience at Saints is a huge investment of time for a busy teen which yields a lifelong return. Here are photos from a recent retreat:



Retreat Alum Leaders (Top left to right): Nick Basinet ('20); Ivan Sarabia ('20); Gabe Mouritzen ('19); Rene Adams ('20); Thomas Vedder ('20); (Lower, L-R): Nick Kennedy ('20); Ryan Segura ('16); Isaac Wright ('18); Noah Alcalay ('19); Nick Alcalay ('19); Abelardo Garcia ('19) and Tysean White ('18).

First semester Kairos attendees led by Nicole Yoakum, the school's Director of Retreats.



Socially distance Spikeball was a big hit with the group.

THE HONOR ROLL

St. Augustine High School Scholar Standouts

Congratulations to the following listed Saintsman, who have earned a grade point average of 3.60 or higher during the first semester of 2020.

SENIORS Class of 2021

PRINCIPAL'S LIST

GPA of 4.0 or better

Gabriel Altamirano
Pablo Andrade Paez
Ariel Armas
Raul Armenta
Nathan Audiss
Dominic Bacino
Jacob Bartel
Moises Bayliss
Jonathan Bobolia
Isaiah Brickner
Shea Briere
Connord Brown
Richard Brutto
Carter Bryant
Gino Campagna
Jose Castro
Elio Celentino
Richard Colmenero
Massimo Cortese
Matthew Cross
Kai da Luz
Mayhardona Daniel
Emilio De La Herran Meza
Santiago De La Torre-Mier
y Teran
Ian DeGrood
Damien DeLaPena
Dean Dickow
Joseph DiPaolo
Mark Dixon
Juan Enciso
Eric Engelman
Michael Farrell
Diego Fimbres
Ricardo Franco
Zan Friscia
Donovan Gadler
Christian Gaeta-Fraga
Fausto Gallego
Charlie Gehler
Evan Gerardo
Eamon Goodnough
Trevor Haliburton
Andres Hernandez
Nathan Higginson

Randall Hild
Luke Hobrock
Alan Hogg
Gavin Kassab
Aidan King
Alexander Kotnik
Cooper Lance
Luis Lavat
Joseph Legg
Archie Lenore
Marcus Lujan
Aidan Lukasik
Franklin Lundy
Gary Mansour
Luke Mansy
Joseph Markowicz
Chad Medeiros
Ryan Melcher
Maxwell Mihalik
Patrick Miller
Santiago Miret
Hector Molina
Graeme Morland-Tellez
Estevan Paredes
Angel Perez
Matthew Pope
Nathaneal Putris
Austin Ronos
Nicholas Sajor
Tobey Salem
Jack Sandmeyer
Jerome Christian Santiago
J. Luke Scheper
Alexander Schroeder
Joseph Selfani
Joseph Soro
Nolan Steinbuch
James Stepovich
Drew Strong
Charles Sturtevant
Jakob Alon Tatoy
Joaquin Torre
Julian Valdez
Kyle Wesseln
Daniel Widhopf
Brett Wilkins
Malcolm Williams
Maximilian Wright
Eveylt Yeruuldelger
Noah Zamora

FIRST HONORS

GPA of 3.60 to 3.99

Michael Andrus
Felix Calero
Guillermo Camarena
Sergio Castrillon
Jakob Christian
Michael Dullea
Diego Florance
Luke Friedman
Adam Grauerholz
David Gurrola
Alfredo Gutierrez-Fimbres

Leuck Hammes
Raphael Luyun
Nicolas Mazzei
Torin Mooney
Ryan Mouritzen
Noah Munoz
Kevin Nunez
Dominic Pacheco
Ryan Schwerdtfeger
Eric Venzord
Akira Wolfe

JUNIORS Class of 2022

PRINCIPAL'S LIST

GPA of 4.0 or better

Andres Aguirre
Michael Attisha
Roman Beck
Jake Bertellotti
J. Michael Butcher
Emmanuel Butler
Francisco Carrillo
Luis Carrillo
Marco Chaquica
Steven Coons
Max D'Agnese
Hudson Daley
Peyton De Luca
Tristen Erpelding
Javier Esparza
Nathaniel Ferguson
Trevor Fox
Carlo Franco
Santiago Gallego Hernandez

Christian Garcia
Jan Garcia
Elliot Gibbons
Thomas Gilcrest
Maximilian Graves
Santiago Guerrero
Liam Haskett
Kyle Herburger
John Jordan
Alan Konecke
Nicholas Luzi
Zorin Keyne Makabenta
Thomas McNamara
Sean Miller
Jose Luis Mogollon
Jackson Norris
Anthony Ortega
Joshua Pajimola
Jacob Paule
Theodore Pierce
Ethan Potter
Mitchell Prentice
Juan Reyes Flores
Aidan Rickwa
Alan Rieger
Michael Rogers
Anthony Sarmiento
William Spellios
William Strack
Gary Szczotka
William Tobias
Ryan Toy
Tyler Wahl
John Watson
Spencer Westmorland
Gage Whitton
Diego Williams
Lucas Wurst
Ashton Zakar

FIRST HONORS

GPA of 3.60 to 3.99

Prince Adjei
Anthony Alvarez
Chase Basson
Samuel Benedict
Luke Bolin
Domenico Carini
Christian Conniff
Demetrio Contreras

Nalu Coons
George Dougenis
Andres Drab
Bernardo Esparza-Chavez
Jason Farrell
Caden Francke
Xavier Franco
Gabriel Gamboa
Benedetto Grondona
Charles Guay, Jr
Moises Herrmann
Jacob Housgard
Juan Hurtado Garcia
Ethan Huynh
Bodie Kerr
Samuel Lis
Brennan Martin
Rogelio Martinez
Charles McRoberts
Liam Murphy
Lucas Rhee
Cesar Rodriguez
Jackson Studebaker
Brendan Truong
Lucas Wahl

SOPHOMORES Class of 2023

PRINCIPAL'S LIST *GPA of 4.0 or better*

Blaze Ackerman
Royce Sebastian Acosido
Angel Aguilar
Justin Beck
Colin Behan
Andrew Boeh
Joseph Dela Cruz
Colin Duffy
Jack Elgas
Eli Estevez
Gabriel Felix
Mateo Fernandez
Nicholas Gaffney
Francesco Gagliardi
Joseph Geiser
Luis Gonzalez
Elias Gutierrez
Tyler Haisha
Henry Hooper
Julian Iacono
Christopher Ireland
Michael Jackman
Samuel Johns
Blake Jones
Dylan Kelley
Sean Kerwin

Nathaniel Kotnik
Xavier Magat
Sebastian Manzo Carabez
James Markowicz
Theodore McKamey
Marcus Miranda
Raymond Moran
James O'Leary
Jacob Pajimola
Z. Harrison Quinto
Joel Rodriguez
Marcus Roman
James Root
Nicholas Salem
Thomas Salem
Francis James Sara
Evan Shamoon
Aidan Sheehy
Jacob Soro
John Sousa
Emiliano Vanegas
Noah Villafana
Kent Vu
Ryan Waters
Daniel White
Ty Woods

First Honors *GPA of 3.60 to 3.99*

Zachary Acheron
Joseph Adema
Colin Alcantara
Edgar Alcoser
Christian Aldrete
Casey Bayless
Donovin Bocalan
Brenden Brooker
Salvatore Brunetto
John Carlson
Nicholas Cianflone
Steven Dagostino
Alejandro Esparza-Martin
Jesus Garcia
Lucas Gonzalez
Diego Jimenez
Ricardo Laborin
Theodore Main
Jaden Matingou
Matthew Mercado
Sean O'Connor
Lucca Rohrer
Matthew Sajor
Misael Sandoval
Riley Scanlan
Janek Schnitzer
Aubrey Thompson

Ryan Tuttle
Christopher Valderrama
Leo Walsh
Elijah Walulik
Nathan Wilson
Kaveh Yazdani-Bosdet

FRESHMAN Class of 2024

PRINCIPAL'S LIST *GPA of 4.0 or better*

Christian Audish
Thomas Banzhof
Nathaniel Butler
Griffin Cappiello
Lukas Cerny
Aaron Cramp
Byron Cunningham
William Davis
Ian De La Rosa
Benton DiPasquale
Jack Dougenis
Donovan Faranso
Daniel Feiner
Sam Fries
Thomas Dean Fuller
Chase Gadler
Alan Gamiz
Shane Garcia
Javier Alexander Granda
Salvador Gutierrez
Jet Himmelberg
Kieran Hodson
Patrick Hormiz
Zachary Horne
Omar Jaibaji
Owen Johnston
Landen Kassab
Luca Liciaga-Bujazan
Javier Lopez
Stephen Lorentzen
Shane Martin
John McNamara
Pablo Mireles
Noah Nayve
Evan Newlon
Benjamin Ngo
Joseph Nguyen
Ryan Ortega
Alexander Parada
Ethan Pinon-Larkin
Thomas Pokorsky
Shawn Pomatto
Carson Sahd
Logan Sanford
Mitchel Sanford

Tyler Schweer
John Scott
Colin Shughrou
Nevin Steinbuch
William Stowell
Luis Urbina
Romeo Velarde-Alvarez
Samuel Velazquez
Iain Wagner
Alexander Watson
David Wise
Kenneth Wright

First Honors *GPA of 3.60 to 3.99*

Tyler Abbo
Rodrigo Arballo
Daniel Arellano
Colin Babich
Tyler Cabana
Joseph Campos
Thomas Carney
Carlos Casta
Kyle Clifton
Alfonso Cosio
Alejandro Duron
Dylan Garmo
Santiago Garza
Samuel Grauerholz
Leo Graves
Robert Grohman
David Gutierrez Escalante
Leo Handelsman
Alejo Hao
Miles Harris
Wyatt Harris
Justin Heffler
Ryan Kajmowicz
Noah Kalasho
Cole Lambeth
Iosefa Letuli
Joseph Mansour
Julian Molina
Jake Naimi
Drew Patterson
Brayden Pinto
Lucas Rogers
Lawrence Rudolph
Hector Santillana
Yvan Sevilla
Alonso Somohano
Aaron Talbott
Conner Torquato
Henry Wilson
Matthew Wisniew
Diego Yee

The Kairos Experience

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San Diego's Dang Brother Pizza catered dinner for us on Saturday night from its converted 1974 LaFrance firetruck



Late afternoon Kairos Mass with Fr. Max in Vasey Patio.



Beautiful view of Vasey Patio as Saintsmen reflect as a group.



Kairos Kafeteria. Thank you to all of the school's amazing parent/family volunteers (Medeiros, Lance, Scheper and Engelman Families), who made the outdoor dining area special for Kairos.

CREATIVE CONFIRMATIONS



OUR GANG. Saints Juniors from St. Therese Parish at their confirmation last month which had been postponed for months because of the pandemic. L-R Justin Stearns, Johnathan Scott, James Goodridge, Thomas McNamara, Jacob Housgard, Zorin Makabenta, and Cesar Emiliano Rodriguez.

FATHER/SON. Saintsman Justin Stearns, class of 2022, was confirmed and supported by his sponsor, his father Phil. Most Reverend Ramon Bejarano Auxiliary Bishop of San Diego officiated.

SAVE THE DATE

The Saints Annual Alumni Association
GOLF TOURNAMENT

Friday, August 20
At the Rancho Bernardo Inn

Event details will be announced soon.

This is one of the school's most
popular alumni events!



Time to Sign Up for New Courses

By Mr. Gregory Hecht, Assistant Principal, Academics



Mr. Gregory Hecht

As we turn the calendar, it is time to begin the process of requesting courses for the 2021-2022 school year. All the information regarding this process, as well as the 2021-22 Curriculum Guide and course selection

presentation, is now available on the front and academic pages of the St. Augustine website (www.sahs.org). Please utilize these materials to assist you and your son in completing the course request forms.

These forms will be distributed to the current freshmen in their English courses and the current sophomores and juniors can pick them up from Mrs. Oliwa in the Registrar's office. The forms can also be found on the front and academic pages of the St. Augustine website (www.sahs.org).

On their designated day, each student will meet with a member of the counseling

staff to review their academic transcript and input their requests for next school year. In order to request courses, students must have (on their person at the time of their meeting with a counselor) a completed course request form that is signed by a parent or guardian as well as a completed and signed Advanced Placement contract if applicable.

Students will request their courses according to the following schedule:

Current freshmen (Class of 2024) – Thursday and Friday, January 28 and January 29, during their English course.

Current juniors (Class of 2022) – Wednesday and Thursday, February 3 and 4, during their religion course.

Current sophomores (Class of 2023) – Wednesday and Thursday, February 10 and 11, during their religion course.

If you have any questions concerning course selection, please feel free to contact your counselor.

Mr. Carl Bronson (all freshmen)
cbronson@sahs.org
or (619) 282-2184 ext. 5537

Ms. Briana Colorado - bcolorado@sahs.org
or (619) 282-2184 ext. 5578

10th Grade Garcia – Moran
11th Grade Garcia – Pajimola

Mr. Tim Golden - tgolden@sahs.org
or (619) 282-2184 ext. 5523

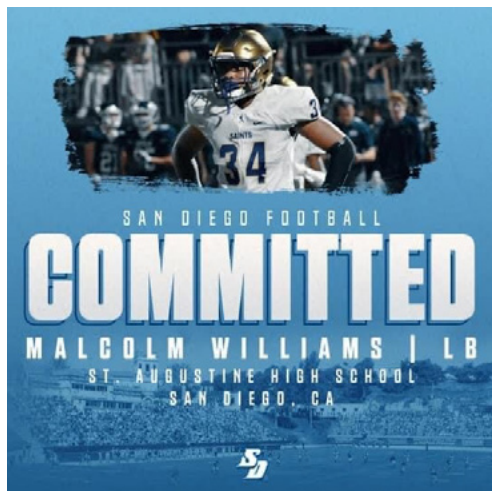
10th Grade Academia – Gagliardi
11th Grade Adjei – Gamboa

Dr. Jerry Rey - jrey@sahs.org
or (619) 282-2184 ext. 5531

10th Grade Mofin – Zavala
11th Grade Patterson – Zakar



AROUND CAMPUS



FOOTBALL. Senior Malcolm Williams, a standout linebacker for Saints Varsity football has committed to the University of San Diego in the fall.

FROSH RULE. Congratulations to the Freshman Class for winning this past holiday hallway decoration wars. Prizes: Free breakfast burrito (available in the ASB room) during regular office hours. AND (drum roll) as a thank you for winning, Frosh are entitled to a free dress on February 3.

SPEECH COMPETITION. The Interact Club is meeting February 19 in Mr. Jezewak's room 316 to discuss the "Four Way Speech Competition" by the San Diego Rotary Club. Cash prizes for 3 top winners.

SERIES CONTINUES. If you missed Mr. Ed Hearn's Vasey Patio video interview with Mr. Paul Sipper, Saints Director of Admissions go the following YouTube link: <https://www.youtube.com/watch?v=4kN2Pb9X71U&feature=youtu.be+Paul+Sipper%2C+Saints+Director+of+Admissions>

FINANCIAL AID. The deadline for returning Saints families to apply for financial aid is March 15th. For more information on how to apply, please visit <https://www.sahs.org/financial-aid-application-fast/>



BASEBALL. Varsity baseballer Frankie Carney ('22) has decided to commit to attend UC Irvine to further his academic career and play baseball for the Anteaters. Yes, that's the school's official nick name and second only to the UC Santa Cruz Fighting Banana Slugs.

RUGRATS THANK YOU. The Restless Hearts Baby Drive ended after collecting hundreds of diapers, baby clothes and supplies. Thanks to all Saints families that participated. If you're reading about the baby drive here for the first time and wish to contribute contact Mr. Jezewak to see if items are still being accepted.

IF YOU'RE SO SMART. Practices for the Academic League meets each Wednesday in Mr. Jezewak's room, 316. Season just started. Newcomers welcome.

FAST TALKING. Motorsports Club is in the process of forming on campus. For details contact Saintsman Angelo Riodique Wednesdays at lunch room 210.

BUSINESS INTEREST. Saints Juniors Liam Haskett, Andres Aguirre, Jake Bertelotti, Jackson Studebaker and Michael Attisha will be attending the free San Diego Rotary Camp Enterprise sessions in March to learn more about careers in business.

Believe in Them

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As parents and teachers there is a single statement we can make to students to express our care for the boys and solidify our relationship with them. This simple statement can change the way students view us and how we see them. That powerful statement is "I believe in you!"

When we hear stories about students achieving uncommon results, the power of believing in students is almost always the central force. Our relationships with the boys we educate are of primary importance and they need to be radically aware of our support and encouragement.

As we begin anew this semester, I encourage you to take the time to re-communicate with your student just how deeply you believe in him.

In the Spirit of Catholic Education,

James Horne Principal



Athletic Update

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New guidelines have connected sports to the statewide color tier system, based on the sport being indoors or outdoors, as well as the level of physical contact. For Saints and the sports we offer, the breakdown is as follows:

- **Purple Tier** (outdoor with low-contact) = Golf, Tennis, Cross Country, Swimming, and Track & Field
- **Red Tier** (outdoor with moderate-contact) = Baseball
- **Orange Tier** (outdoor with high-contact and indoor with low-contact) = Football, Volleyball, Lacrosse, Soccer, and Rugby
- **Yellow Tier** (indoor with high-contact) = Basketball, Wrestling

Starting Feb. 1, both Cross Country and Swimming will begin official in-season practices.

Starting Feb. 15, Golf, Tennis, and Track & Field will begin official in-season practices.

Competitions will proceed as scheduled as long as the state remains out of a "stay at home" order. Schedules are still being modified and updated, and will be released as soon as possible.

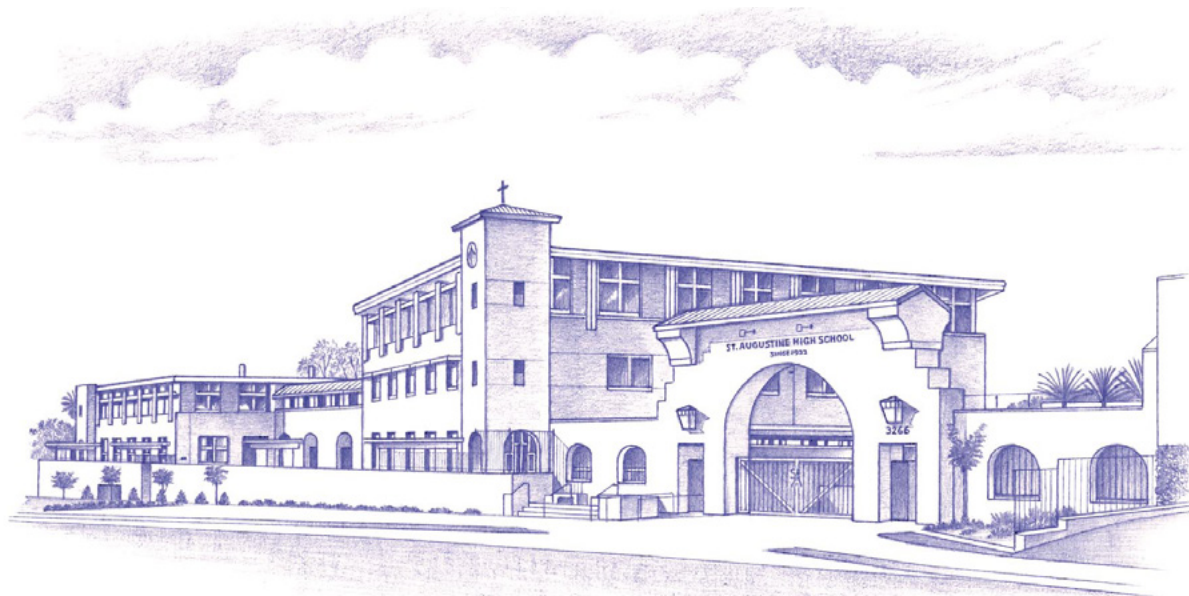
For the remaining sports, new start dates will be determined by the CIF in the coming weeks. All of the remaining sports will be allowed to start practices once the to-be-announced start date comes and as long as the county is one color tier away from the sport's assigned color. Competitions, however, won't be allowed to commence until the county is in the sport's actual assigned color tier.

As of right now, baseball is our only remaining sport with an official start date of March 13. To use baseball as an example, baseball can start practices on March 13 if the county is in the "purple tier," but baseball games will not be allowed to be played until the county reaches the "red tier."

While this new system presents some good news for some sports, other sports do have higher hurdles to clear. And while this is not ideal for some of our sports, Saints is certainly happy to have some sports getting underway and having some of our young men represent Saints in athletic competitions.

There are still a lot of other dates, rules, and guidelines to be announced in the coming weeks. We will keep the Saints community updated as these get announced. In the meantime, here are a few other points of interest if your Saintsman is interested in playing a sport this semester:

- All athletes still need a physical on file from a doctor prior to in-season participation. Some of these start dates are fast approaching, so if your son needs a physical, please address that ASAP. Completed physicals should be turned in to the main office. The physical form must be Saints' form, which can be found on our website under "Athletic Forms" within the "Athletics" page.
- Athletes will only be allowed to participate in one sport at a time. For example, in a normal year, a winter athlete in soccer would then be eligible to play lacrosse in the spring. However, this year, since soccer and lacrosse would be taking place at the same time, athletes will only be able to participate in one. While this is an unfortunate reality, we encourage all athletes to make an educated decision about what sport(s) he will be trying to play this semester. This ruling also extends to club sports.
- Some sport-specific guidelines have been released by the state CIF office. These guidelines can be found at www.cifstate.org. Upon loading the homepage, select the "2020-21 Sports Guidelines & Modifications" from the rolling menu. Now that the state has released these guidelines, we expect the San Diego Section to announce its guidelines any day now. The San Diego section will not have any guidelines be less-restrictive, but there could be some guidelines more-restrictive. Coaches of specific sports will make sure all players and parents are aware of sport-specific rules and guidelines.
- While San Diego CIF and San Diego City Conference have not yet made official announcements about fans and spectators, it is expected that fans/spectators will be limited to immediate household only. Again, we will have an official ruling on this to you as soon as it is announced.



Ill? Now What?

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STEP TWO – Notify your counselor by e-mail of your situation and be sure to include the dates you will be absent. Your counselor can assist you in a number of ways, including helping to facilitate any communication challenges you might encounter with your teachers or the school. Counselors will send a written notification via e-mail to your teachers, your parents and you, student, outlining any specific actions you might need to take to keep up with curriculum.

STEP THREE – Notify *each one of your teachers* with the dates you will be out (be sure to include your anticipated date of return).

STEP FOUR (The Most Important Step!) – Be vigilant, be checking, be communicating, and be responsible. As technology will be your primary mode of remaining successful in your classes, be sure you are consistently checking each of your classes on CANVAS for announcement,

assignments, and critical deadlines and watch your e-mail for direct communications from your teachers or counselor. Be sure to ask your teachers if you can ZOOM or Facetime into your classes via the teacher or a classmate to stay engaged each school day. Some teachers record their lectures or discussions and post them, so be sure to know how each of your teachers handle this process.

STEP FIVE – Practice self-care. The following guidelines can help you stay on your 'A' game:

Establish a Routine: Treat your study from home as if you are going to the library/ classes. Set a time to wake up, freshen up, eat breakfast, and get dressed. Having an established routine can provide structure for your life and signal your brain "it is time to get work done".

Have a Dedicated Study Area: Creating a physical boundary between your study area and your relaxation area could be very helpful to stay focused when studying from home. This can also help you to contain your academic stress to the study space.

Take Notes for Online Classes: It is important to put your phone away, turn off notifications from messages and social media on your computer, and close irrelevant web-pages to minimize distraction. Taking notes during these classes helps to turn your attention to the class content.

Keep a Routine for Physical Activity: Set break times for your study session (i.e. every 45 minutes) to get up, move around, and activate different parts of your brain.

Eat Well, Sleep Well. This will help get you back to Saints ASAP!



"It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome."

- WILLIAM JAMES

Leave the Helicopter at the Airport

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The point being we learned how to navigate boy culture. Some days there were fights when there was a disagreement. Respect came from being fearless and being independent of mom and dad. Problems were solved within the confines of the group and most of what we learned resulted from trial and error. Sometimes we stumbled made stupid decisions and had to face the consequences of our actions.

Leadership in the group seemed to change depending on our activity. The goal was to have fun and be cool, so the older boys accepted us.

Obviously, these days have long passed.

Somehow the world became a more dangerous place during my growing up years. It now seems with each succeeding generation of young men; parents have had to exert greater control over their activity. The over-riding ethos underlying the raising of a young boy had to do with more supervision, which resulted in more controlled activity and the need to protect children from the scars of growing up.

In today's world, some parents attempt to intercede anytime their son is facing punishment for a transgression. It is hard for parents to imagine that consequences are part of the learning process that must take place in order to achieve the best outcomes in the formation of their son.

Unlike most schools, Saints has always taught that parents in almost all cases should allow their sons to handle their own problems. Moving against the cultural tide, Saints has just a short time to help young boys develop a sense of independence, self-confidence, and leadership skills.

Most of us have witnessed the moment in the gymnasium during Freshman Orientation when Mr. O'Beirne, the Assistant Principal for Student Affairs instructs the freshman class to separate from their parent(s) or guardian. It is a moment I am sure that stays with the parents for awhile—watching their sons move across the gym with other members of his class and then hear from Mr. John O'Beirne that in the future their son should contact his teacher or coach if they are experiencing a problem.

In the best possible world, we want every young man at Saints, to learn to solve their problems without help from mom or dad. It is never perfect, but it does lead to the development of self-confidence and independence. This in turn leads to improved

negotiating skills and ultimately to desired leadership positions in student government, a team or activity, with their group, or in the classroom.

This can only happen with parents letting go and trusting they have raised their son well with the ability to challenge perceived injustices in his own life. Like all learning, there are successes and failures, but in time the desired learning takes place with transformative results.

While we hate to see our sons suffer, this is the only way they will grow up to be men that make a difference. To move from protector to encourager is a big jump that parents need to make as their son matures.

To use a weightlifting analogy; I have heard for years—“no pain no gain!” How does a person get stronger? He works to the point of exhaustion, receives encouragement from his coach to suffer through additional repetitions, and grows into a stronger athlete as his body adjusts to the greater load. With my own eyes, I have seen young men accomplish feats in the weight room that resulted only from failure, which in turn created motivation, which led to success.

What has been a central core ethos of Saints down through the years has now been substantiated by a 2019 article in the *Journal of Applied Psychology*, which studied 1500 teenagers for the purpose of assessing each of his/her leadership potential.

While a far-ranging survey, the key area being studied was the extent to which parents stepped in to supervise their children. The researchers wanted to understand the effect of overprotective parents and the consequence concerning their children seeking leadership roles and desiring independence.

The study concluded that overprotective parents tended to raise less confident children who in turn are less motivated to lead. This lack of confidence and passivity was also seen from an organization's point of view that people are not promoted to leadership positions who lack charisma and confidence when they interview.

Saints position, now supported by science, has continued to encourage growth in its young men through a process that sometimes results in short-term failure but promotes the long-term goal of creating a platform for young men to better understand themselves with a growing sense of self-confidence and independence coupled with the desire to lead.



Strong as Steel

McMahon's Bond with Saints, OLP

Dispatch from the President's office: The school is proud of the leadership provided by the St. Augustine High School Board of Directors. To thank and honor them and at the same time let the Saints Community to know them a bit more, Saints Scene has been highlighting individual Board members with a series of profiles during 2020-21. This month we profile Derek McMahon, who has been a Saints Director for many years.

Derek McMahon is a current Saints board member and graduated class of 1984. Derek began his education at St. Rose of Lima school in Chula Vista. When the time came to pick a high school, he found it to be a challenging decision at first.

Most of his 8th grade class was going to be attending Marian Catholic in South Bay (today known as Mater Dei). However, the decision became an easy one after hearing time and time again how influential and life changing a St. Augustine education has proved to be.

After speaking with his parents, attending the Saints open house, speaking to friends who had attended Saints, Derek quickly knew that this was the right school for him and one of the best decisions he has ever made.

Saints played an instrumental role in who Derek is today. He made lifelong friendships with boys from his class as well as from other classes who he is still in contact with today. The extracurricular activities that Derek partook in also played a big role in his post high-school life.

He excelled in soccer and tennis at saints and even continued on to play tennis at the collegiate level. Derek believes that it is these extra-curricular communities that are so important at Saints and truly set the school apart from others in the San Diego area and provide the indescribable feeling to young boys of what it is like to belong to something great. Derek also met one of his greatest mentors and one of the most influential people in his life during his time at Saints, Father John Sanders. Fr. John, and other Augustinians at Saints, greatly influenced Derek's spirituality and faith, which he is forever grateful for.

Saints made such a lasting impression on Derek that it was only natural for his younger brother, Kevin ('88), to enroll at Saints. Kevin's experience was no different than Derek's, a great one. Their sister, Cara, attended OLP and graduated class of 1995.

As time went on, and Derek started his own family, the tradition continued. Derek's daughter, Meghan, attended OLP ('14) and his son, Shane, attended Saints ('17). Meghan went on to attend Saint Mary's College in Notre Dame, IN and Shane has joined Derek and Kevin in the family business (McMahon Steel). Both Saints and OLP played an instrumental role in shaping and guiding Meghan and Shane to where they are today. Derek's wife, Gayle, has taken an active role on both campuses over the years and still sits on the board at OLP today.

Derek knows that Saints will always be a part of his life in some capacity. His nephew will be entering Saints in the next couple of years to continue carrying on the family legacy. He hopes that in years to come, his future grandchildren will be local in San Diego and continue the tradition.



Saints Board of Director's member Derek McMahon ('84) with family: [Left to right] Meghan (OLP, '14; Gayle McMahon and Saints Alum Shane ('17).



SAINTS SCENE

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

*Awards: *Saints Scene* has been voted by the San Diego Press Club as the Best Community Newsletter by an Organization, 2011. Second Place in 2006, Third Place 2012 and First Place 2019.

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.

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