

THE AUGUSTINIAN

Tolle Lege

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Caragher Tackles New Coaching Job



Jameson Grohman ('26)



By Ben Nault ('26)
EDITOR

If we do one thing right at Saints, (and we most certainly do more than one thing right here), it's football. We have a history of winning, even when we aren't expected to shine. In our most recent season, we found much success. Winning the CIF Division 1 San Diego

Section Championship, going to the Division 1 SoCal Regional Finals with an unfortunate one-point loss to St. Bonaventure, Saints reminded San Diego that they still are and will remain to be a force with which to be reckoned.

After the heartbreaking loss, Saints parted ways with Coach Ron Gladnick and began a search for a new head coach.

On January 5, 2024, Saints welcomed in a new era of winning with the

introduction of Coach Ron Caragher, the 25th head football coach in the 101-year history of St. Augustine High School.

Coach Caragher always loved playing sports when he was a kid, especially football. He went to an all-boys Catholic high school, Bellarmine Preparatory School in the Bay Area, and he honed his football and academic craft there through his high school years.

He went to UCLA, where he played

as a backup quarterback for five years, including two years behind NFL Hall-of-Famer Troy Aikman.

In spite of a lack of playing time, Caragher chose to continue to help the team in any way he could.

"I could either be frustrated that I'm not in the game or put my skills to use," Coach Caragher said in an interview.

He started charting the team's op-

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A Firsthand View of SD Flood Devastation



By Griffin Cappiello ('24)
EDITOR-IN-CHIEF

During Intersession, while Saintsmen were busy cooking or interning or Italy-ing, San Diego fell victim to record levels of rain. Storms on January 22 brought heavy rain and flash floods that devastated San Diego communities. Some of the areas hit the hardest included Southcrest, Mountain View, and Encanto. Several schools, mostly in Spring Valley and La Mesa, were flooded and had to temporarily cancel classes.

Both the City and the County of San Diego were quick to act, rapidly declaring a state of emergency for the areas affected. All hands were on deck, as City and County employees went out to help aid in the recovery efforts.

The Office of Mayor Todd Gloria was among the first to deploy boots on the ground, and since I spent the month interning for his office, I went out with his staff to the areas affected by the floods.

This experience was invaluable, as I got to see firsthand the devastation that

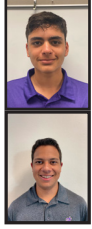
SEE FLOODS, pg 6



Southern San Diego County was hit the hardest by flooding.

San Diego Union-Tribune

Seniors' Intern-session Highlights



By Omar Jaibaji ('24)
STAFF WRITER

and Griffin Cappiello ('24)
EDITOR-IN-CHIEF

This year, Mr. Granados took up the mantle of Mr. da Luz to oversee the Saints internship program.

He spent a great deal of effort organizing these opportunities for the seniors, ensuring our seniors got where they needed to be. This year's senior class went above and beyond in their efforts, operating not just across the county, but as far as even Mexico or Hawaii.

A wide range of careers were explored, including local governance, emergency medical services, engineering opportunities, banking, research, and everything in between. Seniors were able to make connections across the board, hopefully leading to future opportunities and careers that otherwise would be difficult to obtain.

The importance of these connections cannot be stressed enough. Students are known to have received recommendation letters, been involved in future research projects, author papers, and gain careers by making the most of their internships.

It is important for our current underclassmen to grasp the many opportunities they can find at Saints as seniors, and our January Intersession program is most certainly one of them. With faculty approval, students are not just allowed but encouraged to go search for their own potential internships. This provides a special chance to experience what your future may look like, or a moment for you to realize that what you thought would be your dream career is not in fact for you.



Shane Martin ('24) working at his veterinary internship. @saints_info

"We placed 153 interns in fields ranging from engineering, real estate, veterinary work, law, and accounting," Mr. Granados said, "We estimated 40% of our seniors were either offered further employment or an extended internship."

Here we highlight a few of those internships opportunities taken:

Shane Martin worked at the Peñasquitos Pet Clinic as a veterinary assistant. He helped set up procedures, administered vaccines, restrained difficult animals, and monitored anesthesia.

"It was a fascinating experience where learned what it was like to work in

the veterinary field," Martin said, "It was uplifting to see the impact you made on patients at the end of the day, or when they return for rechecks."

Erik Rodriguez was a contributing author for Dr. Kelly Price Noble's next book. He wrote a chapter on the burden of being a caregiver, and the mental, physical, and emotional tolls it can take on you.

Thomas Pokorsky interned at Valletta Orthopedics. His day-to-day tasks consisted mostly of observing the doctors' work. He sat in on appointments and surgeries, and even got to watch a

total knee replacement.

"I learned that being kind to those you serve goes a long way in making what you do successful," Pokorsky said.

Dan Feiner interned at Survival Systems International, where he worked on military-grade aerospace and mechanical engineering projects. In the office, he crunched numbers and labeled packages, and sat in on business meetings. He also had hands-on experience using 3D scanning technology and probing with a Romer arm.

Griffin Cappiello spent the month interning at the office of San Diego Mayor Todd Gloria. He worked on several projects with city employees, and had the opportunity to staff the mayor's annual State of the City address.

"Getting hands-on experience operating the eighth largest city in the US is an opportunity for which I will forever be grateful," Cappiello said.

Jeff Ring worked for Pacific Maritime Group, where he made sure all boat engines were running properly, and all safety equipment was certified and up to date. He also participated in regular deck operations.

Thomas Fuller worked for 44 Gloves, a San Diego company that makes baseball gloves for MLB players. He worked in quality control, breaking in gloves before he packed them to ship.

"It was a great experience, especially as my first view into the workplace," Fuller said, "I am so thankful for the experience that I gained."

The senior internship program is a highlight of the Saints experience, and each of these seniors gained valuable real-world experience that they will carry with this throughout the entirety of their professional careers.



CARAGHER
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ponents and watching their coverage for strategies to counter their defense and offense.

"That was really the beginning of my coaching career," Coach Caragher said.

Since his playing days, Caragher has gained lots of experience as a coach.

He worked as a graduate assistant at his alma mater before getting promoted to a full-time assistant position.

He then worked four years as the running backs coach and recruiting coordinator at the University of Kentucky,

where they posted an 8-5 record, they were invited to their first bowl game in seven years, and ended with a Music City Bowl victory, their first bowl victory since 1984.

In the 2007 season, Coach Caragher moved to the San Diego area to become the head coach at USD, taking over for Jim Harbaugh, who is now the coach of the Chargers.

In six years at USD, he led the team to three Pioneer League titles and was named Coach of the Year in 2011.

After his USD tenure, Coach Caragher took a head coaching position at San Jose State, where he coached for four years.

During his tenure at San Jose State, he led the Spartans to their fourth straight bowl victory. That same season they were ranked second in the nation in fewest passing yards allowed (157.8) and net punting (42.42) while also being fifth in the nation in completion percentage (.675) and 34th in total defense.

After coaching at San Jose State, Coach Caragher decided to return to the San Diego area that he had grown to love during his coaching tenure at USD.

He joined the coaching staff at San Diego State, where he held a variety of titles, including offensive quality control coach and recruiting coordinator in 2018, as well as tight ends coach and passing game coordinator in 2019, when the team won the New Mexico Bowl.

In recent years, Coach Caragher took a break from coaching, and returned to USD as an assistant athletic director. However, after a while, he decided he wanted to return to coaching.

Coach Caragher said that he applied for the head coach position at Saints after spotting an ad in a newspaper.

When asked why he chose to join the Saints as opposed to any other D1 high school football program, he said, "The

people. The people, the community, are what make this special. The leadership here is outstanding, so true to the goals of what this school is all about."

Coach Caragher said that every student and staff member has been extremely welcoming and kind to him.

He also said that the school's core values of Unity, Truth, and Love reflect the same morals that he has kept with him since his high school years.

Caragher repeatedly shared his desire to contribute to the Saints mission of developing young men ready to engage a changing world. He said, "I have been building a philosophy of wanting to help build young men and help them develop skills beyond the playing field that can help them thrive in life. Skills like leadership, hard work, dedication, and commitment," Coach Caragher said.

He hopes to foster a community of support and bring continued success to the Saints football program, and hopes to help young men grow to prosper in their adult lives.

In the short term, Coach Caragher hopes to build a solid foundation.

"It's like starting over," he said.

He also wants to help the players find renewed joy in playing football, so that they can be victorious while enjoying themselves as they work to get there.

In the long term, Caragher hopes that he will be "a part of a program that is very proud of our graduates, going on to do well at the college level whether they are playing or not."

Coach Caragher is a very promising coach for our varsity football team, and is prepared to do anything to make Saints a winning team.

We wish Coach Caragher a warm welcome to the Saints community, and hopes he has the best of luck as he begins to usher in the new era for Saints football.

Team Feature: Rugby Gives it a Try



By Michael Luzi ('25)
EDITOR

Welcome to The Augustinian's Team Feature article! This month's sport is rugby. Rugby is one of the newer sports at Saints, starting in the 2009-2010 season. Along the way, Saints' Rugby team has shown terrific improvement and performance on the field.

This season, the team has been very successful, carrying a 4-3 record. This has guaranteed them a spot in the championship game, which they will play against Cathedral.

The rugby team's head coach, Mr. Dent '90, started the program over a decade ago and has been at the helm ever since.

Joining Coach Dent are three assistant coaches: Coach Will Raines '13, Coach Sam Johns '23, and Coach Justice Cummings. Coach Raines is a Saints alumnus, who started his rugby career at Saints when the program first started.

"[Coach Dent] started the program my freshman year. So in terms of my rugby career, it started all with Señor," Coach Raines said.

Starting last year, he has been supporting the team as an assistant coach, giving the team over a decade's worth of experience. Sam Johns is also a Saints alumnus who graduated last year, after playing a key role for the team last season.

"[Johns is] going to school in New Zealand," Coach Raines said, "and his start time wasn't in the fall, it was in winter, so he was in town up until [February 8]. We were really stoked for him to be able to coach, and he has a good rapport with the boys. He got to see the game through a different lens, and it's always great to have alumni on the



Brayden Pinto ('24) running with the ball.

Jameson Grohman ('26)

staff."

Coach Cummings graduated from Patrick Henry, where he actually played against Coach Raines in high school.

"We have amazing coaches, they come out and give a lot of their time. We're presenting the kids with a lot of advanced teaching, and it's challenging the boys in many different ways, so we're seeing how they respond," Head Coach Dent said.

Last year, the program lost many impactful seniors to graduation. This

season, the remaining players had to step up and fill those roles. Star players for this season include seniors Brayden Pinto, Connor Torquato, and Colin Shughrou, who is the field general.

This year, three players have been chosen to represent the USA rugby team for players under 18. This includes Pinto, as well as juniors Alex Kemp and Gino McKenna. These players have the chance to be selected to play overseas in Europe.

"We've had a couple guys in the past

make high school American teams, but this is the first time we've had more than one boy selected to go to camp," Coach Raines said.

Rugby, of course, is a full-contact sport like football, however, most players try to conserve their energy in order to play consistently through the whole game.

"You don't get the full intensity collisions that you do in American football, because you don't have the opportunity to rest in between plays," Coach Raines said. "One of the best players in the world plays in France and he made three tackles in ten seconds. That kind of stuff is very tiring so you don't get as much lead up time as you do in regular football."

There are also aspects of wrestling: when players are in close contact, where there's a lot of momentum, and when players are fighting for the ball. Scoring in rugby is very similar to football. A team gets five points for getting a "try" in a "try zone", similar to football's six points for a touchdown in an end zone. A team can also get two points for a kick conversion.

A typical rugby practice at Saints will incorporate games to focus on certain skills to improve. They will do a heavy contact session every week, and after a game, they will slow down and review what they need to improve from the weekend.

One of the main goals of the rugby team at Saints is to create an inclusive culture and focus on growth.

"Since Covid, when we couldn't compete, but [still] had a team, we had to distill things down and think, 'without games, what is a rugby team?' So for us we are very culture and growth-

SEE RUGBY, pg. 6

New Track Coach: He's More Than Just Ken



By Jamison Gerding ('26)
STAFF WRITER

After 5 consecutive league titles, Saints Track and Field has made its biggest move yet – they have welcomed a new coach to their coaching staff. Coach Ken Nwadike, Jr. will inherit a Saints team who has held many honors. He hopes to take them to the next level.

Since Coach Ken is a new face around campus, *The Augustinian* decided to provide an introduction for those Saintsmen who have not already had the pleasure of meeting him.

The following interview has been edited for clarity.

The Augustinian (TA): Please, tell us a bit about your background.

Coach Ken (CK): I started running track in high school, where I ran the 800 meters and the mile and was fortunate enough to run a 4:15 mile in high school. This landed me a full ride scholarship to college. I had offers from UCLA and USC, I turned those down because they would have moved me out of San Diego, and I wanted to stay local to help my mom. Meanwhile, Cal State San Marcos was not only offering me a full ride, but Steve Scott, who held the American mile record at the time, had just taken a coaching position there. Since I am a miler, I ended up choosing to attend Cal State San Marcos. From there, I signed a professional running deal with Nike and started running with the Nike Farm team shortly after college, training to compete in the Olympic Trials. When I

didn't make the Olympic team, I decided to move back to San Diego, settled down, got married, and had kids.

TA: How did you get into coaching track and field?

CK: While I was up in the Bay Area with Nike, I started coaching an all-girls college team, Laney College, and started working with the middle distance runners there. I found that I enjoyed coaching, so when I first came back down to San Diego, I went back to coach at my old high school, Chula Vista High School. They did not have much of a distance program there, so it was a bit of a struggle trying to get the kids there into distance. It's almost like whenever kids first come out to track, they all want to be sprinters, so I had to start teaching kids to appreciate long distance and middle distance running.

TA: I've heard that you've done a lot of social activism. Can you tell us about your work?

CK: After the bombing of the Boston Marathon in 2013, I started an organization called the Free Hugs Project. It was an initiative I created to just spread more love. From there, I started getting invited out to do news programs, such as Good Morning America, Good Morning Britain, and BBC News. While I was doing all of these media interviews, they began using my content for commercials, so a lot of my stuff started ending up in the media through there. I signed with an agency where I now work as a motivational speaker, and I have been doing that for



the past ten years. My primary audience is college students, so I travel to speak at colleges all around the country – mostly about just being kind, keeping their motivation up, leadership, and other similar topics.

TA: I know that you have directed a few documentaries, what inspired you to create those?

CK: I have always wanted to be a filmmaker, but I didn't want to go to

film school. I found that the easiest way to be able to create filmwork would be to be a documentary filmmaker because it is always in your own style. I filmed a documentary titled *Called to the Front Lines*. It was doing very well in the film festivals and got picked up by Netflix and Amazon. The pandemic hit and it got removed from Netflix, but it still lives on Amazon Prime Video right now.

SEE COACH KEN, pg. 8

Concert Preview: What's on the Setlist?



By Liam Olds ('26)
MANAGING EDITOR

The best part of every new year is the arrival of upcoming concerts. Between San Diego and L.A., this year will be jam-packed with must see shows. Here are some of 2024's most notable upcoming concerts from Bad Bunny to the Rolling Stones – in chronological order:

Chris Stapleton: Country artist Chris Stapleton will be touring on his All-American Road Show, visiting Petco Park on March 2 alongside Turnpike Troubadours and Elle King. Unfortunately, guests will not be able to bring their own Tennessee Whiskey into the venue.

Madonna: Generation-defining superstar Madonna will be continuing her Celebration Tour that was previously postponed because of illness. Madonna will be in Inglewood at the Kia Forum March 4-5, 7, 9 and 11. Tickets will definitely be competitive, so something Like A Prayer may be in order to ensure attendance.

Bad Bunny: The VIP (say cheese) will be visiting Crypto.com Arena in L.A. on March 13-15 to celebrate his newest album, "Nadie Sabe Lo Que Va a Pasar Mañana." L.A. traffic is rough, but it's still better than driving all the way to MONACO.

Bruce Springsteen & The E Street Band: The Boss himself will be at Pechanga Arena on March 23. Springsteen began his world tour in 2023 but had to postpone several shows because of illness. For any faculty or alumni looking to relive the Glory Days, this is your chance.

Billy Joel and Sting: With a combined 23 Grammys between them, the Piano Man and Sting are rolling into Petco Park on April 13. I hope to see you all there but I'm warning you – Don't Stand So Close to Me!

Willie Nelson: Well look who's On the Road Again! Willie Nelson comes to the Rady Shell on April 22. The dude is 90 years old and still going... strong? If there's one thing to take from this Mamas, Don't Let Your Babies Grow Up To Be Cowboys.

Justin Timberlake: You heard it here first, folks – JT is bringing SexyBack! If you aren't at Pechanga Arena on May 14, you can kiss our shot at friendship Bye Bye Bye.



Gloria Trevi: Mexican singer-songwriter Gloria Trevi, dubbed "the Supreme Diva of Mexican Pop," is visiting the Cal Coast Credit Union Open Air Theatre at SDSU on May 25 as part of her Mi Soundtrack World Tour. To anyone who goes, remember to enjoy the music but not to spend the whole show Con los Ojos Cerrados.

Zach Bryan: Country singer-songwriter will be at Crypto.com Arena in L.A. June 2-4 as part of his Quittin' Time Tour. Missing out on tickets to this tour would be the real American Heartbreak.

Madison Beer: Boys, this is your chance. Madison Beer will be in town for one night only at Soma on June 12. Don't do anything Reckless.

Luke Combs: The Growin' Up and Gettin' Older Tour will be arriving in Inglewood at SoFi Stadium June 14-15. If you want to get there in time for the 5:45 shows, you'll definitely need a Fast Car.

Noah Kahan: Alright everyone – it's Stick Season. Noah Kahan is back out on tour, stopping in Chula Vista on June 18 at the North Island Credit Union Amphitheatre.

Foreigner & Styx: Foreigner and Styx are teaming up for their Renegades

& Juke Box Heroes Tour – they'll be at the Honda Center in Anaheim on June 28. For all faculty and alumni whose ears just perked up, don't forget your readers and earplugs when rushing to dust off the Camaro and cruise up to the show. Domo arigato, Mr. Roboto.

Blink-182: San Diego natives Blink-182 will be playing a hometown show at Petco Park on June 30. The One More Time Tour will feature a return by Tom DeLonge. Tom, I Miss(ed) You.

The Rolling Stones: Yes, they're still alive. Well, most of them, at least. Upon recording their latest album, Hackney Diamonds, the band will be hobbling into Inglewood's SoFi Stadium on July 10 and 13. I wish I could've seen them before drummer Charlie Watts died in 2021, but I guess You Can't Always Get What You Want.

Hootie & The Blowfish: The band is celebrating the 30th anniversary of its breakout album, Cracked Rear View, with a tour hitting Anaheim July 16 at Honda Center. When you're watching Hootie, you'll think they Only Wanna Be With You.

Foo Fighters: I've been waiting All My Life to see My Hero, Dave Grohl. I'm in luck, because the Foo Fighters are playing Petco Park on August 7. The

show will certainly be one you remember Everlong.

Laufey: Get ready to be Bewitched! Laufey added a show August 7 at the Hollywood Bowl to her itinerary. She is prepared to share Everything she Knows About Love with her listeners.

Olivia Rodrigo: Former Disney Channel star and breakout popstar, Olivia Rodrigo, is kicking off her Guts Tour in Palm Desert's Acrisure Arena on February 23. Rodrigo will be closing out the world tour with four shows at the Kia Forum in Inglewood on August 13-14 and 16-17. I know it's a trek, but if you haven't already, this tour is worth getting your Driver's License.

Def Leppard & Journey: This joint act will grace Petco Park August 28. I've got seats in the nose-bleeds but I'm still hoping to get a great Photograph. I know it's a long shot, but if there's one thing I've learned, it's Don't Stop Believin'.

Green Day: The band's Saviors Tour celebrates the 30th anniversary of their album "Dookie" and the 20th anniversary of "American Idiot." Joined by The Smashing Pumpkins, Rancid, and The Linda Lindas, Green Day is playing at Petco Park on September 28. To all those who go, I hope you have the time of your life.

Top 10 Tips for Concert Etiquette



By Liam Olds ('26)
MANAGING EDITOR

With the countless exciting concerts approaching in 2024, we at *The Augustinian* wanted to bring our readers a list of do's and don'ts to go along with our concert preview. If you want to create the best possible concert experience for yourself and everyone around you, all you have to do is follow our recommendations to the word. So, in the spirit of David Letterman, we are pleased to bring you the Top Ten tips and tricks for concert going.

Number 10: Giant Opaque Bags - The first piece of advice begins before you even enter the venue. The countless signs, emails, and sky messages begging you to limit yourself to a small clear bag were mere suggestions. Please, waltz up to the front of the security line with your military grade backpack filled to the brim with snacks, beverages, and firecrackers. Security will thank you for your service and let you right on through, speeding up the line for everyone.

Number 9: Attire - Concerts are

events you want to look stylish for. Here at *The Augustinian*, we pride ourselves on being the most up-to-date fashion publication on this side of North Park. Our hottest new concert wear is no different. Anyone who's anyone will be sporting disproportionately large hats and outfits inspired by fashion icon Sam Smith. You're not blocking views, you're creating a better one.

Number 8: Hopping from seat to seat - Reading is hard. Decoding all the random letters and numbers on your ticket is a lot of work. To avoid all the confusion, the best strategy is to bounce from wrong seat to wrong seat creating as many awkward interactions as you can – eventually you're bound to end up in the right place. (Remember, even a broken clock is right twice a day!) If you can manage to do all this in the middle of the set, you may just get upgraded to a backstage view.

Number 7: Ask for extra earplugs - Ear plugs are a must-have, but keeping track of them can be difficult. Your neighbors will always be eager to lend you their spares as you lose your fifth earplug after only three songs.

Number 6: Watching the concert through your phone - Our generation is often accused of living through our screens. Concerts are a great place to break those habits and embrace the present with your favorite songs and a like-minded community. You'll likely want to remember all the fun you had away from your screen, so we recommend commemorating the experience by recording the entire show and watching through your phone. Remember, if you don't post it, it didn't happen.

Number 5: Shout out requests Bands work hard to create the best experience for you and carefully curate their setlists. But they're not perfect. As the resident expert, it's your job to yell out song requests. Not only was the band desperately awaiting your divine guidance, but I'm sure they can hear you.

Number 4: Overhead hand claps - I'm usually against overhead hand-claps but I make an exception for only one occasion – when you have an open container in your hand. Bonus points if you can spill the whole beverage

on your neighbor.

Number 3: Standing up - Some crowds are stand-up crowds, but if you happen to find yourself in a sit-down crowd, it's your civic duty to encourage higher levels of excitement. The best way to do this begins with buying a seat in the middle of your row. Then, when you see fit (at least once a song) you ask to get in or out of your seat, forcing everyone around you to stand up and make way.

Number 2: Singing too loudly People love it when you sing louder than the artist whose name sold the ticket. Your voice cracks will only add some much needed teenage angst to the dreadfully lacking melodies.

Number 1: Singing the wrong lyrics - Even better than just singing at the top of your lungs is singing the wrong lyrics! It shows real courage and devotion when you demonstrate your (albeit imperfect) mastery of the lyrics to Yellow Ledbetter. I don't know the words; Eddie doesn't know the words – but I'm sure you do. So sing your heart out – and you better be loud.

Cook Cooks:

A Feast for Punxsutawney Phil



By John Cook ('26)
STAFF WRITER

Recently, Punxsutawney Phil has decreed that Spring will come early for the first time in four years. This will lead to the fruit blooming and ripening sooner, which means that right now is the perfect time to prepare to make some scrumptious snacks.

To thank the dear Mr. Phil for his benevolent decision, he should be offered the finest feast known to man. The first to come to mind as a worthy contender is a delicacy like a fancy wine with a nice steak, but sadly, he is a groundhog.

Despite what some sketchy research might suggest, it would be best not to risk his life, for he has many years of weather predicting ahead of him.

Fortunately, humans and groundhogs share some similarity in delicacy. We both have an appetite for fruits and most leafy greens.

If a party of groundhogs ever unexpectedly gathers for a group dinner, an easy appetizer can be whipped up in minutes: fruit salad.

It is a really versatile dish that is super easy to make. All that is needed is a knife, a bowl, and the fruits to fill the bowl. What is best, is that there are virtually infinite combinations of different fruits, so it will never get old.

One dinner dish that works quite well with the groundhog appetite would be a strawberry salad. A bit of strawberries alongside some spinach or arugula makes a great base, and if some extra flavor is desired, a Granny Smith apple can be cut up and tossed into the mix.

To finish off the night, some strawberry shortcake would be the perfect

desert. It is a simple recipe for beginner bakers, and the crumbly texture will help the food fit down the groundhogs' small mouths.

If the party wants something more American, then apple pie is the way to go. The filling is easy to make, only requiring some chopped apples and sugar, with some other spices mixed in for taste. Once the filling is ready, the crust is not much harder to create, and after a short while, the tasty pie is ready.

If the world's favorite groundhog is ever feeling hungry yet not famished enough to eat a full meal, there are still great recipes out there to supply him a little snack.

Apple fritters are famous for their rich, fruity taste, along with their fluffy texture. They can be made at home pretty easily, but if they are needed in a pinch, they can be supplied from any local donut shop.

All of these meals can be served to the greatest groundhog without much worry to his health. They can give him a tasty way to fill up and fatten his stomach before his hibernation.

Then, once he wakes up from his deep nap, he can announce his weather edict and eat some more tasty food.



Leave it to Luzi:

Star Wars x Mac DeMarco???



By Michael Luzi ('25)
EDITOR

There are many unsolved mysteries in the universe. What is the meaning of life? What is love? When will Liam Olds shut up?

I plan on answering these puzzling questions someday, but for now, I would like to ask a more compelling one, one that has kept the world up at night: if indie rock artist Mac DeMarco were in *Star Wars*, which character would he be?

It has been theorized that answering this question unlocks 100% of the human mind's power, thus enabling it to perform tasks beyond imagination.

After weeks of research, I have found the answer, and it is rather shocking.

Most weak-minded individuals would first assume that he would be a music player, like a Bith musician in the Mos Eisley cantina, due to his profession.

But this could not be more stupid than Disney's writing skills in the sequels.

Mac DeMarco is an INDIE artist (meaning independent for those of you who are uncultured), and since musicians in the *Star Wars* universe have no concept of indie music, he obviously would not be there. Mac is just simply better at writing music than the *Star Wars* characters.

I dug deeper and looked past his profession, focusing more on his personality and even his physical appearance.

When you see pictures of Mac early in his career, he almost looks like he has the same hair and facial structure

as Anakin Skywalker from *Attack of the Clones*. You can even compare personalities between the two as being immature at times, but ultimately growing up to being the best in the universe.

This, however, seemed too easy. I thought there must be something that I am not seeing.

Still puzzled, I forgot about the question all together and did what I always do when I have nothing to do: I listened to all of Mac DeMarco's songs in order of release and watched all of his videos posted online.

This was actually the best thing that has ever happened in my life, because I discovered something shocking on YouTube: he has an innocent looking video reviewing *The Phantom Menace*, which I had watched millions of times. In it, he talks about how he loves the character Jar Jar Binks. But then, he starts talking about another character: Darth Jar Jar.

The thing is, this character is not a part of the canon *Star Wars* universe.

This can only mean one thing: Mac DeMarco HIMSELF is this Darth Jar Jar of legend, and he is actually a part of the *Star Wars* universe, but keeps himself a secret so as not to raise alarms to his malicious intentions. It is so obvious that I wonder why I haven't thought of it before.

So there it is. I have put all minds to rest, and I pray that those who have lost their sanity over this very pressing matter have the best time in the nearest insane asylum.

However, there are more questions to be answered. Namely, why did Mac, or Darth Jar Jar, reveal his identity to us in a YouTube video? Is he planning on taking over the world? I plan on finding the truth... next time of course.

Stanley Cup: Not Just for Hockey Anymore



By Kieron Scanlan ('26)
STAFF WRITER

Gone are the days of Hydro Flask supremacy. A new, more popular water bottle has made its rounds through social media. This chalice has cemented itself as the Wayne Gretzky of water bottles. This, of course, is the Stanley cup.

Long lines of customers have been forming outside your local Target to get their hands on the elusive Stanley cup. How did a mere cup reach this level of stardom? The answer is quite simple... influencers! Armed with their passion for promoting the most mundane items, influencers have taken to TikTok and Instagram to share their love for these metal tumblers.

Several intentional design features of the Stanley cup make it stand out from the rest of its competition. Let's go over a few of these features, shall we?

One of these qualities includes its ability to leak constantly. While it may seem counterintuitive, this is a well-thought-out safety feature of the Stanley cup to preserve the drinker's safety and health so as not to over-hydrate, as the bottles are quite large.

The size of the Stanley cup is a feat in and of itself, towering over its competitors like an ambitious giraffe at a water-hole. It is so large the NHL is thinking of using a Stanley tumbler to replace its outdated trophy, as Stanley's goblet of giga lends itself to fitting more team names on it. It is so tall that it can double as a makeshift step stool for vertically challenged individuals – it is a hydra-

tion station and a boost to self-esteem.

I know people will try to tell you size doesn't matter. That may be so, but one quality the haters can not deny is the Stanley cup's weight. When filled with your favorite beverage, the Stanley cup feels as substantial as carrying the weight of the world. People often say Atlas carried the world on his back, but no. He carried a Stanley cup. It's the only cup that could give you an unexpected workout – a true multitasker serving refreshments while you make gains.

Your hardcore workouts may put some stress on your cherished Stanley stein, but its durability is legendary. Rumor has it that if a car catches fire, the only item emerging unscathed will be the resilient Stanley cup, standing proudly amidst the flames, filled to the brim with your favorite icy cold beverage. (No, I'm serious, this really happened.) This was a lucrative feature as the designers behind the famous cup wanted it to outlive you by several thousand years.

Keeping track of your Stanley for a millennium is made easy with its state-of-the-art sound-enhancing technology, so you always know when a Stanley cup has fallen over. Recent research shows you can hear a Stanley cup falling from nearly three miles away. That's why, if you listen closely, you can hear the constant clanging from our sister school, OLP.

Unlike most bears, a Stanley fears no clangs. Ah, the iconic logo of Stanley, you may have seen it – a symbol so bold that it strikes fear into the hearts of anyone who dares to underestimate



the greatness of the grail. The logo has an extremely lucrative design element, threatening any otherwise unwilling customers. After all, the only thing scarier than a bear is a bear with wings. I mean, imagine you are in the wilderness being hunted by a bear after stealing his Stanley cup. The last thing you would want to happen is for the bear to swoop in and maul you – all for a Stanley cup.

A Public Service Announcement to my readers: Remember to do whatever

you can to combat global warming, and there isn't a much better way to do so than buying a sustainable metal water bottle that will last you a lifetime. Heck, probably more than a lifetime. When humans go extinct and the Earth looks more like a landscape from *Fallout 4*, aliens will discover a plethora of Stanley cups, waiting for someone to pick them up and be filled with surprise that there is still ice in it.

You Could Have Won **TWENTY DOLLARS**



By **Griffin Cappiello ('24)**
EDITOR-IN-CHIEF

It started with a dinosaur.
Well, it was actually two dinosaurs, but honestly, that doesn't really matter anyway.

Back in September, when we were putting together our first issue of *The Augustinian* of the year, we asked our cartoonists to submit a cartoon to include in the issue. Inspired by Mr. Lamerato's New Yorker caption contests, we wanted to create a contest of our own.

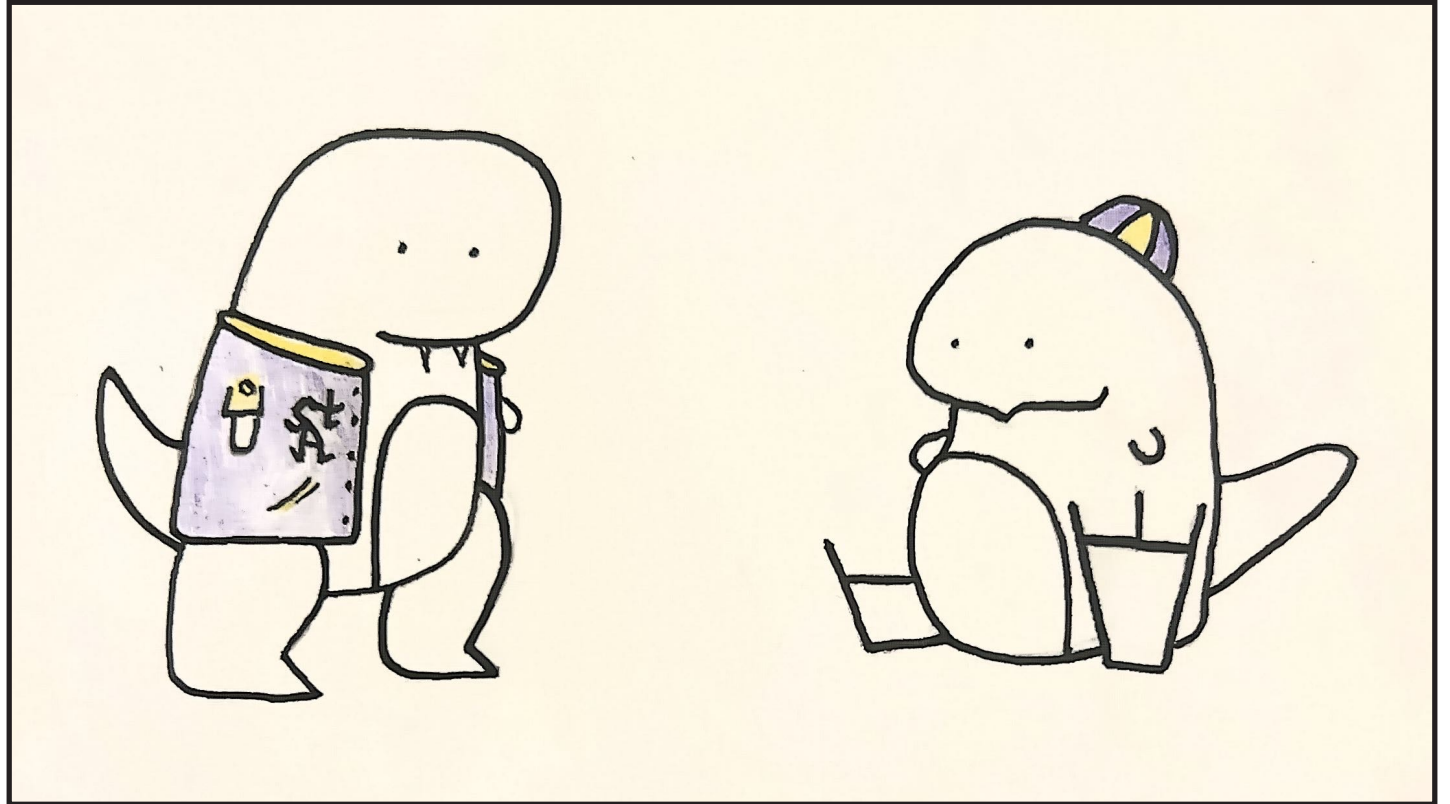
Kieron Scanlan '26 submitted a Freshman Welcome Week themed cartoon featuring two dinosaurs, one with a letterman jacket and the other wearing a Saints beanie. We put his cartoon in the newspaper with an offer of a \$10 In-N-Out gift card to whoever could come up with the best caption.

And then we waited.

We assumed that the offer of free burgers would be enough for somebody to submit a caption, but much to our surprise, we didn't get a single response.

Thus began our social experiment.

Mr. Bachynsky, our beloved mod-



erator, instructed us to run the exact same cartoon in our next issue with the exact same offer – except we would increase the value of the gift card to \$15.

Once again, we didn't get any responses.

In December, we increased the value to \$20, and still no responses. We even had people come up to us at school and specifically ask about the recurring cartoon, but still no one offered actual caption submissions.

The final value of the gift card could have gotten you two Double-Double Combos – so why did we not have any takers?

RUGBY

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centered. We want to create the greatest experiences, greatest memories for our players," Coach Raines said.

The team focuses on developing interpersonal skills and leadership qualities to challenge and push players into becoming the best versions of themselves.

"We can be the best team in the country if we're firing on all cylinders, but if we're disjointed, things fall apart," Coach Raines said.

Because most students do not have a background in rugby, the rugby team offers year-round training before the

season starts in the winter. The team fosters a very inclusive environment that takes in guys with varying experience in the sport.

"Skill is one thing, but effort is the biggest thing we look for. We're used to teaching guys who have no experience in contact sports or team sports and teaching them a brand new game and excelling in that brand new game," Coach Raines said.

As the winter season comes to a close and championships start, the rugby team will be putting in more effort than ever to claim their title. If you are interested in being a part of the team next year, contact Coach Dent to begin

FLOODS

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occurred in our very own San Diego community.

As my fellow interns and I walked through the Southcrest area, what stood out to me the most was the people.

Everyone we saw was standing in their front yards, working together as a community to help each other – dragging damaged furniture into the street to be picked up, shoveling mud for neighbors, and cleaning walls with shoulder-high marks left by the water. In the face of extreme tragedy, people came together to overcome this adversity. Community leaders worked overnight to make sure resources were available to those who needed them.

I, along with other employees and interns at the mayor's office, passed out trash bags and gloves to aid in the clean-up efforts. We walked door to door, handing out flyers with a list of resources for residents whose homes had been afflicted with water damage, including locations for temporary shelter and instructions on how to claim reimbursements for property damage.

Simply seeing the distress on the faces of San Diegans was cause for heartbreak. How could something so tragic happen in our own backyard?

Mayor Gloria repeatedly stated that this amount of rain could not have been predicted, which is true. Nobody possibly could have guessed that San Diego would be hit with an unprecedented amount of rain – even more than during the "hurricane" back in September.

However, many of the residents I spoke with – mostly low-income or immi-

grant families – cited a backup in draining caused by the city's failing stormwater system.

City officials do not deny that the stormwater system is deteriorating, though they profess that nothing could be done to prevent this unprecedented natural disaster, and prioritized recovery efforts rather than dwelling on what could have been done in the past.

As the city draws its focus towards helping people affected by the floods, the problem of funding came up. The city simply does not have the money to fix all of the damages. Immediately after the rain stopped, after the City and County of San Diego declared a state of emergency, they petitioned the federal government to send aid. However, the Federal Emergency Management Agency (FEMA) was initially hesitant to respond.

While the city and the county recognized the storm as a natural disaster, FEMA wasn't convinced. The agency needed specific data to decide exactly how much money it could send to help San Diegans recover. This prompted the city to launch a survey to report damages so that the data could be submitted to FEMA.

Mayor Gloria also spoke with Vice President Kamala Harris to try to bring federal attention to the tragedies occurring in San Diego.

As San Diego looks to rebuild and recover, independent organizations and charities, such as the Red Cross and the Salvation Army, helped set up opportunities to aid the people affected by the flooding. Donating clothes, tools, and funds is a good way for you to help in the recovery process and come to the aid of your fellow San Diegans.

Chaplain's Corner What is a fish?



Fr. **Max Villeneuve, OSA**
COLUMNIST

Not too long ago an atheist meme used to float around social media around the beginning of Lent – it said that the Catholic Church in the 17th century declared beavers and capybaras (a South American large rodent – similar to a raccoon) to be fish – which showed how *stupid* and *unscientific* the Catholic Church is for declaring such a thing! The simplistic and ignorant atheist mind revealed in such a meme – all completely missing the point while dunking on themselves at the same time.

The truth of the matter is that, yes, beavers and capybaras still are considered to not be "meat" (*not*, to be fish-an important distinction) by the Church, but this is not for the purposes of Zoology, but for the purposes of **Lenten abstinence**.

Why would the Church say this? It gets to the root of why we are called to abstain from meat on Lenten Fridays. Historically, meat was something that only wealthy people had access to-raising meat requires BOTH land and excess food to feed to animals. However, fish was considered to be the food of the poor- since no one owns waterways

and anybody was able to fish to supplement their diet. So when the Catholic Church forbade the eating of meat on Fridays, it did so for the following reasons (among others):

To humble the rich and deprive them of a luxury.

To call on the rich to think of the poor, hoping that this would prompt the rich to extend charity to the poor.

Okay, so why did the Church declare beavers and capybaras to not be meat? Because those animals were not the food of the rich, but the food of the poor. The Church did not want to punish the poor by depriving them of the little they had available to them to eat. So the animals were PERMITTED to be able to be eaten on Lenten Fridays for the purposes of Lenten discipline; which extended mercy to the poor and suffering- the animals were never declared to actually be fish.

Let us remember the spirit of the rule rather than the letter of the law during this Lenten season. Yes, we are called to give up meat on Fridays in Lent – but this "giving up" is meant to humble us to think of the poor and needy in our society. It is not a call to eat sumptuously and luxuriously – even if meat is off the table.

THE AUGUSTINIAN

Mr. Vladimir Bachynsky
MODERATOR

Griffin Cappiello '24
EDITOR-IN-CHIEF

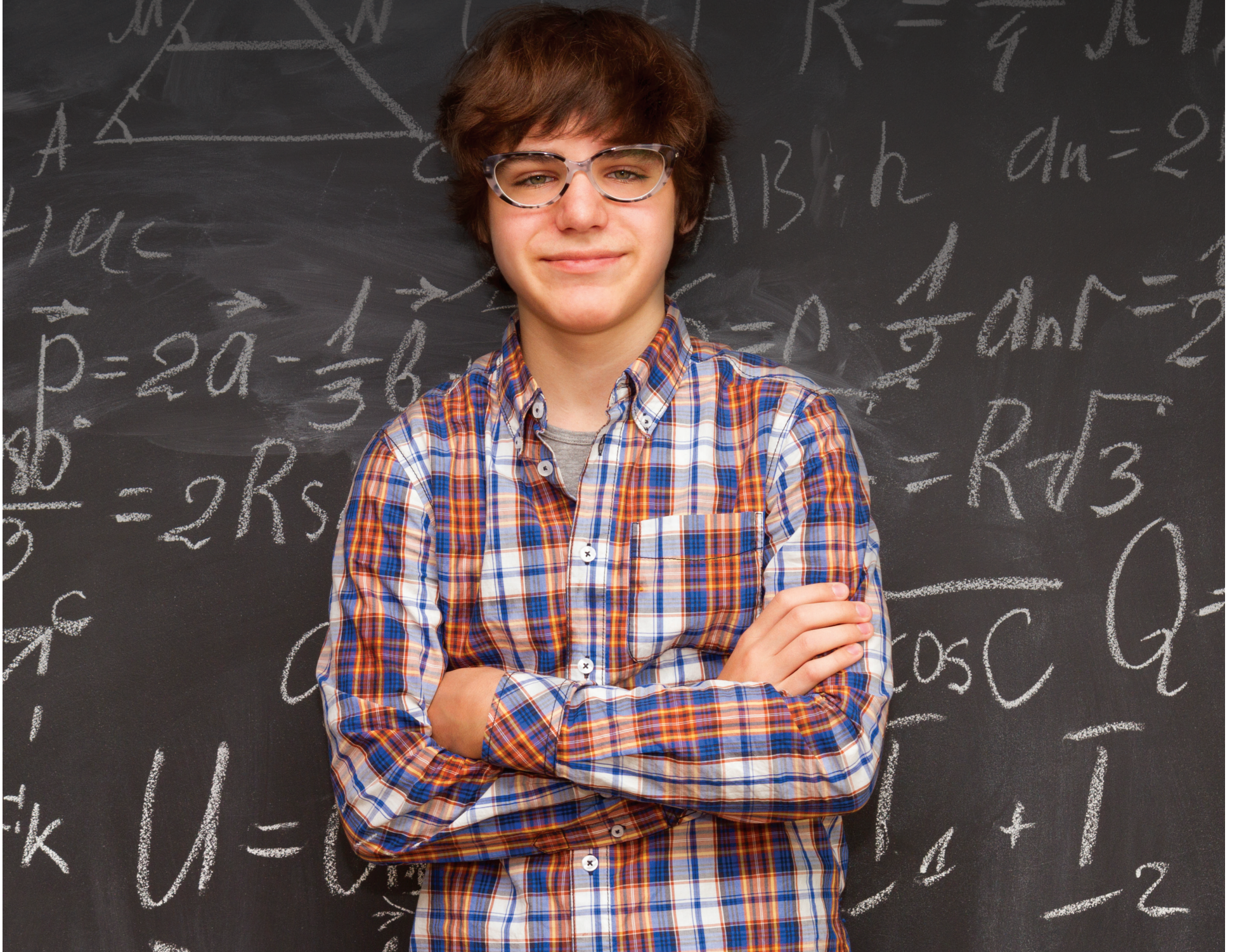
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Tay-Tay Takes Over the World



By Liam Olds ('26)
MANAGING EDITOR

Trustworthy, unbiased news is getting harder and harder to come by these days – so much of the media we consume is tainted with opinion and misinformation. The kinds of ideas that are presented as fact can vary from false statistics to unbelievable stratagems.

We've all heard some crazy conspiracy theories in our lives: the Earth is flat, birds aren't real, and the moon landing was faked. Some people just have wild imaginations.

I pride myself as a reporter on my unwavering diligence when it comes to presenting only verified truth to my readers. That is why I know you'll trust me when I tell you that Taylor Swift is public enemy #1 and needs to be stopped at all costs.

We all know that Swift commands a powerful army of teenage girls, willing to follow any order she should give. The "Swifties" as they call themselves are the largest, best organized global entity ever to operate.

According to our Reliable News Correspondent, ChatGPT, the Swifties would stand a chance against any and all historically "great" armies. The Romans? Ew, no, they speak Latin. The Mongols? The horses may distract your average teenage girl, but the Mongol legions would nonetheless lose because of their inferior tactics.

So far, the Swiftie army has been

predominantly relegated to minor battles over the internet in a devastating campaign to defend their almighty queen. No challengers to Swift's crown have lasted more than 13 minutes. Why precisely 13 minutes you ask? Well, well, well, have I got a story for you.

Swift has repeatedly affirmed that the number 13 holds a special place in her heart. She and the number have had several run-ins over the years – some might say too many...

Swift was born on the 13th of December, her first album went gold in 13 weeks and her first #1 single had a 13 second intro. Some of you sheeple may try to pawn this off as coincidence. That's exactly what *they* want you to do.

Believe you me, I want so badly to believe that these peculiarities are nothing more than innocent chance, but it is my duty as a reporter and as an American to get to the bottom of this.

Swift revealed her true colors on her latest album *Midnights*, making a very rare and uncharacteristic error: she admitted to being a puppeteer, a mastermind. The song Mastermind (the 13th song on the album which topped out at #13 on the Billboard Hot 100) was a clear confession of her malicious intentions to take over the world.

"Woah," you may be thinking, "That's a huge leap to make!" I ask you this: is it?

Any great plan for world domination begins with baby steps, getting a foothold without alerting national au-

thorities. I remind you of phase one of Swift's plan, internet war.

Upon great successes in her virtual campaign, Swift transitioned into phase two of her plan, to infiltrate America's favorite hobby: football. In September of 2023, Swift went public about her relationship with Kansas City Chiefs tight end, Travis Kelce.

Instantly, the media went nuts. Every sports journalism company spent countless characters speculating when and where the star couple would be spotted next.

Meanwhile, Chiefs television viewership and jersey sales skyrocketed when the Swifties entered the scene. The whole world was distracted from the real issues plaguing our society, but most importantly, it was unaware of what else Swift was doing behind the scenes.

In return for the new audience she brought with her, Swift cut a deal with the NFL to rig the playoffs. If the Chiefs could win the Super Bowl, Swift would be in the perfect position to initiate the penultimate step in her plan.

How do I know all of this is true? Take a look for yourself at all the fingerprints Swift left behind, and convince me otherwise.

In Super Bowl 58 (5+8=13) on February 11 (2+11=13), the Chiefs played the 49'ers (4+9=13). The 49'ers' quarterback, Brock Purdy? Jersey number 13. At halftime, the 49'ers led the Chiefs 10-3 (10+3=13). The Chiefs finally

pulled ahead to win the game in overtime with a 13 play drive. The Swiftie army thrives with basic addition. If you can't see it by now, feel free to apply to be a referee.

But why would Taylor Swift care so much that the Chiefs win the Super Bowl? Out of loyalty to her boyfriend? No. Something as simple as being a fan of the program? Absolutely not. This, my friend, was some vigilante... uhhh... stuff.

When the Chiefs won the Super Bowl, she would have an excuse to be on the field after the game with her boyfriend and the perfect opportunity to endorse Joe Biden in the presidential race. Even President Biden himself acknowledged the plan, posting on X "Just like we drew it up," in reference to the correct theories of our brave patriots who dared to point out the obvious scheming.

Though Swift did not endorse Joe Biden after the Super Bowl, the plan was still a success. The "rumors" generated enough buzz on their own that Swift didn't even have to raise a finger. Now that Swift has a favor in hand from the President of the United States, the possibilities are endless. What will the final step in Swift's plan of world domination be? What can we do to stop it? These questions keep me awake every night, but I'm afraid there's nothing more we can do. We can not, in fact, shake off the reign of Queen Swift.

COACH KEN

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TA: Are there any other activities you are passionate about?

CK: Well, I do like to write and I've been wanting to write a book for a while. However, I've been living what I think the book would be about and so I think that I am not ready to really go fully into that. Outside of that, I am passionate about travel. I have a whole list of places that I've wanted to visit and so I have just recently started pursuing that over the past five years. Luckily this corresponds with my job, as my agent will try to get me speaking engagements where I travel.

TA: Why did you choose to come to Saints?

CK: I was coaching youth with a goal to get kids to the Junior Olympics, so my passion was coaching kids, trying to get them to be the best in the country. While coaching one of my athletes, their dad, who went to Saints, told me that they were looking for a track coach at Saints. I did not know at first if I wanted to coach at a high school level. Right around that same time, I heard another high school was looking for a coach, so I took the interview there first because when I heard that Saints didn't have a regulation-sized track, it was an issue. The day I went to the interview, a

fight broke out and someone pulled the fire alarm, all while I was on campus, and I did not want to deal with that sort of drama coaching. When I came to Saints it was just a completely different vibe. It seemed like there truly was a Brotherhood. It felt like I wanted to fit into that and help mature the athletes here, rather than going to a school where there could potentially be a lot of conflict.

TA: What are your goals going into this track season for the Saints team?

CK: My goal in my first season is to do well at the CIF level and start looking at what we can do at State. I am one of those coaches that is not

too impressed by league titles. I think league titles are an accomplishment, but we can strive even further and do well with that – so just trying to take the program to the next level.

TA: Is there anything we have not covered that you would like to share?

CK: Just for students who are interested in giving track and field a shot – why not try it? There are so many different events: long distance, sprints, jumps, throws, pole vault, there is something for everybody. For anyone interested, just give it a shot if you are looking for a spring sport and see where it goes.