



Art Page: Ceramics

Page 4

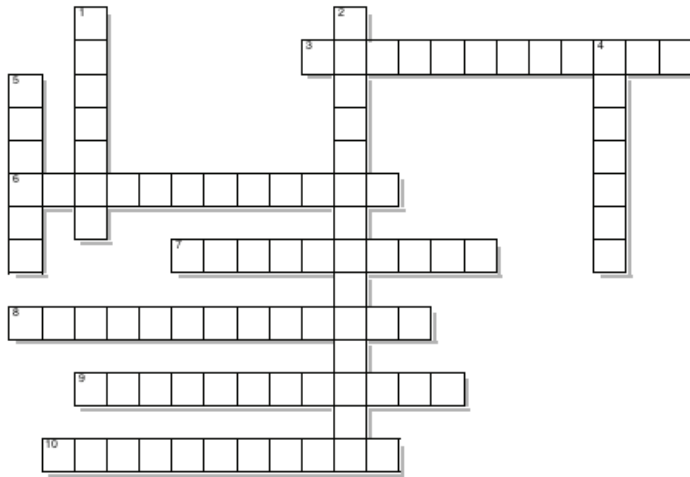


IN THIS EDITION

- Entertainment
Page 2
- Jokes and
Comic
Page 3
- Local Flavor
Page 5
- Do It
Yourself!
Page 8
- SuperBowl
Analysis
Page 10

ENTERTAINMENT

CROSSWORD



ACROSS

- 3 Last undefeated team in college basketball
- 6 The president called him the best shooter of all time
- 7 Top Receiver out of Pac-12
- 8 Team that first beat Syracuse
- 9 Super Bowl MVP
- 10 NBA All-Star game MVP

DOWN

- 1 Defensive end out of South Carolina
- 2 Confident Cornerback
- 4 Country that got second in medal count
- 5 Country with most gold medals

WORDSEARCH

L E P R E C H A U N R B
 X J B D Q T Z N D B B J
 T H G A L E L L I H S B
 S R Z R Z O O G C D V Z
 H A I N E G G E R I W J
 A I H F Z V L F R E R K
 M N S R O T O E O N E D
 R B I T I L L L Z T N N
 O O R C D A I W C T O N
 C W I M N V R U Q D V P
 K Y P D W R Q Z M M R K

- Celtic
- Clover
- Gold
- Green
- Ireland
- Irish

- Leprechaun
- Pot of gold
- Rainbow
- Shillelagh
- Shamrock
- Trifolium

FACTS YOU DIDN'T KNOW!

BY: ANDREW CUTLER & RYKER AVILA

-STUDENTS IN CHINA TIE THEIR HAIR TO THE CEILING TO PREVENT THEMSELVES FROM FALLING ASLEEP WHILE STUDYING.

-IF HUMANS WERE ABLE TO HEAR SOUNDS AT A FREQUENCY LOWER THAN 20 HZ, WE'D BE ABLE TO HEAR OUR MUSCLES MOVING.

-CANDY CRUSH MAKES \$850,000 PER DAY.

-TAP WATER IN CANADA IS HELD TO A HIGHER STANDARD THAN BOTTLED WATER.

-A "BUTT" WAS A MEDIEVAL MEASURE OF WINE. TECHNICALLY, A BUTTLOAD OF WINE IS ABOUT 475 LITERS, OR 126 GALLONS.

JOKES

WITH RYKER & ANDREW

RYKER: "WHAT DO YOU CALL A PSYCHIC MIDGET WHO ESCAPES FROM A PRISON."

ANDREW: "I DON'T KNOW, WHAT?"

RYKER: "A SMALL MEDIUM AT LARGE!"

ANDREW: "YUK! YUK! YUK!"

RYKER: "HEY, WHAT DO YOU CALL A GUY WITH A RUBBER TOE."

ANDREW: "....."

RYKER: "ROBERTO"

ANDREW: "JA! JA! JA!"

RYKER: "HOW DOES A MAN ON THE MOON CUT HIS HAIR."

ANDREW: "UH...."

RYKER: "ECLIPSE-IT"

ANDREW: "PSH SH SH SH!"

ASK ADDY

Email your life problems to Ask Addy at CrusaderNation@saintbernards.us and they will be published in the Newspaper along with helpful answers to your questions.

Dear Addy,

I have been failing math. How do I keep my parents from finding out about my bad grade because they are really strict and wouldn't like it?

From,
Stressed Sally

Dear Stressed Sally,

You should probably drop out of school and then hide your parents in a bomb shelter. Then you should burn all your computers so that there is no way they can ever see your Teacherease. After this you can move to L.A. and work as a Disney princess at Disneyland, which is a really good job but you don't get paid very much only 8 dollars and hour, so a few other jobs that don't require a high school degree include a criminal or a chef. Or you could also get your grade up.

Sincerely,
Addy

PLAY ON WORDS

A comic by Andrew Cutler & Ryker Avila



ART PAGE



YOUR ART
HERE NEXT
MONTH!

CERAMICS



See your art in the newspaper!

Send all submissions to avilar16@saintbernards.us or contact Ryker Avila or Andrew Cutler directly. Journalism meets during 4th period in the Mac Lab / Core Support Room.



Local Flavor: *Pho Thien Long*

By Heath Francis



The drastic new changes that accompanied the transformation of the building that used to be Liu's to Pho Thien Long were easily apparent the moment my mother and I walked into our restaurant of choice. The layout of the restaurant was simply beautiful, with tall bamboo shoots in between wooden styled dividers that gave customers privacy without boxing them in too much. Red lamps glowed above the front counter and stunning vietnamese pieces of art adorned the walls. We were seated while our tables were set with menus and glasses of water. I took a taste of the ice cold water and noticed the refreshing taste of cucumber.

Thanks to a recommendation by my friend Frank Fan and helpful advice from our waiter, our orders were easily decided. I chose to have pho, the dish for which Pho Thien Long got its name. As an appetizer my mother and I also decided to try the coconut shrimp. Pho Thien Long's friendly service was quick to bring out our food. The presentation of our food was as beautiful, if not more so, than even the restaurant itself. Inside a large bowl was my pho, complete with noodles, sliced beef, cilantro, and green onions among other garnishes all swimming in a pool of beef broth. Beside it was a plate holding other greens to place in the soup such as basil and sprouts, and the coconut shrimp was fried to a golden perfection next to a special dipping sauce.

We dug in. The broth had a delicious savory flavor that went great with the many flavors brought to our dish by fresh greens like the crunchy, bitter sprouts and the strong basil. Thinly sliced beef, just finished cooking in the steaming broth, and soft noodles added the last necessary components to finish off our dish. It was no wonder why our waiter said pho was the most common order he received. After having some of the pho, I tried the coconut shrimp. Crunchy, it probably would have been good by itself but it was even better with the spicy, creamy, peanut sauce that came with it.

We left satisfied and full of pho. All in all, had a great experience at Pho Thien Long, and I would recommend it to anyone and everyone who likes eating Asian type cuisine. I give this restaurant a solid four and a half stars for a beautiful layout, excellent service, great presentation, and flavorful food.



I

PHOTO





Layout by Kate Harvey

DO IT YOURSELF! FIFTEEN MINUTES TO COOKIE HEAVEN

With Heather Feather



Do you like cake? Do you like cookies? How about a cake cookie? The perfect combination. Some of you who may not know that DIY stands for doing it yourself. For the rest of the year, this column will help you create your own masterpieces. Baking tips and recipes will be the main topic for this issue, but next month look for craft ideas in this same spot.

Baking is a passion of mine, so I figured it was the perfect topic for my first DIY. I recently discovered a new recipe and it has become a new favorite, Cake Cookies. These simple cookies are effortless and are by far some of the best pastries I have ever made. To make these cookies you first need to make sure you have the following: cookie sheets, an oven and an open mind.

Ingredients:
 Cake mix of your choice
 ½ a cup of butter
 1 tablespoon of milk
 1 egg
 Frosting of your choice

You might be wondering where the rest of the ingredients are, but that is all you need. First you preheat the oven to 350 degrees. Next, you need to get a good-size bowl and pour the cake mix into the bowl. You need to melt the butter and pour it into the mix along with the milk and the egg.

One word of warning: You can add your own twist of flavoring to the mixture, but the more you add the more likely your cookies will not turn out as planned. For example, the cookies will be more dense and might burn. Of course, this is all part of the do-it-yourself adventure though – you can experiment to make the cookies your heart/belly desires.

Next you mix it all together; it will be a doughy texture perfect for scooping and rounding into balls. You can just use the tablespoon you used to measure out the milk to scoop the dough in order to make those perfect-size cookies. Next, place the balls evenly about two inches apart on an un-greased cookie sheet and bake for 8 to 10 minutes. At this point while the cookies are baking, you can clean up the small mess you have made. You will now smell something scrumptious in the air. Take the cookies out and let them sit for a minute or two before removing them from the sheet and serving them on your favorite plate. If you want, you can spread some frosting on top of each cookie to make them a little more delicious. Enjoy your two-dozen treats with your most treasured friends!

That's it for this round, but look for the DIY next time for more out-of-the-ordinary facts on how to do it yourself!

College Planning Tips

- Be sure you have applied for housing at the college of your choice.
- Plan to visit college and university campuses over the holiday break to help you decide on the best school for you.
- Contact the Scholarship Office at the colleges and universities you have applied to for scholarships they may offer.
- Review FAFSA Student Aid Report (SAR) for accuracy and completeness.
- Check out college orientation information and campus preview dates.
- Read bulletin for scholarship announcements.
- Most colleges and universities send notification of admission status this month.



Crusader Nation

Reporters and Staff

Ryker Avila

- Features Reporter

Andrew Cutler

- Features Reporter

Heath Francis

- Sports/Features Reporter

Kate Harvey

- News/Features Reporter

Kaden Law

- Sports/Features Reporter

You are reading Crusader Nation, a Saint Bernard's High School monthly newspaper. Our vision is to have a student-driven, award-winning publication that attracts readers and challenges our students' development in journalism and graphic design. Crusader Nation is the voice of our students. Hear us roar!

Crusader Nation welcomes guest submissions and Letters to the Editor. If you attend Saint Bernard's School, and would like to see your work in print, please send your submissions to crusadernation@saintbernards.us

Or, become a permanent member of our staff by joining our Journalism class.

GO CRUSADERS!

SPORTS MUS...

Super Bowl Analysis: Why Manning Lost

By Heath Francis

“Sorry Peyton, not this time,” said Seattle’s defense at the end of the game with the final score at 43 to 8. For those of you who didn’t watch, it started off badly for the Broncos. The first play of the game was a safety after a terrible fluke snap by the Denver center Manny Ramirez inside their own twenty-yard line. It continued to go downhill for the Broncos from there, but I can imagine no play was more demoralizing than Malcolm Smith’s 69-yard interception return for a touchdown. It’s always when a team is really trying to buckle down for a comeback that they are most vulnerable to a knockout blow. That play signified the game slipping through Manning’s hands. He only scored once the entire game. How could a quarterback who scored 55 times and threw for 5,477 yards in the regular season only score once in the super bowl?

Skeptical fans may be inclined to believe an intriguing story about the game being rigged that went viral on Facebook. The article claimed that a referee in the Super Bowl had heard Peyton Manning say something about paying up to the head coach of the Seahawks.

According to the article the NFL was actually investigating the case as well. As it turned out however this article was completely contrived. This leaves us with one conclusion.

The Broncos legitimately lost. In my opinion, Peyton Manning IS the Denver offense. Many quarterbacks are important to their offense but Manning is more than that. He is their scheme. He is a quarterback who picks apart defenses with passing routes and spreads them too thin by making them respect the run as well. There was one thing, however, that Manning and his wide receivers were worried about: jamming. For those of you who don’t know what jamming is, it is when the defense prevents the wide receivers from getting off the line of scrimmage

cleanly. This was an important factor that limited Peyton Manning’s options as a quarterback. There was more to the Denver loss than just this though.

I’ll let the words of Seattle cornerback Richard Sherman do the talking: “All we did was play situational football... We knew what routes they liked on different downs, so we jumped all the routes. Then we figured out the hand signals for a few of the route audibles in the first half. Me, Earl, Kam... We’re not just three All-Pro players. We’re three All-Pro minds. Now if Peyton had thrown in some double moves, if he had gone out of character, we could’ve been exposed.” So finally we get down to the real reason for the annihilation of the Broncos offense. The Seattle defense cracked Manning’s code.



SPRING SPORTS PREVIEWS

By Kaden
Law



Baseball

The Crusaders have some big shoes to fill this 2014 spring. Coming off of a 19-7 season Coach Shane Totten is looking to lead the Crusaders to another strong year. Last season, the team made it to third round of the Division V NCS playoffs. This season, they're looking for more. The Crusaders, with a lot of talented upperclassmen, are going to have another strong season this year.



Softball

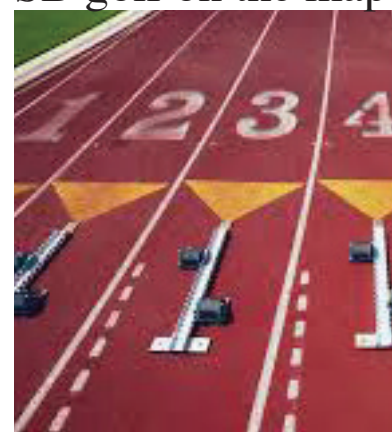
St. Bernard's softball has had continuous strong showings in previous seasons. However, the Lady Crusaders have not had as much success in the two most recent seasons. These two seasons have still been strong showings. Making playoffs both seasons, the ladies will be looking for a NCS Championship.



Golf

The men's golf team has a 10-man roster this spring. Led by senior veterans Houston Knox and Ben Kortus, the Crusader's

will have a strong combination of old and new talent. The golf team has seven regular season tournaments, along with NCS/CIF championships. The head coach of the men's golf team is Alex Lundberg, who will be hoping to put SB golf on the map.



Track and Field

The track team has a busy schedule this season with two preseason meets, four regular season meets, and at least one post-season meet. Coach Bean will really be looking to improve the abilities of the athletes to give St. Bernard' a strong track program.

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