

MENLO-ATHERTON HIGH SCHOOL BEARNOTES

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MARCH 30, 2009

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Not Getting BearNotes?

[Join Our Mailing List!](#)

NO BEARNOTES NEXT WEEK

The next edition of BearNotes will be on Monday, April 13. We wish you all a wonderful and

CALENDAR

UPCOMING EVENTS

- **Monday, March 30** - Grad Night ticket sales, lunchtime, M-A Green
- **Tuesday, March 31** - PTA General Meeting, 8:30 a.m to 10:30 a.m., Wrestling Room (see [article](#))
- **Wednesday, April 1** - CHANGED from Block Schedule to Regular Schedule
- **Thursday, April 2** - Open House (**NOTE: start times are now 15 min. earlier**) 6:15 p.m. Principal Zito address to new families, Ayers Gym; 6:45 p.m. to 8:30 p.m., classroom visits by all
- **Thursday, April 2** - final M-A production of Macbeth, 4 p.m., Room C-16 (see [article](#))
- **Friday, April 3** - CHANGED - from Minimum Day to Wednesday Block Day
- **Friday, April 3** - Grad Night ticket sales, lunchtime, M-A Green
- **Monday, April 6 to Friday, April 10** - Spring Break - NO SCHOOL
- **Friday, April 10** - Trivocis submission deadline

SAVE THE DATE

- **Monday, April 13 - Friday, May 1** - Star Testing (click [here](#) for full school schedule)
- **Wednesday, April 15** - PTA Parent Education Series Event on Adolescent Eating Disorders and Body Dismorphia, 7:00 - 8:30 p.m., Library (see [article](#))
- **Friday, April 17** - Junior/Senior Prom, 8 p.m. - 12 Midnight, Gift Center Pavilion, 888 Brannan Street, San Francisco (see [article](#))
- **Saturday, April 25** - 3rd Annual America's Pastime Carshow, 8:00 a.m. to 3:00 p.m., M-A field (see [article](#))
- **Thursday, April 23** - Junior Parent Info Night, 7 to 8 p.m., Library (see [article](#))
- **Tuesday, April 28** - PTA General Meeting, 8:30 to 10:30 a.m., Wrestling Room

wonderful and restorative spring break!

Pam, Kris and Julie

Room

- **Friday, May 1** - Star Testing Schedule
- **Friday, May 1** - Grad Night ticket sales, lunchtime, on the Green
- **Friday, May 1** - Last day to drop a class - see Guidance Counselor
- **Sunday, May 3** - 9:00 a.m. to 11 a.m., Big Bear Run, meet at T-Lot
- **Monday, May 5** - Minimum Day
- **Thursday, June 4** - M-A GRADUATION! - 4 p.m., Coach Parks Field

FOUNDATION NEWS



M-A ON eBay closes TODAY! Be a part of exciting close when the remaining items are sold between 8 and 9 p.m. tonight. Last chance for you, and our students, to win BIG at www.maauction.org.

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ACTIVITIES AND CLUBS

SUPPORT THE ARTS: M-A THESPIANS PRESENT "MACBETH". Come one and come all to see the M-A thespians perform Shakespeare's tragedy, Macbeth, in a simple but most entertaining form. This play focuses on the greed and ambition among social clans that shapes many wars today. Please support theatre at M-A by attending our final performance on Thursday, April 2 at 4 p.m., Room C-16. Tickets: Students \$5, Adults \$8, payable at the door. Questions? Please contact teacher Amanda Peoples at apeoples@seq.org.

JUNIOR/SENIOR PROM 2009 will take place on Friday, April 17, 8:00 p.m. to midnight, at the Gift Center Pavilion, 888 Brannan Street, San Francisco. For ticket and guest pass rules, dress code, and other information, please click [here](#).

SUMMER READING 2009 lists and order forms are available for [download](#) from the PTA website now. Support the Menlo-Atherton High School English Department. Buy your summer reading books through us, and Kepler's will donate a percentage of the sales back to the Department. Books will be delivered to each student in his/her English class by the end of May. Review the list, fill out the form and send in your book order! Brought to you by the Summer Reading Co-Chairs, Marybeth Dorst and Laura Reynolds. For questions or information contact them at summerreading@mabearspta.org

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PTA GENERAL MEETING. Our next meeting will be held Tuesday, March 31, 8:30 to 10:30 a.m., in the Wrestling Room. The [agenda](#) and [parking permit and map](#) are available on the PTA website. Please note that the 2009-2010 PTA slate will be voted on at the April 28 meeting, not this meeting, as previously noted in Trivocis.

PTA JUNIOR PARENT INFO NIGHT. Mark your calendars now for PTA Junior Parent Information Night, Thursday, April 23, 2009, 7:00 to 8:00 p.m., in the M-A Library. Our program features an information-packed 60 minutes regarding your child's senior year at M-A and an overview of the year to come. Guidance counselor Silvia Torres-Garza will review school and district completion requirements, have Q and A, and provide informative handouts. Understanding and anticipating the calendar of events will ease the stress of senior year and help keep your senior student on track. (This is NOT a planning for college forum, as Alice Kleeman is the acknowledged expert in this complicated area.) This meeting also highlights PTA-sponsored events such as the Fashion Show and Grad Night celebration. If you plan on attending, please RSVP to Julie Kleck or Stacy Fredericksen at jrparentmeeting@mabearspta.org.

2008-09 Menlo-Atherton Parent Education Series
NEW EVENT! BE COMFORTABLE IN YOUR GENES: EATING DISORDERS/BODY IMAGE
Wednesday, April 15, 7:00-8:30 p.m., Menlo-Atherton Library

The Parent Education Series offers "Be Comfortable in Your Genes: Eating Disorders and Body Dismorphia in Adolescents." This highly educational workshop will feature Dr. Pamela Carlton, creator and prior director of the Lucile Packard Children's Hospital's Adolescent Eating Disorder Parent Education and Support Program, Nan Dellheim, member of the National Eating Disorders Association (NEDA) STAR program and co-author of the How I Look Journal (www.howilookjournal.com), and an Eating Disorders (ED) therapist. These three experts will offer professional and personal insight into the psychological and medical implications of eating disorders, body image, and the consequences of adolescent dieting.

Don't miss this informational evening! Please RSVP to Charlene Margot, Parent Education Series Chair, parenteducation@mabearspta.org or call (650) 868-0590.

PTA NEEDS YOU! The PTA Executive Board is looking for Co-VP's for 2009/2010 school year. This is a wonderful opportunity to get to know M-A, Principal Zito, and stay directly involved in your teen's world. BearNotes needs a third person to help put out this newsletter to all parents and students. Staff Appreciation would love additional volunteers - if you'd like to support our teachers and admin - this is a great chance to do so. Please contact Julie Brody at julie@brodyfamily.net.

CALL FOR PTA SERVICE AWARDS. Each May, the Menlo-Atherton High School PTA honors individuals who have contributed in an extraordinary way to M-A. These awards give special recognition to those parents and community volunteers or organizations who have given

outstanding volunteer service to Menlo-Atherton and its students. The brief nomination form can be found here. Please submit to president@mabearspta.org or mail to M-A PTA Box, 555 Middlefield Road, Atherton CA 94027 by Wednesday, April 15, 2009.

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CAREER AND GUIDANCE

From Alice Kleeman email to seniors, juniors, and their parents:

On Friday, March 27, I heard an update about the **UNIVERSITY OF CALIFORNIA** from Sue Wilbur, Director of Undergraduate Admissions for the entire UC system. I found the information so interesting and pertinent that I typed my notes in order to share them with all of you.

Ms. Kleeman's lengthy notes are posted to the PTA website, Parent Education and Resources page, and can be accessed [here](#).

Save the date for the **WESTERN ASSOCIATION FOR COLLEGE ADMISSION COUNSELING (WACAC) COLLEGE FAIR**, one of the best annual college-related events. More than 150 colleges will be represented at Mission College (right next to Great America) on Thursday, April 30, from 9:30 a.m. to noon (mostly for school groups) and 6:00 p.m. to 8:00 p.m. (mostly for families). Students who plan to attend can come to the Career Center to pick up a list of great questions to ask college representatives, plus a form they can fill out with their own information to copy and give to college representatives. The event is free and parking is easily available. See you there!

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ATHLETICS



All the Scores and More!
(Click [here](#) for This Week's Calendar)

3rd ANNUAL AMERICA'S PASTIME CAR SHOW, benefitting Menlo-Atherton Baseball, will be held on the M-A field on Saturday, April 25, from 8:00 a.m. to 3 p.m.. There will be a BBQ, music, a raffle and silent auction, event T-shirts, and over 100 cars on display - Classics, Muscle Cars, Trucks, Imports and Motorcycles. For more information, contact Mike Amoroso at (650) 716-8129.

4th ANNUAL BIG BEAR RUN! Sunday, May 3, 9:00 a.m. It takes 100 volunteers to make this event a success. Please contact Cindy Newton at newton_c@sbcglobal.net if you are available to help during race day. Time commitment is only two to three hours.

GIRLS VARSITY LACROSSE TEAM lost to Menlo Tuesday afternoon 15 to 11. Scoring for the Bears were: Alex Fanelli - 3 goals, Casey Burnett - 3 goals, Kendall Eder - 2 goals, Adrian Holland - 2 goals and Chloe Peters -1 goal. Raissa Masket had 8 saves. Adrian and Casey

made several pass interceptions and Rei Nakamura played good defense.

The girls went on to beat Sacred Heart Prep Friday afternoon 5 to 4. Christina Rogers, Casey Burnett, Kendall Eder, Adrian Holland, and Chloe Peters each scored one goal. Casey added one assist. Raissa Masket had 6 saves and several blocked shots. Adrian showed tremendous athleticism and Casey had several impressive quick-stick shots.

GIRLS JV LACROSSE TEAM narrowly lost to rival Menlo, 8 to 10 on March 24 at Menlo. The Bears were ahead at half-time but lost their momentum in the second half. Ellora Israni, again, leading scorer with 4 goals, Caroline Edwards with 3 goals and Katie Kelley with 1 goal. Julia David, goalie, was the cornerstone of the Bears' solid defense.

The team rebounded forcefully on Friday, March 27, with a decisive 10 to 5 win over Sacred Heart Prep. The defense and midfield was impressive with their running, passing and blocks. Many Bears contributed to the scoring drive with Caroline Edwards, Ellora Israni, Sydney Novak-Federmeyer and Therese Regonini providing 2 goals each and Melanie Bloom and Paige Solomon each scoring 1 goal. The JV Bears' overall and league record now stands at 2 and 2. The next game is on Tuesday, March 31, at Burlingame High at 7 p.m. Go Bears!

BOYS VARSITY LACROSSE were first on the scoreboard and led at the end of the first period by a score of 3 to 2, the Bells came back strong in the second period and led at the half 6 to 4. The second half was tough for M-A, scoring only 2 goals to Bellarmine's 5. David McLaughlin was one tough Bear, with all 6 goals! Charlie Fitz had one assist and goalie Kevin Sheridan had an amazing 22 saves....final score M-A 6 - Bellarmine 11. The boys are off to Carmel Friday and Saturday to play in the 2009 Carmel Invitational. GO BEARS...Grrrrrr.

BOYS JV LACROSSE defeated Serra for their first league game on March 18. The Bears defeated the Padres 9 to 4, a great welcome for new assistant coach Steven Kryger. The following week M-A played at Bellarmine, with the Bells posting an 11 to 2 win. On Wednesday, the Bears hosted Woodside's combined JV/V Boys Lacrosse. The Wildcats prevailed in a close and exciting game, 7 to 6. On Monday, March 30, the Bears will host Woodside Priory at 5:30 Go Bears!

BOYS VARSITY BASEBALL TEAM won its first league game against Mills 6 to 2. Eric Stanske pitched a complete game gem and Kevin Viegas continued his torrid hitting, going 3 for 4.

M-A TENNIS. After an incredible 4-3 win over power-house Gunn of Los Altos, the young freshman laden Bears took on the Dons of Aragon. Game, Set and Match as the Bears dispatched the Dons 5 to 2 led by the top three singles players, George Horowitz, Alec Haley and Alden Mitchell who lost a combined 6 games between them for a dominating win!

BOYS VARSITY GOLF TEAM held onto their first place position in the PAL *and* remained the only undefeated team in both Bay and Ocean Divisions with a stellar 193 to 236 win over Burlingame at Burlingame Country Club on Thursday, March 26. Nick Sako was the match medalist with a 4-under par 32, followed by freshman David McNamara with 37, freshman Max Culhane and senior Ben Jackson each with 41, and freshman Travis Anderson with 42. The Bears are now 4-0 in league play and face Aragon at Peninsula Golf Course on Monday, March 30.

VARSAITY BADMINTON TEAM dominated their first two season matches against Westmoor (12 to 3) and El Camino (11 to 4). During the Westmoor match, all the boys singles and mixed doubles teams won their matches. Clarissa Lee (girls single) had a decisive win after a split in the first two games (15-13, 8-15, 15-13). In the competition with El Camino, all the doubles teams (boys, girls, and mixed) swept their matches. The entire crowd witnessed an incredible victory by D. Chao/Nora Ng-Quinn (mixed doubles) as they came back with a 15 to 3 final game to win the

match. Following their lead, Sam Rupprecht (boys single) physically out played his opponent and closed out his final game 15 to 9 winning the challenging match. Coach Podesta stated she was pleased with "the strong leadership displayed by the seniors and how the younger players are really stepping up." Come check out this awesome team when they play Terra Nova at M-A on Tuesday, March 31 and South San Francisco at SSF on Thursday, April 2.

BOYS VARSITY SWIM TEAM continued their undefeated streak by sweeping Carlmont in all three relays and all but one individual event. Winning individual events were Scott Swartz, Eric Wright, Jordan Bernstein, Nick Henze and Kei Masuda. Next week, the Bears travel to Half Moon Bay. Go Bears!

M-A TRACK AND FIELD TEAM enjoyed victories at the West Valley Relays last weekend. Zackary Cantu joined the distance medley running the 400. Jordan Scandlyn started with the 1200M (3:44), Zackary followed 400M (54.7), Tyler Fair 800M (2:23), finally Michael Hester took the team from 4th to 1st running a 4:51 mile. Zack ended the day with a personal record in the 400 (54.22). On Thursday, March 26, M-A hosted Mills where **Varsity Boys** came on strong with Adriene Carpenter winning the 100 and 300 Hurdles after recuperating from hip injury, Jarod Nixon won the 800M (2:07), 1600M (4:39) with a PR. Mark Calverese won the Pole Vault, Abe Simon won the triple jump. **Varsity Girls** swept the 300 Hurdles, Megan Walling, Sophia Titterton, Eleanor Spielman-sun, and Walling also won the 100 Hurdles. Elena Kolorov won both the long jump and the triple-jump, with Annie Kuwabara bringing in second place. **Frosh/Soph Girls** - Daryn Tinsley won the 100 (14.05), Catherine Carpenter won the 200 (27.08), and the 4X100 relay brought in another win. Julia Vitale won the mile (5:56) PR. **Frosh/Soph Boys** - Zackary Cantu won the 400M, the 4x100 (Thomas Chen, Jack Beckwith, Cantu and Moody) and great races by the Freshman team.

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BEARNOTES SUBMISSION INFORMATION

- Email submissions to [your BearNotes Team](#) by Thursday midnight, spellcheck/proofread them first, and format them in Arial 10 pt.
- Please keep submissions **concise**, and include the organization name, event, date, time, location, and contact info, including web site URL.
- All submissions are subject to editing by the PTA.
- For the PTA policy on BearNotes publication, please go to the [M-A PTA web site](#).

Menlo-Atherton PTA does not endorse third-party events or submissions, nor take responsibility regarding the content of any third-party websites.

Go Bears. Grrrr!

Your BearNotes Team,
Julie Brody, Kris De Lisle and Pam Stoner
M-A High School PTA BearNotes