

MENLO-ATHERTON HIGH SCHOOL BEARNOTES

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CALENDAR

UPCOMING EVENTS

- **Monday, April 6 to Friday, April 10** - Spring Break - NO SCHOOL
- **Friday, April 10** - Trivocis submission deadline
- **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](#))

SAVE THE DATE

- **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
- **Tuesday, April 28** - PTA General Meeting, 8:30 to 10:30 a.m., Wrestling 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

ADMINISTRATION

Subject Test Signups

Recently the TRIVOCIS had an article about Subject Tests preparation at M-A in May. The

signup date for these sessions is **Wednesday, April 15th**, at lunch, after spring break. It is in the best interest of students who are taking the Subject Exams on June 6 to sign up now for their exams with the College Board, www.collegeboard.com.

While the deadline is May 5, if a student applies earlier they are more likely to get their requested test site. Students may be debating which exams to take when enrolling; however, *they only need to know how many tests they wish to take*. When registering they are asked which tests they are planning to take, but they can usually change their mind on June 6. Not only can they change their mind on which exams they take on the actual test day; they can usually also add exams that day and be billed later.

Questions may be directed to Gregg Whitnah, gwhitnah@seq.org.

ACTIVITIES AND CLUBS

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. Note: Summer Reading assignments for the AP Language class have changed. If you have already submitted your order, please check to ensure you are ordering the correct books.

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.

The **M-A Guitar II class** will have their Acoustic Spring Concert in C-16 on Friday, April 24th starting at 7:30 p.m. Come on by and listen to the outstanding talent in the M-A Guitar program. Suggested donation for admission is \$5.00 for adults and \$3.00 for students. There will be a "Name That Tune" contest that includes prizes for three lucky winners. Come on down and get with it. Contact Patrick Maier, pmaier@seq.org for more information.

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PTA



Menlo Atherton High School Principal's Student Service Award. Do you know a student who

is doing exceptional volunteer service in the greater community outside the walls of Menlo-Atherton? Encourage them to apply, or nominate them yourself, for the Principal's Student Service Award. The PTA-sponsored Menlo-Atherton Principal's Student Service Award is given to four students each from the 9th, 10th, and 11th grade classes who demonstrate a commitment to serving their community. The deadline for this nomination is April 30, 2009.

The Menlo Atherton High School Principal's Student Service Award will be presented at the May 26, 2009 PTA General Meeting. This is a self or staff nomination. Find the flyer on the link: <http://www.mabearspta.org/pdf/Student%20Service%20Award%20Application.pdf>. Nomination forms may also be obtained from Social Studies teachers.

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-VPs 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. Staff Appreciation would love additional volunteers - if you'd like to support our teachers and administration - this is a great chance to do so. Please contact Julie Brody at julie@brodyfamily.net.

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

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IN THE COMMUNITY

"WALK IN THEIR SHOES". My New Red Shoes and its Teen Advocacy Council proudly present a mile march event to support homeless children, on Sunday, April 26, 1:00 p.m. Washington Park, Burlingame. The event will feature homelessness education, a spirited march through Downtown Burlingame including a visit to a local homeless shelter, games, live music, and snacks. Go to www.mynewredshoes.org to register as a family, team, or individual, and/or to pledge your support for our cause. For more information, contact Pam Stoner at pastoner@sbcglobal.net. Spread the word!

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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.

Date Change: M-A Bears 5th Annual Golf Classic Tournament will be held Saturday, September 12, at Coyote Creek Golf Course in San Jose. 9 a.m. Shotgun start. Contact Tournament Director, Jackie Anderson at jackie_anderson99@yahoo.com or (650) 544-6510. Watch for Early Bird Prices in upcoming Bear Notes and Trivocis.

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.

Boys Varsity Golf Team held onto its #1 undefeated league position at Peninsula Golf Course on Monday, March 30, with a win over Aragon 198-223. Leading the Bears was our medalist Senior Ben Jackson with a 37, followed by Nick Sako, David McNamara, and Max Culhane each with a 39. Bears are now 5-0 in league play and face Terra Nova this Thursday. The team scored a 192-215 win over Terra Nova at Sharp Park GC on Thursday, April 2. In this par 36 9 hole match, the pack was dominated by Seniors Nick Sako with a 35 (and match medalist), Ben Jackson with 37, Brian Jordan with 38, followed by the Freshman duo of Max Culhane with 40 and David McNamara with 42. The Bears are now 6-0. They travel to Indio, CA (Palm Springs) next week to compete in the 4th Annual Champions Invitational High School Tournament.

Girls Varsity Lacrosse Team beat Pioneer Tuesday afternoon 12 to 8. Scoring for the Bears were Casey Burnett - 5 goals, Kendall Eder - 3 goals, Christina Rogers - 2 goals, and Adrian Holland - 2 goals. Kendall added 3 assists and Adrian had 1 assist.

Girls JV Lacrosse Team continued their winning streak. On Tuesday, March 31, the team defeated the Burlingame High Panthers in non-league play with a definitive win of 11 to 1! Julia David, goalie, had 11 great saves. Goals were scored by: Ellora Israni-4, Therese Regonini and Becca Higgett - two each, and one each for Caroline Edwards, Brittany Razavi and Sydney Novak-Federmeyer. On Friday, April 3, the JV girls also prevailed over a strong Leland High team with a final score of 11 to 6! There were many amazing plays made by all. Ellora Israni and Becca Higgett scored three goals, Caroline Edwards scored two goals and Paige Solomon, Melanie Bloom and Diane Masket each added one goal. The next game is Thursday, April 16 at 7 p.m. at Burlingame High.

Boys Varsity Swim Team remains undefeated in the league, winning its sixth straight meet this season. The boys sunk Half Moon Bay, winning all three relays and all individual events. Nick Henze, Graham McClelland, and Scott Swartz each won one individual event, and Eric Wright, Nick Henze and Kei Masuda posted winning swims in two individual events. The Bears next take on Burlingame, the only other undefeated team in league, at home on April 16.

Varsity Badminton team defeated Terra Nova 12 to 3 with a sweep in the boys singles and mixed doubles. Alex Amato battled for a sweet victory after a split. Congratulations to Evan Amato who blanked his opponent (15-0, 15-0). Clarissa Lee took a dominate win after an initial first game loss. Miki Lai won her match in two games, with one shutout (15-0, 15-4). Girls doubles, Reed/Loftesness (15-1, 15-1) and Sommers/Fantuzzi (15-2,15-1) both took incredible wins after two games. Mixed doubles players Ng- Quinn /D. Chao, Nicolet/Beltramo, and Chan/Soon all had impressive wins.

Badminton Bears experienced their first loss to South San Francisco High (6 to 9). Boys and mixed doubles were not able to overcome the challenging competition. Girl singles, Amrita Sehgal (15-3, 15-0) and Clarissa Lee (15-0, 15-5) had decisive victories, each shutting out their opponents for one game. Sam Ruppencht and Evan Amato (boys singles) each won their matches after two games. Girls doubles Reed/Loftesness (15-6, 15-4) and Sommers/Fantuzzi (15-1, 15-0) both had amazing wins.

Varsity Baseball team has had a busy week. Traveling to Paly, they won a nail-biter in extra innings 8 to 7. Next, they faced Galileo and won 14-2. M-A's pitcher Patrick Moriarty had a fine showing. Galileo's relief pitching was not strong enough to stop M-A's offense which racked up 9 hits in the 5th, including a huge grand slam by Matt Hornberger, scoring 7 runs to bring the score to 13 to 1. Austin Hume also hit a home run. Next, M-A faced Hillsdale in a league match-up and won 11 to 4. Eric Stanske continued his fine pitching. Abi Arias had two hits, including a home run, Chris Gow had three and Sam Knapp and Kevin Viegas both had two hits. Playing Hillsdale again, M-A lost 5 to 2. Viegas and Hornberger had two hits apiece and Sam Knapp had an RBI, as did Viegas who made an outstanding, but injury-inducing play.

Varsity Softball team is off to an impressive start with 2 wins and no losses. The Bears have some big bats this year with hits coming in regularly from Mel Cortez, Lauren Diller, Alexis Guitron, Mele Latu, Seini Moimoi, Katie Vallarino and Tami Vujovich. All had multiple hit games and put up a great defense to keep both Jefferson and SSF from scoring. Junior Tami Vujovich has been using her 6 pitch repertoire, allowing no runs and striking out 19 in the mercy rule 5 inning games. Hannah Rosenfeld has been behind the plate making every pitch look great! Friday they play Woodside in their first matchup of the season.

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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