

MENLO-ATHERTON HIGH SCHOOL BEARNOTES

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CALENDAR

UPCOMING EVENTS

- **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 - 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

- **Thursday, April 23** - Junior Parent Information Night, 7 - 8 p.m., Library (see [article](#))
- **Saturday, April 25** - 3rd Annual America's Pastime Carshow, 8 a.m. - 3 p.m., M-A field (see [article](#))
- **Sunday, April 26** - Tennis Bear-a-Thon, Stanford University Varsity Tennis Courts from 2 - 8 p.m. (see [article](#))
- **Tuesday, April 28** - PTA General Meeting, 8:30 - 10:30 a.m., Wrestling Room
- **Friday, May 1** - Star Testing Schedule Ends
- **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 to 11 a.m., Big Bear Run, meet at T-Lot
- **Tuesday, May 5** - Minimum Day (Note Day Correction)
- **Sunday, May 17** - Jazz Band Fundraiser, 5 - 7 p.m., Stanford Golf Clubhouse (see [article](#))
- **Thursday, June 4** - M-A GRADUATION! - 4 p.m., Coach Parks Field

STAR TESTING VOLUNTEERS NEEDED

Parent volunteers still needed to help with STAR test sorting! M-A's Administration really needs our help on Thursday, April 16 at 3 p.m., Friday, April 17 at 4:30 p.m., Thursday, April 23 at 3 p.m. and 5 p.m., and Friday, April 24 at 2:30 p.m. and 4:30 p.m. If you can help with one or more of these shifts, please contact Kristin Smith at kttsmith@yahoo.com. We appreciate your support!

ADMINISTRATION

MANDATORY SENIOR MEETING. All Seniors must attend the MANDATORY Senior Information Meeting on **Monday, April 20 from 9:00 - 9:40 a.m. in Ayers Gym.** Students will be receiving all of the very important information necessary to the end of the year activities. For more information, please contact Kelly Todd at ktodd@seq.org. Many Senior forms will be posted on the school website upon our return from Spring Break on April 13.

Subject Test Signups. Sign up this Wednesday, April 15, for SAT Subject Test reviews. Sessions in Math, Literature, Biology, Chemistry and U.S. History are happening at lunch in Room D20. Make sure that your son or daughter has the form published in TRIVOCIS completed with your signature and data. For those who are donating, checks should be made out to the **Foundation for the Future**. If your family no longer has a form, have your son or daughter come see Mr. Whitnah in D20 or send an e-mail to gwhitnah@seq.org requesting a form.

SUMMER READING 2009 lists and order forms are available for download from the [PTA website](#) now. Note: Summer Reading assignments for the AP English Language class have changed. If you have already submitted your order, please check to ensure you are ordering the correct books for that class.

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



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 nresident@mabearspta.org or mail to M-A PTA Box 555

Middlefield Road, Atherton CA 94027 by **Wednesday, April 15, 2009.**

2008-09 Menlo-Atherton Parent Education Series
NEW EVENT! BE COMFORTABLE IN YOUR GENES: EATING DISORDERS/BODY IMAGE
Wednesday, April 15, 7 - 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, an Eating Disorders (ED) therapist, member of the National Eating Disorders Association (NEDA) STAR program and co-author of the How I Look Journal (www.howilookjournal.com). These 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 Junior Parent Information Night. Mark your calendars now for PTA Junior Parent Information Night, **Thursday, April 23, 2009**, 7 - 8 p.m., in the M-A Library. The 60-minute information-packed program presents the senior year at M-A and 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.) The 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 jparentmeeting@mabearspta.org.

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.

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.

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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](#).

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 - 8 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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ACTIVITIES AND CLUBS

JUNIOR/SENIOR PROM 2009 will take place on Friday, April 17, 8:00 p.m. - 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](#). Ticket sales will conclude promptly at **2:00 p.m., Wednesday, April 15**. Absolutely no tickets will be sold at the door.

The **M-A Guitar II class** will have their Acoustic Spring Concert in C-16 on Friday, April 24 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.

M-A CONCERT, JAZZ BAND TAKES HOME GOLD, SILVER

M-A's Concert Band and Advanced Jazz Band had a very full and successful band trip to Hawaii last week, which was planned to celebrate Hawaii's 50 years of statehood. Menlo-Atherton participated in nationally accredited Heritage Music Festivals on April 4. The Advanced Jazz Band received a Gold Award and also took home 3 trophies - tying for Best Musical Group, winning Best Instrumental Group, and receiving an Adjudicator's Award, given for score of 95 or higher. Two students won a Maestro Award, given to outstanding soloists - Tom Ivy on clarinet and Joel Feier on drums. The Concert Band received a Silver Award for its performance score of 87, which is the best a M-A Concert Band has accomplished in 11 years.

M-A also participated in the local Hawaii Music Festival, competing with and listening to many fine Hawaiian bands. Both bands delighted audiences at Ala Moana Centerstage and the USS Missouri, prompting strangers to videotape us and ask us where our next gig was. Mr. Moura was presented with a flag flown on the ship commemorating the bands' performances. The Advanced Jazz Band had one additional performance at Ward Warehouse Amphitheatre as a part of the Na Mele Nei "First Sunday" Concert Series and breezily fulfilled the bill of providing "delightful island-style afternoon entertainment."

Want to catch some of that aloha spirit? Come enjoy fine jazz music and cocktails at Stanford Golf Clubhouse on Sunday, May 17, from 5 - 7 p.m., or treat your favorite jazz-loving teacher or spouse. Limited tickets are still available at \$50 per person for our band auction fundraiser. Please contact Mary Hom at tream5@juno.com for more information.

SENIORS: GRAD NIGHT 2009 is about 8 weeks away. REGISTER NOW! All registration forms, with payment, are due by Tuesday, May 12, 2009. Full or partial scholarships are available, see forms for information or contact Charlene Margot at gradnightscholarships@mabearspta.org or at (650) 868-0590. Forms are available in the administration office. Remember to complete **both** sides of the form. Letters of confirmation/admission will be sent out in April and May. Check the list posted in Pride Hall to see who has already registered. Join in the fun and make this "One Enchanted Evening." Questions? Contact Julie Gaston at gradnighttickets@mabearspta.org or call (650) 324-2422.

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IN THE COMMUNITY

Bike Ride Fundraiser, Ride for Ravenswood Saturday, May 16, 8:30 a.m. Donations will serve Ravenswood Family Health Care Center in EPA, providing primary health care for low income, uninsured, and homeless families. Everyone from experienced cyclists to neighborhood walkers are welcome! Specialty coffee and breakfast provided and the ride/walk will commence from the home of Julie & Jeff Brody, 210 Park Lane, Atherton. For more information email julie@brodyfamily.net or visit <http://www.ravenswoodfhc.org/>. A little bit can go a long way!

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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 a.m. - 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.

Menlo-Atherton 3rd Annual Tennis Bear-a-thon. The M-A Tennis team is holding its own fundraiser on Saturday, April 26, at Stanford University Varsity Tennis Courts from 2 - 8 p.m. Competing in a tennis marathon, both the Boys and Girls Tennis teams will play as many matches as possible to reach the finals and determine this year's Big Bear Champs. The funds raised will go towards completing the final phase of the M-A Tennis Enhancement Project. In addition to the players seeking sponsorship, the entire team welcomes the community, friends and family to come out and watch some truly spectacular tennis.

4th ANNUAL BIG BEAR RUN! Sunday, May 3, 9 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.

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 BearNotes and Trivocis.

Track and Field Team battled valiantly against the Carlmont Scots. Varsity Girls (KC Tammey, Amber Boyd, Molly Gould and Dominique Greene) and F/S Boys (Cameron Moody, Nick Poole, Isiah Moody and Brogan O'Hara) won the 4 x 100 relays. Greene, Tammey and Gould then swept the 100 for Varsity Girls. M-A F/S Girls (Daryn Tinsley, Shereen Ragoober and Fiona Kirby) swept their 100. Joseph Ocon placed third in the mile with a PR (4:52.05). Adrienne Carpenter and Jacob Pinkston took 1st and 2nd in the 100 Hurdles. Varsity Girls (Sophia Titterton, Eleanor Spielman-Sun, and Megan Walling) then swept the 300 hurdles. F/S Boys (O'Hara, Poole) and F/S Girls (Catherine Carpenter, Tinsley and Kirby) took stop spots in the 200. Jarrod Nixon dominated the 800 with a time of 2:08.2. Zachary Cantu and Michael Hester took 1st and 2nd in the 400.

Varsity Baseball Team. Congratulations to the team for winning the River City baseball tournament over spring break. Cruising to 13-3 victory over host River City High School, M-A captured the River City Classic baseball tournament in West Sacramento. Tournament MVP Eric Stanske pitched three scoreless innings to earn the win, with solid relief support by Ryan Chilcoat and Austin Hume. The Bears scored in each inning, with Abi Arias driving in three runs, Andy Brodbeck knocking in two, and Tim Romley, Patrick Moriarty, Chris Gow, and Eric Stanske driving in one apiece. Four other M-A players were named to the all-tournament team: Abi Arias, Tim Romley, Matt Hornberger, and Chris Gow. This is the second consecutive year that M-A has won a spring tournament in Sacramento. M-A (13-3) returns to regular season action on Tuesday at Half Moon Bay High School.

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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