



# MENLO-ATHERTON HIGH SCHOOL

## BEARNOTES

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MAY 11, 2009

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### CALENDAR

#### UPCOMING EVENTS

- **Monday - Friday, May 11 - 15** - AP Exams
- **Monday May 11 - June 4** - 2009 Senior Activities (see [article](#))
- **Monday, May 11** - Grad Night Ticket Sales at lunch on the Green
- **Tuesday, May 12** - SENIORS - Grad Night Reservations Due - Ticket Sales at lunch on the Green - FINAL DAY!
- **Tuesday, May 12 - 13** CAHSEE - 10th grade (make-ups) 11th & 12th grades as needed
- **Friday, May 15** - Trivocis deadline
- **Sunday, May 17** - Jazz Band Fundraiser, 5 - 7 p.m., Stanford Golf Clubhouse (see [article](#))

#### SAVE THE DATE

- **Monday, May 18** - Super Senior Monday - Senior Week tickets on sale. Cap/Gown distributed at lunch. Diploma request forms due.
- **Wednesday, May 20** - Staff Appreciation Luncheon, 2 - 3:30 p.m., G Wing courtyard
- **Thursday, May 21** - Spring Sports Awards, 7 - 9 p.m., Ayers Gym
- **Monday, May 25** - NO SCHOOL - Memorial Day
- **Tuesday, May 26** - PTA Meeting, 8:30 a.m., Wrestling Room
- **Wednesday, June 3** - FREE Senior Breakfast! Open to all seniors. 8:30 a.m. in the New Gym
- **Thursday, June 4** - M-A GRADUATION! - 4 p.m., Coach Parks Field

## 2009 SENIOR ACTIVITIES

### Important Dates for Seniors

- **Monday and Tuesday, May 11 - 12** - Senior Farewell Tryouts.
- **Monday, May 18** - Super Senior Monday - Senior Week tickets on sale \$10/person - on sale at lunch until Friday, May 29 - this ticket is needed to participate in Senior Week activities and the Senior Breakfast (breakfast is free to all seniors). Cap and gown distribution - lunch. Pick up clearance slip at lunch.
- **Friday, May 29** - Senior Week Tickets - Final day! Clearance slips due by 2 p.m. in AVP office - final day! Senior Farewell dress rehearsal.
- **Monday, June 1** - Final day of classes for seniors, Senior Farewell - 7 p.m., New Gym
- **Tuesday, June 2**, 8 a.m. - 2 p.m.- Senior Picnic. Senior Awards Night (you are notified if you are to receive an award) 7 p.m., New Gym.
- **Wednesday, June 3**, 9 a.m. Senior Breakfast - New Gym - immediately following breakfast is mandatory Graduation Rehearsal.
- **Thursday, June 4 - GRADUATION!** Ceremony begins at 4 p.m., at Coach Parks Field. Graduation Party - 9 p.m. Seniors report to M-A to check in and board charter bus! Return to M-A at 5 a.m.

**GRAD NIGHT TICKETS.** The deadline to order Grad Night tickets is Tuesday, May 12! Don't miss this last chance to celebrate with your classmates. If you haven't mailed your order already, please bring your order form and permission slip (found in the office or at [www.mabearspta.org](http://www.mabearspta.org)) with \$75 to the Grad Night table on the Green at lunch on Monday and Tuesday. We still have scholarships available, so don't let money keep you from attending "One Enchanted Evening"! See the order form for details. Need info on Grad Night? Contact Debbie Verity at [gradnight2009@mabearspta.org](mailto:gradnight2009@mabearspta.org) or (650) 321-3069. For ticket info, contact Julie Gaston at [gradnighttickets@mabearspta.org](mailto:gradnighttickets@mabearspta.org) or (650) 324-2422.

## PTA



**PTA NOMINATING COMMITTEE IS PLEASED TO ANNOUNCE** the new PTA Executive Board for 2009/2010! John McMurtry and Lisa McNamara - PTA Co-Presidents, Carol Orton and Lisa Deal - PTA Co-Vice Presidents, Jan Reed - Treasurer, Pam Songer - Secretary, Kristin Smith - Auditor, Janet Perez - Parliamentarian, Denise Bullwinkel - SDMSC PTA. We are very proud of these dedicated and generous volunteers.

**PLEASE HELP! Grad Night Volunteers needed**

### **- Junior, Sophomore and Freshman Parents**

A few more volunteers are needed for the following shifts:

8:30 -10:45 p.m. on June 4 - Student Check-In

9:30 p.m., June 4, to 5:15 a.m., June 5 - Chaperones. We promise a memorable event at an exciting venue...with lots of coffee and tea!

Think of volunteering as your graduation gift to the senior parents! Contact Debbie Verity at [gradnight2009@mabearspta.org](mailto:gradnight2009@mabearspta.org) or (650) 321-3069 if you can help.

**Senior Breakfast Volunteers Needed.** Wednesday, June 3, 8:30 a.m. If you'd like to join in the fun in serving breakfast for the incredible Class of 2009, please contact Julie Brody at [julie@brodyfamily.net](mailto:julie@brodyfamily.net). We will be setting up at 7:30 a.m. and would love help! We are also looking for 8 volunteers to bring watermelon.

**Junior Parents: Did you miss Jr. Parent Information Night?** Don't despair, the information packet that was distributed is available in its entirety at [www.mabearspta.org/juniors.html](http://www.mabearspta.org/juniors.html). Find out everything you'll need to know for your student's upcoming Senior year!

**Driver's Ed For the Brain** will meet again at the Career Center Classroom, Wednesday, May 13, at 1:45 p.m. Neuropsychiatrist Peter Newsom will discuss different aspects of anxiety such as social anxiety, going blank at exam time, panic and anxiety attacks, and the relationship between anxiety and popularity - or lack thereof. He will also discuss various non-medication ways of reducing anxiety such as exercise, meditation and mindfulness, yoga and relaxation, etc, and show how anxiety, the brain and the body, all affect each other. Refreshments will be served.

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## **ACTIVITIES AND CLUBS**

**Senior Students: For CSF Awards at Awards Night** - qualifying seniors will be given letters via their English teachers to meet final requirements for Life or 100% membership. Forms and dues by **MAY 13!** If you have questions, contact Alice Hom at [dnahom@aol.com](mailto:dnahom@aol.com).

**M-A BAND EVENT.** 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](mailto:tream5@juno.com) for more information.

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## **CAREER AND GUIDANCE**

**CAREER PROGRAM SHOWCASE NIGHT** - hosted by Foothill College on Wednesday, May 20, from 4:30 - 7:00 p.m. in Appreciation Hall, Room 4504. Details will be provided on more than 40 career programs, including

1501. Details will be provided on more than 12 career programs, including the following:

Adaptive Fitness Technician  
Sports Medicine  
EMT/Paramedic  
Dental Assisting  
Information Communication Technology  
Computer Science  
Video Arts  
Pharmacy Technician  
Theatre Technology  
Graphic/Interactive Design  
Radio Broadcasting  
Veterinary Technology

Students can attend the presentation of their choice, meet with counselors and ask questions. Contact Alice Kleeman at [aakleeman@aol.com](mailto:aakleeman@aol.com) with any questions.

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## IN THE COMMUNITY

### THANK YOU AND ALOHA TO HILLVIEW PRINCIPAL MIKE MOORE!

Mike Moore retires after 23 years! Pay your respects on Friday, May 15, 5 p.m. - 8:30 p.m., in the field behind Hillview School. If you have photos of Mike at Hillview, please send digital photos in JPEG format (medium to high resolution) to [MikeMPhotos@aol.com](mailto:MikeMPhotos@aol.com). If you'd like to wish Mike well, please send a letter to Teri O'Neel at [terioneel@yahoo.com](mailto:terioneel@yahoo.com) or Cindie White at [cindiewhite@hotmail.com](mailto:cindiewhite@hotmail.com). Please forward this message to any alumni you might know!

RSVP information is at

[http://cms.hillviewpto.org/webfm\\_send/187](http://cms.hillviewpto.org/webfm_send/187).

**RIDE FOR RAVENSWOOD!** This Saturday, May 16 at 8:30 a.m., come ride, walk or run to benefit Ravenswood Family Health Center in EPA - providing care for low-income and uninsured families. The ride starts at the home of Julie & Jeff Brody, 210 Park Lane. A power breakfast and specialty coffees will be provided! Please register/donate online at [www.ravenswoodfhc.org](http://www.ravenswoodfhc.org) or register the morning of the event. Questions? Julie Brody at [julie@brodyfamily.net](mailto:julie@brodyfamily.net) or (650) 796-8590.



**LAS LOMITAS EDUCATION FOUNDATION AUCTION** is going online on eBay May 13 -19! Over 250 items available exclusively online at [www.llef.org](http://www.llef.org). Items are available for birthday parties, camps, family events and more!! More details and instructions for shopping the Online Auction can be found at [www.llef.org](http://www.llef.org). Log on, have fun, and support your local school!

**AYSO (American Youth Soccer Organization) REGISTRATION for FALL 2009 SEASON:** learn skills, make friends, have fun! Walk-in registration will

be at Hillview Middle School on Saturday, May 16, 9 a.m. - 1 p.m. Please go to [www.mpsoccer.org](http://www.mpsoccer.org) for more information and for pre-registration which starts on May 1, 2009.

**Mid-Peninsula Strikers FC (CYSA) U16/17 Girls Soccer Team**, coached by Menlo-Atherton's JV Girls Soccer Coach, Ben Wellington is looking to expand their division into two teams for the Fall 2009! Ongoing try-outs will be held on Tuesdays and Thursdays through the month of May and June, from 4 - 6 p.m. at Willow Oaks Park (620 Willow Road, Menlo Park) For more information, please contact coach Ben Wellington by email at [bwellington@seq.org](mailto:bwellington@seq.org), or co-manager Pam Songer by phone (650) 465-4063 or email [psonger@comcast.net](mailto:psonger@comcast.net). Details about the team and club can be found at [www.mpstrikersfc.com](http://www.mpstrikersfc.com).

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## ATHLETICS



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

### SPORTS EVENTS

**ATTENTION M-A FOOTBALL FAMILIES!** Plan on attending Football Arena Check-In on Tuesday, May 12 at 7 p.m. in the Library. This will include: Player Sign-ups, Summer Football Plans (including camps), Practice and Game Schedules and everything else you need to know about the upcoming M-A football season! Questions? Contact Susan Mohr at [SMDMohr@aol.com](mailto:SMDMohr@aol.com). Don't Forget-Spring Practice begins May 11. Questions? Contact Coach Tony Rosso at (720) 840-1918 or [TonyRRosso@yahoo.com](mailto:TonyRRosso@yahoo.com). **SAVE THE DATE:** Wednesday, May 20, 1st Annual Maroon and Gold Scrimmage and Football Family/Fan BBQ. More details to follow.

**The Menlo-Atherton Athletic Boosters** cordially invite all **Spring Sports Athletes**, their families and fans to the Spring Sports Awards Night, this Thursday, May 21, in Ayers Gym beginning at 7 p.m. This entertaining event honors all Spring Sports athletes for their season accomplishments and is highlighted by the popular M-A Sports Slide Show. Don't miss it!

### SPORTS RESULTS

**Congratulations to the CCS Golf Team** consisting of the Senior trio of Nick Sako, Ben Jackson, and Brian Jordan, and the Freshman trio of Max Culhane, David McNamara, and Travis Anderson. They placed 2nd out of 11 teams in the CCS Regional tournament at Rancho Canada in Carmel, with a team score of 379. Contributing to the team score were Ben - 73, Brian - 74, Nick - 75, Travis - 78, and David - 79. The same team will compete in the CCS Section Finals on Tuesday, May 12 at Rancho

Canada. Best of luck!

### **CINDERELLA SEASON FOR BOYS TENNIS TEAM CONTINUES IN CCS**

After going undefeated to win the first league title since 1998, the M-A Boys Tennis Team continued its dream season in the CCS Playoffs. After dispatching Silver Creek, 6-1 in the 1st round, the Bears traveled to San Jose to face 8th seeded Lynbrook. Missing three starters to college graduations, their replacements performed admirably. As they have done all season, the Bears took it to Lynbrook from the outset. Wins by undefeated Alec Haley, all-leaguer Alden Mitchell, the #1 doubles team of Avi Shah/Takai Tuionetoa and the #2 doubles team of Matt Giordano and his replacement partner, senior Jay Slavik resulted in a 4-3 win and the biggest upset in M-A Tennis history! The Bears take on #1 Menlo in the quarterfinals on Monday!

**BOYS VARSITY LACROSSE TEAM.** After celebrating our seniors and their parents, the Bears took on the Los Gatos Wildcats. The Bears had no problem taming those "cats," easily winning the game 16-2. Senior David McLaughlin led with 5 goals, Jeff Sklarin, Dan Mohr and Zander Rohn each had a pair and Charlie Fitz, Saad Hassan, Robert Cooper, Aaron Wiener and Joel Feier each had one apiece. Goalie Kevin Sheridan had 7 saves.

The Bears finished off their season with a victory over Leland 13-1. Leading scorers were Charlie Fitz and Jeff McLaughlin with three apiece and Cooper, Sklarin, Feier, Hassan, Wiener, Rohn and Weber with one apiece. Playoffs begin Monday, May 11.

The **BOYS JV LACROSSE TEAM** ended their successful season on a high note, defeating both Los Gatos and Leland this week. At the last home game, the JV boys had a definitive 8-3 win over Los Gatos. Scoring two goals for the Bears were Ben Burnett, Tommy Cummings and Adam Sklarin, while Piece and John Athens each contributed one goal. James Buttram had eight saves. In the Leland/M-A game, the team was victorious with 7-2 score. Tommy Cummings and Adam Sklarin scored two goals while Tucker Albright, John Athens and Ben Burnett each scored one. The Bears defense played a stellar game shutting down Leland's offense to just two goals.

The **GIRLS VARSITY LACROSSE TEAM** finished up their regular season by beating Pioneer 10 -1. Scoring for the Bears were Adrian Holland - 4 goals, 1 assist, Alex Fanelli - 3 goals, Kendall Eder - 2 goals, 2 assists, and Casey Burnett - 1 goal, 1 assist. Congratulations!

The **GIRLS JV LACROSSE TEAM** defeated the Sacred Heart Gators in the final game of the season with a final score of 10-3! Great teamwork! Goals were scored by Brittany Razavi - 2, Diane Masket - 2, Becca Higgett - 2 and Alex Balestra, Bridget Magana, Therese Regonini, and Katie Kelley with 1 each. The team finished the season with an overall record of 8-3 and league record of 6-2! Go Bears!

The **Varsity Baseball Team** battled an uphill fight against Terra Nova and came up short, losing 15 - 4. Despite a mix of singles, a couple of doubles and a big home run in the 5th by Abi Arias, M-A couldn't get much on the score board as they stranded 9 runners on base through 7 innings. The team fought hard against Terra Nova in a second game, but lost 3-2. Nils Gilbertson had a great day on the mound, pitching the entire game.

Ariana and Dan Gilchrist each had 2 for 2 for M-A.

Arias and Ryan Chilcoat each went 2 for 3 for M-A.

**PAL CHAMPIONSHIP SWIM MEET.** The boys Varsity team held off second-place Burlingame , 503 to 493, to successfully defend its title on Saturday at Burlingame High. The Bears won four individual races and one relay. Kei Masuda had two victories, in the 100 fly and 500 free, Richard Hong won the 100 breaststroke and Scott Swartz triumphed in the 100 backstroke. Jordan Bernstein, Swartz, Eric Wright, and Nick Henze swam on the winning 200 free relay team. In addition to the first place finishes, top 8 finishes were recorded by Henze, in the 200 free and 500 free, Wright, in the 200 free and 100 back, Hong in the 200 IM, Swartz in the 200 IM, Bernstein in the 50 free and 100 free, Alex Gow and Tomas Rojas in the 100 back, and Brian Hohl in the 100 breast. The 200 medley relay (Swartz, Hong, Masuda and Bernstein) and the 400 free relay (Wright, Henze, Hong, and Masuda) both notched second place finishes.

Six M-A boys-Hong, Henze, Swartz, Wright, Masuda and Bernstein-and all three relay teams are qualified to compete at next weekend's CCS championships in Santa Clara. Come cheer for the Bears!

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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