

TRIVOCIS

THREE VOICES . . . STUDENTS, PARENTS, FACULTY

FEBRUARY 2007

VOLUME 54, NUMBER 5

MENLO-ATHERTON HIGH SCHOOL

555 MIDDLEFIELD RD., ATHERTON, CA 94027

WWW.MABEARS.ORG 650/322-5311

PTA Meeting

Thurs Feb 1, 8:45 am, Rise Rm, J Bldg

SAT Prep Class

Prepare for March SAT with 5-week class beginning Monday Feb 5

PTA Parent Education

“An Evening with Denise Pope”
Monday, Feb 12, 7-8:30 pm, J-Bldg

Senior Challenge Days

Tues Feb 20 and Thur Feb 22
Volunteers Needed!

Winter Formal Dance

Friday Feb 23, 8 pm-Midnight
Decathlon Club

Parent College Nights:

- **Soph Parent College Night**
Wed, Feb 28, 7:30 pm, Library
- **Junior Parent College Night**
Thur, Mar 1, 7:30 pm, Library

Big Band Dance

Friday, Mar 2, 8-11:30 pm, J-Bldg
Ticket order form: page 10

Register now for Big Bear Run!

Registration form: page 11

Fall Sports Awards: page 12

Calendar: page 19



Sat Feb 10: Watch M-A's
Quiz Bowl team on
KRON channel 4 at 2 PM
vs Carlmont in a high-school
version of Jeopardy

From the Principal

Greetings M-A Learning Community:

Happy New Year!

The celebration of the Martin Luther King holiday provides an opportunity to “Dream Big” as we remember Dr. King’s dream that his children would one day “live in a nation where they will not be judged by the color of their skin but by the content of their character.” With this in mind, I share my observations of M-A’s Canned Food Drive which was one of my joys during the holiday season. What I noticed was that the M-A way of conducting this drive was unlike any I have seen before: 1) donations of fresh food and gift certificates in addition to canned food; 2) rather than being collected by food banks, our goods were boxed for pickup or personally delivered by the M-A community to over 400 M-A families; 3) participation by alumni going back to the Class of ‘75, which initiated this drive under Coach Parks’ leadership; and 4) extra donations forwarded to local charitable organizations. Our former teacher, Joe Fontana, returned for this event and commented that it was the most successful food drive in the history of the school. Big thanks to Jenna Carson, Kelly Todd, Andy Stuart and the entire student leadership team. It was certainly a season of giving and turning big dreams into reality.

Updates since our last newsletter: **Performing Arts:** The **Advanced Jazz Ensemble** placed second in the Redwood Empire Jazz Festival—it was M-A’s first entrant in the advanced division since 2002. Outstanding performance soloist awards were given to Kyle Crager, Andy del Calvo, Robbie Eaton, Brian Reich, and David Rust. Robbie Eaton won a scholarship for the Cazadero Music Camp. The **Intermediate Combo and Ensemble** also received excellent marks. Liz Bird and Sashi Ayyangar won outstanding soloist awards. We enjoyed these groups as well as the **Concert and Freshmen Jazz Band** in a wonderful December concert. Congratulations to senior student director, Paolo Lopez, and the **Menlo-Atherton Thespian Society** which provided comedy and drama in their intimate production of “Cat on a Hot Tin Roof”. We were also proud to see **Nicole Bittler** performing in the Peninsula Teen Opera production of “The Magic Flute” and “Tales of Papageno”. **M-A alumnus Allison Jean White**, who is in the cast of ACT’s production of “The Circle”, was featured in the Jan 14 SF Chronicle. Interestingly, Allison began attending Brown University on a math and science scholarship but ultimately gave it up to follow her dream of acting.

Thank you to **Computer Academy** teachers Chris Rubin, Patrick Maier, Inez Paepke, Paul Snow and Lance Powell for organizing a wonderful Mentor Breakfast for our academy students. It was rewarding to see so many adults taking time from their busy schedules to offer individual guidance, support and hope. M-A is truly “more than a school, more than just friends, we are . . . a family!”

Athletics: Seven of our **Varsity Boys Cross Country** team competed in the CCS championships in Monterey. Congratulations go to Andy Del Calvo, Robby Merk, Dan Moyer, Adin Vaewsorn, Jeffrey Lin, Taylor Burwell, Jeff Hester. Meanwhile, Rita Bullwinkle, Todd Hazen and Stephen Hicks were among seven San Mateo County players to compete in the CCS Pacific Zone Senior **Water Polo** All-Star games. **Varsity Football** head coach, Robert Sykes, was named San Mateo County Co-Coach of the year! As we enter the league winter season, I am pleased to note that our **Wrestling** team which did not win a league match last year has already won several meets. Good luck to all athletes!

From the Principal, cont'd

Parent involvement: Sleep Education evening with Dr. Rosekind was part of a broad educational program for staff, students, and parents that resulted in M-A being nominated for the National Sleep Foundation's Healthy Sleep Community award. Please consider English Language Learner tutoring and mentoring, Computer academy and BUILD mentoring along with many other PTA-sponsored events. See inside for more information about Senior Challenge Days, February 20th and 22nd.

Academics: Early acceptances are flowing in; Departments and individual teachers are engaging in academic planning of creative, engaging instructional strategies such as Madeleine Fox's Spanish IV soap operas; students are returning with renewed energy and enthusiasm for the second semester.

And finally, I heard David Warlick (an educator from Raleigh, North Carolina y'all) give a compelling presentation regarding 21st Century Learning. According to David, "For the first time in history our job as educators is to prepare our students for a future that we cannot clearly describe." He contends that we must teach students how to teach themselves and that today's world is different and the rules have changed. He quotes Alvin Toffler, "The illiterate of the 21st Century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn." Check out his informative website, www.landmarks-project.com. The District will be revisiting our Vision, Mission and what it means to be an educated person in the 21st century on March 1 in the evening and March 3 in the morning. Let me know if you are interested in participating in this discussion. Thank you for making a difference so that all of our students "finish strong".

With continued respect and pride and once more in the name of love, Denise Plante, Principal

Saludos comunidad de M-A:

¡Feliz Año Nuevo!

La celebración del día de Martin Luther King nos dio la oportunidad de recordar nuestro tema de este año "sueña en grande" (Dream Big) y sobre todo de recordar el sueño que el Dr. King tenía de que algún día sus hijos vivirían en una nación donde no serían juzgados por el color de su piel sino por la integridad de su carácter.

Con este enfoque, compartiré mis observaciones sobre la recolección de comida que tuvimos en M-A. A diferencia de otras recolecciones que conozco, la manera en que M-A condujo esta recolección fue uno de mis mayores placeres durante las fiestas navideñas. Fue ciertamente impresionante la cantidad de comida recolectada y similar a otras recolecciones de otras escuelas. Agradezco de manera muy especial las diferencias. 1) La donación de comida fresca y certificados de regalo además de la comida enlatada; 2) en lugar de que un banco de comida recolectara la comida, nosotros la empacamos y llevamos personalmente a más de 400 familias de nuestra comunidad de M-A; 3) Los ex alumnos de la clase del * 75 (quienes iniciaron este tipo de recolección bajo el liderazgo del entrenador Parks) regresaron para ayudar con fondos y a ayudar a empacar y llevar la comida; 4) gracias muy especiales a las organizaciones locales de caridad que proveen comida a los necesitados. Nuestro ex maestro Joe Fontana, regresó para este evento y dijo que ha sido uno de los más exitosos en la historia de M-A. Gracias muy especiales a Jenna Carson, Kelly Todd, Andy Stuart y todo el equipo de liderazgo. Fue ciertamente una temporada para dar y hacer grandes sueños realidad.

Actualizaciones desde nuestra última hoja informativa: El conjunto de jazz de nivel avanzado quedó en segundo lugar en el festival de jazz "Empire Jazz Festival". Desde el 2002 no habíamos tenido un conjunto que compitiera en una división avanzada. Los premios para las actuaciones como solistas fueron para Kyle Crager, Andy del Calvo, Robbie Eaton, Brian Reich y David Rust. Robbie Eaton ganó una beca para el próximo campamento de verano llamado "Campamento Cazadero". El conjunto de jazz de nivel intermedio también recibió excelentes marcas. También se dieron premios por una actuación sobresaliente a Liz Bird y a Sashi Ayyangar. Muchos de nosotros disfrutamos escuchando a estos talentosos estudiantes y al conjunto de jazz en el maravilloso concierto que tuvo lugar en diciembre. Cambiando al tema del teatro felicitaciones al estudiante del duodécimo grado Paolo López, quien es el director de teatro, y a todo el elenco de la Sociedad Teatral por traernos la comedia y el drama en su producción de "Un gato en el tejado caliente" (Cat on a Hot Tin Roof). Felicitades también a Nicole Bittler quien está actuando con la Opera juvenil de la Península (Península Teen Opera) en las obras de la "Flauta mágica" y "Las historias de Papageno." Si leyeron las páginas rosadas del San Francisco Chronicle del 14 de enero vieron un artículo sobre la ex alumna de M-A Allison Jean ya que ahora forma parte del elenco del "The Circle" y es la actriz más joven que y más recientemente ha entrado a formar parte de esta compañía. (Allison fue a la Universidad de Brown cuando ganó una beca para ciencias y matemáticas aunque eventualmente siguió su sueño que era el de actuar, aún cuando esto significó ceder su lugar)

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M-A HS PTA News

17th District CCPT

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PTA of Menlo-Atherton HS

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The purpose of the newsletter is to promote communication between the administration/ faculty and parents. We welcome all your comments, suggestions, and articles. Send submissions by e-mail to: gale13@sbcglobal.net. The mention of any business or service in this newsletter does not imply an endorsement by the M-A PTA.

2006-07 Publication Dates

Issue	Deadline	Mailing
March	Feb12	Feb 22
April	Mar 12	Mar 22
May	Apr16	Apr26
June	May14	May24

La academia de computaci3n: m1s que una escuela, m1s que amigos, somos una familia. Gracias a nuestros dedicados maestros: Chris Rubin, Patrick Maier, Inez Paepke, Paul Snowy Lance Powel por organizar un desayuno maravilloso para nuestros estudiantes de la academia. Fue muy satisfactorio ver que tantos adultos se tomaron el tiempo para ofrecer una gui1a, apoyo y esperanza en estas sesiones donde se da atenci3n individual. Atletismo: Siete de nuestros jovenes del Equipo de Cross Country compitieron en los campeonatos CCS de Monterey por haberse clasificado en el quinto lugar en las finales de PAL. Felicidades a Andy del Calvo, Robby Merk, Dan Moyer, Adin Vaewsorn, Jeffrey Lin, Taylor Burwell, Jeff Hester. Estudiantes del duodécimo grado (Seniors) Rita Bullwinkle, Todd Hazen y Stephen Hicks fueron tres de los siete jugadores seleccionados en el condado de San Mateo para competir en la Zona del Pacífico. Juegos de Water Pollo del duodécimo grado (Senior) ¡Se nombr3 al entrenador principal del equipo de Varsity, Robert Sykes, como entrenador del a1o del condado de San Mateo!

Mientras nos adentramos en el invierno, estoy muy complacida en hacer notar que nuestro equipo de lucha ha ganado varios partidos hasta la fecha mientras que el a1o pasado no gano ningun juego, buena suerte a todos los atletas.

Oportunidades para los padres: Senior Challenge Day (El dia del desafio para los estudiantes del duodécimo grado (seniors). Los dias 20 y 22 de febrero ser1n los dias para "Terminar de manera decisiva." No se pierdan la noche educativa que tendr1 lugar el dia 23 de enero en la biblioteca con el Dr. Rosekind a las 7 p.m. (¡Nota: M-A ha sido nominada para el premio "National Sleep Foundation" por el programa ofrecido por los docentes, estudiantes y padres! Este premio lo otorga la Fundaci3n Comunitaria en Pro de un Sueño Saludable). Por favor consideren la oportunidad de ser tutores para los estudiantes que hablan el ingl3s como segunda lengua, para la Academia de Computaci3n y para BUILD, as1 como la de ser voluntarios en otras actividades patrocinadas por el PTA. Busquen dentro de este boletín informativo m1s informaci3n.

Acad3mico: Cinco notas sobresalientes: 1) Las aceptaciones tempranas est1n comen zando a llegar: 2) He visto algunas estrategias para la educaci3n muy creativas, por ejemplo las novelas de espa1ol IV de Madeleine Fox; 3) Despu3s de nuestras vacaciones de invierno, los maestros tanto a nivel individual como departamental est1n muy enfocados en hacer un plan acad3mico significativo y los estudiantes han regresado con renovadas energías para el segundo semestre. Y finalmente, escuch3 que David Warlick, un educador de Carolina del Norte dio una presentaci3n muy convincente en el Aprendizaje del siglo 21. Dijo " For primera vez en la historia nuestro trabajo como educadores es el de preparar a nuestros estudiantes para un futuro que no podemos discernir claramente." El recalca que debemos ense1ar a nuestros estudiantes a que sean capaces de aprender por ellos mismos y que el mundo en el que vivimos ahora es diferente y las reglas han cambiado.

El Sr. Warlick cita a Alvin Toffler, "Los analfabetas del siglo 21 no son aquellos que no saben leer ni escribir, sino aquellos que no se han ese1ado a aprender, a desaprender y a

reaprender ." Chequen su p1gina Web informativa en www.landmarks-project.com . El Distrito revisar1 nuestra filosofa sobre cu1 es nuestra Vision, nuestro Cometido y lo que significa ser una persona educada en este siglo 21, por favor acomp1a1nme el primero de marzo por la noche o el 3 de marzo en la ma1ana para compartir sus opiniones sobre estos temas. D3jenme saber si est1n interesados en participar. ¡Gracias por hacer la diferencia de manera que nuestros estudiantes puedan terminar de una manera decisiva y fuerte!
Con un continuo respeto y orgullo y una vez m1s en el nombre del amor, Denise Plante, Principal

From the Career Center...

By Alice Kleeman, AAKleeman@aol.com. or 322-5311 x 5141.

UPCOMING EVENTS:

COMMUNITY COLLEGE NIGHT

Thursday, February 1, 6:00-8:00 p.m., J-Bldg

All students and parents are welcome. Free pizza! While seniors and their parents will find this most relevant at this time, other students are certainly welcome. There will be information tables sponsored by our local community colleges (Foothill, DeAnza, Ca1ada, College of San Mateo, and Skyline) plus a panel discussion. Highlight: Two M-A grads who have attended community college (and one has transferred to a four-year college). RSVP to Alice Kleeman.

CASH-FOR-COLLEGE WORKSHOP

Saturday, January 27, 9:00 am - Noon, Ca1ada College

Free financial aid information and help filling out FAFSA.

BLACK COLLEGE FAIR

Sat, Feb 3, 10 am-2 pm, DeAnza College Auditorium

This annual event hosts representatives from more than 20 Historically Black Colleges and offers several workshops.

CASH-FOR-COLLEGE WORKSHOP

Saturday, February 3, 10:00-2:00, Foothill College

Free financial aid information and help filling out FAFSA

DENISE CLARK POPE EVENT

(More details on page 2) This is an absolutely do-not-miss event for all M-A parents and students.

SOPHOMORE PARENT COLLEGE INFO NIGHT

February 28, 7:30 pm, Library

Sophomore parents only, no students. This is an opportunity for a casual Q&A with me; we'll discuss college testing, admission, etc. RSVP to Alice Kleeman

JUNIOR PARENT COLLEGE INFO NIGHT

March 1, 7:30 pm, Library

Junior parents only, no students. This is an opportunity for a casual Q&A with me; we'll discuss everything juniors need to know and do this year in relation to college, plus what will happen for them next year. RSVP to Alice Kleeman.

WESTERN ASSOCIATION FOR COLLEGE ADMISSION COUNSELING (WACAC) FAIR

Thursday, May 3, 10:00 a.m.-12:30 p.m., 6:00-8:30 p.m., Mission College, Santa Clara An extremely comprehensive college fair with representation from colleges across the US.

Dream Big from the PTA Presidents

By Stacy Fredericksen & Leslie Murveit, PTA Co-Presidents

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." Margaret Mead's words describe what M-A students, parents, faculty, staff and administrators did in December to open their hearts to help our community.

Under Geri Nicholas's leadership, Outreach mobilized 37 students and ten adults to gather 194 backpacks, and to distribute cocoa, sandwiches, cookies, blankets, coats, and backpacks to the homeless in San Francisco.

Under Jenna Carson's guidance, Leadership orchestrated the collection of over 117,000 cans of food to help feed over 400 families in our M-A community. Numerous M-A families purchased and delivered holiday gifts to 55 M-A families. These annual projects, spearheaded by faculty and staff, teach our students the virtues of compassion, humility, responsibility, and respect for others by providing them the opportunity to participate in acts of loving kindness.

Our PTA serves an important role in supporting our students and staff in these community endeavors. Our volunteers are working diligently behind the scenes to publicize school events, to provide parent volunteers and to provide financial support -- all necessary ingredients to successfully achieve such goals. We want to thank all M-A parents for regularly modeling leadership and commitment by participating in our many school projects throughout the year.

Our M-A Community is thriving in large part due to the many opportunities to come together to help one another. The PTA is confident that the community bonds formed during the holiday season will continue on into the New Year to assist in whatever community challenges emerge. Furthermore, we hope that PTA funds and volunteer hours will be a positive force in maintaining and improving the M-A community throughout the school year. We are PROUD of the work our school is performing.

M-A PTA Parent Education presents:

An Evening with Denise Pope

February 12th 7:00-8:30 pm in the J Building

Denise Pope, Stanford School of Education lecturer, founder of Stanford University's SOS: Stressed Out Students project, and author of "Doing School: How We Are Creating a Generation of Stressed Out, Materialistic, and Miseducated Students (2001)".

Parent Education

Sleep issues and student stress are pervasive and warrant attention and education. We are fortunate to have the ongoing Menlo-Atherton Teen Sleep Program to deal with these issues. Parents have had two PTA-sponsored events including a panel with M-A students, faculty, parents and Stanford sleep experts. Faculty had an educational session in early January, and education for all students is planned for March. This unique program was developed specifically to educate the M-A community on the health, safety and performance issues related to adolescents and sleep. The third PTA educational session is coming on April 18.

Next PTA Meeting:

Thursday February 1 AT 8:45AM- Rise Room in J Building - Speakers will be Fred Kessler (Dean of Students), Mike Guerra (School Resources Officer) and Liz Schoeben from M-A's Adolescent Counseling Center.

Continue to DREAM BIG right into 2007!

M-A PTA January/February "Bear Hugs"

Eileen Van Rheenen, who inspired the PTA Parent Education focus this year to educate the M-A community about the health and safety issues related to our teens and their sleep habits. She was the liaison to Mark Rosekind, PhD, sleep research specialist from Stanford University and William Dement, PhD, world's leading authority on sleep, sleep deprivation and the diagnosis and treatment of sleep disorders.

Emily Ligget for running the M-A PTA's eScrip program, which gives families a cost-free way to obtain donation funding for the PTA and the M-A Boosters.

Grad Night 2007: June 7th

Parents of the Class of 2007: Congratulations on making it to your student's Senior Year! To help make your student's graduation the best ever, the PTA will be hosting a PARTY! This is a safe and sober all-night celebration at a top secret location. All graduating seniors are welcome; we are aiming for 100% participation.

- * DJ dance party, with karaoke
- * Souvenir photos
- * Entertainment
- * Prizes
- * Arcade fun
- * Great food
- * Buses to and from the party

Tickets are \$100.00 and scholarships are available. Extra donations for scholarships and other expenses are needed and welcome; buy your ticket and donate early!

For a ticket order form please email gradnight07@earthlink.net or Lanette Kowalski ticket chair at lanette.kozlowski@comcast.net.

Grad Night 2007: 7 de Junio

Padres de la clase 2007: ¡Felicitaciones por haber llegado al ultimo año con su estudiante! Para ayudar hacer la graduacion de su estudiante lo mejor posible, ¡El PTA hara una FIESTA! Esta sera una fiesta hasta la madrugada y en la cual no habra bebidas alcoholicas. La fiesta se llevara a cabo en un lugar especialmente secreto. Todos los estudiantes graduandose son invitados. Nosotros estamos esperando la participacion del 100% los estudiantes.

- * DJ con Karaoke
- * Souvenir fotos
- * Entretenimiento
- * Premios
- * Juegos
- * Comida deliciosa
- * Buses hacia la fiesta y viceversa

Los Voletos cuestan \$100.00 (Hay becas disponibles). Donaciones extra para estas becas y otros gastos se necesitan y son bienvenidas. ¡Compre su boleto y done temprano! Para una orden de Voletos, favor de escribir a gradnight07@earthlink.net o Lanette Kowalski lanettekowslowski@comcast.net.

The Foundation funds a wide range of programs at M-A, that enrich the learning experience for all students. Here are examples of the projects planned for 2006-07:

43% ACADEMIC EXCELLENCE

Languages: Maintaining breadth of World Language Department offerings makes high level language classes available for students: AP French Language and AP French Lit, taught by Florence Tubiana; AP Latin and Latin 4, taught by Madeleine Besse; German 3 and 4, taught by Inez Paepcke

Writing Skills: Funding for readers means English and Social Studies teachers can assign long essays more often

English: Professional development release time allows 7 English teachers (all levels) to attend a conference on expository reading and writing

Math: Summer Calculus, taught by Gregg Whitnah, and year-round competitions boost student progress

Science: computers and equipment for Chemistry labs, taught by Maria Caryotakis, allow students to collect and analyze data more effectively; funding makes it possible for Lance Powell to start a new Environmental Chemistry Class for Computer Academy

ESL: Students learning English benefit from the help of an instructional aide

27% COLLEGE & CAREER PREPARATION

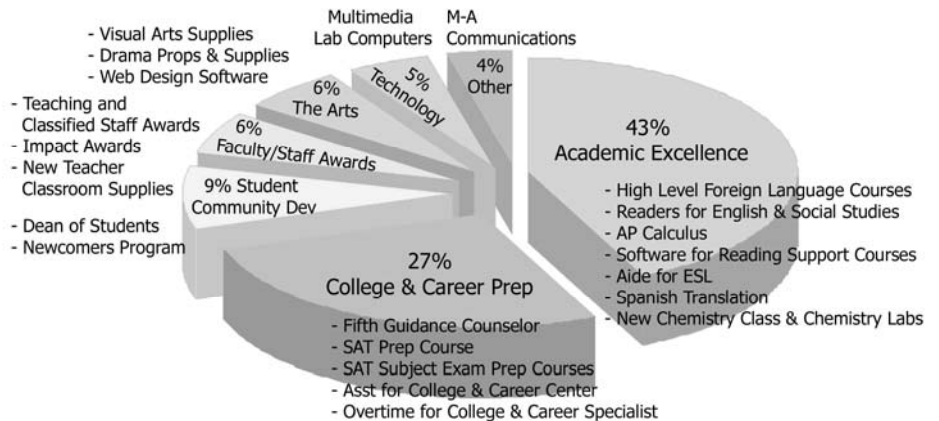
Guidance: A critical fifth guidance advisor, Julie Watts, is on staff to assist students and families

College and Career Center: Alice Kleeman, M-A's College Information Specialist, has her overtime paid and an assistant is provided to help with Career Center work
SAT Prep: SAT reasoning test and subject exam classes, taught by Gregg Whitnah, Liane Strub, and other M-A faculty, prepare students for SAT testing

9% STUDENT COMMUNITY DEVELOPMENT

Dean of Students: Fred Kessler frees up Administrative Vice Principals' valuable time and provides more one-on-one interface with students

Newcomers Program: Angelica Rodriguez runs a program designed to welcome and assist students who have just arrived in the U.S. to get them off to a good start at M-A



6% THE ARTS

The Art Department, under Deb Gutof's direction, purchases supplies; April Paye's Drama classes have props for plays; and Web Design teacher, Mike Burton-Tillson, enjoys the latest software for web design

6% FACULTY & STAFF AWARDS

Teaching and Classified Staff: Annual awards acknowledge outstanding achievement of M-A teachers and staff

Impact: Monthly awards allow faculty to recognize each others' campus-wide contributions

New Teachers: Grants aide new teachers in the purchase of supplies for their classroom

5% TECHNOLOGY

Computers: New computers (and software above) in the multimedia lab ensure that students are able to learn and design the latest in websites

4% OTHER FUNDING

M-A Communications: Publicity assistance for M-A

Please help us fund these worthy projects by sending your donations to:

Foundation for the Future
 Menlo-Atherton High School
 P.O. Box 1228
 Menlo Park, CA 94026

For additional information, please visit our website www.m-afoundation.org or contact Cindy Folker at cfolker@seq.org or (650) 322-53111 x 5206

Winter Formal Dance 2007

8pm – Midnight, Friday, February 23, 2007

Decathlon Club, 3250 Central Expressway, Santa Clara.

General Information

- Remember to bring a picture ID and ticket. NO tickets sold at the door!
- This is a formal Dance, so dress appropriately
- No entrance after 9:30 pm. No exit until 11:30 pm. Arrange for your rides to pick you up by midnight. Students not picked up by 12:15 will be charged cab fare to their homes
- No backpacks and/or bags (there is also no coat check, so leave your coats and purses somewhere else)
- All students will be checked prior to entry
- School policies will be enforced

Ticket Information (see below)

- Only students with a PAL sticker may purchase tickets during the first week of ticket sales
- There will be a \$10 fee if you want to change a ticket after purchasing it for any reason
- Absolutely no tickets will be sold at the door. Last day for sales is Friday, Feb 23 at 1:00 pm.
- No refunds or exchanging of tickets

Guest Passes

- If you want to bring a guest who does not attend M-A, you MUST have a Guest Pass form filled out and signed by our AVP, and also by an official of your guest's school. This is required BEFORE you purchase a ticket.
- Please plan ahead - if you need a Guest Pass and you want to get your ticket before the price goes up, you are responsible for making sure you can get the signatures in time - NO EXCEPTIONS!! Guest passes are available in room B-21 at any time.
- If your guest does not attend high school, special clearance must be received from the AVP's office before he/she will be allowed to attend.

When You Get There...

- At the check-in table, all M-A students and guests MUST present a numbered ticket and PICTURE ID in order to be admitted. You will not be permitted to leave and re-enter the Decathlon Club. Doors close at 9:30 pm.

Photography

- Photos can be taken at the Decathlon Club from 8–11pm. They will be completed within 2 weeks after Winter Formal.

Dress Code

- This is a formal occasion... No jeans or tennis shoes. THE ADMINISTRATION WILL TURN YOU AWAY IF YOU ARE NOT DRESSED APPROPRIATELY!
- If you have a question about whether something you plan on wearing will be acceptable, check with the AVP's office.

Breathalyzers and Other Info

- School code and California state law prohibits the possession or use of alcoholic beverages or drugs by students. There will be a Breathalyzer at the check-in table, and students suspected of having used any illegal substance will be tested. Students who are found to have used or are in possession of any illegal substance will be escorted from the event. Parents/guardians will be notified and will be asked to pick up the student.
- In addition, students found in violation of school code will be subject to further action by the administration, which may include being prohibited from participating in other activities.
- No smoking will be allowed by ANYONE in attendance.

Driving Directions from 101 in Menlo Park

Take 101 South and exit at Bowers Ave. Turn right at Central Expressway. Make a U-turn at Corvin (1st stop light).

The Decathlon Club will be on your right hand side.

<http://www.decathlon-club.com/directions.htm>

Ticket Sale Dates and Prices (No refunds or exchanging of tickets!)					
Jan 22 – 26 PAL sticker holders, Singles tickets only	Jan. 29 -Feb 2	Feb 5 – Feb 9	Feb 12 – Feb 16	Feb 19 – Feb 22	Feb 23 till 1 pm Singles tickets only
S: \$25, C: N/A	S: \$30, C:\$50	S: \$35, C: \$60	S: \$40, C: \$70	S: \$45, C: \$80	S: \$50, C: N/A

PLEASE ACT RESPONSIBLY AT WINTER FORMAL!

From the Guidance Office

By Karen Ramirez, Head Guidance Advisor, Francine Andrade, Julie Watts, Dave Theis, and Silvia Torres, Guidance Advisors

Second Semester Schedule

Wednesday, January 10th was the first day of the second semester. The second semester will end on June 8th. The last day of class for our students is June 7th.

Second Semester Deadlines

- The last day to add a class during the second semester is **January 26th**.
- The last day to drop a class without a record appearing on your transcript is **February 20th**.
- The last day to drop a class with a record of withdrawal passing (WP) or withdrawal failing (WF) appearing on your transcript is **May 4th**; the latter will impact your grade point average.

First Semester Grades

First semester grades were mailed the week of January 16, 2007 and the next progress report period will be mailed the week of February 12th. Reminder: Grading periods are every 4-1/2 weeks. Reviewing first semester grades with your student is a great opportunity to discuss improvements for second semester. Following are some tips for your student regarding taking notes in class:

- Write the subject and date on every page.
- Leave some space between ideas.
- Don't worry about perfect spelling and punctuation, unless the teacher says otherwise. Make sure you understand what you are writing.
- Pay special attention to information on the blackboard or overhead projector.
- Star, circle, or underline topics teachers repeat. It might show up on a test.
- Review notes within 24 hours of taking them.
- Read assignments before class.
- Save notes in a folder or binder to review before tests and quizzes.

Seniors

Reminder: Mid-year Reports are mailed to colleges as soon as first semester grades are available. It is the student's responsibility to provide Mrs. Fran Huber in the Guidance Office with a completed Transcript Request Form and attach all Mid-year School Reports and stamped addressed envelopes for colleges requesting first semester grades. There is a \$2.00 fee for each transcript that must accompany the mid-year report.

Maternity Leave

Mrs. Karina Escobar-Weaver is currently on maternity leave. Mr. Dave Theis is taking over her caseload during her absence. Please contact him at ext. 5120 or dtheis@seq.org. Mrs. Escobar-Weaver will return to her position on February 20th, 2007.

P.E. Requirement

In order to graduate, students must complete 20 credits of physical education (P.E.). A maximum of 10 credits of physical education may be completed during the ninth grade. Students complete 10 credits of physical education by completing P.E. Core during the ninth grade. In order to meet the additional 10 credits, students may enroll in a P.E. Elective class at Menlo-Atherton High School or through the Sequoia Union High School summer school program. Students can also earn 2.5 credits of physical education for every sport they complete during their sophomore, junior, and/or senior years. Please see your guidance advisor if you have any questions.

New Classes

A new class will be offered at Menlo-Atherton H.S. in conjunction with Cañada College, provided that we have enough enrollment. The class is PC Maintenance and System Upgrades – Part 2. In this class, students continue to learn hands-on problem solving skills for computers. The class meets on Mondays, starting January 22, 2007 from 3:20 to 6:30 p.m. Students in the class should have completed Part 1 of the same class in Fall 2006. Students who complete this class will receive college and high school credit. Please see your guidance advisor ASAP if you are interested in taking this class.

The Regional Occupational Program (ROP) will offer a course for all students interested in careers with children. This course at Menlo-Atherton High School will prepare students for jobs and careers with children. Instead of sitting in a desk, students are placed in local children's programs to actually gain experience working with children and to explore careers. The class meets during sixth and seventh periods and counts as practical arts for graduation. Interested students should see their guidance advisor ASAP.

Cash for College

Cañada College will be hosting a "Cash for College" Financial Aid Workshop on Saturday, January 27, 2007 from 9:00 a.m. until 12 noon at the Cañada campus in Redwood City. This event is open to everyone interested in learning more about financial aid and will provide one-on-one assistance for completing the FAFSA and other financial aid forms. As with last year, a \$1,000 scholarship will be given to one lucky student attending the workshop. There will be a representative from EDFUND to present and answer in-depth questions about college financing, different loan products, how to apply, manage loan debt, etc.

De la Oficina de Consejería

Por Karen Ramirez, encargada del Departamento de Consejería, Francine Andrade, Julie Bonner, Dave Theis, y Silvia Torres, consejeras

Segundo Semestre

El miércoles 10 de enero fue el primer día del segundo semestre. El segundo semestre terminará el 9 de junio. El último día de clases para nuestros estudiantes será el 9 de junio.

Fechas Importantes para el Segundo Semestre

- El último día para agregar clases durante el segundo semestre será el **26 de enero**.
- El último día para quitar clases y para que esto no aparezca en su expediente académico será el **20 de febrero**.
- El último día para quitar clases y que el record de WP (pasando) ó WF (reprobando) será el 4 de mayo;
- WF (reprobando) afectará su promedio en el expediente académico.

Calificaciones del Primer Semestre

Calificaciones del primer semestre serán enviadas por correo la semana del **16 de enero** y el próximo reporte del progreso del segundo semestre será enviado la semana del **12 de febrero**. Recordatorio: Los períodos de calificaciones son cada 4 semanas y media. Revise con su estudiante las calificaciones del primer semestre, es una gran oportunidad para discutir las mejorías necesarias para el segundo semestre. A continuación le estamos dando consejos a su estudiante con relación a tomar notas en la clase:

- Escriba el nombre de la clase y la fecha en cada página.
- Deje espacio entre ideas y pensamientos.
- No se preocupe acerca de tener la perfecta puntuación y ortografía a no ser que la profesora lo indique.
- Asegúrese a comprender lo que esta escribiendo.
- Ponga atención a la información que esta escrita en el pizarrón ó en el proyector.
- Circular, subrayar ó marcar los tópicos que la profesora/or repite, uede que esta información aparezca en el exámen.
- Revise las notas tomadas dentro de un período de 24 horas despues de haberlas tomado.
- Lea y revise las tareas antes de llegar a la clase.
- Guarde las notas que ha tomado en la clase en un folder ó carpeta para revisar y estudiar antes de un exámen ó prueba.

Ausencia por motivo de Maternidad

La Sra. Karina Escobar-Weaver está ausente por motivo de maternidad. El señor Dave Their la está reemplazando durante su ausencia. Por favor ponerse en contacto con él y llamarlo al 322-5311, ext. 5120 ó al correo electrónico dtheis@seq.org. La Sra. Escobar-Weaver regresará a su posición el 20 de febrero del 2007.

Estudiantes del Doceavo Grado

Recordatorio: El reporte de medio año será enviado por correo a las universidades y colegios en cuanto las calificaciones estén disponibles. Es la responsabilidad del estudiante de proveer a la Sra. Fran Huber, en la oficina de consejería, con la forma completa pidiendo el expediente académico y adjuntando el reporte, sobre con dirección y estampilla para las universidades que requieren calificaciones del primer semestre. Hay un cargo de \$2.00 por cada expediente académico que acompaña el reporte de medio año.

Requisitos de Educación Física (PE)

Para poder graduarse, los estudiantes tienen que completar 20 créditos de educación física (p.e.) Un máximo de 10 créditos de educación física pueden ser completados durante el noveno grado. Los estudiantes no podrán completar este requisito a través de clases con el programa a larga distancia. Los estudiantes completan 10 créditos de educación física al tomar la clase P.E.Core durante el noveno grado. Para poder obtener los otros 10 créditos, los estudiantes pueden inscribirse en clases de educación física (P.E. Elective) en la escuela superior de Menlo-Atherton o a través del programa de la escuela de verano del distrito de Sequoia. Estudiantes pueden también obtener 2.5 créditos de educación física por cada deporte que completen durante el décimo, onceavo y doceavo grados. Por favor comunicarse con su consejera si tiene preguntas.

Clases Nuevas

Una nueva clase será ofrecida en la escuela superior de Menlo-Atherton en conjunción con el colegio comunitario de Cañada. La clase es PC Maintenance and System Upgrades – Parte 1. En esta clase, estudiantes aprenden como solventar problemas en la computadora y como elevar el nivel de presentación en la computadora. La clase se reúne los lunes, comenzando el 23 de enero del 2006 de las 3:20 a las 6:10 p.m. Estudiantes que completen esta clase recibirán créditos de la escuela superior y del colegio de la comunidad. Por favor visite a su consejera lo más pronto posible si ud. esta interesado en recibir esa clase.

El Regional Occupational Program (ROP) ofrecerá una clase para aquellos estudiantes interesados en carreras relacionadas con niños. Esta clase, en la escuela superior de Menlo-Atherton, preparará a estudiantes para empleos y carreras con niños. En vez de sentarse en un escritorio, estudiantes son colocados en diferentes programas para niños y actualmente ganar experiencia trabajando con niños y explorar diferentes carreras. Esta clase se reunirá durante el sexto y séptimo período y satisface los requisitos de Artes Prácticas para graduación. Aquellos estudiantes interesados pueden visitar a su consejera lo más pronto posible.

Taller de Dinero para la Univ de Calif

Canada College tendrá un taller de dinero para la Universidad de California el sábado 27 de enero, 2007 de las 9:00 a.m. a las 12:00 p.m. en el colegio comunitario de Canada en la ciudad de Redwood. Este taller está abierto para todos aquellos interesados en aprender mas acerca de la ayuda financiera. También darán asistencia personal para ayudar a completar los formularios de FAFSA y otras formas de ayuda financiera incluyendo el formulario de verificación del Cal Grant GPA. Igual que el año pasado, \$1,000.00 serán otorgados a un estudiante que entre a una rifa para ganar una beca por mérito. Los ganadores serán seleccionados y se les avisará después del 2 de marzo. Tendremos a un representante de parte de EDFUND presente para que conteste preguntas con relación a la ayuda financiera de parte de las universidades y colegios, diferentes prestamos, como aplicar, como manejar esos prestamos, etc.

6th Period Leadership

By Mika Jiarvanont and Rei Nakamura

The Menlo-Atherton 6th period Leadership class is heading off to a great start in the New Year! Building upon the success of the "Be the Change" Movement from first semester, the Emotional Committee follows up on the idea of ensuring empathy and respect by all freshmen with Challenge Day, Group Reunions and a possible "Be the Change" club on our campus. During our luncheons, we continue to promote diversity and discuss the Challenge Day experience over a friendly bite to eat. It is combined with engaging activities that send messages of caring and respect, helping the freshmen students understand how Challenge Day can personally affect students and impact the school as a whole. Every student in all grades will have gone through a Challenge Day as of February 22, 2007! That will be an amazing feat! The first-ever Senior Challenge day will hopefully help to instill the many lessons-learned in everyday life, increasing the positive energy at M-A.

Next up for the Connections/Involvement committee is preparing for a fun and relaxing luncheon--a congratulations for the Freshman Transition Leaders for a job well done. They also successfully planned and organized the Freshmen Movie Night, which was another opportunity to unite 9th graders at M-A. As for the Culture Committee, they continue to promote the various cultures here at Menlo Atherton. International week is coming up, offering exciting opportunities for students to show off their unique backgrounds.

Coming up in 4th quarter, the Connections/Involvement Committee is teaming up with the Parent/Teacher committee to tackle one of the biggest events of the year. "Intergrate the 8" is a program where we physically visit the middle schools and speak to them about Menlo-Atherton High School. By representing our school we can answer questions, provide information, and let them know how they can maximize their experience at our school. 6th period Leadership is working hard to better the lives of the great Freshman class of 2010 and will start to work for the class of 2011.

5th period Leadership

Submitted by Maddie Morey, Junior

Hey M-A! This is a look at what's happening this quarter in 5th Period Leadership: Our senior class meetings are scheduled for Tuesdays at lunch on January 16th, January 30th, and February 13th. A sophomore class meeting was held at lunch as well on Tuesday, January 23rd. The purpose of these meetings is to come together as a class and discuss new ideas and give information about what's going on.

The Junior Class put together a bonding night for Friday January 19th (Picnic Theme) in the J-Building from 6-7:30. It was a chance for the Junior Class to unite before heading into their senior year together. **Beautification Days** (organized by seniors) are scheduled for Saturday, January 20 and Saturday, February 3rd.

For the rest of February, we have a **Sophomore Fundraiser at Chili's** Tuesday, February 6th. And Friday the 9th, our big **WINTER RALLY** celebrating the Winter Sports and getting us ready for that night's Basketball Quad games against Woodside. Next is **Senior Challenge Day** Tuesday, February 20th and Thursday February 22nd. And last but not least our **Winter Formal**, Friday, February 23rd with a Charlie and the Chocolate Factory Theme, from 8pm-12am at the Decathlon Club. If you ever have questions about our events or want to help us out, then please email Mrs. Carson at jcarson@seq.org.

Backpacks Carry Warmth to Others

On December 1st, a group of about 25 M-A students went up to San Francisco for Project Backpack. Project Backpack is a program that has been run through M-A's Outreach club for the last few years centered on supplying the homeless with the necessities which are often overlooked.

For the last two months OUTREACH had been collecting donations of backpacks, shirts, pants, jackets, scarves, toothbrushes, toothpaste, shampoo, soap and other toiletries and warm clothes. With help from the community, over 170 backpacks were collected and stuffed with supplies. The students then brought these backpacks along with hot cocoa, cookies and sandwiches to the Tenderloin District in San Francisco to hand them out to the homeless. "Everybody seemed so grateful, we even had one man cry out of sheer joy," one participant said. It was a very moving experience for many who saw first hand how a little help from a stranger can lift the spirits of those struggling.

Outreach would like to thank the **Kiwanis Club of Redwood City** for their outstanding donation of 50 filled duffle bags. We also send a big thank you to all of those who donated supplies, food and their time.

M-A Band Prepares for Festival Season and Big Band Dance

By Mary Hom, M-A Band Booster Chair, tream5@juno.com

Please be sure to put the date Friday, March 2, 2007, on your 2007 calendar as the date for the M-A Band's Swing and Sway Big Band Dance. Please join us anytime between 8-11:30pm in M-A's J-building for some swinging music, desserts and fun. There's time enough to get together with some friends and take those dance lessons you've always wanted to!

On December 7th, J-Building was fully packed for our first school band concert of the year. Thank you, musicians for your hard work and great music, and thanks to parents and friends for all your support and volunteer help. I want to especially thank Perryn Rowland for stepping-up to volunteer as Refreshment Chair; everything ran sooooo smoothly.

M-A's Advanced Jazz Ensemble placed second at December's Redwood Empire Jazz Festival, competing against 17 other very fine bands in the Advanced Division. It should be noted that M-A has not had a band compete in the Advanced Division since 2002. Outstanding performance awards were given to Kyle Crager, Andy del Calvo, Robbie Eaton, Brian Reich, and David Rust. Robbie Eaton also won one of four scholarships given overall to attend music camp next summer. In addition, the Advanced Jazz Combo received 3 superior marks and placed 5th in competition with a stellar cast of combos. The Intermediate Jazz Combo received 3 excellent marks. The Intermediate Jazz Ensemble received 3 excellent marks and outstanding soloist awards were given to Liz Bird and Sashi Ayyangar.

Upcoming festivals include Folsom Jazz Festival Jan 27th and CMEA Feb 3rd.

With 60 Big Bear Run Sponsors, We're Half Way to Our Goal. Now, We Need *Your* Help!

By Kim Young

Mark your calendar for Sunday, May 6th, 2007 -- That's when current M-A Bears, incoming Bears, old Bears and FOBs (friends of Bears) will join us for a 5-K race that benefits each of our sports teams. It's a beautiful course that starts at M-A, winds through Lindenwood and ends on Coach Parks Field. Last spring, runners crossed the finish line to the sounds of M-A's jazz band and cheering fans.

At our first race, we hosted 400 runners and netted nearly \$35,000. This year, we want to attract 500 runners and raise \$40,000—that's lots of new equipment and uniforms! To date, we have 60 sponsors and checks/pledges totaling \$22,000. We're halfway to our goal!

If you'd like to be a Sponsor—Family (\$250), Bronze (\$500), Silver (\$1000), Gold (\$2500) or Platinum (\$5000)—please contact Kim Young at kyoung@moragne.com. All sponsors will appear on race T-shirts and registration forms. Large donors will appear on banners, posters and in advertising and press. You may also send a check to M-A Boosters/Bear Run, P.O. Box 1288, Menlo Park, CA 94025.

To join the Big Bear Team and help coordinate the race, please contact Amy Boyle: amy@boylemail.com or Diane Hester: diane.hester@sbcglobal.net.

Register Early! The sports team with the greatest number of Big Bear Run participants will win extra cash for their team.

Menlo-Atherton High School's 23rd Annual Big Band Dance

8:00 to 11:30 p.m., Friday, March 2, 2007 J-Bldg.

Put on your dancing shoes and come on over for this outstanding community event! Swing and sway to the music of Frank Moura's four outstanding M-A bands! Gourmet desserts and coffee will be available for sale at our Jazz Café.

Come bid on our wonderful auction items, including a weekend get-away at Sea Ranch on the California Coast, an evening of Afro-Cuban music for your private event, a fabulous home-cooked Indian meal for 8, original artwork, an outdoor portrait photo session, and more!

To order tickets, please mail your check made out to "M-A Band Boosters" and a stamped self-addressed envelope to:
Judith Weber, 220 W. Floresta Way, Portola Valley, CA 94028.

Questions? Email Judith at WeberAssoc@aol.com or call her before 9:00 pm at 854-1006.

Please note: Seating can only be reserved for parties of ten. Otherwise seating is on a "first-come, first-served" basis.

Name: _____ Phone: _____ E-mail: _____

Mailing Address: _____

Tickets, General Admission: \$20 x _____ = \$ _____

Tickets, Senior Citizens: \$10 x _____ = \$ _____

Donation to the M-A Bands: \$ _____

TOTAL Enclosed: \$ _____

Please include a stamped, self-addressed envelope if tickets are ordered before Feb. 25th, otherwise, tickets will be held at "Will call" at the door of J-Bldg. on March 2.

Register Early for the 2nd Annual Big Bear Run, Sunday, May 6th, 2007.



Time: Race-day Registration - 8 AM. Warm up - 8:30 AM. Start time - 9 AM sharp. **Pre-Registration:** Pick up race T-shirts and bibs on Thursday, May 3rd, 1:30 PM to 3 PM or on Friday, May 4th, 2:30 to 3:30 PM. Registration table will be at the front of M-A High School. **Location:** Menlo-Atherton High School, 555 Middlefield Road, Atherton, CA 94027. (Race will start on Ringwood Avenue side of M-A.) **Course:** A flat, 5K race/walk that starts at M-A, weaves through Lindenwood and ends on Coach Parks Field. Everyone is invited and will enjoy pre- and post-race refreshments and entertainment. **Awards:** Ribbons or Medals for 1st, 2nd, 3rd male & female in the following age groups: 12 and under; 13 - 19, 20-29, 30-39, 40-49, 50-59, 60+. Gift certificate for overall winner, male and female. **Entry Fee:** Early Registration: By April 30th: \$20 for Adults /\$10 for Students 18 and under. Late & Race Day Registration: After April 30th: \$25 for Adults/\$15 for Students 18 and under. **REGISTER TODAY!** Mail payment and entry form (below) to: M-A Athletic Boosters/Big Bear Run, P.O. Box 1288, Menlo Park, CA 94025.

Big Bear Hugs For Our Sponsors to Date:



Allen Equipment Company



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Bronze Sponsors: Brownstein family; Kelly Foster family; Sharon Hume family; K&J Mitchell family; J&J Rodgers family; Sorenson family.
Family Sponsors: Anonymous; Amato; Bassett; Bastian; Blank; Branning; Buchsbaum; Bullwinkel; Dallmar; Decker; DeFilippis; Fitz; Fitzgerald; Gaston; Hester; Horowitz; Jensen; Gillman & Kadvary; Kaspick; Kleck; Knox; Lewis; Maibach; Maier; Mayerson; Merk; T&M Mitchell; Moazami; Mohr; Montgomery; Moran; Morrissey; Murveit; Osgood; A&G Peck; Peterson; Pinkston; Rivera Consulting; Ruck & Ito; Sako; Schultz; Skidmore; Snyder Miller & Orton, LLP; Rehlich; Songer; Stanske; Sterling; Stevens; Jackson & Sylvester; Traeger; Trautman; Walsh; Watters; Wright; Kukulus & Wiener; **In-kind donors:** Atherton Police; JP Digital Imaging; Michael Patrick Partners; Occasions, Inc.; The Runners High.

Sex (circle one) M F Age _____ Date of Birth _____ T-Shirt Size (circle one) Youth L Adult S M L XL XXL

Last Name _____ First Name _____

Address _____

City _____ Zip _____ Phone _____ / _____

Email _____

If you're an M-A athlete, pls indicate your sports team(s) _____

Waiver: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims or damages I may accrue against the persons and organizations affiliated with this race for any and all injuries that may be suffered by me while participating in or enroute to or from the event. I attest that I am physically fit and sufficiently trained for the competition, my physical condition verified by a licensed M.D. during the last 6 months. **For safety, no skates, no headphones or dogs are allowed.** As part of the waiver, I acknowledge that I have read and understand all of the above.

X _____

ALL ENTRANTS MUST SIGN WAIVER PARENT OR GUARDIAN IF UNDER 18

DATE

M-A Boosters Honor Athletes

School Spirit was rocking the house at the Fall Sports Awards, sponsored by the M-A Boosters held November 15th in J Bldg. Our thanks to Jeff Skidmore who always manages to catch the most incredible shots of our athletes in action and produces those inspiring videos that make us all proud. Thanks also to Laurie Knapp and Suzanne Amato for putting the entire event together. We had a lot to celebrate during the evening with five teams entered in Central Coast Section competition including Cross Country, Girls and Boys Water Polo, Tennis and Football. Thanks to all of the families who supported the Athletic Boosters Fall Fund Drive. It's not too late if you haven't had a chance to give. Please contact Kayla Skidmore at skid@batnet.com or Susan Mohr at smdmohr@aol.com if you have any questions. Go Bears!!

Menlo-Atherton High School – 2006 Fall Sports Awards

Congratulations to the following student athletes who were recognized at the end of our Fall Season:

Cross Country – Girls

Most Valuable: Lena Pressesky
Most Improved: Leo Matthews
Most Inspirational: Allie Fero

Football – Freshman

Most Improved: every player (13)
Offensive Player of the Year: Christopher Gow
Defensive Player of the Year: Adrian Calderon
Most Valuable: Matt Menninger

Football – Frosh-Soph

Leadership Award: Russell Perkins
Offensive Linemen of the Year: Yu Kambe
Offensive Player of the Year: Russell Perkins
Most Inspirational: (captain) Abi Arias
Most Improved: Andrew Pham
Most Valuable: (captain) Russell Perkins

First Team, All League :

Offense: Russell Perkins, Vaughn Smith, Turner Baty
Defense: Yu Kambe, Casey Monroe, Mike Newsome, Samui Talakai, Viliami Talakai.

Second Team, All League:

Defense: Abi Arias, Adam Brownstein, Eric Stanske, Jason Williams
Offense: David McLaughlin, Danny Jimenez

Honorable Mention: (All Offensive Players)

Football – Varsity

Most Valuable: Saia Haatoa
Outstanding Leadership Award: Jessie Fifita
MAFA Award: Jessie Fifita
Offensive Player Of The Year: Maurice Hanks
Offensive Skill Award: Kevin DiSibio
Defensive Player of the Year: Litani Moimoi
Defensive Skill Award: Allen O Neal
Offensive Lineman of the Year: Matt Mohr
Defensive Lineman of the Year: Josh Afungia
Most Inspirational: Fatai Vailala
Most Improved: Greg Kalin
Special Teams Player of the Year: Lee Bader

First Team, All League: Saia Haatoa LB, Kevin DiSibio WR, Litani Moimoi DL, Maurice Hanks RB

Second Team, All League: Sam Knapp WR, Josh Afungia DL, Matt Mohr OL, Raymond Vainikolo TE, Matt Mosher – Utility Player, Lee Bader - Place Kicker, Allen O Neal DB, Fatai Vailala DL

Honorable Mention: Viliami Latu DB, Greg Kalin DB, Paul Jones OL, Troy McCabe QB, Steve DiSibio WR

Special Awards:

Saia Haatoa, LB of the Year
Kevin DiSibio, WR of the year
Izaak Huerta, Semisi Mataele, Frankie O'Hare, Abishek Ram

Cross Country – Boys

Most Valuable: Andy Del Calvo
Most Improved: Joe Ocon
Most Inspirational: Oliver Tully

Golf – Girls Varsity

Most Valuable: Lauren Verity
Most Improved: Erin Kelley
Most Inspirational: Keiko Wolff

Tennis – Girls Frosh-Soph

Most Valuable: Casey Burnett
Most Improved: Janna Traeger
Most Inspirational: Amanda Lee

Tennis – Girls Varsity

Most Valuable: Marjorie Adams
Most Improved: Caroline Halaby, Janine Kauffer, Emma Sharer
Most Inspirational: Marietta Tuionetoa

Volleyball – Freshman

Most Valuable: Victoria Fakalata
Most Improved: Viktoria Kuehn
Most Inspirational: Tami Vujovich

Volleyball – Jr. Varsity

Most Valuable: Janelle Eastman
Most Improved: Molly Murphy
Most Inspirational: Grace Goldberg

Volleyball – Varsity

Most Valuable: Erin Crowley
Most Improved: Marli Ruck
Most Inspirational: Arielle McKee

Water Polo – Girls Jr. Varsity

Most Valuable Offensive: Anna Geiduschek
Most Valuable Defensive: Darya Sheikhrekai
Most Improved: Maddie Mayerson
Most Inspirational: Heather Bogott

Water Polo – Girls Varsity

Most Valuable Offensive: Rebecca Dorst
Most Valuable Defensive: Jessica Welton
Most Improved: Lindsay Welton
Most Inspirational: Rita Bullwinkel

Water Polo – Boys Jr. Varsity

Most Valuable: Nick Beltramo, Simon Hood
Most Improved: Brian Hohl
Most Inspirational: Janne Rapakko

Water Polo – Boys Varsity

Most Valuable: Peter Jacobs, Stephen Hicks
Most Improved: Elliot Welsh
Most Inspirational: Robbie Eaton



Talking to your Teen

Laurie Linscheid, MFT Program Director ACS
On-Campus Counseling Program

Most parents will agree that communication with their child is an important part of their relationship. Being able to communicate with your child will create a healthy bond within the family and will allow for an environment in which your child will thrive. Somewhere around age 13, however, this communication commonly becomes challenging.

Developmentally, children change physically and emotionally in early adolescence. Along with these changes comes a need and desire for more independence, which may translate into less communication and less family interaction. Parents often struggle with these changes and the communication gaps that begin to emerge resulting in parent's frustration and a lack of comfort in talking to their child. When parents feel pushed away by their teen, it is very important that they not take it personally, but instead modify the way that they communicate with their child to fit their new needs and capabilities.

Although your teen is asking for independence, he also still needs the structure and connectedness that his family can provide. It is important that parents maintain the structure of the household, communicate what their expectations of their child are, and encourage their child to communicate with their parents.

Many parents are confused as to how to talk to teens when they seem unwilling to interact. Parents understandably don't want to push communication, fearing it may result in irritability or frustration on the part of both parent and child. Allowing your teen some autonomy is very important, as long as she knows that you are there for her if she needs you. If you see her struggling with something, ask her how she is doing. Allow her to talk about what is going on with her and ask her what she needs from you. Parents often assume that their teen wants their problems solved for them. With teens this is not always the case. Giving your teen the opportunity to problem solve and offering your help to facilitate this process is much more valuable than fixing the problem for her.

Following are some tips to maintain communication with your teen:

- **Stay involved with school.** Ask your teen about how school is going. Engage him in conversation about a project that he is working on or a book that he is reading.
- **Share a hobby.** Find something that you enjoy doing with your teen and make a date to do it on a regular basis. Whether it is bike riding, playing a game, going to the movies, or cooking together, this is an opportunity to connect in an activity that you both enjoy.
- **Have family dinners.** Although it is always a challenge to coordinate schedules, dinnertime is a great time to connect with your teen. Having a routine of eating dinner together and discussing the day, planning activities, and just catching up with each other is an invaluable experience for families to have.

Communication is difficult for many parents of teens, but it is also very important in adolescent development. In addition

to individual and group therapy, ACS On Campus Counseling Program offers family therapy to teens on the middle and high school campuses in Palo Alto as well as Menlo-Atherton High School. We provide a place for families to work on their communication as well as a range of other issues. If you are continuing to struggle with communication with your teen or are concerned, Adolescent Counseling Services can help.

Adolescent Counseling Services is a community non-profit, which provides vital counseling services on six secondary school campuses at no charge to students and their families. To learn more about ACS, please visit our website at www.acs-teens.org or contact Liz Schoeben, MFT at (650) 322-5311 X5186. ACS relies on the generosity of community members to continue offering individual, family and group counseling to over 1,500 individuals annually, helping teens find their way! ACS provides critical interventions and mental health services, building a better future for tomorrow. Support the youth of the community by donating to ACS!

Attention Moms & Dads

Join other parents in our Mom's Group or Dad's Group and learn how to understand and connect with your teen!

Take the opportunity to learn about the behaviors associated with the teen years. Learn what you can do to change your interaction with your son or daughter that will help maintain and/or get back the "connection". Parents will share ideas and experiences. Confidentiality is a must! Groups will meet weekly at the Menlo-Atherton Guidance Offices.

For more information, please contact
LaVergne Poe, MFT Intern (650) 322-5311 x 5186,
Adolescent Counseling Services - On Campus program

“Finish Strong”

Challenge Day for the Class of 2007

Tues Feb 20 and Thurs Feb 22, 7:50 am – 2:30 pm

Submitted by Jenna Carson, Student Activities Director

Thanks to huge support from parents, students, staff and community members, the Challenge Day organization will be returning to Menlo-Atherton so that our seniors can experience this high impact event. Our seniors are the only group that has not participated as a whole class . . . until now! The theme is “Finish Strong” and we hope that the event will unify the class as they head into the spring and strive for a 100% graduation rate. It is important that they support each other and be accountable to their peers, as well as the school. We will also address the stress that most of them are experiencing and tackle the conflicting emotions that inevitably comes as they face the end of high school and the beginning of the rest of their lives.

As with our Freshman Challenge Days, each senior will only participate in one day and it is expected that they attend on their assigned day. We are always looking for more adult volunteers (it takes about 100 adults to ensure a successful event). If you are available to volunteer for one or both days, please contact Margie Lawrence at mlawrence@mppc.org. If you have any other questions, please feel free to contact Jenna Carson and the student leaders who are coordinating the event at jcarson@seq.org.

Temas Relacionados Con El Consumo De Alcohol En M-A Hs.

En el otoño del 2005, el grupo de padres y maestros de Menlo Atherton (M-A PTA), y la administración de la escuela formaron un nuevo comité conocido como FACTS (Focus on Alcohol - Committee for Teen Safety / Enfoque en el consumo del alcohol - Comité para la Seguridad de los Adolescentes.) Su objetivo es el de incrementar los conocimientos tanto de los padres como de los estudiantes sobre los temas de salud y seguridad relacionados con el consumo del alcohol por menores. Con este fin, se les proporciona la siguiente información para que los padres y estudiantes la lean.

Percepciones y Realidades

En los últimos diez años, se han publicado muchos estudios sobre el consumo de alcohol en los adolescentes en organizaciones y agencias gubernamentales como el "Institute of Medicine of the National Research Council of the National Academies of Science (IOM, The American Medical Association (AMA), the National Institute on Alcohol Abuse and Alcoholism (NIAAA), The U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Agency (SAMHSA), the National Council on Alcoholism and Drug Dependence (NCADD) y "The World Health Organization (WHO)." A raíz de estas nuevas investigaciones los científicos e investigadores están presentando nuevas realidades sobre algunas percepciones que existían antes de hacer estas nuevas investigaciones.

Percepción: El consumo de alcohol en adolescentes no es realmente un problema sino hasta el decimoprimer año (junior) o duodécimo año (senior) de high school.

Realidad: Cada día, más de 7,000 niños menores de 16 años consumen alcohol por primera vez. Según la agencia SAMHSA (Substance Abuse and Mental Health Services Agency) uno de cada cinco niños en octavo grado toma alcohol. Según el Instituto IOM (Institute of Medicine of the National Research Council of the National Academies of Science) la edad promedio de los niños que prueban el alcohol por primera vez es de once años y de las niñas el promedio es de trece años. Según la Asociación Médica Americana (AMA) de los 10.8 millones de menores entre 12-20 años que consumieron alcohol en 2004, 4.4 millones eran jóvenes entre 12-17 años y 7.4 millones eran jóvenes que tomaban cuando iban a fiestas, llamados en inglés "binge drinkers", término que se define como alguien que toma cinco o más bebidas alcohólicas en un solo evento durante por lo menos un día en un período de 30 días. (SAMHSA).

Percepción: El consumo de alcohol en adolescentes es una etapa del desarrollo y no tiene efectos dañinos a largo plazo.

Realidad: Más del 40% de adolescentes que comienzan a beber antes de los 15 años acaban desarrollando una dependencia al alcohol en alguna etapa de su vida; una estadística que baja al 10% para aquellos que empezaron a beber a partir de los 21 años. (NIAAA)

Percepción: Si los jóvenes de 18 años pueden votar e ir a la guerra, no hay razón para que no puedan también consumir alcohol. Además, muchos adultos tomaron cuando eran

menores de edad lo cual hace que sea una hipocresía prohibírsele hoy en día a los adolescentes.

Realidad: Las nuevas investigaciones demuestran que el cerebro no está completamente desarrollado sino hasta los 20 años. Los daños provocados por el consumo del alcohol a las regiones del cerebro donde están las funciones de la memoria, aprendizaje, toma de decisiones y razonamiento pueden ser de largo plazo o irreversibles si los niños toman entre la edad de la adolescencia y los 21 años (AMA). Se debe tomar en cuenta que este conocimiento no estaba disponible cuando los adultos de hoy eran adolescentes. También se puede decir que muchos de los adultos de hoy manejaron sin cinturón de seguridad, fumaron cigarrillos y nunca se pusieron casco al andar en bicicleta. Sin embargo, los resultados de investigaciones más recientes los han convencido de cambiar su comportamiento e insistir para que sus adolescentes no hagan lo mismo que ellos hicieron cuando eran jóvenes.

Adicionalmente, una de las diferencias más importantes entre el cerebro de un adulto y el de un adolescente es que los adolescentes tienen un riesgo más alto de volverse adictos. Una tercera parte (1/3) de los alcohólicos americanos (4.7 millones) son menores de 21 años. (Community of Concern)

Percepción: Si los adolescentes solo toman cerveza y vino, no habrá mayor problema.

Realidad: Una copa de vino de 5 onzas, una bebida alcohólica de 80 grados (tipo Vodka) de 1.5 onzas y una cerveza normal de 12 onzas tienen todas el mismo contenido de alcohol y cuentan como una bebida. Las siguientes organizaciones (NIAAA) (SAMHSA), (AMA), (NIAAA),(IOM) y (NCADD) afirman que no hay un nivel seguro de consumo de alcohol para personas menores de 21 años porque el desarrollo del cerebro sigue hasta esta edad. Asimismo, un consumo moderado en adultos es definido como una bebida diaria para mujeres y dos bebidas diarias para hombres.

Percepción: Los franceses no tienen problemas de consumo de alcohol en menores, ni tienen problemas con el abuso del alcohol en general porque han aprendido a consumirlo ya que desde chicos toman un poco de alcohol en las comidas.

Realidad: Proporcionalmente, los franceses tienen más alcoholismo y más enfermedades relacionadas con el alcohol que los americanos. (WHO) Los franceses consideran el alcohol como su principal problema de salud nacional e incluyen ahora el alcohol en su lucha contra las drogas (The Marin Institute) Fuentes: SAMHSA www.samhsa.gov; AMA www.ama-assn.org; IOM www.iom.edu; NCADD www.ncadd.org; NIAAA www.niaaa.nih.gov;

Community of Concern www.thecommunityofconcern.org; NCADI

www.health.org; Leadership to Keep Children Alcohol Free www.alcoholfreechildren.org; Stop Underage Drinking (a multi-government agency website)

<http://www.stopalcoholabuse.gov/parents.aspx>

Como Funciona en M-A

M-A implementa de manera muy estricta las reglamentaciones del Sequoia Union High School District con respecto a los estudiantes que estèn bajo la influencia del alcohol o que tengan posesión de alcohol en las instalaciones de la escuela antes, durante y después del horario escolar o durante un evento del colegio. Esto incluye una suspensión de 5 días para la primera ofensa y expulsión para la segunda. Para más información, llame a Judy Duran 322-5311 ext. 5130 o a Matt Zito 322-5311 ext 5132, Vicepresidente Administrativo (AVPs) o a Mike Guerra 322-5311 ext 5123, Oficial de Recursos del Distrito (School Resource Officer) y al Departamento de Policía de Atherton.

Para los padres de familia y estudiantes que estèn preocupados por otro alumno y su consumo de alcohol (o su propio estudiante), M-A tiene una persona empleada en el colegio para ayudar: la consejera (Adolescent Counseling Service) Liz Schoeben 322-5311 ext 5186. Tanto los padres como los alumnos le pueden hablar y toda la información sera mantenida confidencialmente.

Lo Que Dicen Los Psicólogos Sobre El Desarrollo Del Cerebro De Un Adolescente Y El Consumo De Alcohol

Alcohol & adolescent brain development

por Jim Hutt, Ph.D.

Gracias a la investigación que se ha hecho en los últimos quince años, sabemos ahora que el cerebro humano no está completamente desarrollado sino hasta los 20 y los 25 años de edad. Durante los primeros diez años de vida, una persona desarrolla el mayor número de neuronas que tendrá en su vida - millones y millones de neuronas. Las neuronas componen el tejido especializado a través del cual pasan pulsaciones muy pequeñas de una parte del cerebro a otra -- hasta 1,000 pulsaciones por segundo.

La formación de estos tejidos especializados ocurre a través de la segunda década de nuestra vida -- el período durante el cual producimos más materia gris, lo cual significa que nuestro cerebro crece físicamente y la sinapsis o conexión entre las neuronas es más eficiente. Es durante este segundo período de desarrollo que perdemos o "podamos" muchas de las neuronas que no utilizamos porque el conducto de la pulsación o sinapsis no se desarrollò o no se està desarrollando. Èsto lo llamamos el fenómeno de "lo usas o lo pierdes" ("use-it-or-lose-it").

El consumo de alcohol activa neuronas en la parte del cerebro donde se marcan los placeres y/o recompensas. Esto crea recuerdos de las sensaciones de placer que se sintieron al consumir alcohol. Estos recuerdos, a la vez, impactan las funciones en la toma de decisiones cuando a uno se le presenta la oportunidad de tomar alcohol la pròxima vez. Entre más joven es la persona cuando llena su centro de "placer y/o recompensa" con el uso frecuente de alcohol, más altas son las probabilidades de adicción. Esto sucede porque las neuronas de recompensa se usan con frecuencia y al mismo tiempo las neuronas que se activan con placer sin el uso del alcohol se van "podando" o se mueren. Se piensa ahora que además de perder la memoria en el centro de placer

y/o recompensa, la capacidad de tomar decisiones que se encuentra en la corteza cerebral también se puede dañar a causa del consumo de alcohol cuando se es muy joven.

Señales y síntomas del uso de alcohol en los adolescentes

por la Dra. Lea Goldstein, Ph.D.

Hay 4 etapas marcadas en el uso del alcohol en los adolescentes y no es fácil identificar un momento exacto o evento que pueda avanzar a un adolescente de una etapa a otra. A continuación se dan las señales y síntomas de cada etapa en el uso del alcohol:

Etapa 1: Experimentación

- Curiosidad
- Emoción de estar bajo la sensación del placer del alcohol
- El uso irregular e infrecuente
- Ninguna o pocas consecuencias negativas
- Uso de cantidades pequeñas por tener una tolerancia baja

Etapa 2: Uso Seguido

- Planeado por adelantado
- La cantidad del consumo aumenta
- Percepción de que "todos" lo hacen
- Orgullo de tener la capacidad de tomar cantidades mayores
- Pocas consecuencias negativas
- Mentiras / pretextos
- Los padres están conscientes
- Baja en las calificaciones y/o interés en actividades

Etapa 3: Abuso

- La tolerancia aumenta
- Uso solitario / separación de los amigos que no toman
- Aumento en la frecuencia de días / semanas que se usa / el dinero
- Gastado
- Promesas incumplidas de disminuir o dejar de tomar
- Depresión, contemplación de suicidio
- Uso de drogas más fuertes
- Consecuencias negativas
- Preocupación por el consumo / El consumo de alcohol es la actividad principal

Etapa 4: Dependencia o Adicción

- Similares a la etapa de abuso
- Uso compulsivo (siente la necesidad de consumir)
- No existe control para dejar de tomar
- Deterioro de la salud mental y física
- Rompe su propio código de ética
- Baja autoestima
- Negación del impacto del consumo
- Uso continuo a pesar de las consecuencias negativas

Información que padres de Familia y adolescentes necesitan saber sobre las fiestas de adolescentes, el alcohol y la ley.

Es contra la ley de California servir bebidas alcohólicas o permitir que éstas se sirvan en su casa a menores de 21 años, a excepción de que sea un padre el que le sirva a su propio hijo. Qué significa esto?

Escenario 1: Un adulto compra unas cuantas cervezas para la fiesta de su adolescente, sabiendo que algunos jóvenes son menores de edad. Esto es contra la ley, aunque el padre esté en la casa y no permita que los invitados manejen. Las consecuencias? La convicción por el delito menor de servir alcohol a un menor de edad puede ser de encarcelamiento de hasta 6 meses y / o pagar una multa de hasta \$2,700 dólares.

Escenario 1: Los padres de familia le permiten a su hijo tener una fiesta pero insisten que sea afuera en el jardín / patio. Si los padres saben que los invitados que son menores tienen posesión de alcohol o/y lo están tomando, están en violación de la ley, aunque ellos mismos no proporcionen el alcohol y la fiesta sea afuera de la casa. Las consecuencias? Un padre puede ser acusado de un delito menor como se mencionó anteriormente en el escenario 1.

Escenario 2: Los padres de familia se van de la casa durante la noche (o por más tiempo) y su casa es el lugar de la fiesta en la cual los menores de edad están tomando alcohol. Si los padres saben de la fiesta y permiten que los menores de edad consuman alcohol están violando la ley aunque no estén presentes en la fiesta. Las consecuencias? Riesgo de responsabilidad civil (civil liability) como consecuencia de cualquier lesión o accidente causado por un menor intoxicado o a un menor intoxicado. Este riesgo de responsabilidad civil es posible aunque el padre no permitió o no estaba enterado del consumo de alcohol por menores.

En resumen: en California, una persona sentenciada por el delito menor de servir alcohol a un menor de edad puede ser de una multa de hasta \$2,700, incluso en caso de que sea la primera ofensa. Están también en riesgo de una responsabilidad civil (civil liability) por daños causados por o a un menor que esté en obvio estado de intoxicación y a quien le dieron bebidas alcohólicas. Si uno de estos casos se va a la corte, los menores pueden ser llamados a dar testimonio, sin importar si estaban o no bebiendo bebidas alcohólicas.

La Ley Simitian (implementada a partir de enero del 2004 (Sección 25658.2 del Business and Professional Code) aumentó las consecuencias a los padres o apoderados legales quienes conscientemente permitieron a sus hijos u otros jóvenes menores de 18 años consumir alcohol o a usar alguna sustancia intoxicante y si esos menores a la vez causan un accidente de tráfico, estos padres pueden ser juzgados y encontrados culpables y podrían ser sentenciados hasta un año de cárcel o una multa de hasta \$1,000 dólares o ambos.

Adicionalmente, los jóvenes de entre 13 y 21 años que consuman alcohol pueden tener su licencia de manejar suspendida, revocada o retrasada por hasta un año por cada ofensa relacionada a la posesión, consumo o compra de alcohol, aún cuando la ofensa no involucre un accidente de automóvil. También, para la primera ofensa, los menores pueden ser obligados a pagar multas de hasta \$250 o a hacer de 24 a 36 horas de servicio de comunidad. Las ofensas subsecuentes tendrán multas mayores y más horas de servicio a la comunidad.

[Gran parte de esta porción se copió con el permiso de la escuela del folleto de Menlo School "Guía para los padres de familia y las fiestas de adolescentes". Estamos muy agradecidos a: Parents for Safe Teens, Menlo School, Atherton, CA y los siguientes derechos de publicación: Original material produced by the 4-School Drug and Alcohol Handbook committee of the Parents' Associations of Boys' latin, Bryn Mawr, Gilman, and Roland Park Country Schools, c May 1998, Baltimore, MD.]

Los adolescentes y los conductores asignados "Designated Drivers"

La siguiente información con respecto a las responsabilidades que implican ser un conductor asignado o "designated driver" (alguien que no ha tomado absolutamente nada de bebidas alcohólicas y quién se ha encargado de manejar después de la fiesta):

Escenario 1: Si a un adolescente asignado como conductor lo para un policía de tránsito y uno de los pasajeros tira alcohol o drogas en el coche del adolescente, el conductor puede ser acusado de manejar con envases de bebidas alcohólicas abiertas.

Escenario 2: Si uno de los pasajeros en el coche del adolescente está peligrosamente intoxicado y el conductor no se asegura que el pasajero reciba la atención médica o de sus padres de familia estén al tanto, este conductor adolescente (y sus padres, civilmente) pueden ser responsables legalmente.

En resumen, es una buena idea preparar una tarjeta con los teléfonos del servicio local de taxi y Safe Rides (viajes seguros) y tenerla en la guantera del coche con \$40 para poder pagarle a un taxi en caso de que sea una mejor alternativa a la de llevar a un menor seriamente intoxicado en el coche. Para su información, Safe Rides ofrece llevar adolescentes gratuitamente entre las 10 de la noche y la 1:30 de la mañana, los viernes y sábados, menos durante vacaciones las escolares. Llame al 1-877-753-RIDE.

Más Información sobre FACTS

Se le recomienda a todos los padres de familia a asistir al foro FACTS y a proporcionar su nombre para recibir correos de FACTS y mantenerse al tanto de la última información. FACTS lanzará pronto su página internet (website) www.mafacts.org, para adolescentes y padres. Si usted desea participar en alguna o todas las actividades favor de llamar a las líderes de FACTS: Lisa Bohannon 327-9935 / lfredbohan@aol.com, y Lily Hurlimann 328-7321 / lhurl@aol.com.

Trends in Alcohol Use and Abuse in Undergraduate Colleges

Lily Hurlimann and Lisa Bohannon *FACTS Co-Chairs*

On December 5th, the FACTS forum featured Ralph Castro, the Director of the Substance Abuse Prevention Program at Stanford University, who gave parents an overview of recent trends in substance use among undergraduate college students. This is a summary of his main points.

Today's high school students live more stressful lives than we did. In addition to the social pressures we remember, today's teens face increased pressure to develop the perfect college application – 4.0 GPA, high SATs, community service, leadership, varsity athletics etc. Once in college, the stresses are exacerbated as they try to adjust to a new environment. The stresses include.

- Meeting new people
- Living with strangers
- No parents around
- Limited oversight
- New found freedom
- Being trusted to make good decisions

Alcohol use is common among undergraduates as a way to unwind and relax. Most students drink responsibly, but there are some disturbing trends.

- 85% have used in the last year
- 73% have used in the past month
- The average number of drinks per week is 5.81; most of the drinking happens around the weekend.
- 44% binge drink. (Binge drinking is defined as 5 or more drinks per occasion for a man, 4 or more for a woman.)
- 16.6% engage in heavy alcohol use which is defined as five or more binge drinking sessions in the past month.
- 26% drove a car under the influence
- 63% had a hangover
- 34% had some amount of memory loss
- 31% got into an argument or fight
- 31% have missed class
- 10% reported date rape

Most drinking revolves around social situations. The primary things they like about drinking are listed below.

- 77% breaks the ice in social situations
- 76% enhances social activity
- 75% something to do – drinking games
- 69% something to talk about
- 62% have more fun

Dr. Castro has observed the following trends.

- The trend in alcohol use is toward the extremes. More students are abstaining and more are drinking heavily.
- Students are playing more extreme drinking games
- Hard liquor use is on the rise because it is quicker acting, cheaper and easier to hide.

- Patterns of consumption in a night have changed. Some students “front load”, rapidly drinking several shots, early in the evening to get drunk quickly.
- They are confused about or unaware of what constitutes “one drink.” For example, students consider a 16oz red plastic cup to be one drink regardless of the type of alcohol it contains.
- When students drink heavily they are unaware that there is a point of diminishing returns once they are buzzed. Additional alcohol just makes one sick without adding to the positive feelings.
- Characteristics of high risk drinkers include: attending a northeastern college, athletic, white, male, member of a fraternity and perceived leader. In addition, female sorority members have a higher risk.

What can parents do to help their students be safe?

- Talk with your kids about alcohol and drugs.
- Tell them your expectations
- Make a plan. Some students commit to abstaining during freshman year.
- Be open and honest
- Use “I” statements. “I worry...”
- Don't assume they are getting good information somewhere else

According to Dr. Castro, this generation of students listens to and cares about what we, their parents, say more than our generation did. We can take advantage of this relationship to help them make wise choices.

For more information visit the following websites.

- Stanford Alcohol Awareness Guide:
- <http://www.stanford.edu/group/aab/policy.htm>
- Columbia University Health Services:
- <http://www.goaskalice.columbia.edu/Cat2.html>

Sources used by Dr. Castro:

McCabe, S.E., Knight, J.R., Teter, C. J., & Wechsler, H. (2005). Non-medical use of prescription stimulants among US college students: prevalence and correlates from a national survey. *Addiction*, 100(1), 96-106.

Data on reasons for alcohol use is provided from The Core Alcohol and Drug Survey (2005) n=33,379 undergraduate students from 53 campuses.

Data on alcohol use came from the Core Alcohol and Drug Survey (2005) and SAMHSA, 2002-2005 NSDUHs.

F.A.C.T.S. Launches Its Website!

Attention parents and students! Now you have information on underage drinking issues available immediately - clustered and focused specifically for you. Check it out the new FACTS website, www.mafacts.org, and you'll find sections for Parents and Students that will likely address most of your questions and/or offer information you may not already know. FACTS Committee member, Kathy Jackson, took this project on and has been overseeing its completion since last May. We owe her great deal of thanks and gratitude! If you have any questions, please call FACTS Co-chairs Lisa Bohannon, 327.9935, and Lily Hurlimann, 328.7321.

Help “The Cause”

This is the eighth year of Menlo-Atherton’s “Service Learning Project” to Guatemala. This summer we will be sending 15-20 students who are from a broad range of socioeconomic backgrounds that reflect the student body of M-A.

The trip is a service learning project; students represent Menlo-Atherton as they assist Guatemalan communities by building a school, working on a reforestation project and volunteering in a children’s hospital. In addition to the community service, students will be surrounded by the culture of Central America while staying with host families and receiving one-on-one Spanish lessons daily.

We are beginning to organize a Fund Raising Event to build a financial base for our trip this summer. The idea is to bring together all Global Visionaries participants and their families as well as friends and families beyond the GV realm.

Fundraising Info....

All funds raised through the Event will assist students who are in financial need, or serve the projects in Guatemala directly.

- Students: We like to take students who represent the diversity of M-A and in doing that we inevitably have families that cannot afford to send their student.
- Projects: We participate in three different projects in Guatemala; Reforestation, Construction and The Hospital. Each of these projects needs supplies that cost close to \$20,000 total.

The Event will take place on an evening with food, raffles and a silent auction.

What you can do....

Donate Merchandise: All raffle and silent auction items need to be donated and are tax-deductible.

- Coupons to restaurants, shows, stores, groceries etc.
- Low cost items such as fine coffee, wine, picture frames, accessories etc.
- High cost items such as ipods, palm pilots, trips to Tahiti (joke), lap top, fine art. Something your business may donate.

Donate Cash. Tax deductible...

- Sponsor a student’s trip.
- Contribute to a student’s trip.
- Donate miles on Delta or United.

Donate Time: For this Event to run efficiently and smoothly, we need able bodies that can help.

- Postcards: These need to be made and mailed to the M-A community.
- Catering: On the Event day we will need folks to help set up, work and clean up. Students will be on committees for this as well.
- Pre-sell tickets. Once we have our event “vision” we can pre-sell tickets. Students will be on a committee for this as well.

Donate Services:

- A location. We need a place to have this event. Could be anywhere that can hold between 50 and 150 people.
- Food for the Event. What can you make, bring or buy? Do you have a connection to a restaurant who may be interested in catering the event?

For more information Contact Deborah Gutof dgutof@seq.org or Paul Snow psnow@seq.org

Caffeine and Athletic Performance: What You Need to Know

Which products contain caffeine?

- Caffeine is found in coffee, tea cocoa, chocolate, colas, and cold medicines
- Small amounts increase blood pressure, metabolic rate, respirations, heart rate, and act as a diuretic (i.e. Promote the loss of water in the body)
- More than 1000 milligrams of caffeine, the equivalent of 10 cups of coffee, have been associated with isolated cases of seizures and death
- Caffeine may cause headaches, irritability fatigue, upset stomach, nervousness, diuresis, restlessness, hyperactivity, dry mouth, insomnia, and depression

What do studies show about the effects of caffeine on exercise?

- Stimulants such as caffeine have been thought to reduce fatigue and increase alertness.
- One caution to be pointed out is that the side effects of nervousness and dehydration may vary well offset any benefits that may result due to increased workload
- Studies have supported the conclusion that athletes involved in strength and power sports, i.e. weight lifting, or sprinting, have shown no improvement due to taking caffeine
- Caffeine induced dehydration may actually decrease athletic performance by decreasing the efficiency of the muscles which are forced to work while being deprived of fluids
- As athletes drink caffeinated beverages, they need to be aware that caffeine rarely has any positive effects on athletic performance, but may very well have a negative impact on their overall health and performance
- Although small amounts of caffeine do not appear to harm physical performance, cases of nausea and light-headedness have been reported

The side effects of caffeine use outweigh any possible benefits the athlete may be seeking.

Amy Jamison, MA, ATC, is the Certified Athletic Trainer for Menlo-Atherton High School. She is hired through BAK Physical Therapy in Menlo Park. Amy can be found in the Athletic Training Room M-F 2-6pm.

Trivocis Calendar February 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Math Contest, Lunch, D-Wing	30	31	1 PTA mtg, 8:45am, J-Bldg Special Ed. Parent Adv mtg, 7-8:30pm, Admin Conf rm Community College, 6-8pm, J-Bldg	2	3 Speech and Debate Tournament, 6:30am-8pm CMEA Jazz Festival Black College Fair, 10-2. DeAnza College Auditorium
5 SAT Prep class begins, 3:30-5pm, B-2 Spring Sports Info Night, 7-9pm, J-Bldg	6 Math Contest, 4th Period, D-Wing Sophomore Fundraiser at Chili's	7 SDMSC, 2pm, Library CAHSEE, 12th grade	8 Health Clinic, 9am- 2:30pm	9 End of Progress Report period Latin Convention, Menlo School Winter Rally	10 Quiz Kids broadcast 2pm, Ch. 4 ACT Test Latin Convention, Menlo School
Spring Musical Auditions		CSF sign-ups all week, Lunch, B-22			
12 Progress Report Denise Pope Clark Stressed Out Students, 7pm, J-Bldg FFF Board Mtg, 7- 10, Library Trivocis submission deadline	13 SDMSC, 5-7pm, Library	14	15	16 No school, Presidents' Holidays	17
19 No school, Presidents' Holidays	20 Senior Challenge Day Robotics ship deadline – End of build season Last day to drop class w/o record	21 Robotics ship deadline – End of build season	22 Senior Challenge Day Health Clinic 9am - 2:30pm Trivocis distribution	23 Winter Formal, 8:00 pm-Midnight, Decathalon Club	24 Winter Drama Festival
26	27 Math Contest, Lunch, D-Wing	28 Mardi Gras Carnival Sophomore Parent College Info Night , Library, 7:30pm	1 PTA mtg, 8:45am, J-Bldg Special Ed. Parent Adv mtg, 7-8:30pm, Admin Conf rm Junior Parent College Info Night , Library, 7:30pm	2 Bidg Band Concert & Dinner Dance, 8- 11:30pm, J-Bldg	3 Quiz Kids competition & TV taping Beautification

Future	
Mar. 6	Mimimum Day
Mar. 7	Winter Sports Awards Night, 7-9pm
Mar. 20	CAHSEE 10th graders, Thursday Block schedule
Mar. 21	CAHSEE 10th graders
Mar. 22	Regular schedule, no block day
Mar. 23	Mimimum Day

Submit calendar events to
anderes_s@yahoo.com.

Time is Running Out...Order Your Yearbook Now!

Yearbook early orders were due on Jan. 19th. If you did not order a yearbook at the \$65 early order price, you can still do so until the end of January for \$70. However, no names or icons will be accepted.

If you have any questions, please email the yearbook staff at ma_yearbook@yahoo.com

M-A's Own PSAT/SAT Prep Class

By Jane King, Director

M-A's Own SAT Prep. proposes to open a class beginning February 5 to prep. for the March SAT. We will meet Mondays for math and Tuesdays for English, 3:30-5:00 pm, in Room B-2 for five weeks, ending the week the March SAT is given. The class will probably be a small one, so we will find it necessary to charge beyond the base price; but no matter the price, it will be a bargain for excellent preparation for your student. Parents already enrolled or contemplating it, who wish to discuss pricing or other information, should call Jane King at 323-4066 (or email jcking@juno.com).

It is also possible to enroll in Math-only or English-only if there is a Monday or Tuesday conflict. This comes at half the price. There is, of course, room for further enrollment, and the price adjusts downward as the enrollment rises. We also accept students from other schools, with frequent representation from Woodside, and parents who would like to help increase enrollment may suggest us to friends. We are also enrolling for the late spring session to prepare for the May or June SAT; and in fact, we have freshmen enrolled for future years, thus securing their place.

Remember our motto: "As good as the best, and better than all the rest."

Outreach Helps Rebuild Playground

By Laura Mitchell

On Thursday, November 30, fourteen Outreach students traveled to East Palo Alto to participate in the "Make a Dream Come True" project at Edison Brentwood Academy. Edison Brentwood, which serves students from grades K-3, was badly in need of a new playground. What made the project very special was that it gave the school's students an opportunity to design their own playground. Outreach members contributed to the project by hauling the old, worn-out playground equipment to the dumpster, shoveling soil into planter boxes, and interacting with the Edison Brentwood students. When the playground was completed, the East Palo Alto mayor presided over a ceremony in which Edison Brentwood students sang songs prepared for the occasion, and a group photo was taken to commemorate the event.

Thank you to Tony Armendariz, Sylvia Bowditch, Sara Furney-Howe, Haley Hoech, Mika Jiaravanont, Yu Kambe, Lindsay Kelvie, Jeffrey Lin, Laura Mitchell, Sandy Nicolet, Alissa Rubin, Marli Ruck, and Ariana Sanchez for participating in the project, and especially to Adin Vaewsorn for making it possible.

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One issue to each Menlo-Atherton High School family. For divorced parents, one to each household.