

TRIVOCIS

THREE VOICES . . .

STUDENTS, PARENTS, FACULTY

OCTOBER 2011

MENLO-ATHERTON HIGH SCHOOL

VOLUME 59, NUMBER 2

555 MIDDLEFIELD ROAD, ATHERTON, CA 94027 • WWW.MABEARS.ORG • (650)322-5311

To the Menlo-Atherton community

School is open and running smoothly. The plethora of activities that characterize and define the M-A experience have also roared back to life since we launched the new year on August 25. We have inaugurated Friday night football, are working to have staff use and teach Cornell-style notes across the school program, and are integrating 490 great new freshmen. It is good to be back in session.

We also have a big birthday coming up and will turn sixty on September 24. That day marks the beginning of the Menlo-Atherton legacy. There were just 1,000 students, a small group of staff, and a handful of classroom wings. We are not accepting presents, but please feel free to make a donation to the Menlo-Atherton Foundation for the Future if you would like to mark this momentous event.



The Passing of a Legend

Legendary Menlo-Atherton coach and physical educator Ben Parks passed away Friday evening, August 19. Coach Parks, as he was always known, left an indelible print on the school and larger community for over forty-three years. Coach Parks joined the school in August 1968 during a very tumultuous time on the campus. School integration, protests against the Vietnam War, changing social mores, and a host of other social changes played out on the M-A campus with great intensity. While the school's spirit remained intact, the campus experienced great challenges and was at times shaken to its very core.

Throughout even the most challenging years, Coach Parks was a master at bringing the campus community together. He started the Canned Food Drive in the garage of his home, took students from all backgrounds to migrant labor camps in the Central Valley, and made sure the campus stayed under control. He was very much in his element during the late 1960s and throughout the entire 1970s.

He coached the M-A Bears football team for sixteen seasons, creating fond memories for hundreds of students and families. He was wrestling coach for even longer, eventually moving to Sequoia High School to work with their team, well into his seventy-seventh year. Coach was also a formidable trainer and a PE teacher with an amazing wealth of energy; he could be relentless in pushing students to be their best and always modeled the behaviors he was looking for. On his birthday he ran a mile for every year he'd lived, running throughout the night on the M-A track. Students and alumni ran with him at night, and PE classes ran alongside him during the day.

Coach was an "old school" educator who did not take any guff, but he had an enormous heart for the school and its students. He bought lunch and other supplies for thousands of students over the years and always had a word of encouragement for students who needed it. He might make you do a hundred jumping jacks or order you off a tabletop, but it was always done with love. On the afternoon I was appointed principal, he grabbed me by the arm and walked me into the library as the superintendent addressed the staff. He whispered to me that I was going to do a great job and gave me a little push. It is a piece of kindness that I will always remember.



CALENDAR HIGHLIGHTS

Welcome Dance

Friday, September 30

Homecoming Spirit Week

week of October 17

Homecoming Dance

October 22

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In walking the campus in preparation for Coach's memorial service, his son Ralph Parks commented that the campus had never felt or looked so good. Since he was a 1977 graduate who spent a lot of his childhood and young adult years on campus, I couldn't help but take that as an enormous compliment. However, I can only take a little of that credit—I truly believe that the campus was shaped to an enormous extent by Ben Parks. He will be missed greatly.

National Merit Semi-Finalists

The National Merit Corporation announced this year's semifinalists. We are pleased to congratulate Sara Altman, Andra Bailard, Alexandra Ballinger, John Beckwith, Michael Hester, William Hickman, Mary Kenney, Fiona Meyer-Teruel, Alan Propp, Greg Schulman, and Cleo Tyler.

We look forward to seeing all of our semifinalists advance in the competition and anticipate that they will do well in the scholarship phase as well.

Notes and Noteworthy

Twelfth graders Famalele Nauci and Federico Lopez worked over the summer with the National Wildlife Refuge and other local youths to clean up the Baylands in East Palo Alto, helping to beautify the Faber-Laumeister Tract.

Three M-A students volunteered in Latin America during the summer. Diana Lopez Solorzano, Sara Orton, and Lauren Dunn spent six weeks working in small communities in development work. Ask Sara Orton for more information.

Menlo-Atherton won the prestigious Commissioner's Cup for the third year in a row. Awarded by the Peninsula Athletic League, the Commissioner's Cup goes to the school with the most successful athletic program in our league. In the five years since the creation of the cup, M-A has received it four times.

Matthew Zito, principal



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17th District CCPT

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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. The mention of any business or service in this newsletter does not imply an endorsement by the M-A PTA.

Send submissions by e-mail to trivocis@mabearspta.org.

Next deadline: October 13

Publication: October 26

Estimada Comunidad de Menlo-Atherton:

La escuela está abierta y funcionando sin problemas. La gran cantidad de actividades que caracterizan y definen la experiencia de M-A también ha vuelto a la vida con tremenda velocidad desde que iniciamos el nuevo año escolar el 25 de agosto. Hemos inaugurado el fútbol americano de los viernes por la noche, estamos trabajando para que el personal use y enseñe a usar el sistema Cornell de tomar notas en todas las clases y estamos integrando a 490 estupendos estudiantes nuevos de 9º grado. ¡Qué bueno es estar de vuelta en sesión!

También tendremos un gran cumpleaños pronto y cumpliremos los 60 años el 24 de septiembre. Ese día marca el comienzo del legado de Menlo Atherton. Sólo había 1,000 estudiantes, un pequeño grupo de personal y un puñado de alas de salones de clase. No estamos aceptando regalos, pero, por favor, no duden en hacer una donación a la Fundación para el Futuro de Menlo Atherton si le gustaría marcar este acontecimiento trascendental.

El fallecimiento de una leyenda

Ben Parks, el legendario entrenador y educador físico de Menlo-Atherton, falleció la noche del viernes 19 de agosto. Coach Parks, como siempre fue conocido, dejó una huella indeleble en la escuela y la comunidad por más de 43 años. Coach Parks se unió a la escuela en agosto de 1968 durante una época muy turbulenta en el campus. La integración escolar, las protestas contra la guerra de Vietnam, el cambio de costumbres sociales, y una serie de otros cambios sociales tomaron lugar en el campus de M-A con gran intensidad. Mientras que el espíritu de la escuela se mantuvo intacta, el campus vivió grandes dificultades y fue sacudido hasta sus cimientos a veces.

A lo largo de incluso los años más difíciles, Coach era un maestro en unir a la comunidad escolar. Comenzó la campaña de recolección de alimentos enlatados en el garaje de su casa, llevaba a estudiantes de todos los orígenes a los campamentos de trabajadores migrantes en el Valle Central y se cercioraba de que el campus se mantuviera bajo control. Estaba muy en su salsa durante los finales de la década de los 60 y a lo largo de toda la década de los 70.

Él era el entrenador del equipo de fútbol americano de los M-A Bears durante 16 temporadas, creando buenos recuerdos para centenares de estudiantes y familias. Durante más tiempo fue entrenador de lucha libre, al final trasladándose a la Sequoia High School a trabajar con su equipo, bien entrado a sus 77 años. Coach también era un entrenador formidable y un profesor de educación física con una increíble cantidad de energía; podía ser implacable al empujar a los estudiantes a ser los mejores y siempre modelaba los comportamientos que él estaba buscando. En su cumpleaños corrió una milla por cada año que había vivido, corriendo toda la noche en la pista de M-A; los alumnos y ex alumnos corrían con él en la noche y las clases de educación física corrían con él durante el día.

Coach fue un educador de la ‘vieja escuela’ que no toleraba malcriadeces, pero tenía un corazón enorme para la escuela y sus estudiantes. Compraba comida y otros materiales para miles de estudiantes a lo largo de los años y siempre tenía una palabra de ánimo para los estudiantes que lo necesitaban. Podría exigirle a uno que hiciera cien saltos del títiro u ordenarle que se bajara de una mesa, pero siempre lo hacía con amor. La tarde que me nombraron director, me agarró por el brazo y me llevó a la biblioteca cuando el superintendente se dirigía al personal — me susurró que iba a hacer un gran trabajo y me dio un pequeño empujón. Es un detalle de bondad que nunca olvidaré.

Al pasear por el campus en preparación para el servicio conmemorativo de Coach, su hijo Ralph Parks comentó que el campus nunca se había visto tan bien, ni había tenido un ambiente tan bueno. Como se había graduado en el 77 y había pasado gran parte de su niñez y adolescencia en el campus, no pude resistirme a tomarlo como un elogio enorme. Sin embargo, solo puedo llevarme un poco del crédito — sinceramente creo que Ben Parks tuvo muchísimo que ver con la formación del campus. Se le extrañará muchísimo.

Semi-Finalistas de Mérito Nacional

La National Merit Corporation anunció los semifinalistas de este año. Nos complace anunciar a Sara Altman, Andra Bailard, Alexandra Ballinger, John Beckwith, Michael Hester, William Hickman, Mary Kenney, Fiona Meyer-Teruel, Alan Propp, Greg Schulman y Cleo Tyler.

Esperamos con entusiasmo ver a todos nuestros semifinalistas avanzar en el concurso y tenemos la certeza que tendrán éxito en la fase de beca, también.

Notas y lo digno de notar

Famalele Nauci y Federico López, estudiantes de 12º grado, trabajaron durante el verano con el Refugio Nacional de Vida Silvestre [National Wildlife Refuge] y otros jóvenes locales para limpiar los Baylands en East Palo Alto. Ayudaron a embellecer el Faber-Laumeister Tract en los Baylands de EPA.

Menlo-Atherton ha ganado la prestigiosa Copa del Comisionado [Commissioner’s Cup] ya el tercer año consecutivo. Otorgado por la Liga Atlética de la Península [Peninsula Athletic League], la Copa del Comisionado se concede a la escuela con el programa deportivo de mayor éxito en nuestra liga. En los cinco años desde la creación de la Copa, se la han galardonado a M-A en cuatro ocasiones.

Tres estudiantes de M-A han pasado el verano en América Latina haciendo trabajos de voluntariado. Diana López Solórzano, Sara Orton y Lauren Dunn pasaron seis semanas trabajando en pequeñas comunidades haciendo labores de desarrollo. Pueden obtener más información de Sara Orton.

Matthew Zito, director



Photo by M-A student Mao Mei Sonkin

Your PTA Presidents

As we settle into the 2011–12 school year and look back at the past four weeks, it's amazing how much has been accomplished already! More than 2,000 students were registered, had their M-A school photos taken at Arena Check-In, and received their school schedules—all before school even began. After that, there were 10,000 textbooks distributed, a welcome-back breakfast for our wonderful teachers, and of course publication of M-A's own *BearNotes* and *TriVocis*.

Each of these events was made possible by the dedication and hard work of our parent volunteers. We thank everyone involved and look forward to working with you throughout the year. We'd like to give an extra special thank you to the committee chairs who made all this look so easy:

Administrative Support: Gloria Principe and Lee Ann Yasukawa organized more than 150 volunteers to make sure our students knew where to be on the first day of school. Special thanks to M-A Parent Center coordinator Lilly Quiñonez, who recruited more than one dozen Spanish-speaking volunteers to assist with online Arena Check-In.

Staff Appreciation: Grayson Lane and Valerie Ambwani and their dozens of volunteers made sure that teachers had a wonderful breakfast of home-baked goodies to celebrate the beginning of the year.

M-A Communications: The veteran *BearNotes* team of Julie Brody, Lee Ann Yasukawa, and Catherine McMillan jumped right back into publishing our weekly newsletter. Our new *TriVocis* editors, Jane Aaron and JoAnne Goldberg, delivered the first issue of the year like clockwork. Thanks to the rest of the *TriVocis* team, who made sure the info was accurate and was delivered speedily: Kathleen Balestra, Jane King, Becca Garcia, Nancy Ryde, Kelly Muenzen, and Corby Locke.

PTA Membership: Gail Blumberg and Peggy Propp welcomed more than 550 families into our PTA this year! We thank them and all of the parents and M-A staff who have generously joined and donated to help fund programs for our students. If you haven't yet joined, there is still time: the PTA Membership Drive continues through September 30. Every membership and donation helps to enhance our students' hands-on classroom experience.

Parent Education: Our freshman parents attended "M-A 101" featuring Principal Matthew Zito, thanks to the efforts of Charlene Margot and Sharon Bozzo.

Senior Grad Night: While the year is still young, Ann Stoner, Dori Britts, and Carol Collins are already making plans to celebrate the class of 2012. They've arranged for an amazing evening that is sure to be the perfect finale to four years at M-A.

If you are new to M-A and curious how you can get involved, please contact us at president@mabearspta.org. With so many "jobs" to be done around our wonderful school, we are sure there is one that will be perfect for you. And keep watching *BearNotes* and *TriVocis* for upcoming information on the biggest PTA event of the school year, the M-A Fashion Show on Saturday, February 25, 2012. Our models are the class of 2012, but we need parents from every grade to make this fun, dynamic, and celebratory show a success. Mark your calendars now!

Some opportunities for you to be on campus in the coming month:

Wednesday, October 12, 6:30–8:00 pm, PAC cafe: PTA general meeting. We will be voting on the fall round of PTA mini-grants.

Thursday, October 20, 7:00–9:00 pm, PAC: "Finding Balance" with Michele Borba, EdD, M-A Parent Ed/CAMPUS event.

Monday and Tuesday, October 24 and 25: Freshman Challenge Day. *Volunteers needed! Contact Ellen Mouchawar and Lisa Deal at challengeday@mabearspta.org for more information.*

Thanks again for being a part of our M-A "village." We are so grateful for all you do to make M-A a great place for our students and faculty!

Stephanie Nisbet and Kathy Oppenheimer
PTA co-presidents



Annual Campaign Begins in October

In October, the Menlo-Atherton High School Foundation for the Future annual giving campaign begins. For nineteen years, we have supported excellence in education at Menlo-Atherton High School by providing all of our students with critical opportunities. To sustain M-A's exceptional teaching and curriculum this school year and into the future, we have committed to raise an inspiring \$1,600,000. With the help of our donors, the Foundation will:

Maintain smaller class sizes: We will fund additional sections of key academic subjects, effectively reducing class size in over 150 English, social studies, math, science, and foreign language classes.

Support excellent teaching: We will fund professional development programs, enable departmental collaboration, and provide incentive awards for outstanding teachers and staff.

Enrich M-A's curriculum: We will support important courses such as advanced/AP Latin and AP French and key electives such as orchestra and drama.

Ensure college and career success: We will pay for two guidance counselors, expanded hours for a college information specialist, an assistant for the College and Career Center, and SAT prep classes.

Fund critical programs and services: We will provide vital funding for a leadership advisor, AVID, a student support coordinator and more.

OUR STUDENTS THANK YOU FOR YOUR SUPPORT!

"I had over 40 kids in my math class last year and was expecting similar sizes at M-A. However, I was pleasantly surprised to find that all of my classes were quite small and friendly." —Nathan Orttung, class of 2015

"My experience with teachers has been great at M-A. They are dedicated to helping their students reach their full academic potential. I have learned so much in high school because my teachers have challenged me and kept me engaged." —Emily Grose, class of 2014

"I love AP French so much. It is not your average language class: We talk about social issues and political problems without using any English at all. It is so great to have Foundation support of this amazing experience!" —Katie Holliday, class of 2013

"M-A has really been great for me in terms of college and career prep. I might not know exactly where I'm going quite yet, but I definitely know how to get somewhere thanks to the support I've gotten at M-A." —Alan Propp, class of 2012

**Michael David
Gloria Principe
Co-Presidents**

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From The Guidance Office

A Million Thanks

The Guidance Office would like to express our thanks to the Foundation for the Future for fully funding two of our six guidance counselors. Without the foundation's generous support, caseloads would exceed 500 students per counselor. Now we can have more individual contact with caseloads averaging 360 students per counselor. With increased individual contact, we have developed closer relationships with our students and can provide more personalized services.

Students Assigned to Guidance Counselors

Below is the alphabetical breakdown of assignments:

Student Last Name	Guidance Counselor	E-Mail Address	Ext.
A, M, N	Mrs. Lara Sandora	lsandora@seq.org	5125
B-C-D	Mrs. Karina Escobar-Weaver	keweaver@seq.org	5120
E – F through Go	Mrs. Silvia Torres-Garza	sgarza@seq.org	5139
Gr through H-I-J-K-L	Ms. Laura Duran	lduran@seq.org	5182
O through P-Q-R through Se	Ms. Francine Andrade	fandrade@seq.org	5181
Sh through T-U-V-W-X-Y-Z	Mr. Jason Kubo	jkubo@seq.org	5185

Congratulations to M-A's 2012 National Merit Scholarship Semifinalists!

They are (in alphabetical order) Sara K. Altman, Andra L. Bailard, Alexandra Ballinger, John D. Beckwith, Michael Hester, William W. Hickman, Mary E. Kenney, Fiona Meyer-Teruel, Alan I. Propp, Greg L. Schulman, and Cleo Tyler.

The Guidance Office will provide information regarding the Commended Students, the National Hispanic Recognition Program Students, and the National Achievement Scholarship Program Students as soon as they are released.

Naviance

The Guidance Office is continuing to use Family Connection from Naviance, a Web-based service especially designed for students and families. Family Connection is a comprehensive Web site that can help with decisions about courses, colleges, and careers. We encourage students to complete the "Do What You Are" survey (click "About Me" and then "My Personality Type").

To access Family Connection, you need a personal access code. Guidance counselors have already given seniors and most freshmen their personal access codes during their meetings with seniors and most freshmen in September 2011. Sophomores and selected juniors will receive their codes during their visits with the counselors.

Classroom Visits

By the time you receive this newsletter, the guidance counselors may have completed meeting individually with their assigned seniors and some of the freshmen to review graduation requirements, college admission, and career planning. Counselors will meet with sophomores as well as the rest of the freshmen during October. They will meet with selected juniors in November. Please check your student's planner for specific meeting dates.

Important Deadlines

- **Deadline to request a letter of recommendation from**

a guidance advisor: September 27, 2011 for early decision (letters due on or before 12/10/11) and November 2, 2011 for regular decision (letters due after 12/10/11). Each senior student is required to complete the Recommendation Request Packet, which students access through Naviance. It is in the document library and is listed as Recommendation Packet. Each student is also required to complete the following information in Naviance Family Connection: "Do What You Are" personality test, resume, game plan, test scores, and colleges.

- **Deadline to drop a class and not have it show on the transcript:** October 6, 2011.
- **The last day to withdraw from first-semester class (Withdrawal Pass-WP or Withdrawal Fail-WF):** November 10, 2011. However, this will show on the transcript.
- **The last day for seniors to complete distance learning courses:** December 2, 2011. Official transcripts with final grades must be in our office by December 16, 2011.

Reminder: The end of the first quarter is October 21. Thereafter, quarter grades will be mailed home. Please check your student's progress and contact his or her teachers if you have any academic concerns.

Adolescent Counseling Services (ACS)

The Guidance Office augments personal counseling services through ACS. This wonderful program is available to all students and families free of charge. ACS counselors help with a variety of personal and confidential issues such as academic stress, conflict with peers, family problems, anger management, mental health concerns, and abuse of alcohol or drugs. It is also available to deal with crisis situations. Services are available in English and in Spanish. ACS site director is Christina Walker, ext. 5186.

College Night

We encourage students to attend College Night, which will take place on Wednesday, October 26 in the Cañada College gym from 5:30 to 7:30 pm.

Sophomore Parent Night

Please save the date for Sophomore Parent Night, which will take place on Wednesday, November 9, 2011, at 6:45 pm. There will be an English session and a Spanish session.

Attendance

Attendance is vital to success at Menlo-Atherton High School. Students will not receive credit for a semester class if they have eighteen absences in a class (nine absences in a quarter class), where three or more of the absences are cuts. If a student is absent from school, his or her parent or guardian must call the Attendance Office at 322-5311, ext. 5101 or 5102, by 11:00 am in order to clear an absence. The Attendance Office accepts messages in both English and Spanish. Parents or guardians must provide the following:

1. The student's name and ID number
2. The date of the absence
3. The period or periods of the absence
4. The reason for the absence
5. The contact phone number

Silvia Torres-Garza, head guidance counselor

Francine Andrade, Laura Duran, Karina Escobar-Weaver, Jason Kubo, and Lara Sandora, guidance counselors.

De la Oficina de Consejería

¡Un Millon de Gracias

El personal de la oficina de consejería deseamos expresar nuestro agradecimiento a la Fundación para el Futuro por proveer los fondos financieros para dos de nuestros seis consejeros. Sin su apoyo generoso, cada consejero estaría a cargo de más de 500 estudiantes. Esta situación nos permite poder reunirnos más individualmente con un promedio de 360 estudiantes por cada consejero. Debido a las reuniones incrementadas con los alumnos, nosotros hemos desarrollado relaciones más cercanas con nuestros estudiantes, y podemos proveer servicios más personalizados.

Los Estudiantes son Asignados a los Consejeros

Abajo está la división alfabética de asignaciones a los consejeros:

Apellido del Estudiante	Consejero/a	Correo Electrónico	Ext.
A y M y N	Sra. Lara Sandora	lsandora@seq.org	5125
B y C y D	Sra. Karina Escobar-Weaver	keweaver@seq.org	5120
E-F hasta Go	Sra. Silvia Torres-Garza	sgarza@seq.org	5139
Gr-H-I-J-K hasta L	Srta. Laura Duran	lduran@seq.org	5182
O-P-Q-R hasta Se	Sra. Francine Andrade	fandrade@seq.org	5181
Sh - T-U-V-W-X-Y hasta Z	Sr. Justin Kubo	jkubo@seq.org	5185

Felicidades a nuestros Semifinalistas del National Merit Scholarship del año 2012!

Sara K. Altman, Andra L. Bailard, Alexandra Ballinger, John D. Beckwith, Michael Hester, William W. Hickman, Mary E. Kenney, Fiona Meyer-Teruel, Alan I. Propp, Greg L. Schulman, y Cleo Tyler.

La Oficina de Consejería va a proveer la información referente a los alumnos Recomendados, los alumnos del Programa de Reconocimiento Nacional Hispano, y el Programa de Becas de Logros Nacionales en cuanto esta información se haga pública.

Naviance

La Oficina de Consejería se complace en continuar usando Conexión de Familia (Family Connection) de Naviance, un servicio basado en Internet especialmente diseñado para estudiantes y sus familias. Conexión de Familia es un sitio completo en Internet que pueden usar para ayudar a tomar decisiones acerca de cursos, colegios y profesiones. Nosotros animamos a los estudiantes a llenar la encuesta "Has lo que Eres", la cual esta localizada bajo la subcategoría "Mi Tipo de Personalidad" la cual esta localizada bajo la categoría "Acerca de Mi".

Para entrar al sitio Conexión de Familia, necesitará un código de acceso personal, el cual los consejeros les han proporcionado a los estudiantes del doceavo y la mayoría de estudiantes del noveno grado durante sus reuniones en Septiembre del 2011. Los estudiantes del décimo grado y estudiantes seleccionados del onceavo grado recibirán sus códigos cuando se junten con sus consejeros.

Visitas a las Clases

Para cuando ud./uds. reciban este folleto, los consejeros habrán terminado de reunirse individualmente con cada estudiante asignado del doceavo y con la mayoría de cada estudiante asignado del noveno grado para revisar los requisitos de graduación, admisión a las universidades, colegios, y planificación de carreras. Los consejeros se reunirán con los estudiantes del décimo grado y con parte de los estudiantes del noveno grado durante el mes de Octubre. Ellos se reunirán con ciertos estudiantes seleccionados del onceavo grado durante el mes de Noviembre. Por favor consulte la agenda escolar de su estudiante para las fechas específicas.

Fechas de Vencimiento Importantes

- **La fecha para solicitar las cartas de recomendación a los consejeros:** 27 de septiembre del 2011 para los estudiantes que solicitan Decisión Temprana (cartas con fecha de vencimiento 10 de Diciembre del 2011 o antes de esta fecha) y el 2 de noviembre del 2011 para los estudiantes que solicitan Decisión Regular (para cartas con fecha de vencimiento después del 10 de Diciembre del 2011). Los estudiantes del doceavo grado deben completar el paquete de Recomendación, el cual los estudiantes obtienen por medio de Naviance. El paquete se encuentra en la biblioteca de documentos bajo el nombre "Recommendation Packet." Cada estudiante también necesita completar la siguiente información "Naviance Family Connection" antes de solicitar una carta de recomendación a su consejero: Encuesta "Haz lo que Eres," Curriculum/Historial, Plan de Selección de Colegios/Universidades, Calificaciones de Exámenes y Colegios.
- **La fecha para dejar una clase y que no aparezca en el expediente académico** es el 6 de Octubre del 2011.
- **El último día para dejar una clase en el primer semestre (Withdrawal Pass – WP o Withdrawal Fail – WF)** es el 10 de Noviembre del 2011. Sin embargo, esto aparecerá en el expediente académico.
- **El último día para estudiantes del doceavo grado para completar cursos del programa larga distancia** es el 2 de Diciembre del 2011. Los expedientes académicos con las calificaciones finales tienen que estar en nuestra oficina a más tardar el 16 de Diciembre del 2011.

Recordatorio: El final del primer trimestre es el 21 de Octubre. Después de esa fecha, las calificaciones serán enviadas por correo a sus domicilios. Por favor revise el reporte del progreso académico del estudiante y comuníquese con los profesores si ud./uds. tiene/n alguna preocupación con el progreso académico.

Servicios de Terapia (ACS)

La Oficina de Consejería aumenta los servicios de terapia a través del programa de ACS. Este maravilloso programa está disponible y es gratuito para todos los estudiantes y sus

familias. Las consejeras de ACS ayudan tanto con el aspecto personal y confidencial como con el estrés académico, la comunicación con los padres y con sus compañeros de escuela, conflictos familiares, manejo de comportamiento, preocupaciones de salud mental, y abuso de alcohol u otras drogas. Ellas están calificadas para resolver situaciones de crisis. Los servicios están disponibles en Inglés y Español. La directora de este programa en nuestra escuela es Christina Walker, ext. 5186.

Noche de Información acerca de las Universidades/Colegios

Nosotros animamos a los estudiantes para que asistan a la Noche de Información de Universidades y Colegios que se llevará a cabo el miércoles, 26 de Octubre del 2011 en el gimnasio de Cañada College de 5:30 a 7:30 pm

Noche para los Padres de Estudiantes del Décimo Grado

Invitamos a todos los padres de familia y guardianes de estudiantes del décimo grado a una noche informativa que se llevará a cabo el miércoles, 9 de Noviembre del 2011 a las 6:45 pm. Esta noche informativa se llevará a cabo en inglés y en español.

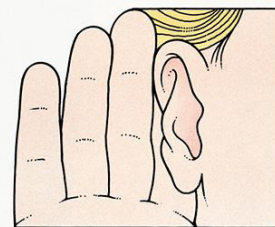
Asistencia

Asistir a la escuela es de suma importancia para completar las clases con éxito en la escuela Menlo-Atherton High School. Los estudiantes de Menlo-Atherton High School no recibirán crédito por una clase de un semestre si ellos tienen 18 o más ausencias en una clase (9 o más ausencias en una clase de trimestre), cuando 3 o más de las ausencias son injustificadas y el alumno cortó la clase. Si el estudiante está ausente de la escuela, su padre o tutor debe hablar a la oficina de asistencia al 322-5311 extensión. 5101 o 5102 a más tardar a las 11:00 de la mañana para justificar una ausencia. La oficina de asistencia acepta mensajes en inglés y en Español. Los padres o tutores tienen que proporcionar lo siguiente:

1. Nombre y número de identificación del estudiante.
2. Fecha de la ausencia.
3. Período(s) que estuvo ausente.
4. Razón de ausencia.
5. El número de teléfono adonde podemos localizar al padre/madre/tutor.

Silvia Torres-Garza, encargada del Departamento de Consejería

Francine Andrade, Laura Duran, Karina Escobar-Weaver, Jason Kubo, y Lara Sandora, consejeros



M-A Grad Night '12

Let's make this a night to remember!

We NEED your donations!

Imagine how much Grad Night means to our

'12 SENIORS!

Grad Night is a special and well-deserved
rite of passage after four years of hard work.

We believe that every graduating senior should be able to celebrate
graduating from M-A, regardless of his or her ability to pay.

We are asking for your help to make this event happen!

As Grad Night '12 chairs, we have begun making celebration plans for our
2012 graduates. We need to secure the party venue and transportation but
need your donations to make the night a reality.

(Donations do not replace the price of admission; students will still need to purchase tickets.)

Our goal is to raise \$14,000.

Donating is easy!

Click on the PayPal link: <http://www.mabearspta.org/DonateOnline.html>

or write a check payable to
"M-A PTA / 2012 Grad Night"

and mail it to

Carol Collins, 78 Deodora Drive, Atherton, CA 94027

Any amount helps and is very much appreciated!

\$50, \$100, \$250, \$500, \$750, \$1,000 . . .

Thank you in advance for

Generously supporting the class of 2012!

Ann Stoner, Dori Britts, and Carol Collins,
Class of 2012 Grad Night co-chairs

CAREER CENTER



This is an incredibly hectic time in the Career Center. I have already visited all senior English classes. Now I am meeting with seniors, chatting with juniors (and preparing to go to their English classes within the next few weeks), scheduling and hosting college-representative visits (more than 100 scheduled already), posting scholarship information, preparing for this year's College Club meetings (for 9th and 10th grade students whose parents did not go to college), collaborating with the Guidance Office, planning the annual UC Application Party, and much more. Students are learning to communicate with me via e-mail and Facebook or by dropping in during lunch or 0-period Thursday office hours; the seniors have already dropped off many college applications and essays for me to review.

I'm also preparing to attend my professional association's national conference in New Orleans September 21-24. Both general and specialty sessions help me learn more about

many areas in which I try to be helpful to our students, and I always return from the conference reinvigorated and more knowledgeable, with many new ideas. Networking with my colleagues from high schools and colleges all over the country is also helpful—and fun! Students can communicate with me by e-mail during my absence.

As always, feel free to contact me (650) 322-5311, ext. 5141, or AAKleeman@gmail.com with your questions and concerns.

Alice Kleeman



M-A Math Contests

The Math Department is looking forward to this year's school-wide math contests, held on six Tuesdays and one Friday during lunch. These contests are part of a state contest called the California Math League. Hundreds of high schools throughout the state participate, both at the state and the county level. We are proud of our students' accomplishments and welcome back top performers Fiona Meyer-Teruel, Sean Kelley, Greg Schulman, Jacob Pfau, and Chris Chao.

Participating students receive many benefits. Most obviously, they receive extra credit in their math classes. They also enjoy the challenge of competition and the chance to compete with their peers. And each year approximately twenty winners receive trophies and can add the award to their college applications. Beyond the extra credit, the spirit of competition, and the awards, there is a very practical benefit for students who engage in independent thinking that cuts across the math curriculum. We believe that students who participate in many math contests during high school become more skilled at taking standardized tests, in particular SATs, math subject tests, and AP math exams.

This year's contests occur on September 27, October 18, November 15, December 13, January 13, February 14, and March 6. Please encourage your son or daughter to participate! Approximately five hundred students do so each year. Each contest lasts thirty minutes and requires solving six challenging math problems by applying high-school-level concepts from geometry through pre-calculus. A student can score from 0 to 6 on each contest. Most participants are in geometry, AS algebra II, pre-calculus, AP calculus, and AP statistics, though all algebra students are welcome. The typical score on a contest can be a 1 or 2, and students often score 0 because of the difficulty of the questions. Some good math students do not perform well in these competitions, in which case we understand that they may decide not to continue participating.

Note: An additional contest, the American Math Contest, will be held February 7, 2012, during class time. This international contest is by invitation only. Participants are selected based on their California Math League performance and math abilities shown in class. Top performers—typically five to ten M-A students—go on to the three-hour American Invitational Math Exam.

Gregg Whitnah, Math Department chair

$$\begin{aligned}
 &\psi(x) \rightarrow \psi(x) + \epsilon \varphi(x) \quad \left\{ \begin{array}{l} \text{A VARIATION } \varphi(x) \text{ IS ADDED} \\ \text{REPLACES } \psi(x) \end{array} \right. \\
 &\frac{\partial}{\partial \epsilon} (\epsilon x)^2 (\Delta \mu)^2 = (\Delta \mu)^2 \frac{\partial}{\partial \epsilon} (\Delta x)^2 + (\Delta x)^2 \frac{\partial}{\partial \epsilon} (\Delta \mu)^2 = 0 \\
 &(\Delta x)^2 \left[\left(\frac{h}{4\pi} \right)^2 \left(\frac{1}{\Delta x} \right)^2 \frac{\partial}{\partial \epsilon} (\Delta x)^2 + \frac{\partial}{\partial \epsilon} (\Delta \mu)^2 \right] = 0 \quad \left\{ \begin{array}{l} \text{INCREASES } \Delta \mu \\ \text{REPLACES } \psi(x) \end{array} \right. \\
 &\frac{\partial}{\partial \epsilon} \left[- \left(\frac{h}{4\pi} \right)^2 \left(\frac{1}{\Delta x} \right)^2 + (\Delta \mu)^2 \right] = 0 \quad \left\{ \begin{array}{l} (\Delta x)^2 > 0, \text{ OTHERWISE } (\Delta \mu)^2 \rightarrow \infty \\ \epsilon \rightarrow \infty \end{array} \right. \\
 &\frac{\partial}{\partial \epsilon} \left[- \left(\frac{h}{4\pi} \right)^2 \cdot 4 \left(\frac{d\psi(x)}{dx} \right)^2 dx + 2m \int (E - V(x)) \psi^2(x) dx \right] = 0 \quad \left\{ \begin{array}{l} \text{USING (5) \& (6)} \\ \frac{\partial}{\partial \epsilon} \epsilon = 1 \text{ (7)} \end{array} \right. \\
 &- \left(\frac{h}{2\pi} \right)^2 \int \frac{d\psi(x)}{dx} \cdot \frac{d\varphi(x)}{dx} dx + 2m \int (E - V(x)) \psi(x) \varphi(x) dx = 0 \\
 &\int \left[\left(\frac{h}{2\pi} \right)^2 \frac{d^2 \psi(x)}{dx^2} + 2m(E - V(x)) \psi(x) \right] \varphi(x) dx = 0 \quad \left\{ \begin{array}{l} \text{INTEGRATION BY PARTS} \\ \varphi(x) = 0 \text{ AT BOUNDARIES} \end{array} \right. \\
 &\boxed{\frac{d^2 \psi(x)}{dx^2} + 2m \left(\frac{2\pi}{h} \right)^2 (E - V(x)) \psi(x) = 0} \quad \left\{ \begin{array}{l} (11) = 0 \text{ FOR ALL} \\ \text{VARIATIONS } \varphi(x) \end{array} \right. \\
 &\text{SCHRÖDINGER'S WAVE EQUATION}
 \end{aligned}$$

Is It Sadness or Depression? How to Tell the Difference



How do we tell the difference between depression and “within the range of normal” sadness? First we need to start with the developmentally appropriate range of feeling for a teenager. To quote the medical encyclopedia, for normal teenagers we can expect “sensitivity and concern over body

issues, excruciating comparisons between oneself and peers, acts of rebellion, conflict with parents, risk-taking behavior, increased risk for depression due to pressures and conflicts that may arise within families or in friendships. If adolescents appear to be isolated from peers, uninterested in school, or deteriorating in performance in school, work, or sports, psychological evaluation may be necessary.”

That was quite a mouthful, but, as you can see, there is quite a broad range of normal for teenagers. The issues come about in the gray areas. Someone who is exhibiting extreme behaviors is easy to identify. It is when we are unsure that identification becomes more difficult. The major signs of depression are fatigue, heaviness, listlessness; loss of appetite; difficulty concentrating and completing tasks; feelings of shame, worthlessness, inadequacy, and incompetence; lack of sleep; loss of interest in life; withdrawal from friends and family; self-destructive behavior; expressed desire to harm oneself.

Sadness (or grief) is a natural response to loss, and the symptoms may seem the same as depression. The major difference is that the depressed person feels that something is wrong with him or her: “No one likes me. There is something wrong with me.” That symptom usually doesn’t occur with simple grief.

Let me tell you about a teenager I am seeing in my private practice. She came in with most of the symptoms of depression—not eating, not sleeping, feeling as though no one liked her. In fact, she scored high on a depression scale I gave her. What became important for me over time was that she kept coming back each session to the fact that she was lonely. That was her dominant symptom. She said she was not suicidal. She made good use of therapy. At first she was quiet and said very little, but as we continued to meet she opened up more about her loneliness. I learned, though, that she overemphasized some things. Her perception was that she had no friends, but in conversation she would name several people that she spoke to. She said they were not really friends. Her perception of being lonely was important to listen to, because that was how she was operating, based on her perception. Therapy has helped her see things more realistically—that she actually has friends but may have been misperceiving. She has not needed to take antidepressants, as therapy has helped her to improve. Sometimes medication is necessary, but I always try to see if therapy will help alleviate a teen’s pain first.

Sadness is a part of life, just as is grief over a loss. But when it becomes depression, it is time to take action. If you find that your teen is having difficulty with sadness or depression, do not hesitate to have him or her contact an ACS counselor. Adolescent Counseling Services has therapists on the M-A campus who are available to help. We also have access to outside resources to help parents get through this difficult time.

Adolescent Counseling Services is a community nonprofit that provides vital counseling services on seven secondary campuses at no charge to students and their families. To learn more about our services, please visit the ACS Web site at www.acs-teens.org or call Christina Walker, site director at M-A, at (650) 322-5311, ext. 5186. ACS relies on the generosity of community members to continue offering individual, family, and group counseling to over 1,500 individuals annually. ACS provides critical interventions and mental health services, building a better future for tomorrow. If you are interested in helping to support our efforts, do not hesitate to call to make a donation. It goes a long way in helping teenagers find their way!

Breakfast with ACS!

Join us for breakfast and hear from our licensed clinical staff about ACS programs, trends in child and teen mental and emotional health, and how you can better communicate and interact with any teen in your life. These events are free, but space is limited. Please RSVP to gulrukh@acs-teens.org with your name, address, phone number, and the date you would like to attend.

Wednesday, October 5, 2011 | 8:00-9:30 am | ACS Corporate Office, 1717 Embarcadero Road, Suite 4000, Palo Alto, CA 94303

Wednesday, December 7, 2011 | 8:00-9:30 am | ACS Corporate Office, 1717 Embarcadero Road, Suite 4000, Palo Alto, CA 94303

Wednesday, May 2, 2012 | 8:00-9:30 am | ACS Corporate Office, 1717 Embarcadero Road, Suite 4000, Palo Alto, CA 94303

Roni Gillenson, LMFT Program Director, ACS On Campus Counseling Program

English Language Development (ELD) Tutors Needed!

Do you have about two hours a week to tutor students who are trying to learn English as their second language? You do not need foreign language experience. The ELD teacher will give you a plan before class begins. You will work with a maximum of two students to help them improve in spoken and written English. Over the course of a semester, you will get to know them and see their progress. Tutors say this is a really fun and rewarding way to contribute to M-A.

Volunteers are needed for ELD classes on block days:

- Wednesday 3rd period, 11:15 to 12:55
- Thursday 2nd period, 9:40 to 11:20

If you are interested, please e-mail esltutoring@mabearspta.org.

Stage Door

comes to the M-A Performing Arts Center

Young people struggling with the age-old question of what to DO with their lives as they weigh their dreams and aspirations against the harsh realities of an uncertain future in tough economic times: Sounds as if it could be 2011, but this is Broadway in the 1930s! M-A Drama proudly presents the classic dramatic comedy *Stage Door* by Edna Ferber and George Kaufman, opening on Thursday, November 3, and running for two weeks at the Menlo-Atherton Performing Arts Center. A bustling boarding house is the backdrop for this timeless tale of several young women trying to make it big on Broadway. At times poignant and often hilarious, the characters reveal their innermost longings as they deal with the temptations, the successes, and the disappointments encountered on the road to stardom. You will be cheering for Terry Randall as she decides her own fate: stage or screen.

For more information, contact D. J. Zwicker-Sobrepena at (650) 322-5311, ext. 8500

BIG BAND DANCE

Save the date: November 18, 8:00 to 11:00 pm.

The annual Big Band Dance, put on by the M-A music program, will feature all of the musical ensembles, under the direction of Kent Kurrus, playing swing and big band music for an evening of dancing plus delicious desserts.



PSAT Test

The PSAT will be given on Saturday, October 15, at M-A. The test begins at 7:45 am. The cost for both sophomores and juniors is \$25. Checks can be made out to MA PSAT and turned in to your student's English teacher. The deadline for sign-ups is Wednesday, October 5.

M-A's Own PSAT/SAT Prep

Now that the prep for the PSAT has opened, it is time to turn parental attention to the next step, the SAT. "M-A's Own PSAT/SAT Prep" started offering this student assistance in 1980 and continues to provide a first-rate, success-oriented program to your students. We traditionally offer two SAT preps in the spring, one for students who choose the popular March SAT date and one for those who wish to take the test in May or June. Our course is five weeks long and always ends the week the aimed-for test is given, so that the students are fully primed. We meet on Mondays and Tuesdays, from 3:30 to 5, in Room B10, courtesy of Mr. Florio.



Our many years of experience have shown us that the design of this program works: all we need is a cooperative student who really wants to be thoroughly versed in the techniques for taking this test. We cover the essay carefully and fully. Our fee ranges from \$100 to \$225, depending on the number of enrollments. This includes all necessary materials. Once a student is seated in the class, the parent is responsible for the fee unless someone from our waiting list wishes to take the abbreviated portion of the course, in which case the fee would be prorated.

Be advised that there are parents who have already acted so that we have early enrollments in the course. Not every space in the room is still available. For Q&A and/or to enroll your student, call Jane King at 323-4066 or e-mail her at jcking@juno.com. Note: Jane King will be changing her e-mail address sometime between the end of the PSAT prep in October and the end of the year or very early in 2012.

Jane King, director, M-A's Own PSAT/SAT Prep

SIGN YOUR PARENTS UP FOR THE M-A GRANDPARENTS' CLUB!

You can connect your student's grandparents to M-A by signing them up to receive information about M-A and its academics, activities, and events. Keeping in touch gives grandparents more in common with their grandchildren, and that's always a good thing.

Join today! Parents can register on behalf of the grandparents in your family. Just go to: <http://www.mafoundation.org/grandparents.php> and sign up on the online form or print the Grandparent Registration Form on the same page and follow the instructions for mailing it in. Any questions? Contact grandparents@mafoundation.org

Grandparents love to get mail that tells them more about what their grandchildren are doing. Keep them connected!

Congratulations to M-A's scholars!

After every semester, the PTA publishes a list of all the students who achieved academic honors. We present below the list of last spring's freshmen, sophomores, and juniors who made the **M-A honor roll**. (Last year's graduates are not included.) A total of 732 hard-working students earned a spot on this list, including 358 who achieved Faculty Honors. The honor roll is listed below by class, each broken into the categories of Principal's Distinction, Faculty Honors, and Honors.

Congratulations to all the students who earned academic honors last spring! Enjoy a great fall semester!

Honor Roll for Spring Semester 2011

Class of 2014 — Principal's Distinction (GPA 4.0 and above)

Coral Brady, Camilla Calmasini, Sofia Caryotakis, Sarina Chaiken, Joanne Cho, Paul DeTrempe, Tessa Dignum, John Donahue, Devan Dutta, Taylor Fortnam, Rachel Freed, Jill Galbraith, Robert Gordan, Emily Grose, Sarah Hagadone, Emma Heath, Helmi Henkin, Samantha Henze, Ursula Jongebloed, Sabrina Kinney, Virginia Lane, Lindy LaPlante, Charlotte Lee, Kai Mashima, Ruth McGee, Scott Morris, Amanda Muir, Elizabeth Ocon, Andrew Olson, Eliza Ozden, Zoe Pacalin, David Perez, Charlotte Philp, Madeleine Pont, Daniel Propp, Joseph Rabinovitsj, Annika Roise, Madeleine Rostami, Harrison Shane, Sierra Sheeper, Sophia Spurlock, Patrick Tam, Valerie Taylor, Kindle Van Linge, Danielle Walsh, Austin Wilson, Tiffany Yang, Nicole Zanolli

Class of 2014 — Faculty Honors (GPA 3.5–3.99)

Louisa Aaron, David Addicott, Chad Allen, Erik Amundson, Wesley Arrington, Forrest Baffico, Veronica Barraza-Ramirez, Jacob Bassin, Rachel Bayersdorfer, Royce Branning, Hans Brouwer, Oliver Bucka, Leland Callahan, Samuel Calvert, William Carhart, Daniela Castro Reyes, Andrew Connell, Adam Cook, Thomas Cornew, Scott Crowe, Jessica Cuevas, Annalise Deal, Olivia DelRosso, David Dillon, Kelley Eason, Mark Evans, Esteban Figueroa, Alex Freeman, Valentin Gangloff, Christina Godinez, Gabriela Grant, Jenna Griffin, Amirhossein Heidari, Jessica Heilman, Dimitri Herr, Meghan Hom, William Hooper, Lisanne Horwitz, Nicholas Ivy, Grant Johnson, Thomas Johnson, Kelley Jones, Arian Kashani, Brian Keare, Katie Kelly, Megan Kilduff, Paulina King, Kimberly Klustner, Koto Kuboi, Angela Lai, Jonathan Lam, Nicholas Landolfi, Nicholas Lee, Liviera Leebong, Riley Lico, Jordan Long, Kevin Magana, Kevin Maravilla, Andrew Mathews, Leo McCabe, Marilena McCarty, Evan McClelland, Anna McDermott, Kimberly Medina, Isaac Melgoza, Jesus Mendoza, Bryant Menjivar, Linus Meyer-Teruel, Ryan Mostofi, Nicole Mouchawar, Spencer Murphy, Lauren Nathan, Andrew Nisbet, Michael Noel, Tera Noguchi, Laura Nunez, Caleb O'Neel, Selomit Ojeda, Jonathan Oppenheimer, Anton Paquin, Samantha Parish, Christopher Peck, Amanda Plante, Zachary Plante, Alexia Raffegau, Andreas Ralston, Havens Ratchye, Cybele Reed, Georgia Reid, Louis Sanchez, Ricky Sandoval-Lopez, Elizabeth Shelton, Jackson Sheppard, Xochilt Silva, Morgan Smith-Boeck, Eric Snyder, Nadia Solis, Elizabeth Sommer, Lisa Sorlie, Talmai Soto, David Stern, Julia Stoner, Samuel Stroud, Thomas Suesser, Quinn Sweetnam, Christopher Tam, Maxwell Tyler, Sabiha Viswanathan, Nathaniel Walker, Kristen Walsh, Anders Ward, Hailey Warren, Griffin Waymire, Joshua Weiner, Gillian Weisenfluh, Sabrina Williams, Lisa Willis, Juan Alfonso Yap, Jacob Zarling

Class of 2014 — Honors (GPA 3.0–3.49)

Graciela Alvarez, Kailin Ambwani, Alexandra Aranda, Andrew Aufdemberge, Robert Barry, Heather Bell, Christopher Blank, Charles Cain, Murphy Callender, Jose De Jesus Castellanos, Jacob Choplin, Ashley Clark, Eduardo Cornew, Samuel Crookston Herschlag, Sally Nhi Dang, Matthew DeTrempe, Dylan Esperance, Lissette Espinoza Garnica, Cecilia Estrada, Tameem Fezzani, Connor Foody, Nicholas Garcia, Mark Gerhart, Carla Gonzalez Pacheco, Nikhil Goyle, Michelly Hadisurja, Michael Hansen, Grant Henninger, Rosemary Hernandez, James Hoffman, Paul Iwashita, Brian Jagers, Ernesto Jasso, Aaron Katzman, Carson Kelley, Chang Kim, Sophia Kivelson, Megan Kurtz, Marissa Lai, Mattias Lange-McPherson, Mary Langi, Samuel Leznik, Juan Lopez, Yslivia Lopez Bucio, Virginia Magana-Fierro, Imani Mason, Duncan McGinnis, Iain McKelvey, Jennifer Melendez, Luis Mendoza, Vanessa Mendoza, Alma Mendoza Contreras, Geovanna Moreno, Brett Moriarty, Nitza Nava Prado, Adriana Ortiz, Spiro Papadakis, Katherine Patch, Tatiana Pauga, Kendall Peters, Joel Reynada, Ryan Roberts, Jennifer Rodriguez Garcia, Jonathan Sandoval, Enzo Santos, Nicholas Schlein, Noah Schneider, Aditya Sinha, James Smith, Jacqueline Solis, Martin Soria, Cayla Stillman, Karina Torres, Naomi Tovar, Sophie Tregon, Gustavo Vargas, Steve Villalobos, Alexandra Vlassova-Kudrevatykh, Nathaniel Westfield, Jaden Yamasaki, Ryan Young

Class of 2013 — Principal's Distinction (GPA 4.0 and above)

Anne Altman-Merino, Samantha Bloom, Jennifer Feldis, Justine Ferry, Juei-Yun Fu, Fiona Gutierrez-Dewar, Katherine Hayse, Erika Keer, Ashton Macfarlane, Nolan Martin, Rebecca Milman, Kathleen Muenzen, Madeline Napel, David Schmitt, Allison Silverman, Jacob Solomon, Jenna Swartz, Sara Vitale, Vanessa Wijaya

Class of 2013 — Faculty Honors (GPA 3.5–3.99)

Johnathan Adams, George Anagnostou, Anna Argente, Maggie Asher, George Baier, Olivia Baker, Francisco Barragan Ayala, Yolanda Barraza, Temuulen Bat-Enkh, Trent Benedict, Cassandra Bethel, John Boyle, Thomas Bucka, Gabrielle Busque, Jordan Capelle, Lesley Carbajal Sanchez, Cameron Carlomagno, Emily Carlson, Mariana Carmela Chahrouri, Jeremy Chow, Stephen Chu, Zachery Cogan, Ethan Cohen, Kevin Cole, Laura Corona, Ross Dairiki, Anna de Benedictis, Zachary Deal, Lauren Diamond, Katelyn Doherty, Bianca Corine Doronila, Amal Duriseti, Luz Elicea-Reyes, Hannah Ellefritz, Gabriel Estacuy, Xin Fang, Tyler Finn, Scott Fleishman, Jenna Fox, Madison Frame, Alexander Freeman, Emma Fronberg, Madeline Frye, Meredith Geaghan-Breiner, Valerie Giordano, Charles Grose, Risa Hammel, Aliya Hasoon, Connor Hegarty, Michael Hohl, Harrison Holland-McCowan, Katherine Holliday, Nicholas Hug, Maya Israni, Maria Jelvis, Sarah Katz, Brian Kelley, Michelle Kenney, Radhika Khatod, Kotaro Kihira, Casey Kiyohara, Quintin Koister, Phillip Korolog, Erin LaPorte, Ivana Nicole Layosa, Charlotte Lewis, Thomas Liggett, Connor Lindquist, Elizabeth Lipps, John Lovegren, Nina Lozinski, Katherine Mahler, Laura May, Arielle McMahon, Suzanna McMurtry, Francesca Meffert, Samuel Melville, Mele Moimoi, Daniel Moritz-Rabson, Jacqueline Navarro, Karly Newman, Alexa Ng-Quinn, Gabriela Nighan, Zoe Nuyens, Nicholas O'Farrell, Rino Oguchi, Blake Olsen, Julia Olson, Yazmine Patino, Jason Paulin, Evan Perkins, Jacob Pfau, Danielle Pintz, Benjamin Prudhomme, Megan Rash, Erika Rasmussen, Emilia Reed, Monika Richardson, Sergio Rodriguez Reyes, Campbell Roellig, Daniella Sanchez, Jenna Scandalios, Matthew Schertler, Brittany Scheuch, Xueying Shen, Steven Shimbo, Elena Siegel, Andrea Simes, Benjamin Smith, Payton Smith, Maxwell Spielman-Sun, Amanda Stahler, Patrick Summers, Christina Takayama, Taylor Tam, Dana Thomas, Andrew Uphoff, Jesus Vargas Lozano, Karin Vaughan, Elissa Webb, Ryan Wentz, Benjamin Wiener, Megan Wiseman, Nicole Wong, Katharine Woods, Jonathan Zdasiuk, Eduwiges Zepeda

Class of 2013 — Honors (GPA 3.0–3.49)

Alexander Aguiar, Dominique Ameperosa, Connor Arrington, Brittney Badduke, Daisy Baires-Lucas, Noa Barak, Sharef Beckum-Swearington, Jairo Bedolla-Ybarra, Hanna Berggren, Diana Boyle, Christopher Brody, Danbi Byun, Edwin Cano Larios, John Carmichael, Bianca Castro, Alejandra Cortez-Martinez, Erin Cox, Elizabeth Cruz, Dominique Dow, Jenna Ebert, Jose Erazo, Lilian Flores Alonzo, Niesha Ford, Peter Freschi, William Fuller, Kelly Gaherty, Nicholas Gallagher, Yanet Garcia Gil, Nimsi Garcia Sandoval, Sandra Garcia-Fraire, Ani Ghazarossian, Janessa Gil, Brenda Godoy Deras, Jacqueline Gonzalez, Araceli Gonzalez Gonzalez, Kadri Green, Yajaira Gutierrez, Ligia Hernandez, Andres Hernandez, Isaac Hernandez-Luna, Gabriel Huerta, Marina Ikeno, Andrew Kemp Dahlberg, Simone King, James Kollar-Gasiewski, Matthew LaDouceur, Jeremie Lai, Caitlyn Lanigan, Matthew Lee, Vincent Leoni, Kira Lober, Jasmine Lopez, Alexia Lozano Villalon, Nancy Macias Osorio, Alexis Magana, Anthony Marin, Sean McBirney, Kelly McBride, Heather Melendez, Viridiana Meraz Cambron, Gilbert Mesec, Madison Miller, Flint Mitchell, Kian Modjtchedi, Clark Moore, Kyla Moss, Jason Mouchawar, Nicholas Mullen, Brooke Muschott, Neeka Nazhand, Samantha Novak-Federmeier, Melissa Nuckolls, Jonathan O'Farrell, Isai Olvera, Brittany Osbaldeston, Erendira Parra, Francelli Payan Mofin, Leticia Pena Garcia, Juan Perez, Vivian Qiu, Bernardo Quevedo, Hannah Rechsteiner, Brizzia ReyesTapia, Veronica Robles, Sofia Rodriguez, Peter Roumeliotis, Erik Ryde, Antonella Salerno Silva, Breanna Sevy, Sean Smith, Lauren Smith, Justin Smith, Alison Spindt, Cassie Stansberry, Alyssa Sterns, Samuel Tasch, James Tedesco, Talaiasi Teu, Matthew Tinyo, Paul John Titterton, Chayan Tronson, Jessica Vargas, Jonah Weigand-Whittier, Kennedy Wilkerson, Joshua Williams, Kristen Wong, Gabriella Zanutta

Class of 2012 — Principal's Distinction (GPA 4.0 and above)

Maris Aebi, Sara Altman, Andra Bailard, Samuel Falkenhagen, William Hickman, Mary Kenney, Carolyn Kim, Fiona Meyer-Teruel, Sydney Young

Class of 2012 — Faculty Honors (GPA 3.5–3.99)

Shayda Abadi, Zachary Abt, Alexandra Ballinger, John Beckwith, Jacob Bercow, Sasha Bobrowicz, Zeke Brown, Payton Bush, David Butler, William Cabral, Elise Cabral, Emily Canny, Catherine Carpenter, Christopher Chao, Thomas Chen, Timothy Coleman Stavridis, Sarah Collins, Richard Cornew, Forrest Cox, Kathryn Coyne, Maxwell Culhane, Kelly Davis, Chloe Delehanty, Jacqueline Der Torossian, Elizabeth Dickey, Lauren Diller, Madeline Drace, Haley Ebert, Meredith Edwards, Erica Engle, Tyler Fair, Danielle Flanagan, Mikaela Flink, Carol Fornaciari, Monika Fowle, Spencer Fussy, Melissa Gaherty, Matthew Galabinske, Sarah Ghandour, Matthew Giordano, Enya Gomez, Alexander Gow, Maureen Hadisurja, Keara Haldeman, Kristin Hardy, Michael Hester, Jackson Horwitz, Jonas Jacobsen, Tennyson Jellins, Claire Junglieb, Lindsay Keare, Tara Keating, Kathryn Kelley, Sean Kelley, Circassia Kline, Patrizia Kuehn, Selin Kutlu, Melissa Lees, Zachary Lipps, Nina Loshkajian, Caitlyn Marianacci, Diane Masket, Anna Mayerson, Haley McCabe, David McNamara, Travis Mendoza, Jacqueline Mendoza Ramirez, Edgardo Molina, Alison Myoraku, Phillip Nelson, Alejandro Neou-Curiel, Sydney Novak-Federmeier, Michael Ogrey, Sara Orton, Pierce Osgood, Naomi Pacalin, Evan Peairs, Jesse Perkins, Christian Perkins, Elisha Pollock, Marie-Charlotte Popp, Alan Propp, Ian Proulx, Alyssa Quadros, Kailin Rasmussen, Gavin Rea, Brett Rivera, Courtne Roaché, Siena Roat-Shumway, Elisa Rodriguez, Matthew Rosenthal, Dana Rust, Samantha Scharninghausen, Hannah Schneider, Greg Schulman, William Schultz, James Sebes, Elizabeth Sherwin, Kendall Songer, Serena Starr, Joseph Strehlow, Connor Sweetnam, Taryn Thiele-Sardina, Dominic Tully, Cleo Tyler, Melissa Velez, Christina Walecka, Wendy Wang, Miles Weiss, Emery Welton, Alyssa Westfield, Jack Wiefels, Maxwell Wilder, Jacob Wilkins

Class of 2012 — Honors (GPA 3.0–3.49)

Victor Alvarez Chavez, Samantha Amberchan, Alexandra Balestra, Hannah Branning, Casey Britts, Wyatt Burnett, Benjamin Burnett, Hirdeep Chahal, Alejandra Chiquete-Valverde, Austin Clarence, Jose Correa, Ryan Cortez, Shamim Dana, Jenny Ngan Dang, Andre Delagnes, Cristian Diaz, Alexis Dominguez, Lauren Dunn, Daniel Estrella, Eisa Evans, Briana Fortnam, Dustin Fosgett, Juei-Chieh Fu, Alessandra Gaffney, Braden Gallagher, Corinne Gharda, Kimberly Glass, Alex Godoy-Green, Max Goldenstein, Brenda Gomez Rodriguez, Juan Gonzalez, Emily Gran, Daniel Hallesy, Amanda Harden, Megan Harpell, Kevin Harris, Lillian Hedges, Jason Heinen, Cristina Henriquez, Sarah Higgitt, Rebecca Higgitt, Sarah Hoffman, Lindsey Hom, Shelby Hughes, Maria Nicole Ikonomou, Roberto Ilea, McKenna Jacquemet, Maya Jevans, Amelia Kabat, Thomas Kaheli, Zachary Klein, Brittany Krappe, Adam Lagan, Thomas Lam, Jeffrey LaPlante, Matthew LeMieux, Michelle Lopez, Anna Luke, Brianna Mack, Mele Makoni, Karine Martinez, Casey Mas, Serra Matherne, Mariela Matute, Charlotte McMillan, Monika Mednick, Marco Mendoza Avila, Leah Meservey, Magaly Miranda, Anaseini Moimoi, Dustin Nascimento, Corinne Nelson, Kari Newman, Erin Noble, Henry Osborn, Steven Perez, Jordan Petersen, Sterling Pierce, Lukas Pinkston, Kevin Prasad, Philippe Proctor, Victoria Ramirez, Patrick Reed, Chloe Rehlaender, Kyle Rice, Rafael Rios Barajas, Jenifer Rodriguez Reyes, Leticia Rojas-Cervantes, Amy Rosenthal, Chloe Rudolph, Jair Saavedra, Nathan Sanchez, Jordan Scandlyn, Grant Shaffer, Ryan Shim, Mao Mei Sonkin, Jordan Sontag, Rhummel Stewart, Conner Stoesser, Jacqueline Stoner, Lewis Tam, Daryn Tinsley, Richard Tran, Zachary Turner, Roger Upton, Coraima Valencia Lopez, Kathleen Vallarino, Jorge Vazquez Cardenas, Camilla Visconti, Max Wilson, Adam Winkworth, Jessamine Zamora

Kim Reed, PTA liaison

M-A Parent Education Series



The M-A PTA Parent Education Series kicked off the 2011–12 season with a well-attended dual presentation of “M-A 101: An Introduction to Menlo-Atherton High School.” This always-popular presentation featured speakers Principal Matthew Zito, Guidance Counselor Lara Sandora, Adolescent Counseling Services on-site director Dr. Christina Walker, and students Berenice Chavez, Daniel Propp, and John Beckwith. Principal Zito impressed new and incoming parents with his description of the depth and breadth of program, course, club, and athletic offerings at Menlo-Atherton. Says Mr. Zito, “There is something for everyone at M-A.”

On October 20 the M-A Parent Education Series, in collaboration with CAMPUS: A Consortium of Atherton and Menlo Park United Schools, will present **Dr. Michele Borba** speaking on “**Seven Practical Ways to Help Your Children Attain Joy, Balance, and Success.**” Do you ever feel that your student is being forced to sacrifice his or her freedom and creativity for tomorrow’s success? Do you worry that your child doesn’t have enough time to discover and explore the world without fear of losing ground? If so, then don’t miss this special evening with Dr. Michele Borba, award-winning author, speaker, and educational consultant, as she shares skills that will help you teach your children how to survive and thrive in today’s standards-driven world.

M-A 101: parent education presentation With the same warm, humorous, and straightforward approach seen in her appearances on the *Today Show*, *Dr. Phil*, CNN, Fox News, and MSNBC, Dr. Borba will offer simple and effective strategies to prepare your children for the future without sacrificing their well being—or your own. Michele Borba is author of the popular parenting book *The Big Book of Parenting Solutions: 101 Answers to Your Everyday Challenges and Wildest Worries*. Kepler’s Bookstore will be on site to offer book sales the night of the event.

For your FREE ticket reservations, go to: <http://drmicheleborba.eventbrite.com>.

Dr. Borba’s presentation is sponsored by CAMPUS, the M-A PTA, and the Menlo Park City School District. Please arrive early as open seating is limited!

2011-2012 M-A Parent Education Series Fall Events:

“[Seven Practical Ways to Help Your Children Attain Joy, Balance, and Success](#)” with Dr. Michele Borba, M-A Parent Ed/CAMPUS event Thursday October 20, 2011, 7:00–9:00 pm, M-A PAC

[College Admission: From Application to Acceptance, Step by Step](#) with co-authors Robin Mamlet and Christine VanDeVelde Wednesday, November 16, 2011, 7:00–9:00 pm, M-A PAC

For more information, please write charlene_margot@mabearspta.org or call (650) 868-0590.

Charlene Margot, program director, M-A Parent Education Series

Student Leadership

What's going on at Menlo-Atherton High School?

Spirit Leadership

The week of October 17–21, Leadership will be hosting a Spirit Week for the students of M-A. The purpose of Spirit Week is to rally support and pump up our students for the Homecoming football game and the Homecoming Dance. During Spirit Week, decorations revolving around the Homecoming Dance's theme will appear throughout the halls of M-A. During lunch, music and noon-time activities will complement the week's dress-up days. Remind your students to dress up accordingly (themes for each day will be posted throughout Pride Hall). We look forward to seeing school-wide participation in M-A's 2011 Homecoming Spirit Week!

On Monday, October 17, The Homecoming Rally will kick off the week-long celebration. This fun, energized, and spirit-packed assembly gets the student body pumped up for the Homecoming football game and Spirit Week. The rally will give the students a chance to show their class spirit and school pride. The 4th period Leadership's rally committee will be holding it on Coach Parks Field for the first time in M-A's history! We are incorporating games and cheer offs and showcasing the dance team, band, cheerleading squad and football team.

The annual M-A Blood Drive will take place on October 28 in the wrestling room, hosted by the M-A Leadership program and the American Red Cross. All students 16 and over are eligible to donate blood (although many requirements do exist); those who are 16 will need parent permission. If parents are interested in helping with the Blood Drive, please contact Kelly Todd (ktodd@seq.org). All community members are welcome to donate blood, but staff and students will have priority.

ASB Leadership

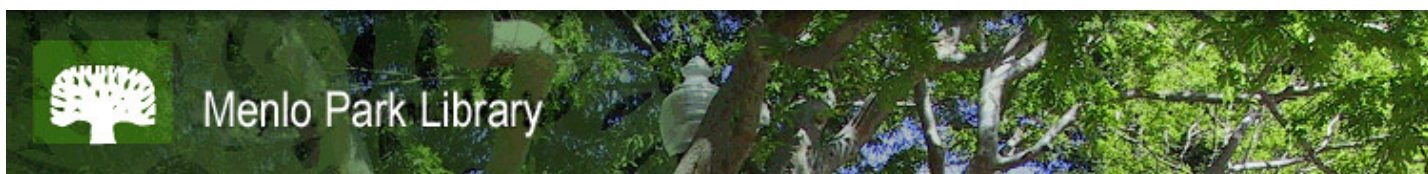
Club training was Thursday, September 15. Clubs learned how to hold meetings, write their constitutions and mission statements, and generally be successful. Then on September 22, Club Rush was held on the PAC Patio. Students were able to sign up for thirty-five unique clubs, focusing on everything from community service to improvisation.

Friday, September 16, was Mexican Independence Day. The Culture Committee hosted a lunchtime celebration, including traditional Mexican music and piñatas, on the G-wing patio. Forty percent of M-A is Hispanic, but lots of students took part! We are looking forward to celebrating the diversity of our M-A family and local communities.

On Saturday, October 22, Menlo-Atherton's Homecoming Dance will be held at M-A in the new gym from 7:00 to 11:00 pm. Doors will be open from 7:00 to 8:30 and will reopen at 10:30 for students to leave. Students must be picked up by 11:15 at the latest. Remind your students to purchase tickets as early as possible and to listen for upcoming announcements. Ticket sales started Wednesday, September 21, and will continue through Wednesday, October 19. The schedule will be announced along with the dance theme, so students should keep their ears open.



Parents and their young children in the M-A and local communities are invited to celebrate Halloween at M-A's very own annual Trick-Or-Treat Street, Thursday, October 27, from 5:00 to 7:00 pm. Classrooms will be open with students handing out candy and offering games and activities of all kinds. Come participate in our costume contests and parades. Everyone is welcome to trick-or-treat in the safe and welcoming "neighborhood" of Menlo-Atherton High School!



Silicon Valley Roots and Shoots: Exploring the Places Where It All Began

If you are intrigued by the stories behind the people and companies that kick-started the tech revolution in Silicon Valley, you will be interested in the program "Silicon Valley Roots and Shoots." David Laws, the semiconductor curator of the Computer History Museum, has created an iPhone/iPad travel app that guides users to the valley's hotspots. In this lecture and slide show, he will provide a virtual tour of the people, products, and places that made today's Silicon Valley.

The program will be held Saturday, October 1, at 11:00 am in the Menlo Park City Council Chambers, 701 Laurel Street. The program is free and open to the public. For event details, contact Roberta Roth at (650) 330-2512 or rlroth@menlopark.org.

Gennifer Choldenko

At the Menlo Park Library on Monday, October 3, at 7:00 pm, share the joy of reading as a family with the Peninsula Library System's We Read Together Program. This year's featured author, Gennifer Choldenko, speaks about her books *Al Capone Does My Shirts* and *Al Capone Shines My Shoes*. For more information, see the flyer at http://service.govdelivery.com/attachments/CAMENLO/gennifer_choldenko_2.pdf

TRIVOCIS CALENDAR – OCTOBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 26 CELDT testing Foundation for the Future Board meeting; 7:00 pm, Library	27 CELDT testing CAML math contest; lunch Deadline for Early Action College packet; Guidance Office EL Parent meeting; 6:00-8:00 pm; M-A PAC café 9th Grade Parent Info Night; 6:45-7:45 pm; Library	28 CELDT testing October <i>TriVocis</i> published SUHSD Board meeting; 5:30 pm	29 CELDT testing SUHSD Special Education presentation, 6:00-8:00 pm, M-A PAC café	30 CELDT testing Early-bird discount for yearbook purchase ends End of 1st Quarter progress report period Student Senate;SS&R; M-A PAC Café Interclub Council meeting; lunch; B-21 Welcome Dance for Freshman only; 7:00 – 10:00 pm; M-A Gym patio	October 1 SAT Test; 8:00 am
3	4 CAHSEE Testing for 12th grade Winter Sports coaches meeting; 4:45-6:00 pm; M-A PAC café EL Parent meeting; 6:00-8:00 pm; M-A PAC café	5 CAHSEE Testing for 12th grade Deadline to register for the October 15 PSAT	6 Last day to drop a class and not have it show on transcripts SDMSC meeting; 3:30-4:45 pm; Career Center Foundation for the Future Leadership Donor Welcome; 6:30 pm; contact Cindy Folker at cfolker@seq.org	7 November 5 SAT registration deadline (www.collegeboard.org)	8
10	11 EL Parent meeting; 6:00-8:00 pm; M-A PAC café	12 SUHSD Board meeting; 5:30 pm PTA General meeting; 6:30 pm; M-A PAC Café	13 November <i>TriVocis</i> article deadline	14	15 PSAT Test: 7:45 am M-A Save Every Slave Club Freedom Walk; 11:00-2:00 pm; Burgess Park (www.freedom-walk-eventbrite.com) <i>The Race To Nowhere</i> ; 7:30 pm; M-A PAC
17 Homecoming Rally Foundation for the Future Board meeting; 7:00 pm, Library	18 CAML math contest; lunch Challenge Day Small Group Facilitator Training; 7:00-8:00 pm; M-A PAC Cafe	19 Last day to purchase Homecoming Dance tickets	20 SDMSC meeting; 4:30-6:30 pm; Staff Center Parent Education: "Finding Balance" with Dr. Michele Borba ; 7:00 pm; M-A PAC	21 End of 1st Quarter	22 ACT Test; 8:00 am Homecoming Dance; 7:00-11:00 pm, New Gym
Homecoming Spirit Week					
24 Freshman Challenge Day	25 Freshman Challenge Day UC Application party;6:00-9:30 pm; M-A PAC Café; senior students only	26 November <i>TriVocis</i> published SUHSD Board meeting; 5:30 pm College Night; 5:30-7:30 pm; Canada College	27 Trick-Or-Treat Street; 5:00-7:00 pm; M-A	28 Annual Blood Drive; Wrestling Room; must be at least age 16	29
31 Happy Halloween!	November 1 CAHSEE testing for 11th and 12th grade EL Parent meeting; 6:00-8:00 pm; M-A PAC Cafe	2 CAHSEE testing for 11th and 12th grade Deadline for Regular Decision College Recommendation packet; Guidance Office 8th Grade Information Night; 6:00-8:30 pm; M-A	3 SDMSC meeting; 3:30-4:45 pm; Career Center Fall Drama Production opens; "Stage Door"; 7:30 pm; M-A PAC	4 Student Senate;SS&R; M-A PAC Cafe Interclub Council meeting; lunch; B-21 Deadline to register for the December 10 ACT Fall Drama Production; "Stage Door"; 7:30 pm M-A PAC	5 SAT Test; 8:00 am Fall Drama Production; "Stage Door"; 2:00 pm and 7:00 pm; M-A PAC

Note: *TriVocis* calendar items are current as of **September 25**. For the most current, updated information about M-A events please check the following: M-A Bears Web site at www.mabears.org and the weekly newsletter, *BearNotes*. Submit calendar entries by e-mail to: trivociscalendar@mabearspta.org

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PTA, 17th District of California
Congress of Parents and Teachers
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Next submission deadline: October 13, 2011
Next publication date: October 26, 2011
Send article submissions to trivocis@mabearspta.org
Send calendar entries to trivociscalendar@mabearspta.org

This issue was mailed and a PDF version posted online at www.mabearspta.org on September 28, 2011.

Future Events

- November 6 – Daylight Savings Time ends – fall back one hour!
- November 7 – Winter athletic packet deadline
- November 9 – 10th Grade parent information night; 6:45 pm
- November 10 – Last day to withdraw from class with penalty
- November 11 – Veterans Day – No school
- November 16 – Parent ed; college admission; Mamlet/VandeVeldt; 7:00 pm
- November 18 – December/January *TriVocis* article deadline
- November 18 – Annual Big Band Dance; 8:00-11:00 pm
- November 24 & 25 – Thanksgiving holiday – No school
- November 29 – Minimum day #3
- November 30 – Fall athletic awards night; 7:00 pm; M-A PAC
- December 2 – Deadline for seniors to complete distance learning courses

IMPORTANT REMINDER FOR RECEIVING *TriVocis*!

A copy of *TriVocis* is sent via USPS mail only to households that do not have an e-mail address in the Infinite Campus System. Households with an e-mail address in the Infinite Campus System will receive an alert each month with a link to the new *TriVocis*. Please e-mail trivocismailing@mabearspta.org with any questions.