

TRIVOCIS

THREE VOICES . . . STUDENTS, PARENTS, FACULTY

MARCH 2011
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MENLO-ATHERTON HIGH SCHOOL
555 MIDDLEFIELD RD., ATHERTON, CA 94027 WWW.MABEARS.ORG 650/322-5311



From the Principal

Dear Menlo-Atherton Community:

The winter months are moving along quickly and our semester is nearing the half way point. Exit exam testing begins shortly for sophomores and a host of other high profile events will begin shortly. We are on a quick trajectory to graduation and a long eleven and a

half week summer.

Our annual Senior Fashion Show will take place Saturday, March 5, in the Performing Arts Center - it's an event not to be missed and perfect family entertainment. The show is the major PTA fund-raiser for the year and a great way to see our seniors acting silly before they move fully into adulthood.

Budget and Staffing for 2010/2011:

The State budget remains a mess and the fate of Governor Brown's June ballot measure to extend tax rates for the next five years is unclear. It will be a challenge to get the State Legislature to put the initiative on the ballot and a further challenge to get voters to approve it. We remain committed to maintaining our programs and staffing levels. I am particularly reluctant to make cuts in the academic program and will need to rely even more heavily on the Foundation and PTA to back-fill possible District and State reductions.

On a practical level, this translates into the Foundation's taking responsibility for additional staffing (like sections of ninth and tenth grade English) and the PTA's taking ownership of more of our materials and supplies funding (like Xerox paper, dry erase makers, and Smart Board bulbs). As the spring unfolds, we will have a stronger sense of what awaits K-12 public education next year and M-A in particular. However all of this plays out, be assured that your children will continue to receive a quality education in a supportive environment.

Notes and Noteworthy:

Senior Nikhil Viswanathan was named a Presidential Scholar Semifinalist, one of the highest honors accorded to high school twelfth graders.

Junior Antonisha Fuller was a Youth-of-the-Year finalist for the Boy's and Girls Club of the Peninsula. She presented her finalist speech at the Sequoia District Board meeting on February 2 with great poise, detailing her struggles to achieve at school while facing very difficult circumstances at home. Three other M-A students were recognized for their submissions: Junior Scott Miari, Senior Daisy Navarro and Senior Kristina Thomas.

M-A will run its own summer program this year, operating remedial classes, a summer bridge program for incoming ninth graders, and three enrichment classes funded by our Foundation.

This is the fifteenth year of Menlo-Atherton's community service trip to the town of Antigua, Guatemala. The trip is organized by the non-profit group "Global Visionaries" and led by M-A teachers Paul Snow and Andy Stuart. During this summer adventure, fifteen M-A students will resume construction of a fourth school in Antigua, maintain reforestation projects begun years back, and continue to help at Hernamo Pedro's Hospital.

Dr. Mark Rosekind will speak at a special combined evening PTA and Parent Education Event on Monday, April 4 at 7:00



Calendar Highlights

- M-A PTA Fashion Show
Saturday, March 5
- No Block Schedule
Wednesday, March 9
- Wednesday Block Schedule
Friday, March 11
- "Authentic Parenting" Parent Ed
Wednesday, March 16
- Spring Musical Begins
Friday, March 18
- M-A Open House
Thursday, March 31

From the PTA.....	p. 3
Parent Education Series.....	p. 5
Foundation for the Future.....	p. 6
From the Guidance Office.....	p. 9
Testing Update.....	p. 11
Adolescent Counseling.....	p. 13
PTA Fashion Show.....	p. 14
M-A Honor Roll.....	p. 17
Athletics/Big Bear Run.....	p. 19
"America's Pastime".....	p. 20
Drama.....	p. 21
Other Announcements.....	p. 21
Leadership.....	p. 23
Prom Info.....	p. 24
March Calendar.....	p. 25

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Send articles for next issue by Friday, March 18th to trivocis@mabearspta.org.

p.m. to discuss teen sleep and performance. The talk will take place in the PAC café and is not to be missed. Mark is a leader in the field of sleep research and has informed much of our work over the last two years.

Guitar and Choral teacher Patrick Maier recently spoke to the PTA about the music program and serenaded them with a Valentine's Day ballad.

The M-A Varsity wrestling team became the two-time consecutive PAL league champion after a victory against Mills High School in early February. Wrestlers Nikhil Viswanathan, Koji Kameda, Josh Middel, Daniel Fernandez, Anthony Andrighetto, and Dino Andrighetto all pinned their opponents; Andre Delagnes and Charles Washington won by minor decision. The Bears are now 7-0 and undefeated in their league (7-0). Female wrestler Kendra Wiley has advanced to the first ever State Wrestling finals.

Dean Sean Priest appeared as a contestant on a recent episode of *Jeopardy*. Although he did not make it to the next level, he represented himself and the school well. He won the first round but later fell behind returning champion Paul Wampler. We are thinking that an appearance on *Wheel of Fortune* may come next.

Respectfully,

Matthew Zito, Principal

Estimada Comunidad de Menlo-Atherton

Los meses de invierno están progresando rápidamente y el semestre se acerca a la mitad del camino. Los exámenes de egreso comienzan en breve para estudiantes de décimo año y una serie de otros eventos de alto perfil se iniciará en breve. Estamos en una trayectoria rápida para la graduación y un largo verano de once semanas y media.

Nuestro Senior Fashion Show [Desfile de Modas de los alumnos de 12° grado] tendrá lugar el sábado, 5 de marzo en el Centro de Artes Escénicas —es un evento que no hay que perderse y un entretenimiento perfecto para la familia. El espectáculo es el principal evento recaudador de fondos de la PTA para el año y una buena manera de ver a nuestros estudiantes del 12° grado portándose como niños antes de pasar de lleno a la edad adulta.

Presupuesto y personal para 2010/2011:

El presupuesto del Estado sigue siendo un desastre y el destino de la medida que propuso el Gobernador Brown en las elecciones de junio de aumentar las tasas de los impuestos durante los cinco próximos años no está claro. Será un reto conseguir que la Legislatura del Estado ponga la iniciativa en la boleta electoral y un desafío aún mayor conseguir votantes que la aprueben. Seguimos comprometidos en mantener nuestros programas y los niveles de personal. Soy particularmente reacio a realizar recortes en el programa académico, pero necesitareé depender mucho más de la Fundación y la PTA para completar las posibles reducciones del Distrito y el Estado.

A nivel práctico, esto se traduce en que la Fundación asumirá la responsabilidad de personal adicional (para las secciones de Inglés de los grados noveno y décimo) y que la PTA se hará cargo de más materiales y de la financiación de los suministros (como papel Xerox, plumones de borrado en seco y focos para los Smart Board). A medida que la primavera se desarrolla, vamos a darnos cuenta mejor de lo que le espera a la educación pública K-12 el próximo año y a M-A en particular. Como quiera que se desarrolle todo esto, tenga la seguridad de que sus hijos continuarán recibiendo una educación de calidad en un entorno de apoyo.

Notas y lo digno de notar:

El alumno de 12° grado Nikhil Viswanathan fue nombrado Semifinalista Académico Presidencial [Presidential Scholar en inglés], uno de los más altos honores concedidos a los alumnos de 12° grado en la escuela secundaria.

La alumna de 11° grado Antonisha Fuller fue finalista en el concurso Joven-del-año del Club de Niños y Niñas de la Península. Presentó su discurso de finalista en la junta de la Mesa Directiva del Distrito Sequoia el 2 de febrero con gran aplomo, que detallaba su lucha por avanzar en la escuela mientras se enfrentaba a circunstancias muy difíciles en casa. Otros tres estudiantes de M-A fueron reconocidos por sus presentaciones: El alumno de 11° grado Scott Miari, la alumna de 12° grado Daisy Navarro y la alumna de 12° grado Kristina Thomas.

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M-A HS PTA News
17th District CCPT

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555 Middlefield Rd.,
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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 email to trivocis@mabearspta.org.

2011 Publication Dates

Issue	Deadline	Mailing
April	March 18	March 30
May	Apr. 15	Apr. 27
June	May 13	May 25
Sept	Aug. 15	Aug 24

M-A dirigirá su propio programa de verano este año, ofreciendo clases de recuperación, un programa puente de verano para los futuros estudiantes de noveno grado, y tres clases de enriquecimiento financiadas por la Fundación.

Este es el decimoquinto año del viaje de servicio a la comunidad de Menlo-Atherton a la ciudad de Antigua, Guatemala. El viaje está organizado por el grupo sin ánimo de lucro, "Global Visionaries", y dirigido por los profesores de M-A Paul Snow y Andy Stuart. Durante esta aventura de verano, quince estudiantes de M-A reanudarán la construcción de una cuarta escuela en Antigua, mantendrán los proyectos de repoblación forestal iniciados años atrás y seguirán ayudando en el Hospital del Hermano Pedro.

El Dr. Mark Rosekind hablará en una noche especial combinada de la PTA y de Evento de Educación para Padres el lunes, 4 de abril a las 7:00 pm para hablar sobre el sueño y rendimiento de los adolescentes. La charla tendrá lugar en la cafetería del PAC y no hay que perdérsela. Mark es líder en el campo de las investigaciones sobre el sueño y ha informado mucho de nuestro trabajo durante los últimos dos años.

El profesor de Guitarra y Coro Patrick Maier habló recientemente con la PTA sobre el programa de música y les dio una serenata con una balada del Día de San Valentín.

El equipo de lucha libre de M-A Varsity se convirtió por segunda vez consecutiva en el campeón de liga de PAL después de una victoria contra Mills High School a principios de febrero. Todos los luchadores Nikhil Viswanathan, Koji Kameda, Josh Middel, Daniel Fernández, Anthony Andrighetto y Dino Andrighetto inmovilizaron a sus adversarios; Andre Delagnes y Charles Washington ganaron por decisión menor. Los Bears están ahora 7-0 e invencibles en la liga (7-0). La luchadora Kendra Wiley ha logrado llegar a la primera final de Lucha Libre del Estado.

El decano Sean Priest apareció como concursante en un episodio reciente de Jeopardy. A pesar de que no logró pasar al siguiente nivel, hizo un buen papel en representación de la escuela y de sí mismo. Ganó la primera vuelta, pero más tarde cayó ante el campeón actual Paul Wampler. Creemos que lo siguiente puede ser una aparición en Wheel of Fortune.

Atentamente,

Matthew Zito, Director

From the PTA

Half of the school year is over already – can you believe it!? March is a very important month, highlighted by our primary PTA Fundraiser themed this year as “ANOTher High School Fashion Show.” The PTA Fashion Show ticket order form is available now in this issue and at <http://www.mabearspta.org/FashionShow>. Please see the weekly BearNotes for volunteer needs. Don’t miss attending and volunteering at this incredible all-school event. We honor our senior models, but everyone is encouraged to participate. This year there will be a new set design and runway, and the hundreds of parents and students involved have been working around the clock to prepare for a fabulous event. Don’t miss it!

The PTA is proud to award our teachers and staff with over \$11,000 in Mini-Grants this spring (this is in addition to \$20,000 in mini-grants awarded last fall). Many thanks to co-chairs Kristin Smith & Trish Gump for their help in ensuring that grant funding supports our various teachers and students. Approximately half of the money goes toward school support, clubs and leadership, while the other half supports academic enrichment. See our story regarding the distribution of mini-grant funds in this issue of TriVocis.

If you are ever on campus and need information about the PTA, please check out our fabulous display case on your left as you enter Pride Hall. Yumi Kelley has done a tremendous job of decorating and displaying a great amount of information and keeping it up-to-date. While you are in Pride Hall, stroll a little further to take a look at the other display cases with school-related information, as well as historical photos, trophies, and memorabilia of years past.

Our wonderful teachers and staff continue to be appreciated by Staff Appreciation chairs Lisa McNamara, Grayson Lane, and Ferah Kutlu and their gang of bakers. On February 14, teachers and staff were treated to the annual “Pie for Breakfast” event. A sweet day!

As a reminder, there are many ways to stay informed at M-A: PTA monthly meetings, school website-www.mabears.org, PTA website-www.mabearspta.org, Infinite Campus, BearNotes, and Trivocis.

We hope that you will join us for our next (brief) PTA general meeting at 7 p.m. on Monday, April 4, 2011 in the PAC Cafeteria. The meeting will be combined with a newly added speaker – nationally recognized sleep expert Dr. Mark Rosekind. Please see our article about Dr. Rosekind’s presentation elsewhere in this issue.

And mark your calendars for the following upcoming events:

- **Saturday, March 5, 2011: Fashion Show (3 shows!)**
- **Monday, April 4, 2011, 7 p.m. (NEW DATE!): PTA General Meeting AND Mark Rosekind, Ph.D. Sleep Research evening presentation**

- **Tuesday May 3, 2011, 8:30 a.m.: PTA General Meeting**
- **Tuesday, May 17, 2011, 12:45 p.m.: Teacher Appreciation Luncheon & Honorary Service Awards**
- **Tuesday May 31, 2011, 8:30 a.m.: FINAL PTA GENERAL MEETING**

Carol Orton and Amy Boyle
 2010-2011 PTA Co-Presidents
 president@mabearspta.org

De la PTA (Asociación de Padres de Familia, Maestros y Administradores...PTA)

¿ Pueden creer que ya estamos a la mitad del año escolar? Marzo es un mes muy importante, destacado con nuestro evento de recaudación de fondos más importante del año (desfile de modas) – el tema de este año es “ANO’Ther High School Fashion Show” (No es Cualquier Otro Desfile de Modas de High School). La forma para pedir boletos para el **PTA Fashion Show** está disponible en: <http://www.mabearspta.org/FashionShow>. Por favor vean en el boletín semanal de noticias BearNotes para informarse sobre las necesidades para voluntarios. No se pierda el asistir y ayudar en este increíble evento de todo el colegio. Honoramos a nuestros modelos seniors, pero todos están invitados a participar. Este año habrá un nuevo diseño de escenario y pasarela. Cientos de familiares y estudiantes que participan han estado trabajando las 24 horas para preparar este fabuloso evento. No se lo pierda!

La PTA está muy orgullosa de poderles otorgar esta primavera a los maestros y administradores con más de \$11,000 mini-becas (esto es además de los \$20,000 ya otorgados este otoño pasado). Muchísimas gracias a nuestras líderes de comité **Kristin Smith & Trish Gump** por su ayuda en asegurar que los fondos de las becas ayuden a apoyar a nuestros múltiples maestros y estudiantes. Aproximadamente la mitad de los fondos son asignados para apoyar a la escuela, clubs y liderazgo, mientras que la segunda mitad apoya al enriquecimiento académico. Podrá encontrar más detalles sobre la distribución de los fondos en esta publicación de Trivocis.

Si usted se encuentra en el colegio y necesita información sobre la PTA, por favor vea nuestra fabulosa vitrina a la izquierda entrando a Pride Hall. **Yumi Kelley** ha hecho un gran trabajo decorando y poniendo mucha información que siempre está al día. Mientras que se encuentra en Pride Hall, camine un poco más hacia adentro y vea las demás vitrinas con información relacionada a la escuela, así como fotos históricas, trofeos y memorabilia de años anteriores.

Nuestros maravilloso maestros y administradores continúan siendo apreciados por Staff Appreciation **Líderes Lisa McNamara, Grayson Lane, y Ferah Kutlu** y su grupo de pasteleros. El 14 de febrero, maestros y administradores fueron festejados con el evento “Pie for Breakfast” (Pie para el Desayuno). Un día muy dulce!

Les recordamos que existen muchas maneras para mantenerse informado sobre M-A: Juntas mensuales de la PTA , el website del colegio www.mabears.org, el website de la PTA www.mabearspta.org, Infinite Campus, boletín semanal por email BearNotes y boletín mensual Trivocis.

Esperamos que asista a la próxima junta general (breve) de la PTA el lunes 4 de abril de 2011 a las 7pm en la cafetería del PAC. Se combinará la junta general con una presentación adicional, con el Dr. Mark Rosekind, experto de “sueño” nacionalmente reconocido. Por favor vea el artículo detallado sobre la presentación del Dr. Rosekind en esta publicación de Trivocis.

Y, marque sus agendas para los siguientes eventos:

- **Sábado 5 de marzo, 2011: Desfile de Modas (3 eventos) !!**
- **Lunes 4 de abril, 2011 a las 7pm (NUEVA FECHA): Junta general de la PTA Y presentación del Dr. Mark Rosekind, Ph.D. Investigador del Sueño**
- **Martes 3 de mayo, 2011 a las 8:30 a.m. : PTA Junta General**
- **Martes 17 de mayo, 2011 a las 12:45 p.m. : Teacher Appreciation Luncheon & Honorary Service Awards**
- **Martes 31 de mayo, 2011 a las 8:30 a.m. : ULTIMA JUNTA GENERAL DE LA PTA**

Amy Boyle y Carol Orton
 2010-2011 Co-Presidentas de la PTA
 president@mabearspta.org

PTA Spring Mini-Grants Awarded

Trish Gump and Kristin Smith

We are pleased to report that the following M-A PTA Mini-Grants were funded in our first round of grants. A total of \$11,081 was unanimously approved by the M-A PTA membership at the February 2011 general meeting. Areas of support included academic enrichment, equipment, school support, and clubs.

We hope you have an appreciation of how M-A staff and students benefit from your support of the PTA through the M-A Fashion Show and direct donations. Thank you!

Funds were granted for:

- Supplies to create a Graduation/A-G Eligibility planning tool for students
- Scholarships to help pay registration and fees for low-income students to participate in Jazz Choir Festival in Anaheim
- Reduced cost SamTrans bus passes for needy students
- Leadership Spring Easter Egg Hunt (similar to Trick-or-Treat Street)
- Yearbooks for low-income and ESL/SDAIE seniors
- Class copies of *7 Habits of Highly Effective Teens* for outside reading requirement for all grade levels to increase literacy levels of students in the AVID program
- Class copies of *What I Wish I Knew When I Was 20* to develop AVID students' awareness of how to choose a satisfying career as well as building critical reading strategies
- Class copies of *A Farewell to Arms* to complete a full set for three AS English II classes
- Admission costs for students attending the astronomy class field trip to Chabot Space and Science Center
- After hours professional technical and custodial fees for M-A's first film festival to be held at the PAC
- Registration costs to compete at the FHA-HERO State Leadership Meeting in Fresno
- 45 \$15 Kepler's gift certificates for Reading Intervention Classes to purchase outside reading books
- Class copies of *Espanol en Vivo*, an authentic listening resource for Spanish language students
- Purchase of *Statistically Speaking* video series to demonstrate how statistics are used by real people

Second Semester Parent Education Events

The PTA Parent Education Series got off to a great start in January as it welcomed Anastasia Goodstein, author of *Totally Wired: What Our Teens and Tweens are REALLY Doing Online*. While many parents are rightfully concerned about technology, Ms. Goodstein suggests that today's teens are still doing the things they have always done: staying connected to friends, expressing themselves, and experimenting with their identities. She encouraged parents to ask where their teens hang out online, to inquire about their Facebook and privacy settings, and to help them evaluate and find credible Internet sources for homework, as well as to be critical of sites they visit just for fun. Anastasia also advised parents to teach their students "cyberethics": emphasize what's different about bullying online, beware of the public nature of the Internet, and avoid plagiarism and cheating.

On March 16, internationally renowned author and psychologist Dr. Fred Luskin, founder of the Stanford University Forgiveness Project, will present "Authentic Parenting: A Prescription for Health and Happiness." Dr. Luskin currently serves as a Senior Consultant in Health Promotion at Stanford University and is a Professor at Stanford and at the Institute of Transpersonal Psychology. He presents lectures, workshops, seminars and trainings on the importance, health benefits and training of forgiveness, stress management, and emotional competence throughout the United States. Dr. Luskin lectures nationally and internationally on the subjects of gratitude, forgiveness, stress reduction, and healthy relationships. He is the author of *Forgive for Good*, *Stress Free for Good*, and *Forgive for Love*.

The final Parent Education Series event on May 4 offers a screening of the award-winning documentary "In 500 Words or Less." Recommended by M-A college advisor Alice Kleeman, this film received rave reviews from the National Association for College Admission Counseling (NACAC). Going to college is a right of passage for many American high school students, but the process can be overwhelming: college fairs, tours, SATs, applications. And then there's the personal essay. How does a seventeen-year-old define herself to total strangers when she's only beginning to find herself? And how can she be expected to do it in 500 words or less? Don't miss this Menlo-Atherton exclusive showing of "In 500 Words or Less"! The film will be followed by Q&A with Alice Kleeman and a panel of students.

AUTHENTIC PARENTING: A PRESCRIPTION FOR HEALTH & HAPPINESS, with Fred Luskin, Ph.D.,

Stanford Forgiveness Project

March 3, 2011, 7-8:30 p.m., M-A PAC Cafeteria

AWARD-WINNING DOCUMENTARY "IN 500 WORDS OR LESS"

with Alice Kleeman, M-A College Advisor, and Student Panel

May 4, 2011, 7-8:30 p.m., M-A Center for the Performing Arts

ALL Parent Education Series events are sponsored by the M-A PTA and open to the Sequoia Union High School community. For more information, please contact Parent Education Series Chair Charlene Margot, parenteducation@mabearspta.org or 650.868.0590.

Charlene Margot, Parent Education Series Chair

**Over 500 friends and families have made their annual donation.
Have you?**

**Donate by March 10, 2011, and your gift will mean even more!
Foundation board members will give M-A \$50,000 if participation is
80 donors ahead of last year. Every gift will help!**

To donate on-line, go to www.m-afoundation.org and click on "Donate Now," or mail a check to Foundation for the Future, P.O. Box 1228, Menlo Park, CA 94026.

Questions? Contact Cindy Folker at cfolker@seq.org or (650) 322-5311 x 5206

Donations received from 9/01/10-2/1/11

Leadership donors (those giving \$2,500 or more) appear in bold

-A-

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Akira & Mutsuko Muraoka

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Nancy Baugh
Hy Murveit &
Leslie Airola-Murveit
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Roger & Yumiko Myoraku

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Manuel Nathenson &
Judy Windt
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Keith & Monica Newman
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Yvonne Nomizu
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 Robert & Vicky Schulman
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Emil Scoffone & Nancy Bush
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 David & Kim Selby
 Shin Sen Lie & Lily Lim
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 Dennis Walker &
 Robin Severns
 Randal Sexton & Karen Poza
 Gary Shaffer & Corby Locke
 Richard & Elizabeth Shane

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 Andrew & Carol Shelton
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 David & Jane Shimbo
Michael Siegel & Sharyn Solish
Mark Silverman & Joan Lambert
 Denis &
 Yasmin Lambie-Simpson
 Debashish Sinha &
 Nanhi Singh
 James & Maria Smith
 David Smith &
 Sheri Simmons
Brad & Alys Smith
Marty & Kristin Smith
Steve & Jill Smith
 Peter & Jessica Snyder
Sam So & Margaret Tao
 Edward & Gwen Solomon
Edward & Darlene Solomon
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Rick & Janet Sommer
Steve Sommer
 Pam Songer
 Karl Sonkin
Mark & Carol Sontag
 Tod Spieker
Daniel Spielman & Frances Sun
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 Mark & Gulnar Spurlock
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 Jeff & Linda Starr
John Stern & Susan Anderes
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William Stoesser
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 Paul Wiefels
Fred Wiener & JoAnn Kukulus
Joyo Wijaya & Bonnie Hom
 Christopher Wilder
 Liz Cross-Williams
 Greg Williams & Nancy Lee
 Matthew Willis &
 Meriann Van Eijk
 William & Teruyo Wilson
Jon & Barbara Windham
 Nick Winkworth & Judith Jones
 Larry & Elizabeth Wiseman
 Wanmo & Linda Wong
 Alex Woo
 Rich Worthington &
 Robin Tobias
 Sam & Kathy Wright
 John & Zaza Wu

-Y-
 Gary Yang & Gisella Lai
 Renato & Julia Yap
 Randy Young &
 Elizabeth Brewer
 Lynne Young
David & Susan Young
 Robert & Jill Youngberg
 Kelly Younger
The Younger Family Foundation
William Yu & Diana Liu

-Z-
 Essam & Christine Zaky
Steve & Jill Zanolli
George Zdsiuk & Julie Fouquet
 Noel Zelaya
 Werner & Julie Zurcher

We apologize to anyone whose name has been inaccurately listed or inadvertently omitted. Please contact us cfolker@seq.org with any corrections.

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From the Guidance Office

By Silvia Torres-Garza, Head Guidance Counselor, Francine Andrade, Laura Duran, Karina Escobar-Weaver, Jason Kubo and Lara Sandora, Guidance Counselors

2011 – 2012 Registration for Classes

Starting **January 21**, Guidance Counselors will meet with their students during one of their English periods to discuss registration procedures for selecting courses **for the 2011-2012 school year**. During this time, we will also hand out registration materials for your student to bring home. Please review, sign, and return the course selection sheet. Please be aware that for every elective class there must be at least one alternate in case the first choice elective is not available or it conflicts with another class. This is a good opportunity to discuss with your student what would be an appropriate course load next year. If you have any questions about course level changes for your student, please contact your student's teacher. Also, feel free to contact your student's guidance counselor if you have general questions regarding course selection.

Spring registration is very important, as the number of sections of classes to be incorporated into the Master Schedule is largely determined by this registration. It is very important for your student to choose classes carefully, since some classes fill up quickly. There will be less flexibility to make schedule changes later on. Your student may be assigned to certain intervention classes to support him or her academically next year.

Please note that in order for students to be placed in AS Algebra II and AS Chemistry, they must complete **both semesters of Geometry by August 1, 2011**.

Grades

First semester grades have been mailed. Please remember to visit the Infinite Campus portal site at <http://portal.seq.org> to check your student's academic progress. If necessary, use this time to consider the options available to students who need to make up an "F" or "D" grade. Summer School 2011 will be offered at Menlo-Atherton High School. First session will begin on **Tuesday, June 14 and end Friday, July 1**. The second session will begin on **Tuesday, July 5 and end Friday, July 22**. Both sessions will be held from 8:00 a.m. to 1:30 p.m. **Guidance Counselors have registered your student for summer school 2011 if he/she met the summer school eligibility criteria**. If your student is interested in taking an enrichment course this summer, you can check your local community colleges to see what types of courses or programs they offer.

If you have any questions regarding registration, summer school, or your student's progress, please feel free to contact your student's guidance counselor. Below is the alphabetical breakdown of assignments:

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

Online Classes

Please note that the University of California (U.C.) system has decided that its campuses will only accept online courses that have been approved by the U.C. system.

Expanding Your Horizons – A Conference for Young Women

Skyline College in San Bruno and the Genentech Foundation will host the 31st Expanding Your Horizons in Math and Science Conference. This conference is for 6th through 12th grade young women who wish to learn about career opportunities for women in science and math-related fields. It will provide an opportunity for participants to meet and form personal contacts with women working in traditional and non-traditional fields. The conference will take place on Saturday, March 19, 2011, at Skyline College in San Bruno between 8:15 a.m. and 3:00 p.m. Register early. Space is limited. Advanced registration is required. The \$20 registration fee includes a snack, lunch and materials. Pick up a registration form in the Career Center or Guidance Office and mail it so that Skyline College receives the registration form no later than March 11, 2011.

De La Oficina de Consejería

Por Silvia Torres-Garza, Encargada del Departamento de Consejería, Francine Andrade, Laura Duran, Karina Escobar-Weaver, Jason Kubo y Lara Sandora, Consejeras.

Inscripción para Clases 2011-2012

Empezando el 21 de enero, los consejeros van a reunirse con sus estudiantes durante los períodos de las clases de inglés, para discutir el procedimiento de inscripción y seleccionar las clases para el **próximo año escolar 2011-2012**. Durante este tiempo, también les daremos materiales de inscripción para que los estudiantes lleven a sus casas. Por favor, revise, firme, y regrese la página con la selección de clases. Por favor tome en cuenta que por cada clase electiva debe tener por lo menos una alternativa en caso de que la primera opción electiva no esté disponible o en conflicto con otra clase. Esta es una buena oportunidad para discutir con su estudiante cual será la cantidad apropiada de clases para el próximo año. Si ud. tiene preguntas acerca de los cambios de nivel de clases, por favor póngase en comunicación con el profesor/ra de su estudiante. También, comuníquese con el consejero de su estudiante si tiene preguntas generales en relación a la selección de clases.

La inscripción durante la primavera es muy importante ya que el número de secciones para las clases que van a ser incorporadas en el Programa General de clases que es determinado en gran parte por esta inscripción. Es muy importante que su estudiante escoja sus clases cuidadosamente, ya que algunas secciones se llenan rápidamente. Habrá menos flexibilidad para hacer cambios en su horario más adelante. A su estudiante le pueden asignar ciertas clases de apoyo para que él/ella tenga éxito académico el próximo año.

Por favor tome en cuenta que para que los estudiantes sean colocados en Algebra II Avanzada (AS Algebra II) y Química Avanzada (AS Chemistry), ellos deben **completar los dos semestres de Geometría (Geometry) antes de agosto 1, del 2011.**

Calificaciones/Escuela de Verano

Las calificaciones del primer semestre han sido enviadas por correo. Por favor acuérdesse de visitar el sitio en el programa "Inifinite Campus" <http://portal.seq.org> para revisar el progreso académico de su estudiante. Si es necesario, use este tiempo para considerar las opciones disponibles para el estudiante que necesita repetir una clase en la cual tiene una calificación "F" o "D." La Escuela de Verano **para el año 2011** será ofrecida en la escuela Menlo-Atherton. La primera sesión **empezará el martes, 14 de junio y terminará el viernes, 1 de julio**. La segunda sesión **empezará el martes, 5 de julio y terminará el viernes, 22 de julio**. Las dos sesiones tendrán clases de 8:00 a.m. hasta la 1:30 p.m.. **Los consejeros han registrado a su estudiante para la escuela de verano 2011 si él/ella cumplió con los requisitos de elegibilidad para la escuela de verano.** Si su estudiante está interesado en tomar cursos para enriquecimiento durante este verano, por favor visite los colegios comunitarios para informarse de las clases o programas que ofrecen.

Si usted tiene preguntas referentes a la registración, la escuela de verano, o el progreso de su estudiante, por favor comuníquese con el consejero de su estudiante. Abajo esta la división alfabética asignada a los consejeros:

Student Last Name	Guidance Advisor	E-Mail Address	Ext.
A y M y N	Sra. Sandora	lsandora@seq.org	5125
B-C hasta D	Sra. Escobar-Weaver	keweaver@seq.org	5120
E-F hasta Go	Sra. Torres (Garza)	sgarza@seq.org	5139
Gr-H-I-J-K hasta L	Srta. Duran	lduran@seq.org	5182
O-P-Q-R hasta Se	Sra. Andrade	fandrade@seq.org	5181
Sh - T-U-V-W-X-Y hasta Z	Sr. Kubo	jkubo@seq.org	5185

Clases por Internet

Por favor tome nota que el sistema de la Universidad de California (U.C.) ha decidido que estos centros universitarios solo aceptaran clases por "Internet" que sean aprobadas por el sistema de la Universidad de California.

Ampliando Sus Horizontes – Una Conferencia para Jovencitas

Skyline College en San Bruno y la fundación Genentech serán los anfitriones de la Conferencia "Ampliando Sus Horizontes en Matemáticas y Ciencias". Esta conferencia es para alumnas de sexto a doceavo grado que desean aprender acerca de las oportunidades de carreras para las mujeres en las áreas relacionadas con ciencias y matemáticas. Esta conferencia proporcionará a las alumnas la oportunidad de conocer y formar contactos personales con mujeres que trabajan en estas carreras tradicionales y no-tradicionales. La conferencia se llevará a cabo **el sábado, 19 de marzo del 2011 en Skyline College en San Bruno de las 8:15 a.m. a las 3:00 p.m.** Regístrese con anticipación. El espacio es limitado. El costo es de \$20 y esto incluye bocadillos, almuerzo, y los materiales de la conferencia. Recoja la hoja para registrarse en la oficina de consejería o en el centro de carreras y envíela por correo para que Skyline College reciba su formulario y paquete de registración a más tardar **el 11 de marzo del 2011**.

AP Test Sign Up Information

Registration for the AP tests will be **Wednesday, March 16, and Thursday, March 17, at lunch only** outside the library.

The cost per test is **\$90**. Checks can be made payable to **MAHS**. If taking multiple tests, one check for all is acceptable. Cash is also accepted.

Please write the following information on the front of your check:

Student's first and last name, the exact name of the AP test(s) you are taking. (Be specific—e.g. AP English is not enough, we need to know if it's AP English Lit or AP English Language).

If you are unable to register at these times, you may have a friend or relative do so for you. If you need financial assistance, please see Lorry Orcutt in the front office prior to registering. If you register for a test and then do not take the test, there is a \$15 cancellation fee per test.

TESTING UPDATE

From Steve Lippi, Instructional Vice Principal

In the Instructional Vice Principal's office we are preparing for the annual testing season which will be with us from March until the end of the school year. The first major assessment, the California High School Exit Exam (CAHSEE), will be given on Tuesday, March 8, and Wednesday, March 9. This test will be given to all students in the Class of 2013 – our current sophomores.

The schedule for school will be slightly changed for CAHSEE testing, as Wednesday, March 9, will not be a block day. Instead, all periods from 0 through 6th will meet that day, and our normal Wednesday block schedule with classes during periods 1, 3, and 5 will take place on Friday, March 11. Please make a note of this on your calendar.

Regarding testing logistics, all sophomores will be assigned a room where they will report by 8:45 a.m. on both testing days. Notification of room assignment will be distributed to the sophomores the week prior to testing – they will go to the same room on both days. Teachers of sophomores will proctor the tests. Because we have many classes that have mixed grade levels, the impact of testing will be felt throughout the entire school. Non-sophomore students whose teachers will be proctoring the test will have to report to different rooms during the testing days. Notification to the affected students will be provided in the weeks prior to testing.

The No Child Left Behind legislation enacted by the federal government has established standards with regard to testing that all schools must meet, including a minimum attendance requirement of 95%. We therefore expect all sophomores to be here on these two days. For the past couple of years we have been very successful – we've hit a 99% attendance mark – and we know we can do the same this year.

In addition to attendance, the state has imposed performance standards which, for 2011, will require approximately two-thirds of students in all numerically significant ethnic groups and sub-categories to perform at levels defined as proficient or advanced. Teachers and students are working hard to prepare for the test, and we need students to do their best on every question to validate this work.

A letter will be sent to parents of all sophomores explaining CAHSEE testing in more detail, but if there are specific questions, please contact me at 322-5311, extension 5112.

Once we finish the March CAHSEE, we begin gearing up for STAR testing in April. I've included in this issue a schedule of the STAR testing period – the weeks of April 4, 11, and 25 (the week of April 18 is Spring Break). Please note the additional block days during the first two testing weeks, and the “Testing Block” period on the morning of Monday, April 11. I'll have more specific details regarding STAR testing in the April Trivocis.

Other important testing dates to keep in mind for the spring include:

- Physical Fitness Testing during March for all freshmen students
- The Early Assessment Program essay test to determine readiness for the California State University system will be given to all 11th grade students in English classes during March
- Standards-Based Testing in Spanish for students whose primary language is Spanish and who have been enrolled less than 12 months in California public schools will take place in April
- AP Testing will take place during the weeks of May 2 and May 9
- Final exams for non-seniors will take place the week of May 30

**STAR TESTING SCHEDULE 2011
APRIL 4 - APRIL 29**

Monday 4/4/11		Tuesday 4/5/11		Wednesday 4/6/11		Thursday 4/7/11		Friday 4/8/11	
7:50 - 8:40	Period 0	7:50 - 9:25	Period 0	9:25 - 11:00	Period 1	7:50 - 9:25	Period 0	9:25 - 11:00	Period 1
8:45 - 9:35	Period 1	9:25 - 9:35	Brunch	11:00 - 11:10	Brunch	9:25 - 9:35	Brunch	11:00 - 11:10	Brunch
9:35 - 9:45	Brunch	9:40 - 11:20	Period 2	11:15 - 12:55	Period 3	9:40 - 11:20	Period 2	11:15 - 12:55	Period 3
9:50 - 10:40	Period 2	11:20 - 11:25	Break	12:55 - 1:35	Lunch	11:20 - 11:25	Break	12:55 - 1:35	Lunch
10:45 - 11:55	Period 3	11:30 - 1:05	Period 4	1:40 - 3:15	Period 5	11:30 - 1:05	Period 4	1:40 - 3:15	Period 5
12:00 - 12:50	Period 4	1:05 - 1:35	Lunch			1:05 - 1:35	Lunch		
12:50 - 1:25	Lunch	1:40 - 3:15	Period 6			1:40 - 3:15	Period 6		
1:30 - 2:20	Period 5								
2:25 - 3:15	Period 6								
Notes: On 4/4, testing in Life Science for Sophomores only during Periods 1 and 2 On 4/5 - 4/8, testing in English classes									

Monday 4/11/11		Tuesday 4/12/11		Wednesday 4/13/11		Thursday 4/14/11		Friday 4/15/11	
8:05 - 8:40	Period 0	7:50 - 9:25	Period 0	9:25 - 11:00	Period 1	7:50 - 9:25	Period 0	9:25 - 11:00	Period 1
8:45 - 10:35	Testing in 3rd period TESTING BLOCK classes	9:25 - 9:35	Brunch	11:00 - 11:10	Brunch	9:25 - 9:35	Brunch	11:00 - 11:10	Brunch
10:35 - 10:45	Brunch	9:40 - 11:20	Period 2	11:15 - 12:55	Period 3	9:40 - 11:20	Period 2	11:15 - 12:55	Period 3
10:50 - 11:25	Period 1	11:20 - 11:25	Break	12:55 - 1:35	Lunch	11:20 - 11:25	Break	12:55 - 1:35	Lunch
11:30 - 12:05	Period 2	11:30 - 1:05	Period 4	1:40 - 3:15	Period 5	11:30 - 1:05	Period 4	1:40 - 3:15	Period 5
12:10 - 12:45	Period 3	1:05 - 1:35	Lunch			1:05 - 1:35	Lunch		
12:45 - 1:15	Lunch	1:40 - 3:15	Period 6			1:40 - 3:15	Period 6		
1:20 - 1:55	Period 4								
2:00 - 2:35	Period 5								
2:40 - 3:15	Period 6								
Notes: On 4/11, testing in History/Soc. Sci. for Grades 10-11, testing in Science for Grade 9; Senior Assembly beginning at 9:30 Testing in Math classes 4/12-4/15									

Monday 4/25/11		Tuesday 4/26/11		Wednesday 4/27/11		Thursday 4/28/11		Friday 4/29/11	
7:50 - 8:40	Period 0	7:50 - 8:40	Period 0	9:25 - 11:00	Period 1	7:50 - 9:25	Period 0	7:50 - 8:40	Period 0
8:45 - 9:35	Period 1	8:45 - 9:35	Period 1	11:00 - 11:10	Brunch	9:25 - 9:35	Brunch	8:45 - 9:35	Period 1
9:35 - 9:45	Brunch	9:35 - 9:45	Brunch	11:15 - 12:55	Period 3	9:40 - 11:20	Period 2	9:35 - 9:45	Brunch
9:50 - 10:40	Period 2	9:50 - 10:40	Period 2	12:55 - 1:35	Lunch	11:20 - 11:25	Break	9:50 - 10:40	Period 2
10:45 - 11:55	Period 3	10:45 - 11:55	Period 3	1:40 - 3:15	Period 5	11:30 - 1:05	Period 4	10:45 - 11:55	Period 3
11:55 - 12:30	Period 4	11:55 - 12:30	Period 4			1:05 - 1:35	Lunch	11:55 - 12:30	Period 4
12:35 - 1:25	Lunch	12:35 - 1:25	Lunch			1:40 - 3:15	Period 6	12:35 - 1:25	Lunch
1:30 - 2:20	Period 5	1:30 - 2:20	Period 5					1:30 - 2:20	Period 5
2:25 - 3:15	Period 6	2:25 - 3:15	Period 6					2:25 - 3:15	Period 6
Notes: No testing on 4/25, 4/26, or 4/29 On 4/27-4/28, testing in Science classes for Grades 10 and 11 only Make-up testing for grade 9 during the week of 4/25, and for Grades 10, 11 during the week of 5/2/11									



Don't Let the Sun Go Down on Your Anger

By Roni Gillenson, LMFT On-Campus Counseling Program Director

We have all heard that expression. It is a great idea to get rid of angry feelings before our heads hit the pillow, but is it possible? Anger can be a burden that weighs us down before we can get a handle on it. The risk of harm to ourselves is there. An analogy might be made with a newspaper article from last winter –“Roof gives way under weeks of accumulated snow.” The owner had let the drifts pile up till it all came tumbling down at once. Storing up anger – a few silent irritations here, some inward resentments there – can make for an overloaded roof ready to cave in on ourselves or someone else.

People use a variety of both conscious and unconscious processes to handle anger. The three main approaches are expressing, suppressing, and calming. Expressing your feelings in an assertive –not aggressive – way is the most healthy. The expression of anger can be done in a constructive way, for instance, “using I-messages.” An I-message would be – “I feel frustrated when we keep going over the same issues. Can we just try to resolve this issue now?” Or “I feel angry when you come into my room without asking. Could you please knock first?” The statements are firm, spoken in a neutral tone, and directed at the person with whom we need to resolve feelings. Suppressing anger until we are ready to express it may work for a short while, but containing the feelings can be very hard on a person. It can cause hypertension, high blood pressure, or depression. Unexpressed anger can create other problems. It can lead to passive-aggressive behavior (getting back at people indirectly, without telling them why, rather than confronting them head-on) or a personality that is constantly cynical and hostile. Calming techniques such as relaxation exercises can be helpful in controlling internal responses, taking steps to lower heart rate, and letting the feelings subside.

Remember that anger is usually a secondary emotion. There is a primary feeling behind it. We always feel something else before we feel angry. We might first feel frustrated, fearful, disappointed, etc. If we address those primary feelings in an assertive, constructive way, we can get rid of the burden of anger. In addition, if we are able to identify the primary feeling, it is more helpful to be specific about the feeling, and then something can be done about it.

Angry feelings arise in all family dynamics. We can help ourselves and our children by first identifying the primary feeling and then addressing it in a constructive way. Timing is important. If we are too angry to talk, we need to give ourselves a time out to calm down. The important thing, though, is to return later to finish the discussion and come to a healthy resolution.

We all want to live a long, productive, and enjoyable life. When we lift the burden of anger, we free ourselves to do just that.

References:

1. American Psychological Association (APA.org)

Adolescent Counseling Services is a community non-profit which provides vital counseling services on eight secondary campuses at no charge to students and their families. To learn more about our services please visit the ACS website at www.acs-teens.org or call Christina Walker, Site Director at MA (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!

Thank you to the following foundations that supported ACS' On-Campus Counseling Program during the 2009-2010 school year: The Altos Foundation, Atkinson Foundation, In-N-Out Burger Foundation, Laurel Foundation, Palo Alto Community Fund, Palo Alto Medical Foundation, Palo Alto Weekly Holiday Fund, Rotary Club of Palo Alto, Sand Hill Foundation, The Nick Traina Foundation, and the WD Foundation.

THE M-A FASHION SHOW FEATURING
THE 2011 SENIOR CLASS
A CELEBRATION OF POPULAR HIGH SCHOOL CULTURE

ANOTHER 
HIGH SCHOOL
FASHION SHOW

COMING MARCH 5TH, 2011
WWW.MABEARSPTA.ORG
M-A PERFORMING ARTS CENTER, 555 MIDDLEFIELD ROAD, ATHERTON

ANOTHER HIGH SCHOOL FASHION SHOW

Menlo-Atherton PTA Fashion Show

Saturday, March 5, 2011
in M-A's Performing Arts Center

Luncheon 11:45 a.m.
First Show 1:00 p.m.
Second Show 4:00 p.m.
Final Show 7:30 p.m.

Advanced Purchase Ticket Form
Get Your Tickets NOW!!

Name _____ Phone (____) _____

Address _____
Street City Zip Code

11:45 Luncheon and 1:00 Show with Premier Reserved Seating *

Individual Tickets _____ x \$ 75 = \$ _____
Table for 8 _____ x \$600 = \$ _____

1:00 Show -- General Admission Adult _____ x \$ 30 = \$ _____
General Admission Student / Youth _____ x \$ 15 = \$ _____

4:00 Show -- General Admission Adult _____ x \$ 30 = \$ _____
General Admission Student / Youth _____ x \$ 15 = \$ _____

7:30 Show -- Premier Reserved Seating * _____ x \$ 50 = \$ _____
General Admission Adult _____ x \$ 30 = \$ _____
General Admission Student / Youth _____ x \$ 20 = \$ _____

Donation – I want to sponsor faculty / staff ticket(s) **THANK YOU!!** \$ _____

Video of the Show (DVD) _____ x \$ 25 = \$ _____

Donation Drawing Tickets – Singles _____ x \$ 5 = \$ _____
Packets of 5 _____ x \$ 20 = \$ _____

Fantastic **Donation Drawing** prizes:
♦ LaBelle "Glamorous You" Spa Package: \$650 Value ♦
♦ Neiman Marcus Gift Card : \$500 Value ♦
♦ Apple iPad Wi-Fi + 3G (32 GB) : \$730 Value ♦
(Need not be present to win)

Total Enclosed \$ _____

Make your check payable to **M-A PTA**
Send your check with this order form, and a self-addressed stamped envelope to:
Kim Sommer, 790 Lemon Street, Menlo Park, CA 94025
If no envelope is enclosed, tickets will be held at Will Call. Questions?? Email fsticketsales@mabearspta.org

* Ticket orders and limited Reserved Seating will be processed on a first-come basis. **We do sell out.**
Advanced purchases must be received by **February 27th**. Any remaining tickets will be available at the door.

Additional order forms available at <http://www.mabearspta.org/FashionShow.html>

Tickets are non-refundable and non-exchangeable for other shows.

DVDs will be mailed to purchasers approximately three weeks after the show.

ANOTHER HIGH SCHOOL FASHION SHOW

Desfile de Moda de la PTA de Menlo-Atherton

Sábado 5 de marzo de 2011
en el M-A's Performing Arts Center

Forma de Compra de Boletos por Adelantado
Compre sus boletos AHORA!!

Comida 11:45 a.m.
Primer Show 1:00 p.m.
Segundo Show 4:00 p.m.

Nombre _____ Tel (_____) _____

Dirección _____
Calle _____ Ciudad _____ Código Postal _____

11:45 Comida y 1:00 Show con Asientos Reservados Premier *

Boletos Individuales _____ x \$ 75 = \$ _____

Mesa de 8 _____ x \$600 = \$ _____

1:00 Show -- Entrada General Adulto _____ x \$ 30 = \$ _____

Entrada General Estudiante / Joven _____ x \$ 15 = \$ _____

4:00 Show -- Entrada General Adulto _____ x \$ 30 = \$ _____

Entrada General Estudiante / Joven _____ x \$ 15 = \$ _____

7:30 Show -- Premier Reserved Seating * _____ x \$ 50 = \$ _____

Entrada General Adulto _____ x \$ 30 = \$ _____

Entrada General Estudiante / Joven _____ x \$ 20 = \$ _____

Donación – Quiero Patrocinar Boleto(s) para maestro/administrador **GRACIAS!!** \$ _____

Video del Show (DVD) _____ x \$ 25 = \$ _____

Donación Boletos Rifa – Sencillo _____ x \$ 5 = \$ _____

Paquete de 5 _____ x \$ 20 = \$ _____

Fantásticos Premios de Rifa:
♦ LaBelle "Glamorous You" Spa Package: Valor de \$650 ♦
♦ Neiman Marcus Gift Card : Valor de \$500♦
♦ Apple iPad Wi-Fi + 3G (32 GB) : Valor de \$730 ♦
(No se requiere estar presente para ganar)

**Total
Incluido** \$ _____

Escriba su cheque a favor de **M-A PTA**
Mande su cheque con esta forma y un sobre con su dirección y timbre dirigido a:
Kim Sommer, 790 Lemon Street, Menlo Park, CA 94025
Si no hay sobre incluido, los boletos se deberán recoger Will Call. ¿Preguntas?? Email fsticketsales@mabearspta.org

- Los pedidos de boletos y el limitado Reserved Seating serán procesados como se irán recibiendo.
Siempre se Acaban los Boletos.
Las compras por adelantado deben de haberse recibido a más tardar el **February 27th**. Todos los boletos sobrantes estarán disponibles en la puerta de entrada.

Formas adicionales están disponibles en <http://www.mabearspta.org/FashionShow.html>

Los boletos no son reembolsables y no se pueden cambiar para otro horario de show.
DVDs serán enviados a quienes los compren aproximadamente 3 semanas después del show.

Congratulations to M-A's scholars!

By Barb Windham, PTA liaison

M-A has many very accomplished students. During the 2010 fall semester, 1042 of our kids made the honor roll; 351 of them achieved Principal's Distinction. Here's the list by class, broken into the categories of Principal's Distinction: 4.0 and above GPA, Faculty honors: 3.5 - 3.99 GPA, and Honors: 3.0 - 3.49.

Congratulations to all the students who earned academic honors for the fall...keep up the great work!

Honor Roll for Fall Semester 2010

Class of 2014 - Principal's Distinction: 4.0 GPA and Above

Rebecca Abramowitz, Anne Albright, Jose Archundia, Coral Brady, Royce Branning, Sofia Caryotakis, Sarina Chaiken, Joanne Cho, Andrew Connell, 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, Fabian Hermosillo, Meghan Hom, Ursula Jongebloed, Katie Kelly, Paulina King, Sabrina Kinney, Angela Lai, Virginia Lane, Lindy LaPlante, Charlotte Lee, Liviera Leebong, Kai Mashima, Ruth McGee, Scott Morris, Nicole Mouchawar, Amanda Muir, Elizabeth Ocon, Andrew Olson, Eliza Ozden, Zoe Pacalin, David Perez, Charlotte Philp, Madeleine Pont, Daniel Propp, Joseph Rabinovitsj, Alexia Raffegeau, Annika Roise, Madeleine Rostami, Harrison Shane, Sierra Sheeper, Sophia Spurlock, Samuel Stroud, Patrick Tam, Valerie Taylor, Kindle Van Linge, Danielle Walsh, Griffin Waymire, Sabrina Williams, Austin Wilson, Tiffany Yang, Nicole Zanolli

Class of 2014 - Faculty Honors: 3.5 – 3.99 GPA

Louisa Aaron, David Addicott, Chad Allen, Erik Amundson, Wesley Arrington, Forrest Baffico, Veronica Barraza-Ramirez, Jacob Bassin, Rachel Bayersdorfer, Hans Brouwer, Oliver Bucka, Leland Callahan, Samuel Calvert, William Carhart, Daniela Castro Reyes, Jacob Choplin, Thomas Cornew, Scott Crowe, Jessica Cuevas, Annalise Deal, Olivia DelRosso, David Dillon, Mark Evans, Alex Freeman, Valentin Gangloff, Christina Godinez, Jenna Griffin, Kaela Han, Jessica Heilman, Dimitri Herr, William Hooper, Lisanne Horwitz, Nicholas Ivy, Grant Johnson, Kelley Jones, Brian Keare, Megan Kilduff, Kimberly Klustner, Koto Kuboi, Jonathan Lam, Nicholas Landolfi, Kevin Magana, Virginia Magana-Fierro, Kevin Maravilla, Andrew Mathews, Leo McCabe, Marilena McCarty, Evan McClelland, Anna McDermott, Isaac Melgoza, Jesus Mendoza, Linus Meyer-Teruel, Ryan Mostofi, Spencer Murphy, Lauren Nathan, Michael Noel, Tera Noguchi, Laura Nunez, Selomit Ojeda, Jonathan Oppenheimer, Jordan Packer, Samantha Parish, Christopher Peck, Andreas Ralston, Havens Ratchye, Cybele Reed, Georgia Reid, Louis Sanchez, Ricky Sandoval-Lopez, Enzo Santos, Elizabeth Shelton, Xochilt Silva, Eric Snyder, Elizabeth Sommer, Lisa Sorlie, Talmay Soto, Julia Stoner, Thomas Suesser, Quinn Sweetnam, Christopher Tam, Jade Vaughn, Sabiha Viswanathan, Nathaniel Walker, Kristen Walsh, Anders Ward, Hailey Warren, Joshua Weiner, Gillian Weisenfluh, Juan Alfonso Yap, Jacob Zarling

Class of 2014 - Honors 3.0 – 3.49 GPA

Graciela Alvarez, Kailin Ambwani, Rubi Aragon Ramirez, Alexandra Aranda, Andrew Aufdemberge, Heather Bell, Christopher Blank, Murphy Callender, Jose De Jesus Castellanos, Adam Cook, Eduardo Cornew, Samuel Crookston Herschlag, Sally Nhi Dang, Kelley Eason, Dylan Esperance, Lissette Espinoza Garnica, Cecilia Estrada, Tameem Fezzani, Esteban Figueroa, Connor Foody, Nicholas Garcia, Mark Gerhart, Carla Gonzalez Pacheco, Nikhil Goyle, Gabriela Grant, Michelly Hadisurja, William Hanley, Amirhossein Heidari, Grant Henninger, Yesenia Hernandez, Rosemary Hernandez, James Hoffman, Catalina Huerta, Paul Iwashita, Brian Jagers, Ernesto Jasso, Thomas Johnson, Arian Kashani, Aaron Katzman, Carson Kelley, Chang Kim, Sophia Kivelson, Megan Kurtz, Marissa Lai, Mattias Lange-McPherson, Mary Langi, Nicholas Lee, Samuel Leznik, Jordan Long, Juan Lopez, Yuslivia Lopez Bucio, Imani Mason, Lakai Mataele, Duncan McGinnis, Iain McKelvey, Kimberly Medina, Luis Mendoza, Vanessa Mendoza, Alma Mendoza Contreras, Bryant Menjivar, Julio Montesinos, Geovanna Moreno, Nitza Nava Prado, Andrew Nisbet, Caleb O' Neel, Mark Opet, Daniela Ortega, Adriana Ortiz, Anton Paquin, Katherine Patch, Tatiana Pauga, Kendall Peters, Zachary Plante, Amanda Plante, Santos Rodriguez, Jennifer Rodriguez Garcia, Jonathan Sandoval, Nicholas Schlein, Noah Schneider, Jackson Sheppard, Aditya Sinha, Morgan Smith-Boeck, Jacqueline Solis, Nadia Solis, Martin Soria, David Stern, Cayla Stillman, Naomi Tovar, Maxwell Tyler, Gustavo Vargas, Gabriela Vazquez, Steve Villalobos, Alexandra Vlassova-Kudrevatykh, Allen Washington, Nathaniel Westfield, Lisa Willis, Jaden Yamasaki, Ryan Young

Class of 2013 - Principal's Distinction: 4.0 GPA and Above

Johnathan Adams, Anne Altman-Merino, George Baier, Temuulen Bat-Enkh, Samantha Bloom, John Boyle, Gabrielle Busque, Cameron Carlomagno, Emily Carlson, Stephen Chu, Zachery Cogan, Ethan Cohen, Kevin Cole, Zachary Deal, Lauren Diamond, Amal Duriseti, Luz Elicea-Reyes, Xin Fang, Jennifer Feldis, Justine Ferry, Tyler Finn, Jenna Fox, Emma Fronberg, Juei-Yun Fu, Meredith Geaghan-Breiner, Valerie Giordano, Fiona Gutierrez-Dewar, Julia Hafer, Aliya Hasoon, Katherine Hayse, Connor Hegarty, Harrison Holland-McCowan, Nicholas Hug, Marina Ikeno, Maya Israni, Maria Jelvis, Erika Keer, Radhika Khatod, Charlotte Lewis, Thomas Liggett, Nina Lozinski, Ashton Macfarlane, Nolan Martin, Arielle McMahon, Samuel Melville, Rebecca Milman, Daniel Moritz-Rabson, Kathleen Muenzen, Madeline Napel, Zoe Nuyens, Nicholas O'Farrell, Rino Oguchi, Blake Olsen, Julia Olson, Jacob Pfau, Danielle Pinter, Benjamin Prudhomme, Megan Rash, Emilia Reed, Sergio Rodriguez Reyes, Daniella Sanchez, Jenna Scandalios, Brittany Scheuch, David Schmitt, Allison Silverman, Andrea Simes, Payton Smith, Jacob Solomon, Jack Stanek, Patrick Summers, Jenna Swartz, Christina Takayama, Taylor Tam, Dana Thomas, Sara Vitale, Vanessa Wijaya, Megan Wiseman, Nicole Wong, Katharine Woods

Class of 2013 - Faculty Honors: 3.5 – 3.99 GPA

Alexander Aguiar, Anna Argente, Maggie Asher, Brittney Badduke, Olivia Baker, Francisco Barragan Ayala, Yolanda Barraza, Trent Benedick, Cassandra Bethel, Thomas Bucka, Danbi Byun, Jordan Capelle, John Carmichael, Mariana Carmela Chahroui, Jeremy Chow, Laura Corona, Elizabeth Cruz, Ross Dairiki, Katelyn Doherty, Bianca Corine Doronila, Hannah Ellefritz, Scott Fleishman, Madison Frame, Alexander Freeman, Peter Freschi, Madeline Frye, William Fuller, Kelly Gaherty, Nicholas Gallagher, Nimsi Garcia Sandoval, Brenda Godoy Deras, Charles Grose, Yajaira Gutierrez, Risa Hammel, Andres Hernandez, Ligia Hernandez, Isaac Hernandez-Luna, Michael Hohl, Katherine Holliday, Sarah Katz, Brian Kelley, Michelle Kenney, Kotaro Kihira, Casey Kiyohara, Quintin Koister, James Kollar-Gasiewski, Erin LaPorte, Ivana Nicole Layosa, Connor Lindquist, Elizabeth Lipps, Clinton Lo, Jasmine Lopez, John Lovegren, Nancy Macias Osorio, Alexis Magaña, Katherine Mahler, Laura May, Kelly McBride, Suzanna McMurtry, Francesca Meffert, Heather Melendez, Madison Miller, Mele Moimoi, Kyla Moss, Brooke Muschott, Jacqueline Navarro, Karly Newman, Alexa Ng-Quinn, Gabriela Nighan, Samantha Novak-Federmeyer, Yazmine Patino, Jason Paulin, Michael Perez, Juan Perez Jr., Evan Perkins, Bernardo Quevedo, Erika Rasmussen, Hannah Rechsteiner, Sofia Rodriguez, Campbell Roellig, Peter Roumeliotis, Matthew Schertler, Steven Shimbo, Elena Siegel, Benjamin Smith, Maxwell Spielman-Sun, Amanda Stahler, Cassie Stansberry, Matthew Tinyo, Chayan Tronson, Andrew Uphoff, Jesus Vargas Lozano, Karin Vaughan, Elissa Webb, Jonah Weigand-Whittier, Benjamin Wiener, Kennedy Wilkerson, Kristen Wong, Gabriella Zanutta, Jonathan Zdasiuk, Eduwiges Zepeda

Class of 2013 - Honors 3.0 – 3.49 GPA

George Anagnostou, Julieta Arreola, Connor Arrington, Noemi Arroyo, Noa Barak, Jacqueline Bauzon, Jairo Bedolla-Ybarra, Hanna Berggren, Marc Bermudez, Spencer Bonham, Thomas Bonham, Diana Boyle, Christopher Brody, Edwin Cano Larios, Lesley Carbajal Sanchez, Kathryn Carruthers, Bianca Castro, Chase Connell, Erin Cox, Angel Cuschieri, Alejandra Duran, Madeline Dutton-Gillett, Jenna Ebert, Jose Erazo, Gabriel Estacuy, Lilian Flores Alonzo, Niesha Ford, Julian French, Yanet Garcia Gil, Cynthia Garcia Villalobos, Sandra Garcia-Fraire, Madeleine Gerhart, Ani Ghazarossian, Jacqueline Gonzalez, Araceli Gonzalez Gonzalez, Kadri Green, Angelica Hardison, Dominique Harmon, Alexander Hoeflich, Andrew Kemp Dahlberg, Simone King, Phillip Korolog, Matthew

LaDouceur, Jeremie Lai, Vincent Leoni, Kira Lober, Alexia Lozano Villalon, Sean McBirney, Roxanne Mein, Elvia Mendoza, Gilbert Mesec III, John Messerschmidt, Flint Mitchell, Kian Modjtchedi, Clark Moore, Jonathan Morataya, Jason Mouchawar, Nicholas MullenAshley Nair, Neeka Nazhand, Melissa Nuckolls, Keifer O Hara, Jonathan O'Farrell, Morgan Olson Fabbro, Isai Olvera, Brittany Oshaldeston, Erendira Parra, Francelli Payan Mofin, Leticia Pena Garcia, Vivian Qiu, Monika Richardson, Veronica Robles, German Romero Soto, Antonella Salerno Silva, Christopher Scherm, Claire Sharif, Rema Singh, Justin Smith, Lauren Smith, Sean Smith, Alison Spindt, Alyssa Sterns, Nicolette Stoddart, James Tedesco, Paul John Titterton, Jessica Vargas, Monica Vasquez, William Wells, Jacqueline Wiley

Class of 2012 - Principal's Distinction: 4.0 GPA and Above

Shayda Abadi, Zachary Abt, Maris Aebi, Sara Altman, Andra Bailard, Alexandra Ballinger, John Beckwith, Jacob Bercow, Zeke Brown, Payton Bush, David Butler, Elise Cabral, William Cabral, Catherine Carpenter, Christopher Chao, Thomas Chen, Timothy Coleman Stavridis, Sarah Collins, Richard Cornew, Forrest Cox, Kathryn Coyne, Maxwell Culhane, Kelly Davis, Madeline Drace, Haley Ebert, Meredith Edwards, Erica Engle, Tyler Fair, Samuel Falkenhagen, Mikaela Flink, Monika Fowle, Spencer Fussy, Matthew Giordano, Alexander Gow, Keara Haldeman, Michael Hester, William Hickman, Jackson Horwitz, Tennyson Jellins, Lindsay Keare, Sean Kelley, Mary Kenney, Carolyn Kim, Circassia Kline, Selin Kutlu, Melissa Lees, Zachary Lipps, Nina Loshkajian, Caitlyn Marianacci, Diane Masket, Anna Mayerson, Haley McCabe, David McNamara, Travis Mendoza, Jacqueline Mendoza Ramirez, Fiona Meyer-Teruel, Alison Myoraku, Phillip Nelson, Alejandro Neou-Curiel, Sydney Novak-Federmeier, Aaron Oro, Sara Orton, Naomi Pacalin, Christian Perkins, Jesse Perkins, Marie-Charlotte Popp, Alan Propp, Ian Proulx, Kailin Rasmussen, Brett Rivera, Siena Roat-Shumway, Elisa Rodriguez, Matthew Rosenthal, Dana Rust, Samantha Scharninghausen, Hannah Schneider, Greg Schulman, William Schultz, James Sebes, Elizabeth Sherwin, Kendall Songer, Joseph Strehlow, Connor Sweetnam, Taryn Thiele-Sardina, Dominic Tully, Cleo Tyler, Christina Walecka, Wendy Wang, Miles Weiss, Emery Welton, Alyssa Westfield, Jack Wiefels, Maxwell Wilder, Sydney Young, Jessamine Zamora

Class of 2012 - Faculty Honors: 3.5 – 3.99 GPA

Alexandra Balestra, Lennart Beland, Sasha Bobrowicz, Emily Canny, Noemi Ceballos Madrigal, Hirdeep Chahal, Brady Coggins, Ryan Cortez, Shamim Dana, Jenny Ngan Dang, Andre Delagnes, Chloe Delehanty, Elizabeth Dickey, Lauren Diller, Lauren Dunn, Danielle Flanagan, Juei-Chieh Fu, Alessandra Gaffney, Melissa Gaherty, Braden Gallagher, Thibault Gangloff, Alex Gaspar, Sarah Ghandour, Max Goldenstein, Enya Gomez, Emily Gran, Rebecca Higgitt, Lindsey Hom, Maria Nicole Ikonomou, Jonas Jacobsen, Claire Junglieb, Amelia Kabat, Tara Keating, Kathryn Kelley, Zachary Klein, Brittany Krappe, Patrizia Kuehn, Jeffrey LaPlante, Federico Lopez, Giovanni Maciel, Brianna Mack, Jose Magana, Casey Mas, Mariela Matute, Monika Mednick, Leah Meservey, Riley Miller, Edgardo Molina, Corinne Nelson, Michael Ogrey, Henry Osborn, Pierce Osgood, Evan Pairs, Steven Perez, Lukas Pinkston, Elisha Pollock, Kevin Prasad, Patrick Reed, Therese Regonini, Kyle Rice, Rafael Rios Barajas, Courtnee Roaché, Chloe Rudolph, Jordan Scandlyn, Mao Mei Sonkin, Jordan Sontag, Serena Starr, Conner Stoesser, Jacqueline Stoner, Elona Thielen, Graciela Torres-Prado, Richard Tran, Roger Upton, Kathleen Vallarino, Melissa Velez, Camilla Visconti, Kendra Wiley, Jacob Wilkins, Max Wilson

Class of 2012 - Honors 3.0 – 3.49 GPA

Daniel Adams, Victor Alvarez Chavez, Hannah Branning, Casey Britts, Benjamin Burnett, Wyatt Burnett, Maria Caballero Calderon, Salvador Castaneda Gonzales, Jonathan Chavez, Alejandra Chiquete-Valverde, Jacob Citron, Austin Clarence, Jose Correa, Julia David, Brooke Dely, Jacqueline Der Torossian, Cristian Diaz, Angel Espinoza Alfaro, Daniel Estrella, Eisa Evans, Taylor Polawn, Anna Fornaciari, Briana Fortnam, Dustin Fosgett, Matthew Galabinske, Bryan Garcia, Corinne Gharda, Kimberly Glass, Brenda Gomez Rodriguez, Juan Gonzalez, Maureen Hadisurja, Megan Harpell, Kevin Harris, Lillian Hedges, Jason Heinen, Cristina Henriquez, Sarah Higgitt, Sarah Hoffman, Dominique Holmes, Leonardo Huerta, Shelby Hughes, Roberto Ilea, McKenna Jacquemet, Maya Jevans, Blair Johnson, Nancy Johnson, Thomas Kaheli, Jennifer Kirst, Philipp Kopisch, Adam Lagan, Thomas Lam, Louis Lange IV, Matthew LeMieux, Samantha Libunao, Lizbeth Linares, Michelle Lopez, Diana Lopez Solorzano, Anna Luke, Bridget Magana-Sandoval, Mele Makoni, Charlotte McMillan, Marco Mendoza Avila, Anaseini Moimoi, Dustin Nascimento, Kari Newman, Erin Noble, James O'Donnell, Helen Oser, Jordan Petersen, Philippe Proctor, Victoria Ramirez, Chloe Rehlaender, Jennifer Reyes, Alfonso Rico, Jenifer Rodriguez Reyes, Leticia Rojas-Cervantes, Daniela Rosales-Jauregui, Jacob Rose, Amy Rosenthal, Jair Saavedra, Stephanie Sabatini, Nathan Sanchez, Grant Shaffer, Josh Shands-Ballas, Lewis Tam, Daryn Tinsley, Gladys Tovar-Hernandez, Zachary Turner, Coraima Valencia Lopez, Patrick Veal, Adam Winkworth, Melissa Woo, Anaïs Zamora

Class of 2011 - Principal's Distinction: 4.0 GPA and Above

David Abbott, Michael Abramson, David Adler, Dalila Adof, Emily Aguilar, Evan Amato, Gabriella Amberchan, Erika Athens, Juliette Berlin, James Blawie, Melanie Bloom, Alex Booher, Charles Brock III, Nicolas Brody, Caroline Bucksbaum, Lara Butler, Teresa Cain, Alison Candlin, Jennifer Chan, Holly Chen, Michael Chu, Jennifer Chute, Gillian Collom, Austin Costello, Anna Crookston Herschlag, Michael Culhane, Charlotte Davis, Michael Dickey, Alana Dopp, Emily Dorst, Nicolas Dudet, Chandler Eason IV, Eric Evans, Jordyn Fantuzzi, Michael Farzi, Victoria Fernandez, Hallee Foster, Rachel Fox, Liliana Guillen Ochoa, Sofia Gutierrez-Dewar, Wesley Hagman, Samuel Hausman, Nicolas Henze, Sean Higgins, Jonathan Hoech, Emily Johnson, Stephanie Johnson, Ryan Johnston, Vivien Jones, Alexis Keller, Cameron Kelley, Caitlin Kenney, Kurt Kessler, Shivana Khatod, Sofia King, Fiona Kirby, Sara Kline, Tristan Konolige, Sydney LeFebvre, Maximillian Lin, Jacob Lindquist, Ian Macartney, Sofie Madden, Francis Masuda, Michael McDonnell, Natalie McMahon, Francesca Milinovich, Sarah Mitchell, Daniel Mohr, Mark Moritz-Rabson, Henry Mouat, Zoe Moyer, Regina Mullen, Farzan Naimi, Yuga Nakayama-Larrabee, Jiayi Ning, Laurin Noguchi, Maxwell Nuyens, Brogan O'Hara, Daniel O'Neil, Mary O'Neill, Clemence Parmentier, Kate Reardon, Christina Rodgers, Hannah Rosenfeld, Isabel Ruby, Jailan Sabet, Marisa Schwarz, Bailey Scott, Diane Seely, Samuel Sexton, Joseph Shepard, Adam Sklarin, Jake Smith, Paige Solomon, Julia Sommer, Julia Sommer, Rebecca Strehlow, Julia Sylvester, William Thomsen, Christoffer Thygesen, Colton Toy, Stefan Turkowski, Jai Vaswani, Juliette Verstaen, Nikhil Viswanathan, Julia Vitale, Chace Warren, Sarah Watson, Evan Weiner, James Wenzel, Nicola White, Daniel Windham, Cameron Winn, Leah Worthington, Michael Yabut, Conrad Yu, Neil Zaky

Class of 2011 - Faculty Honors: 3.5 – 3.99 GPA

Krista Angelina Abela, Maritza Amaya, Priyanka Anandita, Alma Argueta Menendez, Brandaise Armstrong, John Athens, Jasonna Auzenne, Erica Balderrama, Trent Bastian, Haley Berggren, Spencer Berry, Isaac Block, Adalyn Brian, Cedric Brossard, Hunter Carmichael, Jarde Celestine, Michael Chan, Jack Chen, Yu-Hsuan Cheng, Elena Cleary, Victoria Dahlhoff, Mai Dang, Robert Davis II, Grant Dettmer, Stephen Dickey, Kevin Fanuatanu, Alison Feldman, Shelby Fero, Alexander Fioretti, Jonathan Friedman, Taylor Gananian, Esmeralda Garcia, Spencer Gump, Brendan Hale, Cassidy Iwashita, Eduardo Jimenez Gonzalez, Paige Keating, Clarissa Lee, Katherine Liang, Jennifer Macias-Castro, Semisi Mataele, Laura Mayen González, Louis McCabe, Graham McClelland, Gabriella Meffert, Jacob Meyers-Snowball, Kendall Mongird, Carolina Morfin, Lisa Morfin, Daisy Navarro, Jennifer Neider, Andrew Nixon, Maxwell Philp, Shereen Ragoobee, Preben Ramleth, Victor Saldivar-Bucio Jr., Atzin Sanchez, Michael Stanek, Noah Stid, Jean Strebler, Colin Sutton, Salofi Tautua'a, Kirsten Tinyo, Victor Torres, Rodrigo Torres Zarate, Theodore Tussing, Cristian Valencia-Cornelio, Alec Van Stone, Tabitha Willems, Shelby Wirtz, Philip Witham, Amy Young, Alexander Youngberg, Sylvia Zasslow

Class of 2011 - Honors 3.0 – 3.49 GPA

Cristina Abarca, Mariela Alfaro, Dimas Ayala, Alexander Bercow, Clark Bonham, James Buttram, Evelyn Campos, Laura Canessa, Maria de Jesus Castro Reyes, Christopher Chavolla, Holly Cogan, Ricardo Jesus Colin Coronel, Jessica Contreras, Gerry Cruz, Nicholas Cuisinot, Thomas Cummings, Stas DellaMorte, Barbara Depreester, Austin Escobedo, Blanca Farias, Christina Fogel, Amanda Fowler, Justin Genevro, Jose Gonzalez, Vincent Hagman, Natalia Huerta, Patricia Ibarra-Barajas, Keith Inman, Rachel Jewell, Oliver Jin, Koji Kameda, Taylor Karis, Courtney Kurtz, Nicolo Lawrence Layosa, Brian Little, Tiulipe Lolohea, Kyle MacKenzie, Dennis Martinez, Ana Elizabeth Medina Salas, Nicholas Mendola-Poole, Jorge Miranda, Katie Morataya-Gonzalez, Jose Munoz Ruiz, Kenta Muraoka, Rahul Nand, Joe Ochoa, David Oser, Xochiquetzal Parra, Merwyn Poblete Jr., Lorraine Rivas, Katie Rojas, Brandi Rouppe, Lizbeth Salgado Lopez, Jacqueline Sanchez Alvarado, Hedvig Sandberg, Thomas Selby, Lindsey Sepulved, Nathaniel Skinner, Marissa Strong, Kristina Thomas, Morgan Todd, Marquise Tolson, Edgardo Torres Gonzalez, Ross Trammell, Yaneira Trejo, Jennifer Valdovinos Nava, Jazmine Vaughn, Jesus Villalon Gutierrez, Kyle Zirbes



Save the Date for the 6th Annual Big Bear Run!

Sunday, May 1, 2011, 9:00 a.m.

The Bears are ready to run. *We need you in the race!*

The Big Bear Run is more than a 5K race or a walk - it is a fun-filled, community event and the **core fundraiser for M-A athletics**. Gathering together families, neighbors, friends, students, alumni, athletes, and businesses for the common goal of supporting the Bears, **the Big Bear Run and M-A sport teams are successful only with your genuine participation**. It takes over **\$80,000** each year to fund the basic needs of our teams which include over **900 committed student-athletes and 52 teams**, insuring that our diverse high school student body benefits from an excellent education in and out of the classroom.

Last year the Big Bear Run **raised over \$75,000** which was used exclusively to purchase critically needed uniforms, basic equipment, and coaching stipends. This year more than ever, it is vital that we **close the gap** between state basic funding and the reality of what is needed on the court and on the field. Sports are an important part of the high school experience, whether you are an athlete or a fan in the stands. Please help us give our kids all the opportunities we can for this short chapter in their lives. They are counting on us!!!

Celebrating our 6th annual race this year, over 1,000 registered participants (both runners and walkers) are expected to cross the finish line. The race registration fees only cover the basic costs of the race, so **your additional donation of any amount is very welcome and needed**. Additionally, we are looking for individuals and companies to sponsor this great event.

For detailed information about sponsorship levels, event details, and registration information, or to donate on-line, please visit the M-A Athletic Boosters website at m-aboosters.org. For additional sponsorship information contact Michele Culhane at michculhane@pacbell.net.

Thank you to all the families who have already generously donated.

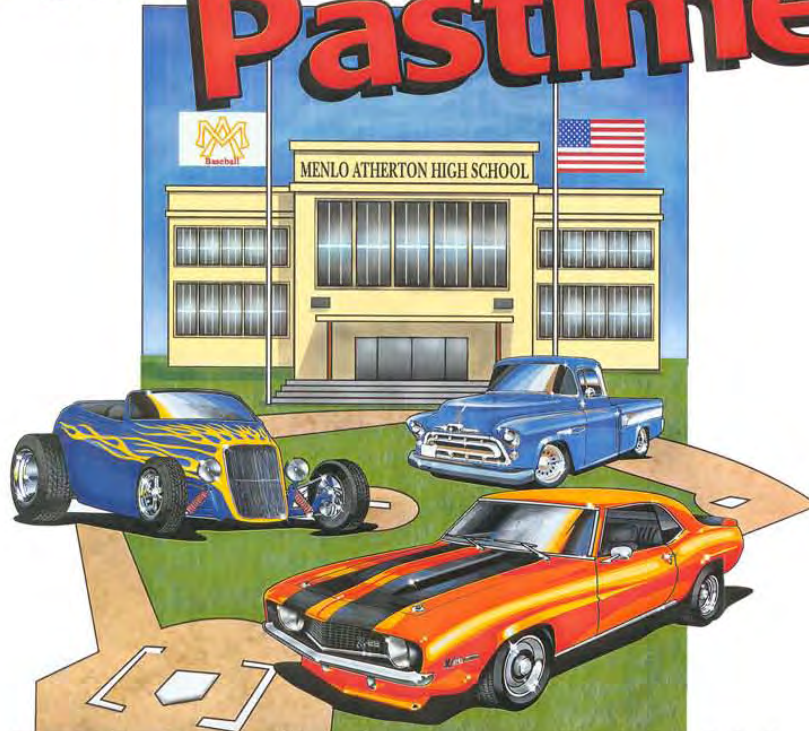
Our goal is to register every single M-A student athlete for the Big Bear Run. Don't be in the stands for this great event....we need you in the race!



For high school sports news from the
Central Coast Section, visit www.ccssportsline.com

5th Annual

America's Pastime



BENEFITTING M-A BASEBALL

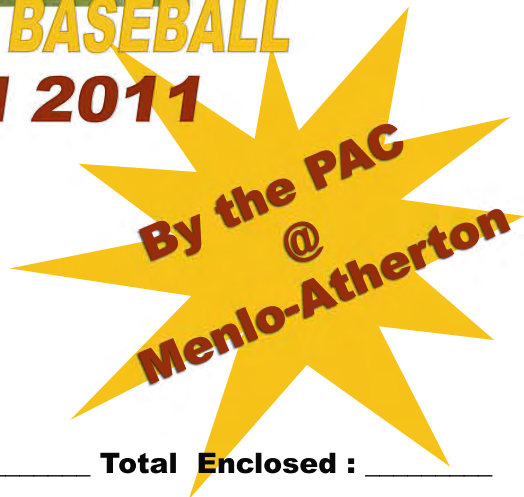
APRIL 16TH 2011

8 AM - 2 PM

**Music, Raffles, Awards, Event T-Shirts
BBQ & Refreshments**

**Classics Muscle Cars Race Cars Vintage
Imports Trucks Motorcycles**

**\$25.00 Registration per Car
(Includes one event T-shirt and Dash Plaque)**



Registration \$ _____ Shirt Size : _____ Total Enclosed : _____

Make Check payable to MA Baseball

Mail form to:

Mike Amoroso - 555 Middlefield Rd. Atherton, CA 94027

Questions? Please call: 650, 716.8129

Name _____ Phone _____

Address _____ City _____

Year _____ Make _____ Model _____ Club _____

I Hereby release MA Baseball and any employees of Sequoia Union High School District, and any city employees from any and all liability and personal or public damage resulting from any participation in this event. We also give permission to Let's Talk to use photos of the show and products to be used to publicize (e.g. event program or TB production, Web site) I am a participant in the show known as America's pastime. Please sign in agreement: _____

Drama

M-A Spring Musical: The 25th Annual Putnam County Spelling Bee

The International Thespian Society is proud to present the Tony-award winning Broadway musical comedy, “The 25th Annual Putnam County Spelling Bee,” opening on Friday night, March 18, with live accompaniment by students from M-A’s band.

When six young spellers convene in the local high school gym for the annual county spelling bee, parental pressures and pre-pubescent stress send them into overdrive. These quirky contestants -- Chip Tolentino, Logainne SchwartzandGrubenierre, Leaf Coneybear, William Barfee, Olive Ostrovsky, and Marcy Park -- have much more than spelling on their minds as they compete for the championship title.



Audience participation is all part of the fun with the chance to see your favorite M-A teachers on the hot seat as they attempt to spell alongside the student actors. The music will have you humming along at every turn, and the often bawdy humor will have you laughing out loud as you cheer for this adorable cast of misfits, clumsily navigating the world of pre-adolescence.

At the Menlo-Atherton High School Performing Arts Center:

March 18, 2011 7:30 p.m.

March 19, 2011 2 p.m. and 7:30 p.m.

March 24, 25 & 26, 2011 all at 7:30 p.m.

For ticketing information go to:

<https://www.ticketturtle.com/index.php?ticketing=cama>

International Sleep Expert Returns to M-A

M-A parents, faculty, and staff will have the rare opportunity to learn about adolescent sleep from an internationally recognized expert on the subject. Mark Rosekind, Ph.D., is an engaging speaker known for his ability to translate the science of sleep into practical strategies for improving performance, safety, and health. He describes the critical importance of our teens’ sleep needs.

Dr. Rosekind, working with Stanford’s Dr. William Dement, was the major architect of the program that has educated thousands of M-A students on the topic of sleep. Stanford students come to M-A each year and team up with M-A juniors (our own Sleep Ambassadors) to teach all freshmen the basics of teen sleep. Dr. Rosekind is currently serving in Washington, D.C., as a member of the National Transportation Safety Board (NTSB) and is former director of the Center for Human Sleep Research at Stanford.

Join us on Monday, April 4, at 7:15 p.m. in the PAC Cafeteria Meeting Area (immediately after the PTA meeting). Dr. Rosekind will be joined in the Q&A session by M-A parent, Jerry Hester, M.D. You will hear about:

- Good sleep habits and how they improve academic and athletic performance and mood in our teens
- Reasons for the later school start time
- Sleep and teen safety
- Electronic devices and teen sleep
- Sleep tips for teens

Contact Maggie Betsock (bongos@jps.net) if you have any questions.



Honorable Mark Rosekind, Ph.D., Member *Mark R. Rosekind, Ph.D. was sworn in as a Member of the National Transportation Safety Board on June 30, 2010. Prior to joining the Board, Dr. Rosekind was the President and Chief Scientist of Alertness Solutions, a scientific consulting firm that specializes in fatigue management. Before founding Alertness Solutions, Dr. Rosekind directed the Fatigue Countermeasures Program and was Chief of the Aviation Operations Branch in the Flight Management and Human Factors Division at the NASA Ames Research Center. Prior to his work at NASA, Dr. Rosekind was the Director of the Center for Human Sleep Research at Stanford’s Sleep Disorders and Research Center. His contributions have been acknowledged through numerous honors and awards, including the NASA Exceptional Service Medal, six other NASA Group/Team Awards, two Flight Safety Foundation honors (Presidential Citation for Outstanding Safety Leadership, Business Aviation Meritorious Award), and as a Fellow of the World Economic Forum in Davos, Switzerland.*

Member Rosekind earned his B.A. with Honors at Stanford University, his M.S., and M.Phil. and Ph.D. at Yale University, and completed a postdoctoral fellowship at the Brown University Medical School.

M-A Senior Named Presidential Scholar

Senior Nikhil Viswanathan has been named as one of more than 3,000 candidates in the 2011 Presidential Scholars Program. The candidates were selected from nearly 3.2 million students expected to graduate from U.S. high schools this year.

Inclusion in the Presidential Scholars Program, now in its 47th year, is one of the highest honors bestowed upon graduating high school seniors. Scholars are selected on the basis of superior academic and artistic achievements, leadership qualities, strong character, and involvement in community and school activities.

Congratulations, Nikhil!

Are you a Junior looking to start college early?



If So, We May Have a Special Opportunity for You!

Enroll in College and High School at the Same Time?

What a Great Idea!

Middle College is accepting applications for fall semester!

Are you a student who

- Would like the challenge of college classes?
- Wants to earn a high school diploma & get a head start on college?
- Can handle the freedom of a college setting?

If you are a motivated, enthusiastic, independent student who is ready to make the jump to college,

enroll in Cañada's Middle College program for a new challenge!

Interested? Have Questions?

Information & application at
www.canadacollege.edu/middlecollege

Join us for our information meeting at the SUHSD on

Tuesday, March 15 or Thursday, March 24

7 - 8:00 p.m.

www.canadacollege.edu/middlecollege

(650) 306-3120

M-A's Own SAT Prep

Spring Session II is presently set to open March 28 and to run for five weeks on Mondays and Tuesdays, on campus from 3:30-5. There will be no classes during Spring Break. Parents who have already enrolled their students should be sure to reconfirm that the students will be there.

Meanwhile, enrollment continues: please get in touch with Jane King at 323-4066 or email her at jccking@juno.com as soon as possible. The fee range is from \$100 to a top of \$225, depending on the size of the enrollment. We remind you once again that once a student is seated in the class, the parent is responsible for the fee. Since the cost is based on the enrollment and we make every effort to make the cost as low as possible, we cannot manage if a parent does not accept this responsibility. We offer you as good a program as is available anywhere, and our low fee is worth every penny even at the top of the range. The cost of the material for the course is included in the fee.

We hope to hear from you soon. In the meantime, remember, parents with already enrolled students, to reconfirm your intentions asap.

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



WANTED: Old computers or parts, working or not, for M-A PTA computer donation program. We will securely erase your information, refurbish the computer, and send it home with a hard-working M-A student. Our goal is for every M-A family to have access to a working computer at home. We welcome donations from individuals or companies who are upgrading their equipment. We also take laser printers, digital cameras, USB flash drives, and more. To make a tax-deductible donation, please contact Sue Kayton at (650) 853-1711 or email kayton@alum.mit.edu.

Student Leadership

Spirit Leadership

M-A's fourth period leadership class has lots of events coming up! To begin, we want to announce that there are just two days left to donate new or lightly used prom dresses to Menlo-Atherton's Princess Project. This project supports girls in the area who would otherwise be unable to attend their high school proms due to the high cost of prom dresses. Prom dresses, shawls, and jewelry may be dropped off at M-A's front office before this Friday. All donations benefit girls who cannot afford dresses of their own.

With the conclusion of the Princess Project our sophomores are beginning work on a book drive. The first annual Menlo-Atherton Book Drive kicks off Monday, February 28. We are collecting books for all ages. Donations should be dropped off at the front office before March 18. All donations targeted for younger children go to the Ronald McDonald House, while books for older kids go to various high schools in East Palo Alto.

This April our junior class will host Menlo-Atherton's first ever Easter egg hunt! We will be inviting local elementary schools to join in on various Easter-themed activities. There will be a giant egg hunt on the green as well as egg decorating, face painting, and much more! More specific details will be outlined in the next *Trivocis* so make sure to follow up on this event.

Prom is just around the corner! Tickets go on sale Wednesday, February 23, for \$40 for students with PAL stickers – the dance is the first of April. Stay tuned – there may be raffle prizes for students who buy tickets.

Finally, we would like to remind all seniors to come by B-21 to check the Senior Wall. We have posted lists of students who have ordered their caps and gowns – if your name is not on the list, you have not placed an order as of February 1. Be sure to have ordered your cap and gown at Josten's (www.SFGrad.com) by April 1.

ASB Leadership

ASB Leadership has had a great start to second semester. The Student Outreach and Services (S.O.S.) committee worked with the Travel Club to put on another successful Chevy's Night to help sponsor this year's trip to Guatemala. Currently, the S.O.S. committee is working on a program to reach out to students at nearby elementary and middle schools to help prepare them for high school. The Culture and Integration committee celebrated Martin Luther King Day by displaying their dreams and favorite quotations in the halls to inspire the students to seek justice and change within their own communities. They will be continuing to share quotations throughout Black History Month and are starting to prepare for their international festival in March. The Environmental Committee rang in the New Year with their first Farmer's Market of the semester where they offered free winter produce, including apples, oranges, carrots and kiwi, to the students and teachers. They plan to put on a Farmer's Market at the end of each month, so keep an eye out for recycled posters and painted flower pots!

Leah Worthington and Marisa Schwarz

Freshman Services Leadership

Freshman Transition has officially finished its work with the freshman class of 2014, and will spend the rest of the semester critically reviewing the lessons and revising the program for next year. All the freshman transition leaders are invited to a celebratory luncheon, and the seniors in the program will receive special recognition. The date of the luncheon will be announced in the upcoming week. We will also begin recruiting and preparing for the class to arrive in August.

Sixth period will be visiting middle schools next month with informative assemblies about Menlo-Atherton and high school in general. The assemblies will consist of a PowerPoint presentation, a panel of current M-A students, and small group activities. We are visiting Hillview on March 10 and La Entrada on March 24. We are also working on securing dates at Willow Oaks, Belle Haven and Garfield middle schools.

Prom 2011 - GENERAL INFORMATION

Friday, April 1 7:00 p.m. - 11:00 p.m.

San Francisco Gift Center/ LIVE!

All students:

- 1) Remember to bring a picture ID.
- 2) This is a formal dance so dress appropriately.
- 3) No exit until 10:30 p.m.
- 4) No backpacks and/or bags; however, there is a coat check if necessary.
- 5) No gum – please throw away your gum before entering.
- 6) All students will be checked prior to entry.
- 7) Arrange for your rides to pick you up by 11:00 p.m. Students not picked up by 11:30 p.m. will be charged cab fare to their homes.
- 8) Absolutely... NO tickets sold at the door!
- 9) School policies will be enforced.
- 10) Photos will be available at the dance.
- 11) No dancing in the elevators – they can break.

TICKET INFORMATION: No refunds or exchanging of tickets

PAL ONLY						FINAL DAY TO BUY TIX
Feb. 23-25 (W-F)	Feb.28-Mar. 4 (M-F)	Mar. 7-11, (M-F)	Mar. 14-18 (M-F)	Mar. 21-25 (M-F)	Mar. 28-29 (M-Tu)	Mar. 30 (W)
S: \$50	S: \$55 C:\$100	S: \$55 C: \$100	S: \$60 C: \$110	S: \$60 C: \$110 (Last chance for guest passes!)	S: \$65 C: \$120 (M-A couples ONLY!)	S: \$70 Singles Tickets ONLY

- * All students purchasing tickets during First Week Ticket sales must have PAL sticker
- * There will be a \$10 fee if for any reason you want to change a ticket after purchasing it.
- * Ticket sales will conclude promptly at 3:15pm Wednesday, March 30, 2011. Absolutely no tickets will be sold at the door!
- * No refunds or exchanging of tickets

GUEST PASSES:

- * If you're bringing 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 the school attended by your guest. 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 and on the M-A website.
- * 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:

- * Once you enter the Gift Center/LIVE! you are not permitted to leave and re-enter.
- * All M-A students and guests MUST HAVE PICTURE ID in order to be admitted.
- * At the check-in table, please present your numbered ticket and your picture ID.
- * Doors will close at 8:30 p.m. - please make your dinner reservations with this in mind.

DRESS CODE:

- * This is a formal occasion... No jeans, polo shirts, or tennis shoes.
- * THE ADMINISTRATORS WILL TURN YOU AWAY IF YOU ARE DRESSED INAPPROPRIATELY!
- * If you have a question whether something you plan on wearing will be acceptable, check it out with the AVP's office prior to the dance.

BREATHALYZERS AND OTHER INFO:

- * School code and California state law prohibit 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 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.

PLEASE ACT RESPONSIBLY AT PROM!!

DIRECTIONS: From 101 North, take the 9th Street exit, Exit 433C, towards the Civic Center. Turn slightly right onto Bryant Street. Turn right on 8th Street. Turn left on Brannan Street to 888 Brannan. LIVE! will be on your left.

***Parking is available across the street from Gift Center/LIVE! Please bring cash to pay for your parking.*

Trivocis Calendar – March 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 28 Book Drive through March 18 Application deadline for National Honor Society (jflorio@seq.org) Foundation for the Future meeting; 7:00 pm; Library	March 1 EL Parent meeting; 6:00-8:00 pm; M-A PAC cafeteria	2 Deadline for Free Application for Federal Student Aid (FAFSA) to qualify for a CAL Grant SUHSD Board meeting	3	4 Registration deadline for the April 9 ACT exam	5 M-A PTA Fashion Show "ANOTHer High School Fashion Show" (11:45 am luncheon and shows at 1:00 pm, 4:00 pm & 7:30pm)
7	8 CAHSEE testing, 10th grade EL Parent meeting; 6:00-8:00 pm; M-A PAC cafeteria	9 – No Block Schedule – regular schedule CAHSEE testing, 10th grade Winter Sports Awards Night; 7:00 pm; M-A PAC	10 SDMSC meeting; 3:30-4:45 pm Foundation for the Future Challenge grant deadline – Please donate and help M-A win \$50,000!!!	11– Wednesday Block Schedule	12 SAT Test; 8:00 am Daylight Savings Time begins tonight at 2:00 am - spring forward one hour!
14	15 SUHSD final day to grant intradistrict transfers Cañada Middle College High School Program informational meetings; 7:00-8:00 pm; SUHSD Board Room	16 Registration for AP tests; lunch; outside the Library SUHSD Board meeting Parent Education, "Authentic Parenting" with Dr. Luskin; 7:00-8:30 pm; M-A PAC cafeteria	17 – St. Patrick's Day Registration for AP tests; lunch; outside the Library	18 End of Third Quarter April Trivocis article deadline Spring Musical "The 25th Annual Putnam County Spelling Bee"; 7:30 pm; M-A PAC	19 "Expanding Your Horizons in Math & Science" Conference, 6th-12th girls; 8:15-3:00 pm; Skyline College Spring Musical "The 25th Annual Putnam County Spelling Bee"; 2:00 and 7:30 pm; M-A PAC
21 Foundation for the Future meeting; 7:00 pm; Library	22 CAML Math Contest at lunch EL Parent meeting; 6:00-8:00 pm; M-A PAC cafeteria	23 SUHSD Board meeting Band concert with Hillview and La Entrada; 7:00-9:00 pm; M-A PAC	24 SDMSC meeting; 3:30-6:30 pm; Staff Center Cañada Middle College High School Program meetings; 7:00-8:00 pm; SUHSD Board Room Spring Musical "The 25th Annual Putnam County Spelling Bee"; 7:30 pm; M-A PAC	25 Farmers Market at lunch M-A Spring Musical "The 25th Annual Putnam County Spelling Bee"; 7:30 pm; M-A PAC	26 M-A Spring Musical "The 25th Annual Putnam County Spelling Bee"; 7:30 pm; M-A PAC
28	29 Student of the Month Luncheon; Guidance Classroom EL Parent meeting; 6:00-8:00 pm; M-A PAC cafeteria	30 April Trivocis mailed	31 M-A Open House; 6:30 pm	April 1 – Minimum Day #4 Deadline for seniors to order cap and gown for graduation Jr/Sr Prom; 7:00-11:00 pm; San Francisco Gift Center	2 Hoop for Hope; 9:00-1:00 pm; New Gym

Future Events

April 4 – General PTA meeting & Parent Ed (Teen Sleep)
 April 4 – Student Election Campaign week
 April 4 – 29 - STAR Testing
 April 7 – Last day to drop a class with penalty
 April 9 – ACT Test; 8:00 am

April 15 – May Trivocis article deadline
 April 16 – Car Show benefiting M-A Baseball; 8:00-200 pm
 April 18 – April 22 – No School; Spring Break
 April 25- May 1 - Foundation For the Future On-line Auction

The most current information about M-A events is available on the **M-A Bears website: www.mabears.org** and the M-A PTA website: www.mabearspta.org
 Submit calendar entries by email to trivociscalendar@mabearspta.org

Menlo-Atherton High School PTA
PTA, 17th Dist. CA.
Congress of Parents & Teachers
555 Middlefield Rd.
Atherton, CA 94027

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Articles Editor: Kim Carlisle
Production Editor: Amy Reardon
Calendar Editor: Kathleen Balestra
Mailing: Kelly Muenzen, Nancy Ryde, Corby Locke
Proofreaders: Jane King, Becca Garcia

Next submission deadline – March 18, 2011
Next mailing date – March 30, 2011
Send article submissions to trivocis@mabearspta.org
Send calendar entries to trivociscalendar@mabearspta.org

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

This issue was mailed and a PDF version posted online at
www.mabearspta.org on February 23, 2011

Winter Sports Night



The Menlo-Atherton Athletic Boosters cordially invite all winter sports athletes, their families and fans to the Winter Awards Night on Wednesday, March 9 in the Performing Arts Center at 7:00 p.m. This entertaining event honors all winter athletes for their season accomplishments and is highlighted by the popular M-A Sports Slide Show.
Don't miss it!