



CREATING A FAMILY THAT THRIVES: EXPERTS DISCUSS THE SCIENCE OF A MEANINGFUL LIFE

Date: Saturday, November 13

Time: 8:30 am

Location: Tam High Student Center

Sponsors: Co-Sponsored by the Tam High and Mill Valley Middle School PTSAs

An Introduction to the 2010 Parent Education Conference
by Joyce Feeney, Tam High Parent Ed Coordinator

Our annual Parent Education Conference on November 13 will be the culmination of a series of conferences focused on reducing stress and aiding student and family wellbeing in our community. Three years ago, we fine-tuned the focus of the parent education conference to address the alarming rate of teen suicide in Mill Valley. We began our dialogue on student wellbeing with Denise Pope, focusing on stress in the lives of our kids. Last year, we invited Dan Ginsberg to help us understand how we can help our kids build resilience in the face of stressful lives. This year we asked ourselves, "What's next?" In today's over scheduled, demanding world, what is the next step in understanding how to help our kids cope? Our answer is ... Happiness. How can we help our kids be happy?

This year's conference will focus on how to help your family thrive. The burgeoning field of positive psychology has revealed unprecedented insights into how human beings flourish. Our speakers are two internationally recognized positive psychology researchers, Dacher Keltner, Ph.D., and Christine Carter, Ph.D., from the Greater

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Link Crew Gets School Year Started for Incoming Freshmen

August 13, 2010. Seven am. Seventy Link Crew leaders entered Gus Gym full of energy, enthusiasm, and that good 'ole Tam High Spirit. After a quick pep talk and a whole lot of caffeine, the countdown began. At 8 am, the doors opened. With "Dynamite" blaring, almost all 330 freshmen poured into the gym, through the welcome gauntlet, and onto the bleachers. This was Freshmen Orientation.

Beginning right away with orientation, Link Crew centers on making the transition between middle school and high school as easy and stress-free as possible.

Orientation begins with a welcoming assembly that's more of a "wake-up, get excited" sort of deal than an assembly. The fabulous Ms. Abigail Levine goes through a sequence of short and sweet activities to get the energy going and ease the nervous tension in the gym. From there, the freshmen are divided into groups of 10 to 11 students, each of which has its own personal upperclassman Link Leader to guide it throughout the remainder of the day. The Link Leaders disperse into their respective classrooms and lead their "Linkies" through a series of activities to get to know one another, talk about all the opportunities at Tam, and give some insight on how to be successful in high school from the get-go. And finally, the day closes with a free barbecue presented by the wonderful PTSA.

Yet, Link Crew extends beyond just orientation. Link Crew centers on creating a community at Tam. This community revolves around maintaining an active presence throughout the year in the form of Freshman Advisory.

Every freshman is enrolled in an Advisory. Advisory meets an average of once a week during tutorial, usually on Fridays. There are 16 separate Freshman Advisories this year at Tam, each equipped with four to five Link Leaders. There are many goals of a successful Freshman Advisory, but the most notable is that of enabling a sense of academic community. The Link Leaders model useful life skills for the freshmen, such as time management and goal setting, and demonstrate the many resources Tam has to offer.

On behalf of all of Link Crew, we are off to a wonderful start with the most enthusiastic class of freshmen yet and cannot wait to see what this year will bring. We look forward to helping each individual freshman feel comfortable and find success here at Tam.



Scenes from Freshman Orientation: (Top and Middle) Link Crew leaders bring costumes and create themes for their freshman groups. (Bottom) A rally with all of the incoming freshmen starts the day.

Tam Welcomes New Teachers and Staff

The new school year brings some new faces to Tam. Here is a brief introduction for some of our new teachers. We'll follow up with information about new teachers not listed here in our November issue.

Sophie Chuang: Sophie is the new Mandarin teacher at Tam. She has a degree in computer science from the University of Illinois at Urbana-Champaign. Sophie has three children, and her family loves to play tennis.

Sophie truly enjoys working with youth. Before coming to Tam, she taught at Berkeley High and East Bay Chinese School. She hopes that her students not only learn the Chinese language but also learn to appreciate the culture.

Kate Lorch: Kate is a new English teacher at Tam this year. She teaches freshman English as well as essay exposition to 12th graders. Before coming to Tam she taught at Redwood for two years. At the start of her career, she worked in the public schools in Providence, Rhode Island. She studied comparative literature at Cal and received her master of arts in teaching from Brown University. She was a lacrosse player at Cal. In 2008, Kate earned national board certification. Kate lives in San Francisco; she loves to dance and cook and camp. Her hobbies include quilting, travelling and reading. She's very happy to be at Tam.


Stacey Goodwin: Stacey taught at Redwood for the last three years and this year teaches at both Tam and Drake. Before teaching in this district, she taught Spanish at Ygnacio Valley High School in Concord and also taught English at a private language academy in Madrid for two summers.

"I strive to make learning engaging and lively and hope that my love of the language is infectious," she said.

Stacey attended the University of Michigan and San Francisco State, majoring in Spanish. Her husband grew up in Spain and they like to go there as often as possible. Stacey has a seven year old son and a one year old daughter. What occupies a lot of her time is remodeling her home in Berkeley.

Cathy Marsh: Before coming to Tam, Cathy worked at Westmoor High School and Santa Monica High School as an English teacher. At both schools, she served as a class advisor in addition to teaching duties. Cathy was also an activities director and specialized in academic literacy and interventions. She has worked for several years in curriculum, instruction and assessment and has an administrative credential in addition to a master's degree in English. Some of her favorite things in life are books, cooking, and going on adventures with her husband and two children.

Bettina Mow: Ms. Mow graduated from University of Colorado before working at Ida B. Wells High School in San Francisco. She then taught at San Andreas for 10 years. So far her experience at Tam has been extremely rewarding and she enjoys working with the CORE program. Bettina's favorite thing to do is travel, and she also likes photography, live music, walking, and scuba diving. Teaching is her passion as well as being with her two children, an 11 year old son and a 15 year old daughter. They will spend summers in Asia--Northern India, Cambodia, Laos, Thailand and Hong Kong.

Matthew Tierney: Matt graduated from San Francisco State with a degree in Asian History. He grew up overseas in Japan, Hong Kong, and London. He now lives in Mill Valley. His favorite author is Peter Matthiessen. 



Front Row (L-R): Stacey Goodwin, Cathy Marsh.
Back Row (L-R): Sophie Chuang, Bettina Mow, Chad Stuart,
Kate Lorch. Not pictured: Holly Spencer, Matt Tierney, and
Elana Zizmor, Cythea Harrison-Homitz.



THE TAM FAMILY

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From the PTSA President

by Leslie Wachtel

We hope everyone enjoyed Back to School Night in September. It is a great night to see our beautiful campus, travel the paths and stairways your students take Monday through Friday to get to their classes, meet their teachers and find out by looking at the parents you know in each classroom, who is in each of your student's classes! The teaching and learning happening in all these classrooms is amazing. A big thank you for being there into the night to all the teachers, the administration, the staff and all the students who helped us find our classrooms!

The October Tam High PTSA Meeting will be held on Wednesday, October 6, at 7 pm in the Student Center. Our featured guest will be Superintendent Laurie Kimbrel and Tamalpais Union High School District Board Trustee Susan Schmidt. They will discuss the upcoming parcel tax renewal in the fall of 2011 and how that parcel tax affects the budget for the TUHSD. This will also be a wonderful time to come and find out more about the district budget this year and for the next few years, and to ask any questions you might have about our district and its five great high schools. This is a wonderful opportunity for Tam parents to meet and get to know our superintendent and one of the five trustees who make decisions for our school. I am hoping that the many parents who have asked questions regarding the cuts made last spring will come and ask questions and learn how and why decisions were necessary.

The November Tam High PTSA Meeting will be held on Wednesday, November 3, at 7 pm in the Student Center. At this meeting our featured speakers will be David Wetzel, the teacher leader for the math department, and John Ginsburg, the teacher leader for the science department. We have asked them to come and talk to us about all the wonderful and exciting things that are happening in the classroom in their respective departments. Come and find out how much has changed since you were in high school taking math and science! We are thankful to both these outstanding teachers for agreeing to come and be part of this special evening. We will have the teacher leaders for other departments come to speak to us later in the school year. Please keep reading the Tam Family for those dates and times.

In this issue of the Tam Family you will find information on the upcoming Parent Education Conference to be held on Saturday, November 13. This conference is cosponsored by the Tam High PTSA and the Mill Valley Middle School PTSA and this year will take place here at Tam High. Please take a moment to read the article and mark the event on your calendars.

Please look on page 4 of this issue of the Tam Family for the order form for the second annual PTSA Holiday Plant Sale. These flowering plants make beautiful hostess gifts, teacher gifts and decorations for every home this winter. Last year everyone who ordered was thrilled with their plants and wished they had ordered more! Please consider supporting the PTSA and help us to continue to provide great parent education conferences and events, beautification of our campus, scholarships for our seniors, staff appreciation events throughout the year, the monthly publication of the Tam Family, email communication with all families, student and staff barbecues and many other events and program support throughout the school year. To order plants please use the order form in this issue or download additional forms online. Order forms are due on Friday, November 19, and plant pick up will be on Thursday, December 2, in the Student Center from noon to 6 pm. If you would like to volunteer to help that day please contact me at mvleslieann@yahoo.com.

CREATING A FAMILY THAT THRIVES

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Good Science Center at U.C. Berkeley. Dr. Keltner is professor of psychology at UC Berkeley, co-founder of the Greater Good Science Center, co-editor of Greater Good Magazine, and author of *Born To Be Good: The Science of a Meaningful Life*.

Dr. Carter is a sociologist and author of *Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents*.



The conference is designed to give you practical tools to help you and your family thrive. You will also learn how recent scientific discoveries support the insights of ancient traditions in identifying the set of skills necessary to cultivate happiness and compassion in our daily lives. To offer a "teaser" for an idea you will learn about at the conference, the concept of *jen* ratio is an absolute magic elixir for teenagers. Keltner describes the *jen* ratio as "a simple but powerful way of looking upon the relative balance of good and uplifting versus the bad and cynical in life." I've been focusing on the *jen* ratio in my home, and I'm finding that when you understand and practice this idea of *jen* you can actually sense your teen relax and become grounded. You will see them hold their heads a bit higher. Find out more about your *jen* ratio at the conference on November 13 at 8:30 am in the Student Center.

Be on the lookout for an email from parent education that will give you information about our upcoming website about the conference and speakers.

Parent Education Coordinators:

Tam High - Joyce Feeney
joycefeeney@comcast.net

MVMS - Daphne de Marneffe
dmarneffe@comcast.net



Thank You from the Hospitality Committee

I'd like to thank all of the volunteers who generously contributed food for the many beginning of the year events and the first faculty and staff appreciation event. Everything was fabulous and appreciated by all!

— Helene Siegel-Fotos

TAM HIGH PTSA HOLIDAY PLANT SALE

TOPIARIES

- Single Ivy Ball in 7" pot
Double Ivy Ball in 7" pot
Ivy Tree 30" conical shape



Price	Qty	Total
\$50.00	_____	_____
\$55.00	_____	_____
\$90.00	_____	_____

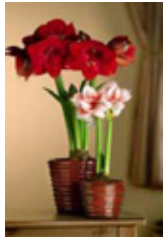
ORCHIDS

- Phalaenopsis in 6" decorative pot



\$35.00	_____	_____
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AMARYLLIS



- Bulb kit ready to bloom, red or white
--5" clear glass pot
--6" colored glass pot

Blooming plant in holiday wrap, red or white
-- 4" pot hybrid
-- 6" pot

\$20.00	_____	_____
\$25.00	_____	_____
\$15.00	_____	_____
\$20.00	_____	_____

NARCISSUS PAPERWHITE

- Bulb kit ready to bloom
clear glass pot-- 4" with 3 bulbs
window kit-- 3"Wx10"L 5 bulbs



- Blooming plant in holiday wrap
-- 4" pot
-- 6" pot

\$15.00	_____	_____
\$20.00	_____	_____
\$10.00	_____	_____
\$15.00	_____	_____

CYCLAMEN



- white-- 6" pot
red-- 6" pot

\$12.00	_____	_____
\$12.00	_____	_____

TOTAL AMOUNT OF PURCHASE \$ _____

Please make check payable to: "Tam High PTSA"

Drop off or mail to: 700 Miller Ave.

Mill Valley, CA 94941

Purchaser's Name: _____ Phone: _____

ORDERS MUST BE RECEIVED BY FRIDAY, NOVEMBER 19TH

(Please note that pictures serve as examples only)

PICK-UP THURSDAY, DECEMBER 2ND 12-6pm, IN THE STUDENT CENTER

Questions? Contact Helene Siegel-Fotos: bash5@sbcglobal.net or 389-8598

SPOTLIGHT on Tam High Music's Guest Artist Program: An Interview with Spiro Tsingaris, Tam High Music Director

by Maureen Parton, THUMB Parent Volunteer



Tam High Music Director Spiro Tsingaris talks to the crowd at last year's holiday concert.

Have you ever wondered how in the world that beehive of activity known as Tam High's Music Department, perched up in the Greenwood Music Room, could be directed and orchestrated by one single solitary but energetic director, Spiro Tsingaris? Mr. Tsingaris is indeed the director of all that activity but in fact he has a bevy of talented, professional musicians working with Tam students as well.

This is the story of Tam Music Department's guest artist program. In future issues of the Tam Family, you will read about each of our guest artists and learn how they help strengthen and encourage the talents and practical skills

of Tam music students. Here is how Mr. Tsingaris describes the guest artist program and its origin and value to Tam students.

Continued on page 7

'Hello, Tam High Foundation calling...'

by Deborah Miller

Tam High Foundation Communications Chairperson

It is back to school and time to remember everything Tam does for our students ... and time to remember the support Tam needs from us to further enhance the quality of our students' educations.

At Back to School night, I am sure you heard almost every teacher thank the Tam High Foundation for support of his or her classroom. To continue and even increase this support, the fall campaign for the Tam High Foundation is in full swing. We thank you if you have already donated.

If you have not yet donated, a friendly Tam High Foundation parent volunteer will be calling you in October to ask for your gift for the students at Tam. The need is greater than ever due to school district budget cuts. We ask you to donate \$600 for each student. We also seek 100% participation so any amount you donate that works for you is greatly appreciated.

If you prefer friendly conversations with Tam parents at school, rather than on our Phone-A-Thon call, please beat the phone call: donate by mail or online today! This also helps reduce the number of calls our parent volunteers need to make.

Or, if you would like to help as a Phone-A-Thon volunteer, please contact Deborah Dilley at dilley.deborah@gmail.com.

To donate by mail, send your check to:



MAKING THE
DIFFERENCE

Tam High Foundation
700 Miller Avenue
Mill Valley, CA 94941

To donate online, go to:
tamhighfoundation.org

Thank you.

Your Help Needed to Support 'Every 15 Minutes'

This March the PTSA will sponsor "Every 15 Minutes." This program seems particularly timely in light of the horrific accident which recently took place in Novato and which took the life of a 15 year old and injured several other Novato High students. I know that as a community we are deeply saddened for the families of those students and want to prevent accidents such as this from ever happening again.

On March 22 and 23, 2011, Tam High will present "Every 15 Minutes," a two-day simulation which challenges students to think about drinking, driving, personal safety, the responsibility of making mature decisions and the impact their decisions have on family, friends and many others. "Every 15 Minutes" was created and is sponsored by the California Highway Patrol in conjunction with a small grant which falls far short of covering the program's true expense. Pledges from PTSA, Tam High Foundation, and private donations will help to defray some of the costs, but additional contributions are needed to cover the full cost of this program. We are asking all Tam families to help with the costs involved in providing this program to our students. Please send in your contribution today. Thanks for your support!

**Make check payable to Tam PTSA and mail to Every 15 Minutes/Tam High PTSA,
700 Miller Ave., Mill Valley, CA 94941**

Yes, I would like to make a contribution:

Name: _____

☐ \$25 ☐ \$50 Other \$ _____



The Visual Arts: So much MORE than what you see...

"While students in art classes learn techniques specific to art, such as how to draw, how to mix paint, or how to center a pot, they're also taught a remarkable array of mental habits not emphasized elsewhere in schools."

—Lois Hetland and Ellen Winner (Educational researchers at Harvard's Project Zero)

Now, more than ever, our students need the lessons the visual arts teach.

Patrons of the Arts at Tam High (PATH) is a new parent support group that wants to ensure that our studio arts program offers students a real world arts education. This year we hope to fund field trip buses to museums and exhibits, classroom visuals, and special art materials and exhibition supplies not covered by district funding.

We are also pleased to welcome guest artists into the classroom, as generously funded by the Tam High Foundation. So far we have had guest artist Tilly Nilen, a mosaic artist in ceramics, working with Tam students to create mosaic furniture for the freshman court.

Here's how you can support your student's visual arts education:

- **Become a member of PATH today!** Your tax-deductible donation will help fund the way to a better education – see form at the bottom of page 7.
- Engage in community art activities with your family. Check out the Mill Valley Art Commission's upcoming Click Off on October 15-17, a 48 hour digital photo competition for all ages and skill levels. Go to cityofmillvalley.org and search for Click Off 2010 or call the Mill Valley Art Commission for more information at 721-1856.
- Bring visual arts into your home and hearts and encourage creativity in your children.



(Top and Middle) Students working on armature for mosaic furniture pieces that will depict Tam and the native flora and fauna found in the different areas from which our students come.

(Bottom) Guest Artist Tilly Nilen (L) demonstrates mosaic technique.



SPOTLIGHT on Tam High Music's Guest Artist Program

Continued from page 5

Q: What is the guest artist program and how did it start?

In the guest artist program, professional musicians are hired to work in the classroom in their area of expertise. It started with hiring a choral accompanist and expanded from there.

Q: Who are the guest artists and how do you choose them?

- Vince Lars (saxophonist, songwriter, producer) - band
- Britt LaGatta (soprano soloist, voice teacher, piano teacher) - choir
- Ellen Pesavento (violinist, orchestra personnel manager, violin instructor) - orchestra
- Rob Ellis (pianist, vocalist, composer) - staff accompanist

Guest artists are chosen by referral and through an interview process. I also had each musician come in for a few class visits so that I could observe them in action with students.

Q: How do guest artists work with Tam music students?

Guest artists help lead sectionals, provide one-on-one instruction and also serve as full ensemble conductors to offer the students a different perspective than my own.

Q: How does having a guest artist program strengthen music education here at Tam? What's your goal for this program?

Musicians learn from having as many teachers as possible. It is impossible to have one person be an expert in all fields. Guest artists offer diversity and specialization - skills that cannot be matched in any other way. My goal is to expand the guest artist program by bringing in more guest artists in areas of needed instruction. This way, Tam's music program will continue to expose Tam music students to experts in the field - professionals who have experience and help raise the bar for excellence in performance, individually and in collaboration.

Q: How is the guest artist program funded?

The guest artist program is funded generously through an ongoing major grant by the Tam High Foundation. Thanks to the generosity of donors in the parent body and community our program has been able to give students many more teachers with professional performance expertise who help build skill and musical knowledge. Also thanks to THUMB, our Tam High United Music Boosters, who also support our music program with time, talent and treasure.

Please remember to give as generously as you are able when the **Tam High Foundation** and **THUMB** reach out to you for support. Every donation makes our program and others here at Tam reach even higher educational goals for our students.

MUSIC CALENDAR of UPCOMING EVENTS – all welcome!


- Thursday, October 21 – **THUMB Meeting, 7 – 8:30 pm Greenwood Music Room**
- Saturday, November 6 –Football Game, Tam v. Justin Sienna, details soon.

HOW TO GET WITH THE TAM MUSIC SCENE? Easy, join THUMB!

Come to the Next THUMB meeting! All welcome. A fun, efficient business meeting!

CHECK OUT The Tam Music Scene Here!

Tam Music Web Site: Go to tamhigh.org, click on "Teacher Websites" and then choose "Tsingeras, Spiro – Music"

Become a fan of Tam Music. Join the Facebook group "Tam High Music" @ facebook.com. 



Join us! We need resources and volunteers to make our dreams a reality.

Please complete this form and send it to:
PATH c/o Tam High School, 700 Miller Avenue, Mill Valley, CA 94941

Name _____ Student(s) _____

Address _____

Email _____ Phone _____

I will make a tax-deductible contribution. Enclosed is my check made payable to PATH

_____ \$50 PATH Membership _____ I would like to make an additional contribution of \$_____.

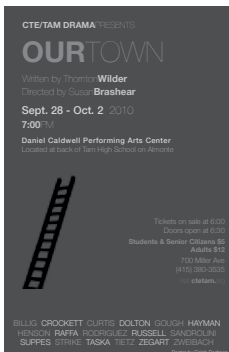
I am interested in helping with:

_____ Fundraising _____ Field Trip Coordination _____ Exhibitions / Supplies

_____ Public Relations/Marketing _____ Facilities Planning _____ Other _____

***Twelfth Night* on the Horizon for CTE/Tam Drama**

by Susan Brashear, CTE Co-Program Director and Drama Instructor



As *Our Town* opens the new season for CTE (Conservatory Theatre Ensemble) in early October, the next production of Shakespeare's *Twelfth Night* is just around the corner playing October 19-23. One of the Bard's most entertaining, endearing comedies, this production will be directed by Julianna Rees, a guest artist with CTE, who directed the extremely popular production of *The Three Musketeers* last year that played to sold out audiences. Certainly *Twelfth Night* will offer the same color and spectacle that is Ms. Rees' specialty.

Loss, separation and unrequited love: only Shakespeare could spin these themes into comic gold. In CTE's production, the action takes place on the island of Malta during the Regency period when dueling and pirates

(yes! dueling pirates!) were a common presence and revenge was an art form. Mischief, music and stage combat activities ensue as we are propelled towards a very happy ending, of course.

The cast of advanced drama juniors and seniors includes Danielle Bowen, Frankie Stornaiuolo, Peter Malmquist, Katie Lee, Mark Hill, Elijah Goldberg, Kyla Neugabauer, Suzy Plessas, Gita Isola-Henry, Lauren Ashe, Cesar Ayala, Nick Simkalo, Ivy Ryan and Alex Tarantino. All have been rehearsing for many weeks in preparation for the show.

Advanced drama students also design the lights, set, costumes, props and sound under the guidance of Heather Basarab, guest artist in technical theater and design. The line-up for this production includes stage-managers Noelle Erskine and Micaela Chavez, plus designers Max Kligman, lighting, Benji Elkind, sound, Sarah Higgins and Lauren Ashe, costumes, Gabe Marino and Jon Demegillo, set, Carlotta Kirby, props, and Jenna Wallace, technical director. CTE is a unique program for its extensive opportunities to design and lead production work at the high school level.

All performances will be in the Daniel Caldwell Theatre located at the back of Tam's campus at 7 pm. The box office opens at 6 pm for ticket purchases. The house opens at 6:30 when seats are claimed on a first-come, first-served basis. Ticket prices are \$5 for students and senior citizens and \$12 for adults. Come early to be assured of a seat! There are no advanced ticket sales. Visit citetam.org for more information.

CHANGES FOR THE SEASON

Susan Brashear has taken over for Joe Lucas as director for *Our Town*, the first play of the year, due to a family emergency that pulled Mr. Lucas away from this first time slot. Instead, he will direct a very funny French farce in March called *A Flea in Her Ear* by Georges Feydeau that will replace *The Madwoman of Chaillot* that Susan was slotted to direct in the spring. The dates are still the same: March 3-7. This very funny play will be a delightful addition to the spring roster of shows. Mark your calendars!

Susan Brashear

ctecompany@me.com, www.ctetam.org



Leadership News



With Homecoming looming on the horizon, the school year is officially in full swing. The Back to School Rally was a rousing success.

Seniors Danielle Bowen and Carrie Brandon kicked off the excitement with a duet of the Glee version of Lady Gaga's "Poker Face." Seniors Maddy Ball and Sam Hayman were the emcees of the rally and challenged the Tam High student body with new rally games. As a surprise event the Rally Committee rented an inflatable Jousting Ring and the captains of the Tam High sports teams battled it out for the honor of their squads. After Tam Football's star player Brian Scott took home the trophy, history teacher Aaron Pribble took on his brother Alex Pribble. After three intense rounds of jousting, the students cheered Aaron Pribble on to victory.

The Fall Blood Drive, hosted by the Blood Centers of the Pacific and promoted by Tam Leadership's own outreach committee, had its best participation in years. A total of 97 people registered and 76 people donated, eight of whom donated "double red." This means that a special machine was used to allow these donors to donate two units of red blood cells during one donation. It is also exciting to note that 68 of this year's 76 donors donated for the first time.

On Friday, September 17, the staff took on the students in a game of soccer. Tam High's sports committee provided pizza to a large group of students who turned out to see the action. The sports committee will also host a powderpuff football game between the junior class girls and the senior class girls after the varsity football game on Saturday, October 9. Captains are drafting teams and will be prepping for the big game over the course of the next few weeks. The varsity football team will take on Novato for this year's Homecoming game, and the 2-0 Hawks are looking to pull off a big victory.

News from the College and Career Center

by Susan Gertman, College and Career Specialist
sgertman@tamdistrict.org
380-3582

SAT & ACT

You can download the current SAT and ACT testing calendars and register for either test by going online. For the SAT, go to collegeboard.com and for the ACT go to actstudent.org. Students are strongly encouraged to register online. Register early for a convenient test site. Tam is not a testing site.

Students applying to the University of California must complete all testing by the December test date. Certain impacted California State University campuses, including San Diego and Cal Poly San Luis Obispo, require students to complete testing by November. For more information on UC and CSU admissions requirements go to: csumentor.edu and universityofcalifornia.edu/admissions.

CHSPE

The California High School Proficiency Exam (CHSPE) will be given in San Rafael on October 16, March 19 and June 18. Students who pass the CHSPE will receive a high school equivalency certificate and may leave high school with parental permission. Pre-registration is required. For more information, go to chspe.net. The CHSPE is separate from the California High School Exit Exam needed for graduation from Tam.

COLLEGE REPS AT TAM

Representatives of colleges from across the U.S. come to Tam each fall to meet with students. These are wonderful opportunities for students to put a face on the college and learn about the application process. The list expands daily and is announced in the bulletin. It is also available in the Career Center and online at tamhigh.org. So far, 50 colleges and universities from across the country are scheduled to visit Tam in October.


COLLEGE APPLICATIONS

Applications for admission to the University of California and California State University are available online October 1. Students can access the CSU application at csumentor.edu and the UC application at universityofcalifornia.edu/admissions. Application fee waivers are available online. The filing period for CSU campuses is October 1 to November 30. UC accepts applications November 1 to November 30. November 30 is the absolute deadline to submit applications to CSU and UC campuses.

The Common Application, used by more than 400 colleges, is available online at commonapp.org.

UPCOMING EVENTS

College Essay Writing Workshop: Ellen White, a private college counselor and essay consultant, will give advice on how to write a personal essay for UC and private colleges on Wednesday, October 20, during tutorial.

Online Application Workshops: Common Application Workshop, Wednesday, October 13, 1:15-3:15 pm, Hoetger Hall, Room 207. CSU Workshop, Wednesday, October 13, 2:45-4 pm; UC Workshop, Wednesday, October 20, 2:45-4 pm. Combined UC and CSU workshops, November 3 and November 17, 9:45-10:45 am. All CSU and UC workshops are in Hoetger Hall, Room 205. 


Reel News: News from the Academy of Integrated Humanities and New Media (AIM)

With AIM beginning its eighth year, the previous seven successful years produced a few itches that dared to be scratched. Gone is "The Mandy Project," the popular Barry Manilow-inspired project where students worked in teams of four to five to travel around the Bay Area to create a story based on the theme of a teacher-assigned song. In its place is "The Profile Project," ramping up the rigor by having students create a compelling portrait of one of their peers based on intensive interviews with parents and friends as well as archival footage and music. Integrated around skills rather than a song, The Profile Project requires students to sharpen their interviewing, writing, research and technological skills and gives incoming AIMsters more hands-on experience with the technology as well as the film-making process. By the end of this two-month project we hope to have 80 short films that reveal our students' unique characteristics.



One thing that has continued through all our years is AIM's appearance in the Mill Valley

Film Festival. This year AIM is proud to announce that *White Walls*, a short film about a high-energy and eccentric art dealer in San Francisco, will be shown on October 16 at 11 am at the Rafael Theater as part of the MVFF's Youth Reel. *White Walls* was selected from over 100 submissions from around the world. Congratulations to Michael Zimmermann and AIM alums Tomer Sabo, Riley Shine and Katie Pilot for making a film worthy of this honor.

Stay tuned to hear about more AIM changes. We're shaking things up this year! 

There's a Club for You at Tam

We are excited to announce the offerings of several fabulous clubs this year at Tam High! Clubs will meet a minimum of 16 times per year. For further information, please contact the Club Advisor listed below.

Club Name	Club Advisor
Asian American Heritage Association	Chuang
Beat the Heat	Krause
Black Student Union	Bruno
Bon Appetit	Levinson
Breast Cancer Awareness	Hartquist
Climbing and Mountaineering	Abreu
Computer Programming	Erlin
Dance Team	Abreu
Earth Club	Erlin
Gay/Straight Alliance	Garrett
Glee Club	Andres
Gospel Club	Tsingaris
Honor T/CSF	Garrett
Interact Club	Wuerth/Tucker
International Culture and Culinary Club	Tsingaris
International Students	Mow
Junior State of America	Andres
Latino Student Union	Bruno
Mock Trial	Krause
Motion Picture Society	Rosloff
Music Community Service	Tsingaris
National Art Honor Society	Klein
Organic Food Club	Andres
Philosophy Review	Hart
Photo Club	Manulkin
Project Lunch	Black
Sea Shepherd Conservation Society	Pelletier
Spanish Literary Symposiums	Tsingaris
Stargazers' Club	Hartquist
Sturgeon Scrabble	Sturgeon
Survival Club	Nygaard
Tam High Bike Team	Hartquist
Tam Sailing Club	Ernst
Tutoring Club	Brumbaugh
YouthGive	Brown

From the Visual Arts Department



From top: Allison Freeman, AP Studio Art; Grace Lightner, Art Exploration; Jason Rasmussen, AP Studio Art; Henna Arvic, Art Exploration; Nanako Blumenthal, Draw/Paint 2.



Fall Sports News from Tam Boosters



We are excited to announce that Tam High was recently awarded the MCAL sportsmanship pennant for 2009-2010. Congratulations to our Tam coaches and players on receiving this important award.

In the fall of 2008, the Marin County Athletic League instituted a Sportsmanship Award modeled after the North Coast Section Program that was established in 1996. At the end of each season of sport, each head coach votes for the school that in their opinion exhibited the best sportsmanship during the season. Each athletic director and principal also votes for the award. The coordinator of the program is Assistant Commissioner Rich Woodall who states that since 1996 very few NCS Sportsmanship Banners have been awarded as few NCS leagues have adopted the program. The MCAL is proud to be among the few who are spotlighting good sportsmanship in all sports.

And now for an update from some of our teams:

Girls' JV Volleyball

Congratulations to the girls' JV volleyball team for their strong pre-season games with a 4-1 record so far. They will play their first season matches against San Marin and Justin Siena, so come on out to cheer them on and see their awesome new coach Elana Casalnuovo and returning players sophomores Molly Boyer, Laine Kendall, Mattie Naythons, Erin Savino and Alaina Waluk. The freshman JV players include Amaia Etcheverry, Haley Jensen, Lauren Killingsworth, Mackenzie Pohl, Emily Tull and Jane Tull.

Girls' Golf

The Tam girls' golf team has six returning players and has added four new members including a foreign exchange student named Siqi Liu (Shirley) from China. The team

has a nice blend of sophomores and juniors with the more experienced players happy to help their less experienced teammates. With the league schedule expanded to 12 matches instead of eight, every player should have an opportunity to participate in a match this year. The team got off to a very positive start with a big win over arch rival Marin Catholic. Both teams were tied at 277 when the top five scores were tabulated, and Tam won on the tiebreaker with our new sophomore, Holly Oakander, besting her opponent by three strokes. Another sophomore, Trisha Chang, tallied the best score of the match with a personal best 44. Our all league representative from last year, Brooke Wenig, came in with a second best score of 46. Our Team Captain, Kate O'Brien, along with her teammates Katie Weidmann and Vivienne Von Welzceck, rounded out our team score just enough to sneak by the Marin Catholic team for the first time in the history of Tam girls' golf. With support from our other team members, Perrin Albert, Janet Lee and Ev Smith, Assistant Coach Chris Ford and Head Coach John Haight look forward to a fun and successful 2010 season.



Girls' JV volleyball squad listens to the coach.



Holly Oakander's score of 67 against Marin Catholic won the match in a tiebreaker.

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Fall Sports News from TAM Boosters

Continued from page 11



Boys Water Polo Alumni had a big showing at the home game vs. TL on 8/31. Pictured left to right are Seamus Pettigrew ('08) Andrew Latimer ('09) David Phillips ('09) Cooper Parkerson ('09) Gus Stout ('09) Coaches' Asst. Ryan Canepa ('06) Cody Schultz ('04). Also present but not pictured were Kyle Patrick ('08), Zach Niesen ('07) Cody Nagy ('10) Taylor Gamboa ('09) and Coaches' Asst. Rob Parnow ('04). Photo courtesy of Kennen Williams.

Boys' and Girls' Water Polo

Alumni support was in great evidence this September with a large contingent of "Bob's Boys" turning out to cheer on the 2010 team. No fewer than 12 alumni were spotted on deck at each of the first two home games, and many are dedicated assistants, helping with team training at pre-season and regular season practices.

As of mid-September, the boys' varsity water polo record is 11-2, Coach Bob Kustel celebrated his 100th win in nine years of coaching at Tam and Senior Max Sieck became Tam's all-time leading scorer with more than 176 lifetime goals.

Tam's most solid squad in recent memory faces down its toughest opponents in

October, with an eye on MCAL gold. The boys finished third (out of 32 teams) at the Sierra Shootout Tournament in Rocklin, losing to the eventual champions, Oak Ridge, by one goal (14-13). Seniors Devon Miller-Gowan (18 goals), Robert Scott (17 goals), and juniors Brennan Latimer (20 goals) and Trevor Williams (22 goals) have played key roles to date.

The junior varsity has won four games and lost only one. Sophomore Austin Wemberley, with 30 goals through 5 games, is on pace to set the all-time JV scoring record currently held by Dylan Glave '12 (44 JV goals in 2009).

Tam girls' water polo is thrilled to begin its 2010 season in our beautiful new pool! Girls' polo is growing here at Tam, with 27 girls playing on our varsity and junior varsity teams this season. Under the direction of Varsity Coach Brandon Williams, the varsity team, led by six returning players, has started the season strong with a 5-0 record and is shooting for a top MCAL finish and another NCS slot.



Junior Emerald Nau scores a goal in the Tam JV girls' 13-2 defeat of Terra Linda.



Girls' JV coach (and Tam '08 graduate) Katie Schlueter talks to the team.

This year the girls' JV water polo squad is off to a strong start and is undefeated in league play to date - defeating both Terra Linda and Justin Sienna by over 10 goals each. The team welcomes back a good number of returners, led by team captains Kristie Lee and Marissa McDonald. The Hawks also welcome back goalies Gaby and Pauline Hauzy, who can each add both offensive and defensive threats in the field as well. Contributing to the team's strength are first year players Allie Glave, Emelia Michel, and Alex Takeshita, each of whom has stepped up to fill important positions on the team. From Coach Katie Schlueter: "The girls are off to a great start this season. Every single girl on this team has a true desire to train hard and to improve, and that's what will take these girls far this season. Each girl brings something unique and essential to this squad, and that's what makes us dangerous."

Both Girls Varsity and JV teams will be playing in the prestigious Western States Water Polo Tournament in Modesto on October 15-16.

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Fall Sports News from TAM Boosters

Continued from page 12



David Fuchs, Chris Jordon, Pablo Feldman, Aidan Tirpak and Bob Siegle at the start of the annual Stinson Beach Relay.

Cross Country

One of the best athletes Tam sports has ever produced is a senior this year, which is why Cross Country Coach Sylvia Goodman expects another strong season from her boys' varsity team. Senior Dan Milechman is the reigning state champion. As a junior, Milechman hit the trifecta: winning the MCAL title, the NCS title and capping his year with a California championship. Though he was dinged up early this season and is still recovering from a hamstring injury incurred during track season, Goodman calls Milechman a team leader.

"It bodes well for the team," she said. "I think we're going to be right there once everyone is healthy."

Junior James MacDonald was also injured early on, but should be in strong form again. Junior Andrew Henn, in his first year running cross country, and

senior David Fuchs round out the top four of the boys' team that expects to be in the mix for the MCAL lead at the end of the season. On the girls' side, Goodman is impressed with the development – both as a runner and team leader – of senior Nicole Woodworth. Senior Katie Lee, juniors Quinlan Cacic and Nicole Amyx and sophomore Brigette Winkler are all expected to make contributions.

"I think we have the makings of a strong team," Goodman said.

Boys' Soccer

The boys' JV soccer team has started the season with a bang, going undefeated in seven outings (7-0, 2-0). Coach Chris Hutchison comments on the team "playing as a team and for the team" as the secret to its early success. Solid ball movement and confident passing have been evident from the outset, and contributed to the JV's patented possession game. Tam's midfield engine is

powered by sophomores Ted Feeney, Joe Laland and Darien Gowan-Miller, while scoring stand-outs Mohammed Manneh, Nick Silva, and Kevin Leake have kept opponents picking the ball out of the net. Tam's defense has been

equally impressive. The back line, shepherded by sophomore goalie Kenny Rosenberg and led by sophomore captain Aiden Hersh with freshmen Lucas Tan-Alper, Austin Barger, Navid de Leede, and Dylan de Cotis has crushed opponents' scoring opportunities resulting in only three goals scored against Tam in seven games.



Tam varsity target striker Ludo Nengo takes the ball in on the Marin Catholic keeper but the keeper makes a great stop.



Tam varsity goalkeeper Cameron Robach pulls down a Marin Catholic shot while Italo Robinson tries to shield Cameron from an MC attacker.

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Fall Sports News from TAM Boosters

Continued from page 13



Tam's sailing team competes in a regatta last Spring.

Tam's Sailing Club Races on the Bay

Tam High's Sailing Club competes September through May in approximately 14 regattas (competitions) against other high schools from California and the West Coast. A member of the Pacific Coast Interscholastic Sailing Association, Tam's co-ed JV and varsity teams practice out of the Sausalito Yacht Club. For more information about high school sailing, including schedules and standings, go to pcisa.org.

Homecoming is Almost Here

Come out and cheer on our Tam varsity football team on Saturday, October 9, at the 2010 Homecoming Game against Novato High. The game is at 2 pm, immediately following the Homecoming Parade.

More Boosters News

What's the BEST way to get information about Tam Athletics? The following two websites are the source of ALL sports information: tamhigh.org (Athletics tab) and highschoolsports.net.

In order to eliminate duplication, all of the information formerly found on the website tamhighathletics.org will now be found on the Tam High website: tamhigh.org (Athletics tab). All Boosters information will be found here as well.

For accurate schedules of ALL sports, go to highschoolsports.net. You will need to register in order to get instant email and text notifications for schedule changes, scores and photos. You will also find team rosters, game schedules, practice schedules, early release times and bus departures.

Another good source for coverage of our Tam Athletics is the new Mill Valley Patch! Check it out: millvalley.patch.com.

If you like reading these team updates, maybe you'd enjoy writing them! Your team updates must be submitted by October 15 for the November issue to tam.boosters@gmail.com. Thank you!



TAM ATHLETICS

2010-2011 FALL SPORTS

GIRLS VARSITY VOLLEYBALL

Day	Date	Place	Opponent	Facility	Time
Wed	09/15	Home	San Marin	Gus Gym	5:30PM
Fri	09/17	Away	Justin Siena		6:30PM
Wed	09/22	Away	Drake		5:30PM
Fri	09/24	Home	San Rafael	Gus Gym	5:30PM
Wed	09/29	Home	Branson School	Gus Gym	5:30PM
Fri	10/01	Away	Terra Linda		5:30PM
Wed	10/06	Away	Redwood		6:00PM
Fri	10/08	Home	Novato	Gus Gym	5:30PM
Wed	10/13	Home	Marin Catholic	Gus Gym	5:30PM
Fri	10/15	Away	San Marin		5:30PM
Wed	10/20	Home	Justin Siena	Gus Gym	6:30PM
Fri	10/22	Home	Drake	Gus Gym	5:30PM
Tue	10/26	Away	San Rafael		5:30PM
Thu	10/28	Away	Branson School		5:30PM

GIRLS VARSITY TENNIS

Day	Date	Place	Opponent	Facility	Time
Tue	09/07	Away	Branson School		4:00PM
Wed	09/08	Home	Marin Catholic	Tennis Courts	4:00PM
Tue	09/14	Home	San Marin	Tennis Courts	4:00PM
Thu	09/16	Away	Novato		4:00PM
Tue	09/21	Away	San Rafael		4:00PM
Thu	09/23	Home	Redwood	Tennis Courts	4:00PM
Tue	09/28	Home	Drake	Tennis Courts	4:00PM
Thu	09/30	Away	Terra Linda		4:00PM
Tue	10/05	Away	Justin Siena		3:30PM
Thu	10/07	Home	Branson School	Tennis Courts	3:30PM
Tue	10/12	Away	Marin Catholic		3:30PM
Thu	10/14	Away	San Marin		3:30PM
Tue	10/19	Home	Novato	Tennis Courts	3:30PM
Thu	10/21	Home	San Rafael	Tennis Courts	3:30PM

GIRLS VARSITY WATER POLO

Day	Date	Place	Opponent	Facility	Time
Tue	08/31	Home	Terra Linda	Tam Pool	6:00PM
Thu	09/02	Home	San Rafael	Tam Pool	5:00PM
Wed	09/08	Home	Justin Siena		6:00PM
Thu	09/09	Home	Justin Siena	Tam Pool	6:30PM
Tue	09/14	Home	San Marin	Tam Pool	5:00PM
Tue	09/21	Home	Redwood	Tam Pool	6:00PM
Thu	10/07	Away	Novato	Tam Pool	4:00PM
Thu	10/14	Home	Marin Catholic		4:00PM
Fri	10/15	Away	Western States Girls		TBA
Sat	10/16	Away	Western States Girls		TBA
Thu	10/21	Away	Drake		4:00PM
Mon	10/25	Away	MCAL Play-offs		TBA
Wed	11/03	Away	NCS Tourney		TBA

GIRLS VARSITY GOLF

Day	Date	Place	Opponent	Facility	Time
Thu	09/02	Away	Justin Siena	Chardonay GC	3:30PM
Tue	09/07	Home	Marin Catholic	Mill Valley Golf Course	3:30PM
Tue	09/07	Home	San Marin	Mill Valley Golf Course	3:30PM
Mon	09/13	Away	Marin Catholic	Meadow Club	3:30PM
Thu	09/16	Away	San Marin	Indian Valley College	3:30PM
Mon	09/20	Home	Drake	Mill Valley Golf Course	3:30PM
Mon	09/20	Home	Justin Siena	Mill Valley Golf Course	3:30PM
Thu	09/23	Away	Drake	San Geronimo Course	3:30PM
Mon	09/27	Away	Redwood	Meadow Club	3:30PM
Thu	09/30	Away	Branson School	Peacock Gap	3:30PM
Mon	10/04	Away	Terra Linda	Stonetree GC	3:00PM
Thu	10/07	Home	Redwood	Mill Valley Golf Course	3:00PM
Thu	10/07	Home	Terra Linda	Mill Valley Golf Course	3:00PM
Mon	10/11	Home	Branson School	Mill Valley Golf Course	3:00PM
Mon	10/11	Home	Novato	Mill Valley Golf Course	3:00PM
Thu	10/14	Away	Novato	Stonetree GC	3:00PM

BOYS VARSITY FOOTBALL

Day	Date	Place	Opponent	Facility	Time
Sat	09/04	Home	Drake	Football Field	2:00PM
Sat	09/11	Home	Lincoln (San Francisco)	Football Field	2:00PM
Fri	09/17	Away	Sonoma Valley		7:30PM
Sat	09/25	Away	Marin Catholic		2:00PM
Sat	10/02	Away	Redwood		2:00PM
Sat	10/09	Home	Novato (*Homecoming)	Football Field	2:00PM
Fri	10/15	Away	San Rafael		7:00PM
Sat	10/30	Away	Terra Linda		2:00PM
Sat	11/06	Home	Justin Siena	Football Field	2:00PM
Sat	11/13	Home	San Marin	Football Field	2:00PM

BOYS VARSITY SOCCER

Day	Date	Place	Opponent	Facility	Time
Wed	09/08	Home	Drake	Soccer Field - Grass	4:30PM
Fri	09/10	Away	San Marin		4:30PM
Wed	09/15	Home	Redwood	Soccer Field - Grass	4:30PM
Fri	09/17	Away	San Rafael		4:30PM
Wed	09/22	Home	Marin Catholic	Soccer Field - Grass	4:30PM
Fri	09/24	Home	Justin Siena	Soccer Field - Grass	4:30PM
Wed	09/29	Away	Branson School	College of Marin	4:30PM
Fri	10/01	Away	Terra Linda		4:00PM
Wed	10/06	Home	Novato	Soccer Field - Grass	4:00PM
Fri	10/08	Away	Drake		4:00PM
Wed	10/13	Home	San Marin	Soccer Field - Grass	4:00PM
Fri	10/15	Away	Redwood		4:00PM
Tue	10/19	Home	San Rafael	Soccer Field - Grass	4:00PM
Thu	10/21	Away	Marin Catholic		4:00PM

BOYS VARSITY WATER POLO

Day	Date	Place	Opponent	Facility	Time
Tue	08/31	Home	Terra Linda	Tam Pool	4:00PM
Thu	09/02	Home	San Rafael	Tam Pool	4:00PM
Wed	09/08	Home	Justin Siena	Tam Pool	4:00PM
Tue	09/14	Home	San Marin	Tam Pool	4:00PM
Tue	09/21	Home	Redwood -Larkspur	Tam Pool	4:00PM
Thu	10/07	Away	Novato		6:00PM
Thu	10/14	Home	Marin Catholic	Tam Pool	6:00PM
Thu	10/21	Away	Drake		7:00PM

VARSITY CROSS COUNTRY

Day	Date	Place	Opponent	Facility	Time
Thu	09/23	Home	San Marin/ Terra Linda/Marin Catholic	Camino Alto Open Space	4:15PM
Thu	09/30	Away	San Rafael		4:15PM
Thu	10/07	Away	Redwood @ Tenn Valley		4:15PM
Thu	10/21	Away	Justin-Siena/Novato	Indian Valley College	4:15PM
Thu	10/28	Away	Branson/Drake @ MMWD		4:15PM
Wed	11/10	Away	MCAL Tourney	Indian Valley College	4:00PM
Sat	11/20	Away	NCS Tourney		TBA
Sat	11/27	Home	CIF Tourney		TBA

All schedules subject to change.

Go to www.HighSchoolSports.net for all MCAL games.

TAM ATHLETIC BOOSTERS: tam.boosters@gmail.com



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Tamalpais High School
700 Miller Avenue
Mill Valley, CA 94941

Return Service requested

OCTOBER 2010		Time/Event	Location
5-6	CAHSEE RETAKES FOR JUNIORS AND SENIORS		
6	12:35 PM DISMISSAL – MINIMUM DAY		
6	7 PM – PTSA MEETING Guest Speakers: Superintendent Laurie Kimbrel and TUHSD Board Trustee Susan Schmidt		STUDENT CENTER
8	9:45 AM – HOMECOMING RALLY		MEAD THEATRE
9	HOMECOMING: 2 PM – VARSITY FOOTBALL GAME v. NOVATO 8-11 PM – DANCE		BRUCE GRANT FIELD RUBY SCOTT GYM
12	7 PM – TUHSD BOARD MEETING		KREPS CONFERENCE CENTER Redwood High School
13	7 PM – BOOSTERS MEETING		HAWKS' NEST (Adjacent to Student Center)
16	7:30 AM – PSAT		STUDENT CENTER
16	11 AM – AIM STUDENT FILM @ MILL VALLEY FILM FESTIVAL		RAFAEL THEATER
18	NO SCHOOL – STAFF DEVELOPMENT DAY		
19-23	7 PM – CTE PRESENTS: <i>TWELFTH NIGHT</i>		DANIEL CALDWELL THEATRE
21	7 PM – THUMB MEETING		GREENWOOD MUSIC ROOM
26	7 PM – TUHSD BOARD MEETING		KREPS CONFERENCE CENTER Redwood High School
27	7 PM – SAFE & SOBER GRAD NIGHT PLANNING MEETING FOR PARENTS OF SENIORS		Location column: TBD
29	7:30 AM – FACULTY & STAFF HALLOWEEN BREAKFAST		
29	END OF R2 GRADING PERIOD		
NOVEMBER 2010			
3	7 PM – PTSA MEETING Guest Speakers: Teacher Leaders David Wetzel (math) and John Ginsburg (science)		STUDENT CENTER
11	NO SCHOOL – VETERANS' DAY HOLIDAY		
12	TAM WILL FOLLOW MONDAY BELL SCHEDULE		
For details and updates, check the calendar on the Tam High website: tamhigh.org			