

## Sophomores have an Opportunity to Receive a Free Mental Health Checkup

TeenScreen returns to Tamalpais High School for the fifth year.

### Did you know that one half of all mental illnesses begin by age 14?

Mental wellness is a key component to the overall health and development of today's teenagers, while mental illness acts as a barrier to learning and academic success.

It is critical to identify those who are living with emotional or mental difficulties **early** and link them and their families to effective services and support. We can help our teenagers avoid the possibility of losing critical years of healthy growth and development, and prepare them for a healthy future by using the TeenScreen program.

Developed by Columbia University, the TeenScreen Program provides us with a proven method to identify and help our teenagers. It is a confidential and voluntary suicide risk and mental health screening program for adolescents. It is included in the National Registry of Evidence-based Programs and Practices as a scientifically verified intervention for the prevention of suicide and mental illness, and is implemented in more than 500 sites throughout 43 states in the U.S.

### Did you know that 10% of American youth suffer from mental illness and two-thirds of them do not get help?

Many teens appear to be normal, happy, and healthy on the outside, but are in great pain on the inside. They don't realize they need help or they don't know how to ask for it. The TeenScreen program helps us uncover those who are suffering silently and gives them a chance to get help.

TeenScreen offers teens an opportunity to receive a brief screen and a chance to speak confidentially with a counselor. This innovative program helps teens learn more about themselves and explore healthy coping strategies that can assist them in doing well in school, at home, and with friends.

For most parents, screening can be reassuring, demonstrating that their teen is experiencing typical adolescent "growing pains". For others, TeenScreen helps parents identify a problem early, such as anxiety and depression. Once a problem is identified, TeenScreen connects parents and their teen to the appropriate support services so they get help before the problems become more severe.

The mission of the TeenScreen Program is to ensure that every family is offered the opportunity to have their teens receive a confidential and voluntary mental health check-up. TeenScreen's Deputy Executive Director says, "Our primary objective is to help young people and their parents live happy and healthy lives."

The TeenScreen Program works by creating partnerships with communities across the nation to implement local screening programs for youth. For the past four years, the Tamalpais Union High School District has linked with Family Service Agency of Marin to provide the screening and professional staff to meet with our 10th grade students. Research studies have shown 10th graders are most likely to benefit from this process.

In December, sophomores at Tamalpais High School will have the opportunity to participate in these confidential screenings. Parents will receive a letter from the Principal, Tom Drescher, outlining the program for sophomore students. If you would like additional information about this program, consult their website at [www.teenscreen.org](http://www.teenscreen.org) or you may call Melissa Ladrech at Family Service Agency of Marin, 415 491-5700.

## Tam Staff Holiday Appreciation

The annual Tam staff holiday party will be held December 14.

In the past, parents have donated gift cards, candy, ornaments, and other festive items. The gifts are distributed at the celebration with a raffle, and are gratefully accepted.

Donating a gift is a great way to show your appreciation to teachers and staff. If you'd like to contribute, please drop off your item to Mary in the principal's office, Wood Hall.

## Sir Francis Drake High School Presents



### SEXTING: Legal Consequences

**Monday, November 5, 2012 at 7 PM**  
**Student Center, Drake High School**

The use of digital communication for some high school students has spun out of control. Recently, one of the local Marin County police jurisdictions investigated over 80 middle and high school students involved in sending naked pictures of themselves or others. Though none of these students were arrested, to engage in this behavior is technically a felony - possession and distribution of child pornography.

The Jeannette Prandi Children's Center (JPCC), in conjunction with the Marin County District Attorney's Office, created a film, ***Irreversible Consequences***, dealing with the issue of texting and sexting. On November 5<sup>th</sup>, the film will be shown at Drake High, hosted by Michael Grogan, Ph.D., JPCC Director, a Drake teacher and administrator and students from San Marin High School's smARTt program, where the film was created. Please join us for this free community event.

### Panelists:

- **Michael Grogan** - Director, Jeannette Prandi Center
- **Eric Saibel** - Drake High Assistant Principal
- **Rod Milstead** - Drake Teacher, IT expert
- **San Marin High School** students from the **smARTt** program

Questions? Call Thia Haselton, Student Support Therapist at Drake: 458-3443

RSVP to Eric Saibel at [esaibel@tamdistrict.org](mailto:esaibel@tamdistrict.org)

## Mill Valley Library's First Thursday: What Now?

After high school, you go to college, right? Maybe. Hear the experiences of a firefighter, an award-winning documentary filmmaker, and a host of other people who opted not to go to a four-year college immediately after graduating high school. Find out where the road less traveled took these folks and what advice they have for you, in high school and beyond.

If all the talk about the future starts to stress you out, we'll have an array of pastries and cookies from Beth's Community Kitchen at the ready to help take your mind off of the big picture. Open only to high school students; registration is recommended. Register at <http://conta.cc/T12BXs>

# First Thursday: What Now?

After high school you go straight to college, right? Maybe...  
Find out how some people found success through the road less traveled.



**November 1st, 2012**  
**Mill Valley Public Library**  
**Creekside Room - 7pm**

**Cookies and other delicious snacks provided.**

**This event is open to high school students ONLY.**

## Tam Fall Sports

### FOOTBALL

#### Varsity

The Varsity Football team headed into its final three games of the season feeling strong and excited for NCS playoffs.

“Due to the boys’ excellent play to date, we are already eligible for the playoffs,” said Head Coach Jon Black. “Our goal for the remaining three games is to win and host a home playoff game.”

The Hawks put on a convincing performance at Homecoming against Drake, winning 28-7. In a game played under the lights at San Rafael, the Hawks romped, winning 52-0. Tam will close out its regular season against Marin Catholic.

#### JV

The JV football continued to build on its momentum throughout the season. “This sophomore class is the most athletic we have had since I’ve been at Tam,” said head coach Eddie Savino.

The steady play of junior quarterback Weston Lazarus and the dynamic duo of Daverick Smith and Kordell Carter at running back anchored the offense. Lazarus’ favorite target has been receiver Tyler Hoff. Two-way starters Nick Lawlor, Logan Salcuni and Dominic Quaranta played well on both the offensive and defensive lines. The O-line was particularly dominant, paving the way for the team’s tough run game all season. Tam running backs combined for over 120 rushing yards in all but one game; culminating with an impressive 388 yards and 6 touchdowns on the ground against San Rafael. The defense was led by linebackers Pablo Salinas, Keifer Dickson, and Dante Mills. Coach Savino described his defense as “both fast and physical with a high football IQ. Their fight has kept us in every game.”

### CROSS COUNTRY

#### Girls’ Cross Country

The girls’ team entered the final meet of the season with an impressive 5-2 record. Anchored by top performer sophomore Bella Amyx, the team had consistently strong contributions from seniors Maddy Kwasny and Morgana Sidhom and from sophomores Gianna Garza and Meghan Tanel. The depth of the varsity squad, which includes sophomore Grace Dougherty and freshmen Kaleigh Jones and Franny Kiles, has resulted in a strong team. Coaches Sylvia Goodman and Bob Freidlander are very pleased with how the girls have grown into a cohesive team this year and are excited about the prospect of most of their young squad returning next year for what should be another very strong season.

#### Boys’ Cross Country

With one league meet to go before MCALs, the boys’ team has a 2-5 record. The team is anchored by accomplished distance runner junior Isaac Cohen who has turned in consistently strong performances at both league meets and invitationals including an 18th place finish at the highly competitive Crystal Springs Invite. The team has a lot of new runners who lack experience but are showing great potential. The focus this season has been on development of the squad to improve their competitiveness over the next couple years.

### SOCCER

#### Boys’ Varsity

The boys’ varsity soccer team won its third consecutive league title, with a 2-1 overtime victory over Marin Catholic in the championship game. Teddy Mauze scored both goals, including the overtime golden goal. The Hawks finished the MCAL regular season on a high note by taking home a second straight regular season title. In two full MCAL seasons, the Hawks have suffered only one loss. Their rare accomplishment – two consecutive playoff titles and two consecutive regular season titles – has made Tam soccer something of a dynasty. Coach Dustin Nygaard said, “Our team chemistry has progressed all season and we’re peaking at the right time. We have a very balanced team.” Navid DeLeede and Parker Walls anchored the stout defense all season, Lucas Janetos and Tesfaye Paine orchestrated the offense by feeding attacking players Mauze and Julien Melendez quality chances. The Hawks advanced to the final by beating Branson 1-0.

#### Boys’ JV

The JV boys finished the season with a 7-5-5 overall record, and a 6-3-5 league record, good enough for fifth place. The team started off the season really strong with the back line giving up only two goals in a span of 12 games. During that stretch, Mateo Waldburger and Blake Villanueva played very well in the back line and helped keep the ball away from goalkeeper Danny Moe. Unfortunately, that run came to an end with three consecutive losses against some tough opponents. The team rebounded from the losses with their best game of the season against Novato to finish up their season. Waldburger was named the defensive MVP, Jason Yalom was offensive MVP, and Callahan McKinley won the award for the Hardest Working Player. The team’s leading goal scorer was Nicolas Mosher, with seven goals to his credit. Coach Imran Nana said, “The team will return a lot of players for next season and looks to have a bright future.”

### WATER POLO

#### Boys’ Varsity

The Tam Boys finished the regular season in fine style, beating rival Redwood 11-3 in the MCAL season finale. Tam’s 7-2 MCAL record was good for third place in league play. The Hawks lost to Marin Catholic, 12-6 in the MCAL semifinals.

The Hawks finished the regular season with an overall record of 18 wins and 6 losses, putting the team in line for a very high seed in next month’s NCS Tournament.

Seniors Austin Wimberly and Elliot Ordway have led the Hawks this season. Wimberly is the team’s leading scorer with 74 goals and with a 114 career goals, he is ranked 5th on Tam’s list of all-time scorers. He had two goals in the semi-final against MC, as did Daniel Carroll and Jackson Hetler. Goalie Ordway, last year’s MCAL Player of the Year runner-up, turned in another outstanding season in the cage.

#### Boys’ JV

The young Hawks finished their season with a 5-9 record, in 5th place in MCAL. The team was led by sophomore Luca Osburn, with 36 goals. Sophomore Cooper Bontz was another key contributor. The team was comprised predominantly of freshmen, most notably newcomer Theo Andrews, who finished the season second on the team in scoring with 25 goals.

#### Girls’ Varsity

Tam knocked off Marin Catholic in the semifinals of the MCAL tournament, getting a late goal from Ali Glave. In the championship game at Tam, the Hawks lost 16-7 to Drake. Kendra Carr scored three goals in the final. The Hawks were pointed toward the NCS playoffs.

#### Girls’ JV

The JV girls had an impressive season. With a full squad of 32 girls, the group was split into two teams, JV Red, a younger squad, and JV Blue, in order to run more productive practices, give girls more meaningful playing time, and build a more competitive program. Collectively, both teams jumped out to a phenomenal 7-0 start, defeating teams including Napa Valley, Ignacio Valley, and Berkeley High School.

Key contributors to JV Red included Maddie Morgan, Alexa Zener, Miki Dahlke, Grace Hansen, Hannah Chorley and Katie Hawkins. The team took third place in the Napa High Tournament.

JV Blue went undefeated at the American High Tournament in Fremont. The program then jumped off to a strong start in MCAL League play, with victories over Marin Catholic and Drake. Emma Sell, Caroline Frost, Zoey Smith and Izzy Parlmals all had standout play. Goalkeepers Dani Budish and Maddie Hess made big contributions to both teams.

### GIRLS’ GOLF



The girls’ golf team’s 2012 Season got off to a rough start with four new young players on the roster and the loss of co-captain, Holly Oakander, for the first three matches due to an illness. Half way through the season, their record was 2 and 7, but Coach John Haight said, “We were showing steady progress as a team.” Haight credits the hard work and great attitude of the girls for a three-match winning streak topped by a huge upset of Redwood, where the team recorded the best overall score in Haight’s coaching career at Tam. Although the team came one victory short of its goal of making the MCAL tournament, the 6-8 record “far exceeded my early season expectations,” Haight said. The team was led by co-captains Trisha Chang and Oakander and received improved play by junior, Christina Fallone, sophomore, Kimiko Shiro, and freshmen, Courtney Chang, Maddie Stoops and Shay Engstrom. Haight said, “I could not be more proud of the Tam Girls’ Golf team and what they accomplished this year.”

### GIRLS’ TENNIS

The Tam varsity girls’ tennis team successfully defended its 2011 regular season MCAL championship with a solid 6-3 win at Branson on October 16, but lost the rematch with Branson in the MCAL title match.

Finishing 13-1 in MCAL, 21-3 overall, Tam earned the #1 seed in the MCAL tournament and was also preparing to compete in MCAL individual play followed by the North Coast Section D-1 tournament – another title the team hoped to defend. Tam’s only three losses were to perennial powerhouse Monte Vista (Danville), an early season match with Branson, and Southern California superpower Santa Barbara.

Senior Captains Naomi Arthur, Hillary Fazekas, and Chelsea Hayashi lead the squad. Other starters are juniors Lani Tice, Mikaila Smith, Austenne Caproni, Lainie Johnston, Stasha Anderson, and Lauren Young; sophomores Anika Kharkar and Brett Jennings; and freshman Kendall Hiti.

### GIRLS’ VOLLEYBALL

The Girls’ Varsity Volleyball team faced a highly competitive MCAL league this year. After winning two pre-season games and taking a second place in a pre-season tournament, the Hawks faced several tough MCAL opponents. Their two wins over Terra Linda and San Rafael were not enough to garner an MCAL playoff position this year. Although the team has lost to several powerful MCAL teams, they continued to play strong volleyball with many games coming down to the final points. With transfer setter Allie Hoog in the lineup, outside hitters Shoshana Herzog and Krissy Powers led the team in kills with middle hitter Clare Geyer leading the team in blocks. With many returning players in the lineup, the team looks to field a strong team in 2013.



## The Elephant in the Room: Closed-mindedness in an Open Community

by Sander Lutz and Aaron Newman  
Reprinted from the Tam News

Of 290 students randomly polled in a recent Tam News survey, 84.6 percent of those who identified with a political party defined themselves as Democrats, while 7.4 percent classified themselves as Republicans.

This political imbalance, while skewed in comparison to the rest of the nation, should come as no surprise to anyone familiar with the Tam community. Located in Marin County, rated by the Cook Partisan Voting Index as the third most liberal county in the San Francisco Bay Area (which itself is widely considered one of the most left-leaning metropolitan areas in the nation) Tam has often received praise for its embracement of diversity and self-expression. But is such a one-sided community, even a progressive one, stifling other opinions on campus? Why is the Tam student body identifying so overwhelmingly as liberal, and what effect is this homogenous environment having on the school's political community as a whole?

Students interviewed seemed to be aware of Tam's slanted political spectrum, and many commented on the Democratic majority on campus and the resulting Republican minority. "At Tam, I only know one person who claims to be Republican," sophomore Paloma Tenorio said.

In the 2008 election, Marin voted 78 percent in favor of Democrat Barack Obama. Although 54.8 percent of students associated with the Democratic Party, 73.4 percent of those surveyed said that they supported Obama in the 2012 race.

"Maybe the only time [students] really engage in the political process is during presidential elections, so it's really not the party they're voting for, but the candidate they're voting for," Professor Robert Elias said. Elias, a political scientist at the University of San Francisco and father of Tam News reporter Maddie Elias, commented on the roots of teenagers' political views.

"Political scientists call it 'political socialization,' [political ideas are formed by] the kinds of things that we're exposed to, particularly when we're young, prior to maturity, when we are quite vulnerable to impressions, because we don't have the skills or the development to form [our own opinions] at all," he said. "So the things that we're exposed to, in a sense, make up our minds. What are [these factors]? Family [is] very important."

Tam government teacher Luc Chamberlin agreed that family, parents in particular, was a primary source of many students' political convictions.

"Basically, kids get most of their political views from their parents," he said. "They may not think that, but that's pretty much the way that turns out. Around here, most people are liberal, so most kids are liberal."

Chamberlin's assertion was supported by numerous student responses. "I was raised by my mom, who was liberally biased, therefore I somewhat inherited that," senior James Josephson said.

"It sounds bad, but I don't really know the details of the Democratic Party, I just know in my family, the Democratic Party is known to be the good party, I guess," freshman Sammy Lebuhn said.

Of students surveyed, 76.6 percent said that one or more of their parents associated themselves with the Democratic Party. Of those students, 53.6 percent said that they rarely, if ever, disagreed with their parents politically.

Dr. Matt Spalding, a Mill Valley psychologist specializing in adolescent and family issues, thought that overall political tendencies, not just stances on issues, may also be rooted in family. "If we grew up in a household that was very authoritative in terms of power, more hierarchal, with more of that stance that power stays up top with the parents... this kind of upbringing, I've heard, tends towards an emotional preference for Republican or for conservative values," he said. "I've also heard that more liberally allocated power in households, where [the family has] a democratic process from the start... we tend to have to have an emotional wiring towards more liberal [values]."

Spalding said that most families he had worked with were looser in structure. "I don't know if that's Marin in particular. Maybe it's just generational these days, but here, for sure [parents tend] more towards the liberal parenting style."

While parents may influence many students' political predispositions, there are other ways for students to form their own opinions. Senior Jake Davis, who defined himself as a fiscal conservative, said that investigation was the basis of his political views. "Nobody really supports what I say, so I have to do a lot of research to back up my statements," he said.

Junior Max Gamboa believed that Davis' method of forming political opinions – namely, self-directed research – was not uncommon among Tam students and that for the most part, the student body was politically educated. "I'm sure [that] a good percentage of [students] look at different news sources and things from their parents or from their teachers," he said.

Chamberlin held a different view. "Most high school students are not terribly well informed politically, they don't keep up on the news regularly, they're not interested in what's going on in our government, so overall [their] level [of political knowledge] is relatively low," he said. "They're young; they have other things to do."

But even if students have other things to do, politics are part of Tam's curriculum. All Tam seniors are enrolled in a government class during their fall semester, and government teacher Matt Tierney believes that this obligatory class has the potential to increase his students' political awareness. "Do I expect my students to be able to become informed voters after they take government class?" he said. "I think that's asking a lot. Can a government class help build [political consciousness]? Sure."

Despite the encouragement of Tam's social studies teachers, students did not, for the most part, cite news sources as the main basis for their political views; of those surveyed, 28.7 percent did not cite any source of online, print, or television news that they consumed. Of those who did list sources, many were opinion-based. 25 percent of students who listed online news outlets only cited subjective sources such as Yahoo News or Reddit.com. Nevertheless, 64.8 percent of students aligned with a political party, and over 80 percent said that they supported a presidential candidate.

Some students observed this contrast between political awareness and partisan activism. "Sometimes I will see people that support the Democratic Party fully and yet would disagree with certain [stances] that it has," said Josephson. "Certainly sometimes people don't realize that their opinions contrast with those of the party they support."

But even if students have unwittingly allied with some stances of the party they've chosen, most interviewed were familiar with both parties' positions on large social issues. "Really, the only thing I know about the election basically is that Romney wants to take away birth control and abortions," senior Laura Hull said.

"I'm for gay rights, and the Republican Party is not. [I also support the Democrats' stance on] abortion," Tenorio said.

With such a unified front in favor of the more liberal positions on these social issues, students may not see a need to do their own research and make up their own minds rather than follow the crowd. "[Students will] take people at their word," Davis said. "[This atmosphere] gives them a soundness of mind that they are correct because look, everyone around

them supports [what they do], so that must be the right decision."

"It's hard to step back and think, 'well, do I think abortion should be allowed?' because in the back of your head you're going, 'well my parents think that [it should be] and my friends think that, and if I disagree, they're not going to like me as much,'" senior Jake Zwiebach said.

Spalding believed that a desire to conform, rather than a fear of consequence, was the primary influence behind students agreeing with their peers. "I don't know if there's a feeling there's going to be punishment [for dissent], I don't think it's that overt, but I think there's a sense of wanting to be in the pack a bit, and if not, there might be societal repercussions."

"There can be that peer pressure idea of conforming, and we have it here," said Chamberlin.

In such a one-sided political community, one would wonder whether or not students are open to other political opinions and theories.

Tenorio held that Tam was an accepting community of different political beliefs. "Right here at Tam you can believe whatever you want... no one really discusses [politics]; it depends on where you are and who you're interacting with, but I think that for the most part if you firmly believe something you [can] continue believing it freely," she said.

Of surveyed students, only 12 percent felt that they were not very, or not all comfortable sharing their political beliefs and opinions. However, among students that identified as Republicans, that statistic jumped to 35.7 percent.

Davis, himself a Republican, reflected this trend in discussion of the treatment of his dissenting viewpoints. "I've made this joke with some people," said Davis. "So, [Tam has an annual] 'Day of Silence' for kids who are gay that can't speak out... I think we should have Day of Silence for Republicans. I think Republicans get more hassle at this school than gay people; I've never heard anyone talk badly about gay people, but Republicans? Holy s---."

In Chamberlain's class, students did an activity in which they were asked to line up in a political spectrum. Most students stood far to the left, and very few stood to the right. "I had maybe two students who were willing to identify themselves as conservatives on one issue or another, and they felt isolated," Chamberlain said.

Students noticed the divide as well. "There was one person who was completely against everyone else [in the class], and she seemed a little ostracized for a while," said senior Tassia Huq, a participant in the activity.

Chamberlin felt this alienation was more a product of the high school setting than anything else. "Because everyone was over [on the liberal side] and because school is not just an academic environment but also a social one, it's hard for anyone to stand out," he said.

Tierney agreed. "I would say that if you are the minority in a group, it is hard to vocalize your opinion, and it would be that way in any grouping of any question in society," he said. "It's human nature to not want to bring up... If you were to say something about how abortion is wrong in a classroom that would take some guts, because you're going to get a lot of students who are going to disagree with that point of view. It's a totally valid point of view, but you're going to feel pressure."

"I feel like if I were to say anything supporting Mitt Romney, it'd be twenty-nine-versus-one, and I don't want to do that," Davis said.

"I think one of the basic human fears... is alienation, the sense of being 'other,'" said Spalding. "On a societal level, I think [standing out] is terrifying, especially in our adolescent years when there's a tremendous – and very healthy, I think – desire to want to bond, to 'be part of,' and it's also and individuation time. It's a tricky balance in our teen years, of wanting to stand apart and be celebrated for our uniqueness, but in such a way that we're still part of the pack."

The same atmosphere that has discouraged some minority views from being voiced may have an impact on the frequency, honesty, and productivity of political dialogue among students at Tam.

"If a Republican comes into our area and says they don't think gay people should be married, I don't think that we're very accepting of them," said Zwiebach. "We harass them, we say, 'you're stupid, you're barbaric, your opinions are wrong,' they don't even [have] a chance to try to voice their opinion, or sway your opinion."

"I don't think there are that many conversations about people explaining or debating different political beliefs [at Tam]," said Gamboa. "Outside of the classroom, I think the students are open to sharing their political opinions but the vast majority support Barack Obama, so if [somebody's] friends like Barack Obama, [then that person will be] like, 'oh, I like Barack Obama too.'"

"I recently talked with someone who moved here who was pro-life, [and] had an interesting conversation with them," said Josephson. "I disagreed on a very fundamental level with the ideas they expressed, [but it was] just interesting to be able to have that conversation with someone, which I find somewhat of a rarity."

"I don't think that it's that [politics] are not discussed, it's just that everybody agrees already that the other side is wrong," said Tierney. "That is very strong here."

Elias commented on the impact of a majority viewpoint on political discourse. "[If there is a political consensus in a community] you limit whether you even have a discussion, because there doesn't seem to be another point of view," he said. "Certain communities... may have little or no discussions of the other point of view... Mill Valley may be an example of that. [...] Do you [need to have] a range of views that are actually being discussed? I think that's healthy for society."

Spalding also thought such discussion was valuable. "The more articulation publicly [in a debate], the more the conversation gets [better], the more detail comes to light. It's just a shame if the majority opinion tends to dampen public discourse."

"If you don't get off into another experience and you just stay in your little 'cocoon,' you're probably not going to be exposed to other perspectives that challenge the way in which you've been socialized," Elias said. "If I've got a group of people [when teaching], and I know where they're coming from, I just hammer them with other perspectives. It tests your views, it makes you figure out why you hold those views, rather than it just being automatic because it's seeped into you somewhere along the line when you were growing up."

The bottom line is whether political activism, even lacking critical thought and research, is better than no political activism at all.

"I would say it's always good to be involved," said Chamberlin. "Just don't be the eight-year-old kid holding the sign out with your parents on the side of the road on voting day, because you don't know what you're talking about."



## News from the College and Career Center

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

### UPCOMING EVENTS

#### NOVEMBER 8: COLLEGE PLANNING EVENING FOR JUNIORS, PARENTS

Juniors planning to attend a two- or four-year college and their parents are invited to preview what is ahead at College Night for juniors on Thursday, November 8, at 6:30 pm at Mt. Tamalpais United Methodist Church, 410 Sycamore Avenue, across from Mill Valley Middle School.

#### DECEMBER 2: SOPHOMORES TAKE PLAN

Sophomores may take the PLAN, a practice test for the ACT, at Tam on Saturday morning, December 1. The PLAN is good practice for the ACT, which is accepted equally with the SAT. Sophomore families have received a letter from the counseling department with detailed information.

#### DECEMBER 5: FINANCIAL AID NIGHT

Tam will hold a Financial Aid Night on Wednesday, December 5, at 6:30 pm in the Student Center. Our guest speaker will give an overview of the financial aid process, review the Free Application for Federal Student Aid (FAFSA), and answer questions.

### COLLEGE APPLICATIONS

Friday, November 30 is the application deadline for all University of California and California State University campuses. The CSU application is available at [www.csumentor.edu](http://www.csumentor.edu) and the UC application at [www.universityofcalifornia.edu/apply](http://www.universityofcalifornia.edu/apply). Make a copy of all completed applications for your files. Students applying to UC and CSU must complete all testing by the December test date.

### ROP CONSTRUCTION CLASS

The Marin County Regional Occupational Program will offer a for-credit construction class beginning in January at Redwood High School. The course, with demonstrations from master craftsmen, includes green building practices, framing, plumbing, electrical, windows and doors, roofing, blueprint reading and more. There will be construction projects and employment opportunities. The class is held from 5-9 pm and fills up quickly. Call 499-5860 for more information and to register.

## Leadership News

Leadership has had a successful start to the school year, with numerous student-planned events. The School Relations committee hosted the Back to School Night dinner, which was enjoyed by all staff members. Leadership students, along with PTSA members and alumni, helped at the Homecoming Football games. Classes competed in the Homecoming contest too. Seniors grabbed first place by winning best hall decorations (each grade decorates a hallway according to their theme) and lip sync contest. Sophomores took second by claiming the second spot in lip sync and tying with the freshmen in the hall decorations. By tying the sophomores and coming in third in hall decorations, the freshmen came in third overall. That left the juniors in last place. All grades earned points by dressing up according to each day's school-wide theme during Homecoming week.

### UPCOMING EVENTS:

#### Pie Day

Student Relations is planning the annual Pie Day for November 16 in the Student Center.

#### Fall Food Drive

Outreach is planning the Fall Food Drive, which will run from November 5-20. Students are encouraged to donate canned food items, as each tutorial class will be competing for a prize.

#### Staff vs. Student Badminton Tourney

The Sport committee is holding a staff versus student badminton tournament on October 31st in Gus Gym during lunch.

## Middletown: A New Play With A “New” CTE Director

by Susan Brashear CTE Program Director and Sam Kassover, CTE Publicity Team

A new director is in town; Gus Heagerty, a former CTE Tam High student, has returned to Mill Valley from the East Coast to lead CTE's third production of the season, a contemporary play called Middletown by Will Eno. With the first two classic plays of the year behind us (Arabian Nights, The School For Scandal), CTE turns to a modern new play that examines the cosmic questions beneath the seeming comforts of life in an average town; a contemporary Our Town for our times. Performing November 30 through December 4 at the Caldwell Theatre and widely anticipated by students, teachers and friends in the community, Middletown will be Mr. Heagerty's first outing as a full-fledged professional director for CTE.

### About Gus Heagerty

Mr. Heagerty returns from living primarily on the East Coast where he works as a freelance director. Recently graduated from North Carolina School of the Arts (2010), he moved to Washington D.C. to fulfill the William R. Kenan Director Fellowship (2010) at the Kennedy Center for the Performing Arts. In 2011, he was a Directing Fellow for the the Tony Award winning Shakespeare Theatre Company, where he is continuing for a second year as an assistant director. Though the professional work is exciting and challenging, Heagerty has made time to return to CTE because he is enthusiastic to have the opportunity to give back to the program where he started. He explains, “I chose to return to CTE because it was where I could make sense of world when I was seventeen. I was part of a community that encouraged and disciplined my creativity. I feel I have a responsibility to return the nest, and share all the things I've picked up in my journey as a theatre artist. CTE gifted some of the most indispensable tools to my tool box. I am grateful to Ben and Susan for keeping an interest in my whereabouts, and inviting me back to work with them.”

The CTE program has expanded since Heagerty labored as student tech director in the old Ruby Scott space. Tam endured several years of construction and retro-fitting including construction of the state-of-the-art Caldwell, an exciting space to direct in. However, the potential to become a future guest artist was always in the works. “I am not surprised that Gus wants to give back. He was always appreciative of CTE and made it clear that he hoped to be able to return after he graduated from NCSA, over two years ago. We'd been talking and planning but he was too busy with great opportunities on the East Coast. It was hard to find the right time and right play...” said Susan Brashear regarding his return. “Ben Cleveland and I had chatted about many plays to do at CTE. But as soon as Middletown entered the conversation, it was a one-way road to doing it,” Heagerty commented.

### Haegerty's Philosophy

Gus Heagerty joins the ranks of several alumni who have returned to direct or facilitate as guest artists at CTE. He outlined his directing philosophy: “As a director, I get the opportunity to collaborate with an array of artists, a talented group of designers and actors who help to unpack the challenges of the play. Being surrounded by intelligent and thoughtful people in the workplace is a benefit of the job. As a director, I am an interpreter of the playwright's intentions, the story itself, and the language that composes the story. I have light, sound, language and human bodies available to create an experience that is thrilling and theatrical.”

The opportunity to collaborate with young, developing designers, actors and technicians has also expanded since Heagerty graduated from CTE, offering new opportunities for design and production for students. The lure of working in the new state-of-the-art Caldwell with students who have many more skills on the production side is evidence that CTE has grown considerably over the past several years in the new space and Heagerty is eager to be a part of the continuity while directing a new, compelling play.

### About Middletown

Middletown is a play about an every-town, an ordinary place, ordinary time. The lyrical play intertwines various moments in the every day lives of the townspeople as they fumble to find a sense of purpose in the universe. It follows a man and woman who are attempting to leave life and bring new life into the world, respectively. As the story unfolds, we also meet various townspeople in a series of vignettes. Like *Our Town*, it's a play that never forgets it's a play, reminding us that we are humans, sitting in a dark theatre, watching other human beings. The New York Times described the play as “delicate, moving and wry... Yet nestled amid all the homey detail is a prickly awareness of the awesome mystery of existence...” (New York Times- November 2010). “I wanted to do this play because it gently reveals our interconnectedness with each other. The play refocuses our lens to see the majestic in the mundane,” explains Heagerty, obviously enthralled and eager to direct.

### Performance and Ticket Information

Middletown opens Thursday, November 30 and closes the following Tuesday, December 4. Performances are every night at 7 pm at the Daniel Caldwell Theatre, located off the back parking lot. Advanced tickets can be purchased online up to 8 hours before curtain at [tickets](http://tickets). They may also be purchased at the box office on the day of the performance. CTE's box Office opens at 6pm Tickets are \$5 for students and seniors; \$12 for adults. Doors open at 6:30 on a first-come, first-serve basis. No late seating please.

For more information visit CTE's website: [www.ctetam.org](http://www.ctetam.org).

Middletown is considered appropriate for middle school-aged audiences and up.

#### Cast:

Audrey Stanton  
Britt Haeggglund  
Casey O'Brien  
Hugo Maldonado  
Julia Atkin  
Lecya Tyaglo  
Malia Lam  
Matthew Kline  
Mike Van Zandt  
Tristan Patterson  
Trevor Guyton

#### Crew:

Thibault De Saint Phalle  
Emily Burke  
Adam Sultan  
Eliza Mantz  
Hannah Holiday  
Maddy Hill  
Monica Bi  
Briggs Woolley  
Drew Baumert  
Halie Bradley  
James Josephson  
Cameron Hall  
Ryan Boscoe  
Erik Rothlind  
Rachel Ferroni



Gus Heagerty

## Scenes from *The School for Scandal* Presented by CTE in early October





## Support Tam High When You Shop At Amazon

The Tam High Foundation will receive up to 10% of the amount you purchase when you use the following link to shop at Amazon.com. Bookmark the link AND share it with your friends and family.

### Shop at Amazon.com

When you enter Amazon.com through the link above, you will notice no difference in your Amazon.com page. As long as you entered Amazon through this link, Tam High will get credit for your purchases during that purchasing session. So bookmark this link and use it when you shop on Amazon:

[http://www.amazon.com/?\\_encoding=UTF8&tag=tamhighfounda-20](http://www.amazon.com/?_encoding=UTF8&tag=tamhighfounda-20)

### Help Tam High earn money when you shop with eScrip

Last year the Tam High Foundation raised over \$13,500 from parents who registered their Safeway card, credit cards and ATM cards with eScrip and designated Tam High/Mill Valley Kids 9-12 as a recipient. When you shop using one of the registered cards, participating merchants donate a percentage to the Tam High Foundation. eScrip requires that parents renew their membership each year.

Please take a moment to renew your participation in the eScrip program to support Tam High.

### [eSCRIP](#) FOR TAM HIGH FAMILIES

The local merchants are giving us an easy way to enhance our children’s schools. Please fill out this form and update your registered cards for the easiest way to give to Tam High.

Or Sign up online at: <http://www.escrip.com>

Group ID# for Tam High Foundation: 137140398

#### Please print clearly

First Name:\_\_\_\_\_ Last Name:\_\_\_\_\_ MI:\_\_\_\_\_

Address:\_\_\_\_\_ City:\_\_\_\_\_, CA.\_\_\_\_\_

Phone: (    ) \_\_\_\_\_ Email:\_\_\_\_\_

#### Please circle one:

- (1) New Sign Up
- (2) Wish to add Tam High to groups I currently support
- (3) Wish to change eScrip to support Tam High only

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VISA/MC/AMEX/Discover/ATM/Diners Card number\_\_\_\_\_ Exp\_\_\_/\_\_\_

Please return this form to the Tam Foundation Office at 700 Miller Ave.

Mill Valley, CA. 94941. Phone (415) 380-3565.

You may also mail to Electronic Scrip Inc. P.O. Box 6988 Auburn, CA. 95604-6988

## Tam High Foundation Board Approves Mini-Grants

by Barbara Sobel, Tam High Foundation Communications

Imagine a high school physics lab where students use state-of-the-art equipment to illustrate the quandary of quantum mechanics. An experiment with results so mysterious that even Einstein was perplexed. Thanks to the Tam High Foundation, Tam students will soon be measuring wave lengths in a very new way.

This is just one of the grants the Tam High Foundation awarded to teachers this year to help enhance student life and learning at Tam.

The Mini-grants Committee, co-chaired this year by Leslie Wachtel and Michelle Griffin, invited all teachers to submit proposals. Over \$140,000 in teacher mini-grant requests were received with a budget of \$90,000. Over the last three weeks, the Mini-grant Committee met multiple times to review the proposals and develop funding recommendations for the Foundation’s board of directors. For all grant requests, they conferred with principal, Tom Drescher; for technology-related items they consulted with Tara Taupier, Senior Director of Instructional Technology for the District, and Rose Chavira, Director of IT Operations for District, and with Tam’s IT Systems Specialist, Charlie Uhl, to make sure any technology investments made could be supported by the District.

The Mini-grant Committee’s funding recommendations were presented to the Tam High Foundation Board for discussion and vote on October 15, 2012. The Board is pleased to have approved 18 mini-grants for over \$82,000 in amounts ranging from \$246.00 to \$9,999.00, including:

- 60 graphing calculators for the math department
- a class set of netbook computers for the science department
- a significant upgrade of physics lab equipment
- a light table and ceramics equipment for the fine arts department
- additional multi-media laptops for the English department
- additional iPads for the social studies department
- an innovative multi-media history project for the social studies department
- table tennis tables for the PE department and a sound system for Gus Gym
- additional computers and cameras for the journalism class and Tam News staff

The Tam High Foundation funds two grant cycles per year, fall mini-grants (\$10,000 and under) and spring major grants (over \$10,000). It is only through generous parent and community donations to the Tam High Foundation that these grants are made possible.

The Tam High community is very fortunate to have highly dedicated teachers who continually create new learning programs and opportunities for all students. The Tam High Foundation is also grateful to Tam parents and community members for their continued financial support of the Tam High Foundation.

**Only 30% of the families in our Tam community have donated so far this year**

**PLEASE DONATE TODAY!**

To donate online visit our website at: [www.tamhighfoundation.org](http://www.tamhighfoundation.org).

To mail your donation, send to Tam High Foundation, 700 Miller Avenue Mill Valley, CA 94941.



## Tam Music Upcoming Events From Thumb

### NOVEMBER

#### Next THUMB Meeting

Thursday, November 15

7pm, The Band Box

Everyone is Welcome!

#### Musicians’ Showcase

Tuesday, November 20

7pm, Caldwell Theatre



### DECEMBER

#### Performance at Winterfest

Sunday, December 2

Mill Valley Plaza

#### Guitar/Percussion Concert

Thursday, December 6

7pm, Caldwell Theatre

#### Concert Choir Caroling

Thursday, December 6

7:30pm, Downtown Mill Valley

#### Symphonic Orchestra & Concert Band Holiday Concert

Wednesday, December 12

7pm, Ruby Scott Gym

#### Choral & Jazz Band Holiday Concert

Thursday, December 13

7pm, Caldwell Theatre

### FEBRUARY

#### Valentine’s Dinner & Concert

Friday, February 8

6:30pm, Ruby Scott Gym

For more information, visit THUMB’s website at <http://www.tamdistrict.org/domain/479>

# News from PTSA

by Gwen Hubbard, PTSA President

It is hard to believe that October – and Halloween – is behind us, and that Thanksgiving is on the horizon. Here's a wrap-up of our October happenings:

- Madeline Levine, national best-selling author and therapist, gave an engaging and informative talk about trends she is seeing with teens, ways to help our children be independent, and some of the issues with raising children in this community. Over 400 parents attended this event that Tam PTSA co-sponsored, and thanks go to Redwood PTSA for hosting.
- Our October PTSA meeting with Susan Gertman and a panel of Tam parents was extremely interesting. The panel shared many great tips for helping students navigate the college admissions process. Many thanks to Susan for organizing, and to Deborah dal Fovo, Judith Staples, Jennifer Latimer and Megan Siegel for participating on the panel, and offering their insightful comments.
- The Saturday Parent Education Conference was a great success, and Rick Foster & Greg Hicks, using humor and various activities, explained the nine steps for raising teens who are happy and empowered. Many thanks to MVMS for partnering with us, to Mike Webb, Sarah McNeil, Kathy King and Michelle Zimmerman for organizing the conference and the hospitality, and to all the volunteers from both schools who provided the wonderful treats.

### Continuing and upcoming:

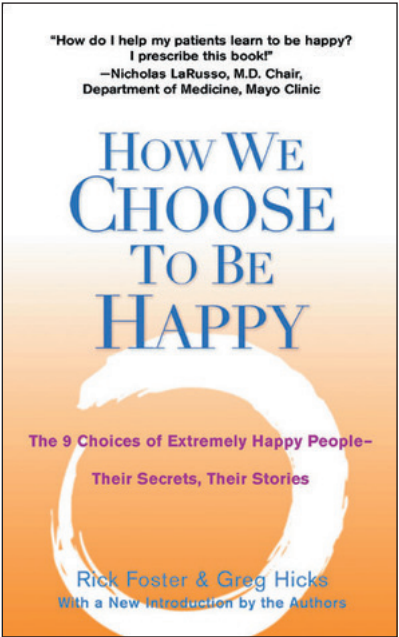
- We are continuing our membership drive, and want to thank all those who have joined the PTSA – we are now at 40% participation. If you haven't donated or volunteered, there is still time to get those yellow forms in. We work hard to help make Tam an exceptional learning community, but we need YOU to help us make a difference. [Click here](#) for our PTSA form.
- Our Holiday Plant Sale is gearing up – we have secured some beautiful plants from our supplier in Half Moon Bay and know that they will brighten many Tam homes for the coming season. [Click here](#) to order your holiday plants.

Please mark your calendars, and join us for these great events:

- A specialist from UC Berkeley will address the issue of teens and sleep at our PTSA meeting on Wednesday, November 7 in the Student Center.
- Principal Drescher will give an update on the state of the school on Thursday, December 6 at the Mill Valley Golf Clubhouse. Join us for this informal and informative event at 7 pm. Refreshments, and hors d'oeuvres will be served, and it is a great way to start the holiday season.

If you haven't already done so, please VOTE on November 6. Measure B is critical to the Mill Valley School District, and our community in general, and every vote counts.

Feel free to contact me with any questions, concerns or comments at any time throughout the year at [gwenhubbard@comcast.net](mailto:gwenhubbard@comcast.net).



## The Impact of Sleep on Learning and Memory in the Adolescent

Wednesday, November 7

7 pm

Tam High – Student Center

Jared Saletin is a 5th year graduate student working under the mentorship of Matthew P. Walker, PhD, the director of the Sleep and Neuroimaging Laboratory at UC Berkeley. Jared's research program focuses on the impact of sleep on cognitive and brain function in adolescents—particularly in the domains of learning and memory. His research has been recognized by the Sleep Research Society and the Cognitive Neuroscience Society and has been funded by grants from the National Science Foundation and the Jacobs Foundation of Switzerland. He earned his Bachelors Degree in Psychological and Brain Sciences at Johns Hopkins University, where he graduated with full honors. He is currently earning his PhD in Psychology.

## Staff Appreciation Breakfast

The second staff appreciation breakfast was held Halloween morning, where the staff was treated to a festive spread donated by parents. Thank you to all the wonderful volunteers who brought food, and helped set up and clean up.