

Half Moon Bay High School

Changing Tides Newsletter

Publication for our Cougar Community

Spring 2013

Principal's Message

Dear Cougar Parents, Guardians, and Community Members:

Spring and senioritis are in the air! By the time you read this publication, the May 1st deadline for submitting deposits to colleges and universities will have passed and the STAR exams will be a distant memory. On the forefront of the minds of our seniors is not only the upcoming awards nights, prom, senior picnic, and graduation, but getting into contact with future roommates and preparing to leave our cozy coastsides for post secondary institutions such as the following: Northeastern, Tulane, MIT, UC Berkeley/Davis/San Diego/Santa Barbara /LA, Cal Poly, Loyola Marymount, Gonzaga, colleges in Arizona and Colorado, abroad to St. Andrew's in Scotland and all the of the Cal States (**more listed in the counseling section of this newsletter*). Other members of the Class of 2013 are gearing up for placement exams at local junior colleges, for gap year options, or apprenticeship opportunities. But before they leave us, one more round of Advanced Placement Exams will occur for students in grades 10-12. We have an all-time high number of students

testing which is reflective of a supportive teaching faculty and counseling department. These exams not only simulate college testing experiences but also provide students with the opportunity to place out of entry level college and university courses and to get ahead on credits potentially leading to early graduation from college. Good luck all of our Cougar Scholars on the upcoming exams!

Many of you by now have received my final "ask" for the Cougar Scholastic Enrichment/Academic Fund. In an effort to build upon the parent initiated fundraising effort that began several years ago, this fund was conceptualized to maintain an ongoing academic fund at HMBHS that ensures our high school students always have rich, competitive elective choices. Please give what you can. For more details or to make a donation, visit the PAC website/Academic Fund page at <http://www.hmbhspac.com/scholastic-fund.html>. Check out "Dooley's Roundup" for information pertaining to our tablet roll-out. This is his area of expertise and that of several teachers who have agreed to be part of a technology, grant-funded pilot. This is an exciting time as the de-

tails of Measure S are being solidified. The impact of this bond initiative will benefit both the revolution of classroom instruction and in time, an improvement to our facilities. More information can be found on the CUSD website.

I wish you all a sunny and swift end to a fabulous school year at Half Moon Bay High School. I cannot believe we are approaching the end of this academic year yet all of the fun and most profound memories are just about to be made (See "Important Dates" section for more information and specifics). I look forward to seeing all of you at the final sports competitions, awards nights, and of course, graduation.

Cheers,
Allison Silvestri, Principal

Inside this issue:

Honor Roll Students Announced	2-3
Dooley's Roundup	3
Cougar Counseling Corner—AP test dates and Scholarship Night	4
Spring Sports News	5-8
Track and Field Head Coach Paul Farnsworth featured	6
Grad Night Needs You!	9
Graduation Details	10-11

IMPORTANT DATES:

Advanced Placement Testing: May 6th – May 17th – testing days by subject posted on Schoolloop (**days/times are set by the College Board and there are absolutely no make-ups*).

Department Awards: May 23rd

Scholarship Night: May 30th

Prom: June 1st

Graduation: June 13th

Campus Beautification: Saturday, June 1st.

Final Exam Schedule: June 11th – 13th (**special schedule – minimum days*).

Senior Finals and senior activities: **See senior letter on the website for important dates.*

Honor Roll - First Semester

12th Grade

Isaiah Abramson
Elizabeth Acosta
Aiko Anderson
Chandra Anderson
Courtney Andreini
Jose Anguiano
David Arella
Edgardo Arriaga
Marius Avril
Peter Bacich
Benjamin Barsocchini
Erin Beebe
Kayla Bell
Alyssa Bellamy
Eoin Bloomer
Freyja Bone-Rundle
Sheridan Bowman
Elizabeth Browning
Chelsea Cardenas
Katelyn Carlevaris
Eva Cassel
Aria Chee
Liangyu Chen
Gina Coburn
Julia Cohen
Isabella Cozzolino
Jackson Dobbrow
Juan Dominguez
Magdalena Dye
Marshall Egger
Sean Ellison
Henry Fassinger
Zoe Freeman
Dylan Gallup
Aidan Garcia
Cesar Garcia
Isabella Garcia
Daniela Gutierrez
Ivan Gutierrez
Irina Haack
Austin Hagarty
Chloe Hall
Reese Hammerstrom
Will Hettel
McKenna Hilton
Christine Hosfeldt
Riley Houston
Thomas Howell
Ruth Huerta
Robert Humphrey
Ian Impink
Erika Infanzon-Marin
Eleanor Jolley
Haiyang Kehoe
Bradley Kelly
Christopher Ketchum
Lyndsay Klimenko
Micaela Kowalczyk
Alexander Krechevsky

Derek Kulda
Kira LaFace
Eva Lara
Zachariah LeBlanc
Victor Li
Aubrey Loeffler
Jessica Lopez
Jasmine Lovette
Joseph Lowman
Jacqueline Lundberg
Peter Lundgard
Adam Machold
Beatriz Martinez
Lilia Martinez
Jason McCary
Sean McKenna
Thomas Meador
Krishan Mithal
Francisco Montelongo
Yesenia Morales
Annalise Morris
Jacob Mulderick
Natalie Myren
Kathryn Nassar
Daniel O'Connor
Katherine Olson
Paula Pastuskovas
Ashley Pedersen
Emma Pinzarrone
Fabiola Procopio
Owen Putz
Audrey Quirk
Sierra Rhodes
Peter Richardson
Victor Rivera
Jasmine Rosse-Gunkel
Cesar Ruiz-Serrano
Emily Ruiz-Torres
Neal Seaton
Ryan Segervall
Emilia Shelton
Piyaphon Sonprom
Sara Stanton
Robin Strasser
Serena Terry
Benjamin Thornton
Matthew Tolar
Ruben Israel Torres
Lincoln Treanor
Bridget True
Ramiro Vasquez
Andres Vazquez
Brandon Veach
Brionna Villalobos
Luis Villaseñor-Anguiano
Curtis Walling
John Watts
Daniel Welch
Benjamin Wigman

Jonathan Wigman
Paige Williamson
Brandon Winans
Shauna-Li Wolfeld
Kieran Wolk
Annie Zell
Rose Zilber

11th Grade

Irma Acosta
Alejandro Aguilar
Kelly Allen
Jose Alves
Morgan Ard
Jose Arroyo
Jose Ayon
Adam Bloomer
Haley Boyajian
Danielle Burnside-Von
Hooten
Jason Cagle
Avery Calhoun
Floris Mae Castillo
Corey Cilia
Alejandra Cisneros-Rodriguez
Goretti Cicoletzi
Nicole Collins
Anzony Contreras
Carmen Contreras
Gabriela Covarrubias
Clancey Craig
McKenna Crofton
Madeleine Croke
Eric Dasmalchi
Alexei Doncov
Ryan East
Zoe Elias
Julia Floyd
Amy Francis
Kyleen Freeburg
Jack Fritz
Justin Gali-Lamirande
Veronica Gallegos
Miguel Guevara-Ramirez
Sergio Gutierrez
Nathan Hagarty
Marcela Hagen-Aguirre
Beau Hamada
Hana Lani Hanson
Kyle Harwood
Matthew Hedding
Adam Humphrey
Stephen Islander
Christopher Jacobson
Steven Jacobson
Lara Jensen
Dalia Juarez-Orozco

Kyla Kemp
Garrett Kerska
Fiona Kohlman
Morgan Krieger
Marilisa Lehmer
Alix Lemke
Sarah LoCoco
Katriel Lovewell
Mayra Luquin
Jeremy MacKinnon
Eljun Madriaga
Logan Marshall
Jessica Martinez
Maria Martinez
Eulalio Mata
Ryan Mattel
Sean McCarthy
Kaya McMullen
Annika Merrilees
Brodie Miller
Cesar Mojica
Giovanni Morales
Dayanne Nah
Anthony Obester
Geoffrey Osgood
Katelyn Overcashier
Kenniy Pelikan
Cecilia Penaloza
Dominique Peranich
Erick Perez-Guevara
John Perkins
Dominic Pintarelli
Sarahi Ramirez-Avila
Yordania Rico-Contreras
Stephanie Rodrigues
Liliana Rodriguez
Sydney Royce
Michael Rupert
Alondra Sahagun
Julian Salkin
Mario Sarabia
Dayna Serxner
Piet Shafer
Jasmine Shaff
Fiona Shimeld
Cynthia Silva
Adrian Silveira
Gabriel Silveira
Chet Silveria
Thomas Simons
Olivia Smith
Tanner Smith
Harkanwalpreet Sodhi
John Sorfleet
Tiana Spano
Soleil Spigelman
Natalie Strohm
Grace Thompson
MacKenzie Tjogas

Zachary Treanor
Isabella Valencia
Daniela Valle
Samuel Vaughn
Nancy Vazquez
Esmeralda Velasquez
Paola Venegas
Beatriz Villegas
Maritza Villegas
Melanie Waechtler
Porter Warrick-Hess
Micaela White
Emily Whitlach
Adam Winnen
Calvin Yeh-Tinetti
Harold Zaidain

10th Grade

Angelica Acosta
Shane Acton
Angelica Alcantar
Ethan Amour
Sarah Applegate
Kennedy Arnold
Ian Barton
Gabriel Bauer
Jenna Baxter
Andrew Benson
John Blick
Elizabeth Boville
Noe Calixto-Cicoletzi
Gabriela Camarena
Brandon Capers
James Cartwright
Alexander Chee
David Corona
Dulce Anai Cortes-Brena
Jennifer Costa
Dylan Cummings
Brenda De Jesus-Acosta
Gelareh Dehnad
Julia Dexter
Abigail Drobnick
Case DuFrane
Pace Farbstein
Noah Ferriera
David Ganster
Brendan Garrison
Madeline Gembalcyk
Jacob Giusti
Sean Glasson
Brandon Gutierrez
Summer Haataja
Madeline Hagarty
Lily Hall
Fiona Handler
Matthew Hann
Grant Harman

Trevor Harman
Angelica Haro
Andrew Heinzman
Alexis Hernandez
Carlos Hernandez
Mary Hood
Elizabeth Huerta
Riley Hummel
Brandon Inglis
Elle Janoe
Leticia Jarquin
Morgan Jones
Ian Kairos
Robert Ketchum
Taylor King
Benjamin Klee
Nicholas Lasher
Christopher Latter
Kallista Leonardos
Tobias Leonardos
Julia Loegering
Eloisa Lopez
Alexia Lugo-Cortes
Julian Marquez
Lorna Mata
Alec McGregor
David Mendez
Nereida Miramontes
Samuel Mitchell
Ana Morales-Galvan
Mark Myren
Sabrina Nava-Catalan
Lena Nguyen
Shea Nolan
Kiyomi O'Connell
Andrew Olson
Shelby Olson
Alyson Osgood
Gabrielle Pariseau
Juan Penaloza
Shane Penner
Stephanie Perez
Christopher Pintarelli
Nicholas Pyle
Ashley Reynolds
Tanner Rhodes
Johnatan Rico-Contreras
Marianne Rogers
Rachael Rogers
Danielle Rojo
Estefhany Ruiz-Ortiz
Katherine Rupert
Michelle Schabinger
Claire Schuster
Sebastian Segura
Julie Sorfleet
Marcelline Springer
Katarina Stein
Britta Stretch

Honor Roll con't

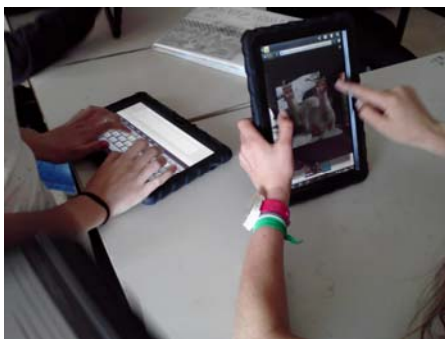
Sarah Stretch	Michelle Ahumada	Dante DiNapoli	Gabriela Huerta	Hunter Murison	Juliet Shelton
Kathryn Sullivan	Victor Altamirano	Abigail Donovan	Mary Humphrey	Andrew Naing	Aidan Shimeld
Julia Sulzinger	Jim Alves	Cameron Draffan	Emily Iacopi	Amanda Nelson	Darren Simser
Justin Sutton	Haley Anderson	Omar Droubi	Evan Impink	Martine Nelson	Holly Smith
Lydia Tell	Phillip Anderson	Nina DuBose	Carina Isidro	Omid Nouripour	David Souza
Heather Theroff	Sabina Andreini	Virginia Dussell	Maxwell Jenkins	Thomas Nuno	Emma Spaeth
Hailey Thorne	Madison Ard	Duncan Earle	Patrick Jones	Stacy Ourique	Allegra Spano
Maribel Torralva-	Kristina Arella	Jason Economopoulos	Kurt Katzenberger	Megan Owens	Matthew Spigelman
Vasquez	Edwin Arellano	Katia Elias	Tristan Keller	Sophia Padua	Adam Syme
Michael Tyler	Ana Cristal Arreola	Rodolfo Etchart	Lukas Kelly	Colton Palmer	Maria Florie Tabiendo
Nathaniel Tyler	Yuri Ayon	Graham Faust	Tessa Kelly	Jacob Penner	Sasha Takata
Shea Ugalde	Nina Bachicha	Malcolm Feix	Cleome Kerseg	Danielle Peterson	Emily Tan
Ashley Utz	Nicholas Bannick	Helen Fisher	Joseph Kulda	Gabriel Pizzolato	Justin Terra
Margarita Vasquez-	Natalie Barger	William Fullerton	Natalia Laba	Hugo Daniel Plancarte	Samuel Terrazas
Contreras	Madison Barmore	Francis Dylan Gabriel	Davis Ladd	-Grajeda	Rebekah Tonnessen
Jesus Villasenor-	Yarely Barriga	Mikaela Gali-	Casandra Lopez	Kevin Pomeroy	Julian Torres
Anguiano	Emilio Bautista	Lamirande	Jacqueline Lopez	Molly Pomeroy	Eymy Ucan-Mul
Nancy Virgen	Thomas Beebe	Jazmin Garduno	Julio Lopez	Michael Provencio	Francisco Valencia
Thatcher Warrick-Hess	Julia Bellamy	Jacob Gehret	Edgar Lopez-Ruiz	Israel Ramirez	Leslye Valencia
Chase Waterman	Joshua Boggs	Hannah Giles	Justin Lovette	Irma Ramos	Miguel Vazquez
Alexander White	Alexandra Boville	Andrew Goldbach	Lizett Luna	Ariel Rangel-Castro	Jairo Velasco
Darragh White	Kailani Bowers	Emily Roselin Gomez-	Thomas Lundgard	Samantha Reybok	Cheyenne VerLinden
Connor Whitt	Jake Boyajian	Aguila	Miguel Luquin	Emma Reynolds	Jose Villalobos
Justin Winslow	Angela Brazil	Johanna Graham	Serena Manfro	Julissa Rico-Ruiz	Fabiola Villegas-
Jackson Wooliever	Danielle Brazil	Andrea Guevara-	Terra Manfro	Serena Rios	Acosta
Elaine Yang	Maia Buzbee	Castro	Evan Marschall	Marco Rivera	Marlene Virgen-Vega
Anjyu Yee	Michael Caballero	Brandon Guio	Kevin McHale	Jeffrey Robb	Daniel Wallace
Dana Zabel	Miguel Camacho	Sayra Gutierrez	Remi McMullen	Megan Rodrigues	Kaira Wallace
	Adrian Cancino-Vega	Erika Haack	Joseph Mello	Zachary Romsdahl	Jacob Winstead
	EdRey Casamina	Stephanie Hamilton	Paul Jason Mello	Rebecca Rupert	Aidan Wolk
	Jose Cisneros-	Nolan Hardin	Francisco Mendez	Luz Salazar-Colorado	Colby Yeh-Tinetti
	Rodriguez	Vanessa Hauptert	Claire Messina	Jacob Saliner	Carmen Zafra
	James Clark	John Hebb	Luis Octavio Mira-	Leticia Sarabia	
	Kristopher Cook	Olivia Hedding	montes	Nancy Sarabia	
	Mia Cordes	Joshua Heinzman	Joseph Modena	Jose Sarabia-	
	Gillian Davis	Ellie Henretty	Javier Morales	Hernandez	
	Joshua Davis	Austin Hilton	Austin Morris	Kaelyn Sattie	
	Anthony DeMartini	Caroline Hines	Carson Murison	Victoria Sciaroni	

9th Grade

Elyse Abramson
Diego Acosta
Eduardo Acosta
Jose Reyes Acosta
Fernanda Aguilar
Gabriel Aguilar

Dooley's Roundup by Assistant Principal Jarrett Dooley, Pupil Services**Technology**

Under the Measure S Bond, technology will be placed front and center in the upcoming months. Thanks to the diligence of the Measure S Technology Sub-Committee (including Mr. Stagg and myself), a proposal is being submitted to the CUSD Board on May 9th to approve a 1:1 device initiative for all classrooms. The proposal includes substantial Professional Development, including a three-year phase-in. The goal is to have computing devices for every single student, in every single classroom! Stay tuned for more information as this exciting initiative leaves the ground and becomes a reality this summer.



Athletics 8th Grade Open House was a huge success with over 100 incoming freshmen and their parents in attendance. Mr. Ferdinand did a fantastic job giving an overview of our Athletics Program and introduced our incoming students to the coaching staff of all programs. Check the school website for more information.



Photos submitted
by Jarrett Dooley

Cougar Counseling Corner by Kira Gangsei, Department Chair

HMBHS College Updates

HMBHS Seniors are going places! So far, our seniors have received acceptance letters to many schools including CSUs (Cal Poly SLO, Chico, East Bay, Humboldt, Long Beach, Monterrey Bay, Northridge, Sacramento, SDSU, SFSU, Sonoma), UCs (Berkeley, Davis, UCLA, UCSB, UCSC, UCSD), and others including, Biola, BYU, CU Boulder, Drexel, George Fox, Gonzaga, Lewis & Clark, LMU, Mills, MIT, Northeastern, Puget Sound, Rensselaer Polytechnic Univ., Syracuse, Tulane, Univ. of Michigan, Univ. of Oregon, Univ. of San Diego, Univ. of Santa Clara, Univ. of St Andrews (Scotland), Univ. of Washington, USF, Willamette, and many more are on the way. ***Congrats to the Class of 2013 – we are so proud!***

Community College Enrollment

On March 20, community college bound seniors attended a registration workshop for CSM, Skyline, and Cañada colleges next year. These students have registered early and are participating in the *Priority Enrollment Program (PEP)*, which will give them priority in registering for classes.

Remember to complete the next steps: 1) Sign up for & take placement tests 2) complete orientation & meet with a counselor 3) Register for classes.

How about the Juniors?

Now is the time to get your college search going!! Remember to use your Family Connections/Naviance account to manage your college search process.

SAT and ACT: Current 11th grade students planning to apply to 4-year colleges should take the SAT Reasoning & Subject Tests and/or ACT with writing soon.

SAT info at www.collegeboard.org & ACT info at www.act.org

Testing dates:

On-Campus Testing:

May 6-17th – Advanced Placement (AP) Testing
May 14 & 15th – CAHSEE Testing

Off-Campus Testing:

May 4th – SAT (Waitlist registration only)
June 1st – SAT (register by May 7th)
June 8th – ACT (register by May 3rd)

College Fairs: Juniors, Mark Your Calendars!

(Over 100 colleges will be present at each)

Western Association for College Admission Counseling (WACAC) College Fairs <http://wacac.org/collegefairs>

May 6th- Dominican University, in Marin (6pm-8pm)

May 7th - Sonoma State University (6pm-8:30pm)

May 8th- University of the Pacific (10am-12pm)

May 9th- Cal State Stanislaus (9am- 12pm)

May 11th- St Mary's College- (1pm-4pm)

Counseling Department Updates:

Family Connections/Naviance Program Update

Thanks to the generous donations made by PAC, the counseling department has begun to integrate the Family Connections/Naviance college and future planning program into our Personal Learning Plan (PLP) program. Freshman are creating 4 flexible 4 year plans in PLP meetings and Juniors were introduced to the college search feature. In May, parents of Juniors will be receiving letters on how they can use this program to help their students navigate the college search process.

Local Scholarship Program – Scholarship Night 2013!

Last year, due to the generosity of our Coastside community and the diligent work of the HMBHS Counseling Department & Local Scholarship Committee, we were able to distribute over 120 scholarships totaling over \$100,000 to the Class of 2012. In May, students receiving local scholarships will receive an invitation to ***Scholarship Night 2013*** to be held **Thursday, May 30 at 7pm** in the MU. All are encouraged to attend this important Coastside spectacle.

Summer School 2013

Summer school will primarily be offered through the Aventa online credit recovery program. Students must attend school daily and are responsible for completing most of the work off campus. Summer school will take place from June 24 – July 26. Students will be given a time limit for completion of courses. If they do not complete the course in the given time period, they will lose credit for that course. Students who qualify will receive an application from their counselor in May. Please note that upperclassmen will have first priority.

HMBHS Track and Field Team Highlights by Blair Calhoun

The Half Moon Bay High School Track and Field team entered the post-season with high hopes of continued success. During the last week of its regular season, team members produced outstanding performances. Junior **Logan Marshall** set a school record (9:26) in the 3,200-meter run at the CCS Top 8 Classic held at San Jose City College on April 19th. He came back the next day at the San Mateo High School Bearcat Invitational to set a personal best (1:59) in the 800-meter run while finishing fourth then set another personal best (4:27) in the 1,600-meter run at the team's Tri-meet at Jefferson High School on April 23rd.



Marshall achieved a personal best at Jefferson

Marshall's teammate and friendly rival, junior **Gabriel Silveira** also picked up a medal for his fifth-place finish while clocking his own personal best (2:02) at the Invitational and will challenge Marshall in the 1,600-meter run during the upcoming PAL Championships. Another contender at the Championships will be junior **Kyleen Freeburg** who turned in a personal best (2:20) in the 800-meter run at the Top 8 Classic followed by a first-place finish among 40 runners in the same event at the Bearcat. Freeburg was not the only winner at the Invitational from the team; freshman **Carmen Zafra** took first-place (5:34) in the Frosh-Soph 1,600-meter run followed closely by freshman teammate **Helen Fisher**. Both turned in solid times (2:38 and 2:39, respectively) in the 800-meter run as well. Fellow freshman **Graham Faust** turned tragedy into triumph at the Bearcat. In the morning, Faust missed the Frosh-Soph 3,200-meter race due to an unforeseen schedule change but was allowed to enter the Varsity race in the afternoon where he received a medal for his fourth-place finish with a personal best (10:20).

Freshman and future heptathlete **Cleome Kerseg** was just short of spectacular at the Bearcat. She turned in personal bests in the High Jump (4'-4"), the 800-meter run (2:44), and the 400-meter run (1:06). Kerseg would be advised to approach freshman thrower **Brandon Inglis** for training tips as he looks to turn heads in Shot Put ring at the PAL Championships along with sophomore teammate **David Corona**. Their season's best throws are 38'-8" and 40'-11" respectively. Another heptathlete in the making is freshman **Rebekah Tonnesen**. She nipped Kerseg in the 400-meter run at the Invitational then powered to a personal best (54.34) in the 300-meter Intermediate Hurdles during the Tri-meet at Jefferson. Maybe Ton-

nessen was inspired by sophomore teammate **John Blick**. Blick, who grabbed a fifth-place medal at the Bearcat in the event, set his own personal best (46.64) moments before Tonnesen and "warmed up" for the hurdle race by running the 400-meter dash in a personal best time (56.66). Fellow sophomore **Chase Waterman** will challenge the upperclassmen at the PAL Championships in the Varsity High Jump with a season's best 5'-8" in the event.



Sophomore Blick cruised in 400 m.

Those are just a few of the outstanding performances recently turned in by the track and field team. As the League and Sectional Championships for this season quickly approach, it must



be noted that this exceptional group of athletes will all be coming back next season. As



Timbuk 3 sang "...the future's so bright, I gotta wear shades..."

HMB tracksters at the Santa Barbara Relays from top to bottom: Khalil Droubi, Patrick Young, Paige Williamson, Kylie Freeburg, Alexia Lugo, and Natalie Strohm.



Kerseg high jumped 4'4" at Bear-

Farnsworth's Vision for Track and Field by Janet Vrba

Everyone enjoys attending the high school's sporting events whether it's football, boys basketball or softball – just to mention a few. But guess what the best kept secret in the Half Moon Bay High School Athletics program is? Since 1978, our runners have brought home more CCS Cross Country championship titles than any other sport at HMBHS. And Logan Marshall is the current CCS Champion in cross country. The same Logan Marshall that's on the verge of doing the same in track and field in the 1600 m. race. And Head Coach Paul Farnsworth is part of the reason for our runners' successful seasons.



Mark Foyer and Paul Farnsworth discuss upcoming PAL meet trials.

Farnsworth, known as Farns to his runners, has been the Head Coach of Cross Country and Track and Field at Half Moon Bay High School for the past seven years. In all, he's coached for twenty-three years. One of the greatest joys he gets from coaching happens when an athlete turns the corner and owns their own performance and garners that success. He also enjoys seeing the success of an athlete on the field

transfer to other areas of life. Farnsworth believes that coaching is teaching kids life skills.

Last year Farnsworth coached the track and field team without any assis-

tance. This is a difficult task considering track and field has over sixteen disciplines – all of which need expert advice, skill and knowledge from a coach – all which no one person can accomplish with over 50 athletes. This year, three assistant

coaches joined Farnsworth. "After being by myself for one year, it's been so much fun having assistant coaches this year," Farnsworth said. "You just can't coach all events."

The toughest thing about coaching is all the paperwork that needs to be done. Farnsworth has even received help in this realm from parents. With his coach assistants, Farnsworth's

"The only kids on this campus with State patches are the cross country kids and Joe Lowman."

~ Paul Farnsworth

vision for the track team is to achieve the goal of having at least one Half Moon Bay athlete in every

track and field event in the PAL League finals meet competition. His other goal is to have every track record broke and reset during his coaching career at HMBHS.

Farnsworth also works as a 3rd grade teacher at El Granada Elementary and has taught at Manuel F. Cunha Intermediate School serving our school district for fifteen years. His proudest accomplishment as our coach has been taking the girls and boys cross country teams and/or individuals to the state meet all seven years of coaching at the high school.

Did you know?

Based upon statistics, approximately 5-7% of all high school athletes will go on to compete in NCAA college sports.

Meet the Track Coaches

High Jump Coach Janet Vrba was a Junior Olympic track athlete for the State of Iowa in the high jump, 400 m., and 400 m. hurdles. During her junior year, she ran the third fastest time in the state of Iowa in the 400 m. hurdles and jumped 5'6". She ran for Iowa Valley High School and set six individual and relay track school records during her career as well as qualified all four years for the Iowa State Championship Track Meet. She competed in basketball as well as track and field at Central College. Being impressed by Farnsworth's hard work and dedication to our high school runners, she came aside to assist the track team with a goal to develop competitive high jumpers.

Sprint Coach Blair Calhoun ran for Serra High School. His events were the 120-yd. high and 330-yd. low hurdles, the long and triple jumps. The triple jump was his best event and he qualified for the California State Track Meet. Calhoun competed at UC Davis in the 110 m. high and 400 m. intermediate hurdles. Calhoun hopes to make a difference in how the kids feel about track and themselves.

One of Calhoun's favorite quotes by Kipling states, "... to fill the unforgiving minute with sixty seconds of distance run..."

Head Coach Farnsworth attended Saint Louis High School in Hawaii where he ran the 1600 m. and 800 m. races as well as competed on his high school's 4 x 400 m. relay team. Farnsworth attended the University of Portland but graduated from Hayward State, today re-named UC East Bay. In college, he competed in the 1500 m. and the 3000 m. steeplechase races. His passion is with long distance running and he's been coaching since 1991. He started his coaching career at



Left to right: Janet Vrba, Blair Calhoun, Paul Farnsworth, Mike Inglis

Jordan Middle School in Palo Alto, then Cunha Intermediate School before Half Moon Bay High School.

Throws Coach Mike Inglis grew up in Stockton where he was a football player and an avid shot put and discus thrower in high school. During his senior year, he threw 54' in the shot put and over 142' in the discus. He played football and threw at UC Davis.

Inglis, a life-long athlete, enjoyed sharing his love of throwing with the high school athletes. He plans to build a throwing program that puts Half Moon Bay on the map of great throwing schools.

New League for Baseball Team

This season the are playing in the a highly competi-Carlmont, Burlin-Atherton to name composed of ten The boys have December to pre-schedule. So far off with a winning league record that the CCS playoffs. had big wins over and Aragon in perfect record division in non has also defeated Milpitas. With the regular season, race to the end play their best goal of a possible

The Frosh/Soph playing good winning record Burlingame, The team has 13

managed to play much bigger than their numbers. With a few weeks left in their season, the young Cougars are in the hunt for a league title. Come out to Cougar Field and cheer both teams on to victory!



Front row: Reese Hammerstrom, Henry Fassinger, Ryan Mattel, Victor Rivera, Bret Berghammer.
Second Row: Peter Richardson, Tom Howell, Brad Kelly, Kyle Harwood, Sean McKenna, Mike Rupert. **Back Row:** Coach Steve Terrazas, Coach Mike Kreiger, Peter Bacich, Austin Hagerty, Josh Mc Knight, Cole Watts, Sam Vaughn, Chet Silveria, Coach Nick Colvin, Coach Geoff Downing.

Half Moon Bay Cougars PAL Bay Division. This is a five league that includes game, Terra Nova, Menlo a few. The Varsity team is Seniors and seven Juniors. been working hard since pare for this seasons tough the hard work is paying overall record and a has them in the hunt for This season the team has Terra Nova, Burlingame league play and have a against the PAL Ocean league action. The team Gunn, Harbor and just a few weeks left in it should be an exciting and the team will need to baseball to reach their CCS championship.

baseball team has been baseball and also has a thanks to big wins over Carlmont and Aragon. players on it but have

Varsity Softball

The HMBHS Varsity Softball team hosted the 6th Annual Cougar Classic tournament April 13th and April 20th. The Cougars came away with the championship this year with All-Tournament selections Lyndsay Klimenko and Kallista Leonardos paving the way.

The final league home game will be Tuesday, May 7th against Carlmont. First pitch at 4pm. Come by to support the Cougars and stay for our very special ceremony for the seniors, Lyndsay Klimenko, Channie Anderson, and Katie Carlevaris, after the game as they run the bases at HMBHS one last time!

Senior Gerardo Garcia wrestled for HMBHS while employed at the local Oceano Hotel. At work, he's observed the hotel's chefs operate and manage employees. Besides being a foodie, his work experience sparked his plan to attend City College of San Francisco after graduation and study culinary arts. Garcia's also plans to travel and explore American cities, such as New York City, this summer before attending college in the fall.

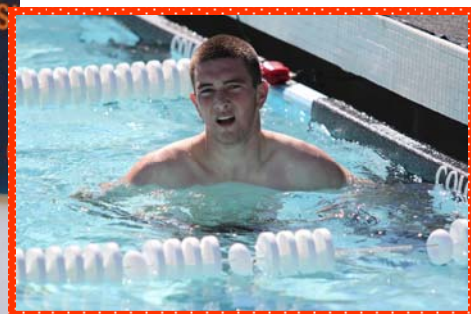


ACE returned to HMBHS

ACE, the Alliance for Climate Education, returned to Half Moon Bay High School for a presentation to the Freshman class. Since ninth graders don't take the STAR test in social studies, they assembled in the MU and listened to Wen Lee of ACE present his company's award-winning multimedia show. ACE's mission is to educate high school students on the science behind climate change and inspire them to take action to curb global warming.

The ACE presentation is based on the latest and most credible scientific sources, including the Intergovernmental Panel on Climate Change report. The presentation educates students on the current climate science and the background of the issue, then explores the potential consequences of climate change. The presenter asked students to consider solutions that can help us achieve a cleaner, brighter future.

HMBHS Swim Team



Eoin Bloomer has set two school records in 2013. He broke an eleven year old school record in the 100 Breast stroke with a time of 1:04.61 and simultaneously logged a CCS qualifying time. He also broke the HMBHS record for the 200 free-style that had stood since 2006 with a time of 1:52.85.

Front Row (left to right): Julie Sorfleet, Zoe Elias, Tiana Spano, Megan Rodrigues, Katia Elias, Julia Sulzinger, Allegra Spano, Kaelyn Sattie, Kyla Kemp, Micaela Kowalczyk (Row 2): Coach Jim Stretch, Jennifer Costa, Aubrey Loeffler, Marci Springer, Aiko Anderson, Sarah Stretch, Allyson Osgood, Stephanie Rodrigues, Summer Haataja, Karina Lynch, Marisa Lynch, Coach Robin Olmstead, Coach Cindy Lee (Third Row): Stacy Ourique, Ellie Henretty, Molly Pomeroy, Julia Loegering, Madison Ard, Danielle Peterson, Fiona Handler, Britta Stretch, Shelby Olson, Emma Spaeth, Sierra Rhodes, Annika Mer-rilees (Fourth Row): Tristan Keller, Thomas Lundgard, Malcolm Feix, Dylan Cummings, Jason Cagle, Andrew Benson, Jeremy MacKinnon, Cameron Draffan, Miles Keeton, Sean Glasson, Stephen Islander, Jacob Gehret (Back Row): Kevin Merritt, Peter Lundgard, Avery Calhoun, Sheridan Bowman, Ben Scofield, Alex Chee, Brendan Garrison, Eoin Bloomer, Matt Tolar, Thomas Simons, Tucker Perkins, Mike Tyler, Kieran Wolk



Above: Avery Calhoun and Stephen Islander at the start. To the right: Sean Glasson celebrated with his teammate Cameron Draffan and Ben Scofield.

Sarah Stretch racing the butterfly.



19TH ANNUAL GRAD NIGHT PARTY is JUNE 13, 2013

**ATTENTION: SENIOR STUDENTS
AND PARENT VOLUNTEERS!**

Grad Night is an extraordinary night of celebration for HMBHS Seniors following their graduation. This supervised, all-night event includes games, activities, dancing, food, prizes and non-stop fun! Enormously popular, *Grad Night* offers a healthy alternative to un-chaperoned parties and is the not-to-be-missed event for every senior student.

Seniors – get your tickets!

Over half of the senior class is registered for *Grad Night*, so the I.D.E.S. Hall will be the place to be on June 13th. Registration is easy, just go the HMBHS website and look for the *Grad Night* page under “Parents & Community”. Your signed forms and check can be delivered to the front desk at school. If cost is a hardship, please contact Marie Tolar at tolarfam@comcast.net or 650-580-4868 to make arrangements for a ticket. Don't miss out on this memorable night!

Parent volunteers from ALL GRADES are needed

Part of a national effort to keep students safe on graduation night, *Grad Night* is a community sponsored event that is only made possible by the efforts of parents that plan, set-up, chaperone, and clean up after the party. Over a 100 volunteers are needed to conduct this memorable, once-in-a-lifetime event!

Contact Tracy Halbersleben and join the ‘many hands’ that will make this night a success, at 650-544-8307 or tracy@alohasunset.com. All help is welcome!

Fundraiser Raised \$40K

April's Cougar Casino Night was a huge success! The event was held at Long Branch Saloon, Califuegos band provided the entertainment and a great time was had by all! Over 350 people attended, and rough estimates show that the sports that participated raised almost \$40,000 gross. The monies raised will be deposited in the individual sport accounts that participated in this fundraiser.

Thank you to the following coaches, volunteers and athletes for helping to make this event possible: football, baseball, wrestling, volleyball, girls' soccer, swimming, water polo, cheer/dance team, track, tennis and boys' basketball.

Casino Night Chairs: Susan Royce, Keith Holden and Sean Donovan

We Thank You!

This week, May 6-10, is Staff Appreciation Week at HMBHS. We will recognize our staff with luncheons, breakfast, and much more. We also want to take a moment to thank our generous supporters for this week.

Not only have they supported us this week but they show their support all year long. Thank you for showing us your appreciation.



Parent Advisory Council (PAC)
Dedicated to supporting academics and enrichment at Half Moon Bay High School



ELAC

FFA

Industrial Arts Club

Cougar Boosters



SAM's Chowder House

We appreciate the support from the entire community of Half Moon Bay!

HMBHS Yearbook LAS OLAS

Yearbooks are currently \$85, but the cost will go up to \$100 on February 28. We are implementing this steep price increase to help us order the correct number of copies of the yearbook. When we order too many yearbooks, we lose money. (We are trying to make a profit this year so we can offer yearbook scholarships to low-income seniors.)

You can order a Senior Recognition Ad now! We will work with you to create a personalized page or you can work with a template at <https://www.yearbookordercenter.com> - #16344 (prices slightly higher online). Flyers with more information are available at the front office or from the Yearbook class. Please email Ms. Lunstroth at lunstrothc@cabrillo.k12.ca.us with any questions.

To: Senior Class Members, Parents & Staff

Date: May 2, 2013

From: Mr. Dooley, Assistant Principal

Subject: **Senior Calendar/Graduation Information and Other Year End Activities**

OUTDOOR GRADUATION: The class of 2013 will continue the tradition of an outdoor graduation ceremony! All graduating seniors will be given 4 free tickets. Additional tickets may be purchased for \$10 by graduates or parents/ guardians in the front office beginning May 1st at 3:30pm. Extra tickets will continue to be sold each school day after school until sold out.

DISCIPLINARY PROBLEMS – ANY DISCIPLINARY ACTION, LEVEL III INFRACTIONS AND ABOVE, INVOLVING ATTENDANCE OR SUSPENSION DURING THE 4TH QUARTER MAY RESULT IN A STUDENT NOT PARTICIPATING IN THE GRADUATION CEREMONY, AND/OR ALL OTHER SENIOR ACTIVITIES, AND/OR OTHER SCHOOL SPONSORED EXTRA-CURRICULAR OR SPECIAL EVENTS (i.e. – Dance, Athletic Events, Class of the Year, Prom, Sr. Picnic, Sr. Breakfast, etc.).

March 30 **LAST DAY TO PAY \$60 FOR GRAD NIGHT:** price goes up to \$75!

April-May **PAY FOR SENIOR PICNIC AND TURN IN PARENT PERMISSION SLIP**

April 19 Fri. **SENIOR FAIL LIST PUBLISHED**

April 19 Fri. **BLACKLIGHT DANCE 2.0**

April 24 Wed. **SAFE & SOBER PROM PRESENTATION:** 11:28a – 12:28pm in Student Center

May 1 Wed. **ADDITIONAL GRADUATION TICKETS GO ON SALE:** 3:30 PM, \$10/ticket. Only graduates or parents/guardians may purchase in the front office

May 6 – 17 **AP EXAMS**

May 17 Fri. **SENIOR FAIL LIST PUBLISHED/CERTIFIED MAILING**

May 23 Thurs. **DEPARTMENT AWARDS NIGHT:** 6:30 PM, Student Center

May 23 Thurs. **SENIOR FAREWELL PLP:** Exit Survey

May 30 Thurs. **SCHOLARSHIP AWARDS NIGHT:** 7:00 PM, Student Center

May 31 Fri. **YEARBOOK ASSEMBLY:** Gym

May 31 Fri. **QUAD JAM & YEARBOOK DISTRIBUTION:** 3-4 PM, Gym

June 1 Sat. **PROM:** 7:00 – 11:00PM at Broadway Studios, San Francisco

June 4 – 7 **SENIOR FINALS WEEK**

June 7 Fri. **OUTSTANDING OBLIGATIONS/DISCIPLINE PROBLEMS:** Any outstanding obligations (books not returned, fines not paid, detentions not served, equipment or uniforms not returned, discipline problems, etc.) will make you **INELIGIBLE TO PARTICIPATE IN ANY OF THE REMAINING SENIOR ACTIVITIES!!**

June 7 Fri. **GRAD NIGHT MEMORY LANE COLLAGES:** Due to the UPS Store

June 7 Fri. **GRADUATION PROCESSION PARTNER FORMS DUE:** No forms will be accepted after this date and no changes will be made.

June 7 Fri. **LAST DAY FOR CLASSES FOR GRADUATING SENIORS:** Non-graduating seniors are to attend classes and finals, as per schedule for all other students.

June 7 Fri. **CLEAN OUT ALL LOCKERS & LIBRARY BOOK/MATERIALS TURNED IN**

June 7 Fri. **JR/SR SPAGHETTI DINNER:** 6:00 – 8:00PM in Student Center

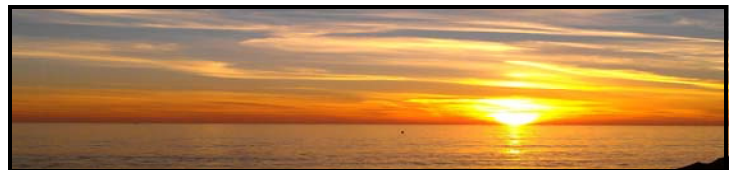
FINAL CLEARANCE - COUNSELORS/TEACHERS/LIBRARY/ASC/MAIDT

June 13	Thurs.	<u>DEPOSIT GRAD NIGHT MAIL:</u> Cutoff to drop in mailbox in office or at IDES.
June 10	Mon.	<u>SENIOR GRADE CUT OFF 8:00 AM</u> - Anyone not passing a class needed to graduate may not participate in any activities.
June 10	Mon.	<u>SENIOR PICNIC 9:00 AM* – 5:00 PM</u> *start time subject to change Students are required to have a parent permission slip even if you are 18 years of age or older. No telephone permission calls. All students participating in the senior picnic must be transported by school bus. <u>NO PRIVATE VEHICLES MAY BE USED.</u> Students must register and pay for Senior Picnic in April-May. No exceptions.
June 11	Tues.	<u>SENIOR BREAKFAST, MANDATORY GRADUATION MEETING & PRACTICE</u> 9:00 – 10:15 AM MEET in MU: Senior Breakfast. NOTE: this is during Finals - be respectful to your underclassmen and head straight to the MU quietly! 10:00 AM Cap & Gown Distribution in MU. 10:30 AM – 12:00 PM Graduation Practice. This will serve as an informational meeting but we will also establish the order of graduates, practice the processional and seating, and review the Graduation Ceremony script. Failure to attend all meetings and rehearsals will result in you not participating in the graduation ceremony.
June 12	Wed.	<u>MANDATORY GRADUATION PRACTICE</u> 9:00 AM – 11:00 AM MEET AT BASEBALL STADIUM SEATS. Failure to attend all meetings and rehearsals will result in you not participating in the graduation ceremony.
June 13	Thurs.	<u>MANDATORY GRADUATION PRACTICE & GRADUATION CEREMONY</u> 9:00 AM – 12:00 PM MEET AT FOOTBALL FIELD. Ticket distribution at this time. GRADUATION CEREMONY REMINDERS <u>Arrive 5:30 PM sharp!!!!!!</u> All graduates report to the Library Commencement begins at 6:00 PM SHARP – we won't wait! <u>Do NOT invite anyone unless you have a ticket for them. This includes children of all ages.</u> We discourage you from inviting small children because of the crowds and congestion. To receive your diploma, return to the Library immediately after the ceremony. Then proceed to the lawn for the reception, pictures, visit with relatives and friends, etc. <u>RECEPTION:</u> will be held on the lawn just outside of the Library immediately following graduation. Beverages and cake will be provided.
June 13	Thurs.	<u>GRAD NIGHT!</u> 10p – 5am (please note that this is not a school-sponsored event)

* For more details, please review complete document and announcements on our website: <https://humbhs.schoolloop.com/>



Senior Brandon Winans plans to follow in his father's footsteps. After graduation, he will study to become a mechanical engineer and is interested in working on cranes in our many Bay Area ports.



Changing Tides Newsletter is a publication of Half Moon Bay High School.

EDITOR & PHOTOGRAPHER

Janet Vrba

e: vrba@cabrillo.k12.ca.us

p: 650.712.7205

w. <https://hmbhs.schoolloop.com/>

Half Moon Bay High School does not discriminate based on ethnicity, religion, age, gender, sexual orientation, race, physical or mental disability, actual or perceived.