On October 20, 2010, students and faculty members wore purple to support all who face bullying or persecution because of their sexuality. GAIGHT sponsored ALLY WEEK in response to the recent teen suicides across the nation.

We need you

Come join the discussion with students, parents and faculty on Nov. 30, 2010 in the MUHS Learning Center, from 3:15-4:00 p.m. We are creating the responsible use of technology guidelines at MUHS. Discussions will include social networking, safety issues, electronic bullying and harassment, protecting personal information, intellectually property rights, first amendment rights, copyright issues, legal issues, security issues, and the digital divide.

The boys’ cross-country team and Emily Anderson from the girls’ cross-country team will travel to Thetford, VT on Saturday, November 13, 2010 to compete in the New England Championships.

The undefeated Tigers will play Rice at Castleton State College on Saturday, at 5:00 p.m. on November 13, 2010 for the Division II state championship.
Every two years the Social Studies department holds a school-wide mock election. This year was no exception. Over 100 students came to the cafeteria during their lunch periods to vote for Governor, Senator, Representative and many other local and statewide offices.

MUHS mock election results, with 15% of the school participating:

<table>
<thead>
<tr>
<th>Position</th>
<th>Candidate 1</th>
<th>Votes</th>
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<tbody>
<tr>
<td>Senator</td>
<td>Patrick Leahy</td>
<td>62%</td>
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<td></td>
<td>Len Britton</td>
<td>17%</td>
</tr>
<tr>
<td>Congressman</td>
<td>Peter Welch</td>
<td>64%</td>
</tr>
<tr>
<td></td>
<td>Paul Beaudry</td>
<td>18%</td>
</tr>
<tr>
<td>Governor</td>
<td>Peter Shumlin</td>
<td>45%</td>
</tr>
<tr>
<td></td>
<td>Brian Dubie</td>
<td>30%</td>
</tr>
<tr>
<td>Lt. Governor</td>
<td>Steve Howard</td>
<td>45%</td>
</tr>
<tr>
<td></td>
<td>Phil Scott</td>
<td>23%</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Jeb Spaulding</td>
<td>68%</td>
</tr>
<tr>
<td></td>
<td>Don Schramm</td>
<td>14%</td>
</tr>
<tr>
<td>Secretary of State</td>
<td>Jim Condos</td>
<td>60%</td>
</tr>
<tr>
<td></td>
<td>Jason Gibbs</td>
<td>27%</td>
</tr>
<tr>
<td>Auditor of Accounts</td>
<td>Doug Hoffer</td>
<td>55%</td>
</tr>
<tr>
<td></td>
<td>Thomas Salmon</td>
<td>27%</td>
</tr>
<tr>
<td>Attorney General</td>
<td>William Sorrell</td>
<td>49%</td>
</tr>
<tr>
<td></td>
<td>Aaron Toscano</td>
<td>24%</td>
</tr>
</tbody>
</table>

The constitutional amendment allowing 17 year olds to vote in the primary (if they will be 18 by the general election) passed by an overwhelming 10 to 1 margin.

Members of the social studies department donned ‘Monty Python’ costumes on Friday, October 29 to celebrate Halloween with the students.
Dear Parents/Guardians:

The Vermont Department of Health is interested in learning more about parents’ views on issues related to underage drinking and how they may have changed over the past years. A brief Web-based survey has been set up that parents or guardians who have children in grades 6 through 12 may access and complete online. This survey is a follow-up to a similar one that was conducted in February. Whether or not you responded to the February survey, you are invited and encouraged to do so now. The link to the survey is:

http://chweb.pire.org/vtparent

Our school will receive one dollar for every parent (up to $100) who completes this short online survey. Please take a few minutes now or within the next few days to complete the survey, and help support our school. The survey timeline closes on December 20.

Sincerely,

William D. Lawson
Principal
MUHS STUDENTS TO COMPETE IN UVM CHALLENGE THIS DECEMBER

Nick Marshall, Stephen Peters-Collaer, Addison Tate and Jimmy Fitzcharles are shown with the prototype for the emergency shelter they are designing for the UVM TASC Engineering Design Challenge. Caetano Hanta-Davis (not pictured) is also working with this team. Their design and 1/2 scale model will be judged on ability to withstand the elements, cost, and portability. Jay Harrington, MUHS math teacher is the advisor for the project.

Upcoming Music Events

The Music Department has had a busy fall. Currently students are preparing for district and All-state auditions as well as their concert repertoire. Please join for one of our upcoming concerts and events.

- Thursday, November 11, 2010
  7pm - MUHS Auditorium

- Monday, November 22, 2010
  7pm - MUHS Auditorium

- December 7, 2010
  12:30pm - Congregational Church of Middlebury

- November 19 and 20, 2010
  7pm – MUHS Auditorium
  Nov. 21, 2010
  2pm – MUHS Auditorium

MUHS Choir and Band Concert
MUHS Jazz Band Concert
MUHS Choir Concert
GREASE the musical
Beth Ireland, a nationally recognized woodturner and furniture maker, came to the MUHS woodshop on Wednesday, October 27, 2010 to demonstrate woodworking methods and techniques. Beth gave three presentations during the day. Her first, on woodturning was a real hit with students. She quickly made a cup, turned a table leg, showed how to cut beads and coves into spindles and gave detailed instruction on using turning tools. Shavings were flying!! The second workshop had students making their own handles for woodturning tools, after which they ground their own metal to complete their own personal tool. Students, and the teacher, were astounded that they could do this in little more than a class period. To close, she had a Wood 1 class on their toes, making band sawn boxes out of a single block of wood. Her energy was contagious, students had so much fun! Beth is on a national tour called Turning Across America, stopping into high school woodshops all over the country. We loved having her here and are most appreciative of her efforts and just awed by her talents.
FEE WAIVERS

Junior and senior students who qualify for free and/or reduced school meals are eligible for fee waivers to take the PSAT, SAT, ACT, and AP Exams. For the current school year, students must have completed the Application for Free and Reduced Price School Meals 2010-2011 and found to be eligible. Applications are available in the Guidance Office. If eligible, parents must then notify Rosemary Drabing in the main office that it is okay to release their name to the Guidance Department so that the appropriate fee waivers can be filled out. During their senior year, students are also eligible for up to four free college applications for fee waivers for participating colleges. Almost all colleges in the United States accept these waivers. If you have any questions, please contact the Guidance Department at 382-1195.

IMPORTANT TEST DATES

Saturday, December 4, 2010 – SAT
Late Registration Deadline – November 19, 2010

Saturday, December 11 – ACT
Late Registration Deadline – November 19, 2010

ASVAB

The Armed Services Aptitude Battery, (ASVAB) Career Exploration Program will be administered at MUHS on Wednesday, December 1st in the guidance conference room. This program is valuable for 10th through 12th grade students by providing information on an individual’s aptitudes or abilities for career planning and particularly for those interested in the military. Students wishing to take the ASVAB need to register in the guidance office by November 23rd.

PAYING FOR COLLEGE

On Wednesday, November 17th at 7:00pm, a representative from the Vermont Student Assistance Corporation (VSAC) will be presenting the “Paying for College” workshop in the Commons area at the high school.

The presentation, which normally runs about one and a half hours, provides students and their parents with valuable information on financial aid and other resources available to pay for college.

Among the topics covered are types of financial aid, ways to apply, how family contribution is calculated, how financial aid is awarded, student and parent loans, and alternative payment options.

VSAC is a public nonprofit created by the state to help Vermonters plan and pay for education beyond high school. In addition to these workshops, VSAC sponsors online career and college planning tools, a free lending library, and many workshops and events aimed at helping Vermonters prepare for life after high school.

If you have any questions about the night please contact the guidance office at 382-1195.

LAW AND ORDER CADET TRAINING PROGRAM

Each summer the American Legion sponsors a week long program to help high school students gain knowledge regarding the training and responsibilities of Law Enforcement Officers. Any interested junior or senior boy or girl who will be at least 16 years old by the summer may participate. Applications are available in the guidance office and must be mailed to the American Legion by May 13, 2011.
PARENTING ENRICHMENT SERIES WITH DOUG KLETTE

Weybridge Elementary School  Open to All ACSU Parents & Staff

Our task as parents is to facilitate the healthy development of our children so they become individuals who act with integrity, intelligence, and compassion. Parents and teachers play a critical role in developing healthy confident children. This series is designed to introduce specific communication, encouragement, and limit setting skills that can be practically applied in a variety of settings (home, school, public, visiting grandparents, etc.). There will be ample opportunity to engage in dialogue with fellow parents and educators.

COMMUNICATION SKILLS WITH CHILDREN– Monday, Nov. 15, 2010 6:30- 8:30pm

Communication with children always starts with the best of intentions and too often ends with the child and the adult feeling misunderstood and judged. Effective communication requires more than desire and good intentions. This session will focus on proven skills parents can use to build greater trust and increased understanding about the issues and feelings that concern their children.

HELPING CHILDREN GAIN PERSONAL CONFIDENCE – Monday, Nov. 22, 2010 6:30- 8:30pm

This session continues from the work of November 8 (though parents and educators who were not able to attend the previous week are very welcome). A quick review of the skills taught along with opportunities to discuss actual skill application will help all to better integrate the material presented. Parents will also learn how to help a child gain personal confidence; knowing when to help a child and when to encourage them to help themselves.

Doug Klette has worked as a school counselor, family counselor, and adjunct graduate faculty member for UVM and Castleton State College for the past forty years. He offers training to parents, and educators in school districts and communities throughout New England.

Did you know?

Respite is short-term, temporary, usually weekend, care of children at risk. Respite care is essential support service that can help prevent child abuse, as well as foster care placements. There are many children in Addison County who could benefit from this service, but there are not enough respite providers.

Middlebury Family Services is looking for families or individuals willing to become approved respite providers. Even if you have as little as one weekend per month to devote to making a difference in a child’s life and could provide this essential care in your own home, we would like to hear from you. We provide a small stipend.

We are in particular need of people who enjoy and relate well to teenagers.

Contact Bonnie @388-4660

Can you help?
On October 27th a group of 10 MUHS students attended the 1st Annual Addison County Teen Summit at Middlebury College. Students from Bristol, Middlebury and Vergennes high schools spent the day with Dana Mitchell, a national authority on empowering youth in substance abuse prevention. The Addison County Teen Summit was a chance to learn how alcohol advertising works and how one can become more critical of the images and messages presented via the media. Students were instructed to return to school with a flip camera in order to create a Public Service Announcement of their own, that encourages peers to avoid the pitfalls and dangers of underage drinking. The Addison County Teen Summit was a collaboration of the Addison County Prevention Partnership, Middlebury College, Addison Central Teen Center, Addison Northwest Prevention Partnership, Boys and Girls Club of Greater Vergennes, and the VT Department of Health.

MUHS Prevention continues to run a “game table” during 2nd lunch. Additionally, the Prevention program began an 8 week loss/grief group in October.

MUHS Prevention, along with 6 MUHS Peer Leaders, participated in the 1st annual Youth Wellness Fair on October 16th. The fair incorporated a wide array of wellness objectives, including children’s activities, dental hygiene, healthy eating, healthy life choices, child safety, and much more.

Several of MUHS faculty and students attended the Addison County vigil against bullying. More specifically, the vigil was held in response to several teens across the country that had recently committed suicide, largely as a result of bullying regarding their perceived sexual identity. The vigil was an opportunity for members of our school and the larger Addison County community to take a stand against bullying, while bringing awareness to the issues facing the lesbian, gay, bisexual, transgender, questioning teens (LGBTQ).
At the end of October, MUHS Peer Leaders hosted the 3rd annual 9th grade Halloween competition. The event was judged and prizes were awarded to the top 3 winners.

Students in Ms. Karpak's health classes carved pumpkins for Helen Porter Nursing Home.
Yearbook News!

Parent ads for graduating seniors are due November 23rd. The instructions can be found in the September issue of the MUHS newsletter located on the school’s Web site. If there are any questions please contact Matt Ottinger at 382-1039 or mottinger@addisoncentralsu.org.

Baby Photos The yearbook is looking for baby photos of graduating seniors to be placed in the 2011 issue of the Quatrain. Please send in the cutest photos of your son/daughter when they were just a little one. If you would like the photo back please put your address on the back and we will scan the photo and send it back to you. Also be sure and write the name of your son/daughter on the photo. The deadline for receiving these photos is December 1st. Please call or e-mail with any questions or concerns. Thank you!

SCOHR By Bronwyn Worrick

The Student Coalition on Human Rights (SCOHR) has started off the fall of 2010 with exciting fund-raising ideas and growing enthusiasm from students to help communities across the world. The group meets every Wednesday in order to plan and organize fund-raising events and discuss future plans for the group. Starting this week from Tuesday, November 9th to Friday, November 12th the students of SCOHR will be selling SCOHR t-shirts that have been tie-dyed during the group’s weekly meetings. The t-shirts will be sold for ten dollars and the money will go towards the groups fund-raising pool. On December 10th, SCOHR is holding a Kids Night Out at the high school. For children age 3-6th grade, the cost will be ten dollars for one child and five dollars for any additional child. Kids Night Out includes movies, games in the gym, arts and crafts in the cafeteria, and free snacks! Also, starting during the week of November 15th, boxes will be distributed to each advisory in the school for students to bring in toiletry items. Toiletries including tooth paste, tampons, soap, shampoo, and toothbrushes that are considered to be common household items are gifts to people in need. So, SCOHR plans to send the toiletries to the people of Haiti who are still recovering from the earthquake and are now facing the cholera disease. These fund-raisers are vital because they either directly help impoverished people or raise money for SCOHR to use in the future. Apart from fund-raising and item collections, the group has also been discussing the possibility of traveling to Honduras in February 2011. Last year, four students from SCOHR traveled to Trujillo, Honduras for a week, where they helped plant trees in areas of erosion and build a cement playground top at a local school. The group hopes to travel to Honduras again because students not only experienced a new culture, but were also able to feel an enormous sense of accomplishment after they left. SCOHR encourages new students to come check out the meetings after school each Wednesday and hopes there will be school-wide involvement in the fund-raisers this year.
The Activities Office would like to congratulate all of the fall teams on a terrific season. With the season coming to an end, we wanted to highlight some of the outstanding accomplishments of our teams.

Our cross country teams had a spectacular season, with both the boys’ and girls’ teams winning the NVAC (Northern Vermont Athletic Conference) Small School Championships. They were the odds on favorites to do very well at the state championships. The boys’ cross-country team is our first state championship team of the 2010 school year. Stuart Guertin led the team by taking first place overall in DII; followed by Neil Guertin in 6th place and William Conlon in 8th place. The girls’ team took second place behind last years’ State Champions, Harwood. Emily Anderson placed 4th followed by Christine Artim in 6th place, Emma Ryan in 11th and Elise Biette taking 16th place. Congratulations to the entire team and Coach Emily Marquart, for a tremendous season.

Other notable accomplishments this fall included the girls’ soccer program, which advanced to the semi-finals in the VPA DI Soccer Tournament. The team advanced from the first round with an upset victory over Springfield, who was ranked # 6, while Middlebury ranked 11th. The team’s second victory was a 1-0 win over Fair Haven at home in the quarter-finals. The team traveled to #2 Milton on November 3rd to play in the semi-final game.

The 2010 field hockey team had a 6-5-3 regular season, placing it as the # 6 seed in the VPA DI Field Hockey Tournament. The team had a 2-0 victory over the # 14 Burlington team on the Burlington turf field, since our field was too wet to host a game. The team’s next opponent was # 3 Essex, who had defeated our team twice in the regular season. The team prevailed with a 3-2 victory at Essex. On November 3rd the field hockey team traveled to Hartford to play the # 2 Hurricanes in a semi-final game.

The boys’ soccer team had a very successful season with a 6-6-2 regular season record; losing several games by the narrowest of margins. The team entered the post-season as the # 10 seed, taking on a strong, but beatable, #2 team from Missisquoi. Unfortunately, the team was unable to upset the higher seed and the season came to an end. Based on the success that we had this year at both levels of boys’ soccer, we are confident that our team will be a force to be reckoned with next year in a very competitive Division II league.

Football had a regular season record of 9-0 giving the team the #1 seed in Division II VIFL Championship Tournament. The team was victorious playing #4 seed Fair Haven on Friday November 5th at MUHS and will play in the Division II state championship at Rice on November 13 at Castleton State College.

Congratulations to our teams!

Winter sports practices start November 29th. Please turn in your paperwork!
Middlebury College graduate Lindsey Sick is doing her teaching practicum in Ms. Dunleavy’s two Beginning Spanish classes this semester. Lindsey, who is originally from western New York state, graduated in 2010 with a B.A. in Spanish and minors in French and Education Studies. During her junior year abroad, she studied French literature, history and linguistics in Poitiers, France. She also attended the Middlebury College Summer Spanish School in 2007. In the summer of 2010, she worked on the Ohio campus for the Middlebury-Monterey Language Academy.

“I have never been happier than I am now, doing what I love—sharing my love of language with fascinating, funny, diverse and complex teenagers under the guidance of a brilliant, creative, and supportive mentor. I was told student teaching would be exhausting, which it sometimes is, but every day in school my students surprise, amaze and challenge me in such profound ways that I leave school buzzing with positive energy and ideas. I absolutely adore my students and cannot believe my practicum is already more than halfway over.” – Lindsey Sick

Deb Koretz’s Spanish III class has recently finished a unit on fairy tales. The students wrote and made illustrated books which are currently on display in the MUHS Learning Center.
Addison County Teens News

ACT values teen culture as an essential part of the broader community. It provides a fun, safe and welcoming place for teens to hang out, and promote teen contributions through programs, activities, and outreach.

Drop-in hours this fall:

Monday, Tuesday, Thursday: 3 – 6 PM
Wednesday and Friday; 3 – 7 PM

Addison Central Teens (ACT) announces the hiring of Colby Benjamin as its new Co-Director. Colby grew up in Middlebury, graduating from Middlebury Union High School in 2001. He is also a 2006 graduate of the University of Vermont, with a Bachelors Degree in Recreation Management. Along with current Co-Director, Jutta Miska, Colby will staff ACT’s supervised drop-in hours at its teen center, 94 Main, located in the basement of Middlebury’s Municipal Gym. ACT is open to all youth in 7th to 12th grades from the ACSU school district. Through its Youth Advisory Council, or YAC, ACT sponsors dances, raves, fundraisers, community service projects and much more—by and for teens. It provides a fun, safe and welcoming place for teens to hang out, be with their friends, listen to music, play foosball, pool, board games and eat snacks.

Up-coming events:

Every Wednesday 4:30-6pm (pizza at 5:30pm): Youth Advisory Council (YAC) meeting. “DREAM - ACT - DO” is the motto of our YAC meetings. Teens decide what they want to see happening at 94 Main and they plan and implement their programs and activities.

Every Thursday 3:30–5pm: “Sweet, Sweeter, Sweetest.” Come join us for an afternoon baking with Grace. You choose what you want to bake, help bake it and EAT it.

Every Friday: 4-7pm “ Friday Night Dinner and a Movie.” Come and cook with Kate- all ingredients are bought from local farmers. Create your own favorite food, choose a movie, kick back, relax and share a meal with your friends.

Saturday, November 20, 2010, 8:00–10:00pm: DJ SKATE NIGHT - Co-sponsored by FRIENDS OF MIDDLEBURY HOCKEY AND ADDISON CENTRAL TEENS. Enjoy classic roller rink style skating on the ice at the Memorial Sports Center, 296 Buttolph Drive, Middlebury. All ages and abilities welcome - $5 adults - $3 students.

Friday, December 3, 2010, 3:30 to 7pm: Community Supper at the Congregational Church, hosted by the teens of ACT. Come and help our professional chef from Fire & Ice prepare Chicken Alfredo with broccoli and salad. If you like to bake come to 94 Main on Thursday afternoon, 12/2, to prepare dessert for Friday’s dinner.

Friday, December 3, 2010, 7 to 11pm: The Rave. Come and join us for a night of techno music, glow sticks and black lights at the Middlebury Municipal Gym.

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Catch us on the Web: [www.muhstigers.org](http://www.muhstigers.org)

Newsletter:
[www.muhstigers.org/information/newsletters.html](http://www.muhstigers.org/information/newsletters.html)