



# Wolf Tracks

January 2010

Volume 17 Issue 4

## PTSA Executive Committee

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Gayle Adams  
313-2491  
Haleh Farsad  
369-2465

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868-8828  
Patti Benjamin  
868-1892

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868-7136

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836-7708  
Patty Pacelli  
868-1739

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868-9830  
Linda Tantillo  
868-8037

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836-5139  
Sosie Sagherian  
868-7223

### Graduation Programs

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868-4506

### Community Liaison

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868-7463

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868-3585  
Alison Cushing  
836-8031

### Senate Representatives

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836-8499  
Ned Menninger  
836-1367

### Homeroom Reps.

Allyson Danas  
868-5702  
Christy James  
868-3599

## From the Presidents:

Happy New Year and welcome to 2010! For those of you with seniors, this has no doubt arrived in the “blink of an eye.” You hope and pray it will proceed slowly so you can savor every last moment with your child before he or she moves on to an independent life, where your parenting role is drastically changed and your time together may be much less than you’d prefer. For parents of sophomores and juniors, we invite you to slow down and spend plenty of quality time with your teen. The next few months will be some of the busiest for your student (essays, WASL, finals, etc.). Encourage them to eat right, get enough sleep, and keep current in all classes.

Thank-you to those who attended the PTSA General Membership meeting on January 6. We were pleased to join forces with Inglewood Junior High to host a special speaker, Brent Campbell, who was honest, concise, and knowledgeable in his facts regarding teen addiction, including warning signs, specific pain killers and over-the-counter drugs being used by students, and how to help. A special thank-you goes to Jane Hitchcock and Sosie Sagherian for making this evening possible.

At this meeting, the PTSA General Membership voted to set aside \$15,000 to help fund a new electronic reader board for Eastlake. If you would be interested in serving on a fundraising committee for the new reader board, please contact Liz Sirjani at [esirjani@lwsd.org](mailto:esirjani@lwsd.org).

Washington State PTA Legislative Focus day was held on Monday, January 18<sup>th</sup>. If you didn’t make it, please continue to let our legislative representatives know that education funding is important to all of us. “When one person speaks alone, it’s an opinion. When ten of us speak together, it is a concern. When fifty of us speak together, it is a strong suggestion. When 200 of us speak together, it is a movement. But when 150,000 of us speak together, it’s a victory for children.”

A big “thank you” to Denise Radecke and Laura Hamilton for being our Reflections Chairs this year. We appreciate all that they did stepping up at the last minute to make sure Eastlake’s students were not left out of this state competition. For more information about Reflections students who entered and won awards, see the article in this newsletter.

Gayle Adams and Haleh Farsad  
Eastlake PTSA Co-Presidents

## Three Eastlake Teachers Earn National Board Certification

Congratulations to Emily Borden, Science; Elise Meilleur, World Languages; and Linda Thompson, Language Arts, for receiving the nation’s highest certificate in teaching achievements—National Board Certification.

Teachers who earn this certification, which compares each teacher’s knowledge and skills with a national set of professional standards, must compile portfolios which include lesson plans, videos of teaching, and student work samples. They also take a written test on knowledge in several areas. The process takes about 400 hours to complete.

The Eastlake community is proud of the accomplishments of these teachers.



Dear Parents,

I have been pleased to host two separate “Coffee with the Principal” events so far this year. On the 15<sup>th</sup> of every month (it will be the 16<sup>th</sup> in February, due to break), EHS will host a morning coffee and chat from 9:00 – 10:00. For me, this is an opportunity to connect without a formal agenda or program with the intent to hear from the parent community what is on your mind. This past January Coffee, we had discussions around:

- Consistency in Grading Practices
- Advertisement for parent events
- The Future of Senior Project

For parent events, there are a number of places to access information – Parent Organizer, EHS Website, Wolf Tracks, our coming electronic readerboard, etc. I will be adding in e-mail reminders for upcoming parent events, utilizing our new School Messenger system. This allows me to send notes to parents with highlighted key messages on upcoming information nights – Junior

parent night, college planning night, for examples. This will be just one more method that we can send out information to you – with the goal being a tighter partnership between school and home. This messaging system is only as effective as our records are accurate. If you notice that you are not receiving information, please check and make sure our e-mail address information is correct. We commit to keeping this specific to parent information and meetings with the Principal events, in order to avoid notification exhaustion.

As the semester winds to a close, I do want to emphasize how proud I am to be a part of Eastlake High – watching students and staff achieve at high levels, and observing parents involved and supporting our programs. I am honored to serve in my role here – and look forward to an excellent second half of the year!

Greg Schellenberg

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## Drug and Alcohol Awareness

*“Ecstasy” use; it isn’t just for Raves anymore. Come and learn more about one of the most harmful, mysterious and popular drugs on the Eastside—what’s in it, what it does, and the drug culture that accompanies it. Your child does not have to be using drugs to be impacted: their classmates are using, their friends could be using, they can be robbed, manipulated, lied to and hurt without ever using drugs themselves. The best way to keep your child safe is to become an informed advocate for a drug-free community.*

**The next Awareness & Prevention Night will be held on Thursday March 4<sup>th</sup> at 6:30pm in the Eastlake High School Library.** Awareness & Prevention meetings are open to parents, staff, students, and any other community members who want to be a part of keeping Sammamish a safe, supportive place for youth.

If you have questions, please email Andrea “Noble” Erickson at [anoble@lwsd.org](mailto:anoble@lwsd.org) We hope to see you there!

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## Science Honor Society Tutoring

Every Wednesday afternoon, students in Science National Honor Society tutor in the library from 12:40 until the last student has been helped. As co-chair of the tutoring committee along with Hyunsoo Lim, I am at all of these sessions, and have witnessed firsthand the type of work our tutors can do. Just this past Wednesday, two students came in seeking help in chemistry. One of our science tutors, Rasan Cherala, immediately volunteered to work with the girl and spent an hour helping her understand the lab she had performed in her chemistry class. When she left, she thanked Rasan and had a much better understanding of the subject material. Over the course of the semester, these tutoring sessions have evolved as the Honor Society has created a sign and posters to advertise. Unfortunately, relatively few students have chosen to take advantage of this opportunity to receive tutoring from students who are taking AP science classes or who have previously taken biology, chemistry, or physics. If your student is having trouble with science or would just like extra help with homework or studying, tell them to head to the library on Wednesdays to receive free tutoring from Science Honor Society tutors.

Thomas Cools

### HELPFUL PHONE NUMBERS

**Eastlake High  
School  
Main Line**  
425-836-6600

**Attendance Line**  
425-836-6639

**Counseling Office**  
425-836-6622



**PTSA Special Needs Group Meeting**

PTSA Special Needs Group  
TUESDAY, JANUARY 26, 2010  
LWSD Resource Building  
16250 NE 74th St, Redmond WA 98052  
7-8:30 PM

**A POSITIVE BEHAVIOR SUPPORT SYSTEM**  
*“Igniting the Greatness of Our Children”*  
*Using Howard Glasser’s*  
*“Nurtured Heart Approach”*  
Presented by: Tammy F. Small, M.Ed.  
School Counselor/Parent Educator for over 27 years  
Certified Nurtured Heart Coach

Tammy will share a strategic systems approach designed to turn the challenging child around to a new pattern of success. It is a system that can be adapted and is appropriate for all communication levels and all children’s abilities.

Our ultimate goals as parents, educators, and human beings is to Build Inner Wealth in the children we work with... to TRANSFORM what children believe about themselves and give them abundant evidence that they are valuable, good, competent and able to cope and succeed in life.

The Nurtured Heart Approach teaches how to strongly energize the child's experiences of success while not accidentally energizing his or her experiences of failure.

Being a K-8 and high school counselor for many years Tammy’s perspective and strategies are from real application, not just from theoretical point of view. In addition to working with her own school families, she also phone coaches and does in-home coaching for several families in the NHA.

COME JOIN US FOR SOME GREAT CONVERSATIONS AND STRATEGIES TO IGNITE THE GREATNESS OF YOUR CHILDREN – AND EMPOWER YOURSELF AS A PARENT/CAREGIVER/EDUCATOR.

To be added to the PTSA Special Needs Group email distribution list, please contact the Chairperson, Beth Angelo [4bangelo3@verizon.net](mailto:4bangelo3@verizon.net) Being on this list allows you to get resource info, meeting reminders and summaries, as well as access to files on our LWSD PTSA Special Needs Group Yahoo! web site. This list is not shared with anyone.

Eastlake Liaison: Chris Rostas [bornvermont@comcast.net](mailto:bornvermont@comcast.net)

**SPRING SPORTS**

Baseball, Fastpitch, Tennis, Track, Boys’ Soccer\*, Girls’ Golf\*  
\*9<sup>th</sup> grade students may participate

First day of Spring Sports – Monday, March 1<sup>st</sup>  
Eligibility begins on February 8<sup>th</sup>

Sports Eligibility Packets are available outside the EHS Athletic window and at the Junior High School Main Offices.

Once all requirements have been met a yellow clearance card will be issued. All Athletes MUST turn in their clearance card to the coach in order to participate.

ATHLETES WILL NOT BE CLEARED IF THEY HAVE MISSING INFORMATION, FORMS AND/OR SIGNATURES, OR UNPAID FINES

Sports Fee - \$275 and a current ASB card  
Bookkeeper/Athletic Office hours -before school and both lunches **ONLY**  
Pay the Sports Fee at the Bookkeepers’ Office **BEFORE** submitting eligibility packet to the Athletic Office

Please contact the Athletic Office if you have any questions.

**Athletic Director:** Brent Kawaguchi  
[bkawaguchi@lwsd.org](mailto:bkawaguchi@lwsd.org) 425-836-6610

**Athletic Secretary:** Carolyn Carey  
[ccarey@lwsd.org](mailto:ccarey@lwsd.org) 425-836-6624

**PTA Member Discounts with T-Mobile**

If you are interested in switching over to T-Mobile service (aka, a new customer) call **1-866-464-8662** and use promo code **9788TMOFAV**. You will be entitled to a **14%** discount on your monthly wireless service (ask the rep for specifics since terms and conditions may apply) as well as the **activation fee waived (\$35)** on each new line of service. There are also several phone promotions available (e.g., Blackberry, Nokia, Droid, etc.)

If you are an **existing** T-Mobile customer, call the migration dept at **1-877-453-8824** to receive the **14%** monthly discount. (They may require you to provide your Local Unit PTA number). To access your EHS PTA Membership number and receive the discounts, contact Michelle Weiss at [mbweiss@aol.com](mailto:mbweiss@aol.com). There may also be phone promotions or service upgrades available to you as well.

One promotion currently available on the NPTA website thru Feb 28, 2010 allows you to trade in your old phone and receive \$50 toward a new Blackberry. [http://www.pta.org/Local\\_Leaders/T-Mobile-Flyer.pdf](http://www.pta.org/Local_Leaders/T-Mobile-Flyer.pdf)

For more info, go to the [NPTAbenefits page](#) and scroll down to T-Mobile.

## Senior Project Update

Seniors will soon experience the transition into a new semester, their last in high school! It is a time of transition for the senior project as well, because most seniors have left the planning phase of the project and are well into the action phase. Here is a quick overview of where seniors should be with their projects:

- The project Proposal and Plan should be approved by this time. The approval of these documents is signaled in StandardsScore by a score of 1/1 for each document.
- The work of the project should have begun and will continue until the project is complete. By the time of the first PSR (see below), we hope that seniors have completed roughly a third of their project work, or 20 hours.
- Seniors should have attended two required meetings with their project panels. Attendance at those meetings (or a makeup appointment) is indicated in StandardsScore by a score of 1/1 for each meeting.
- The first Project Status Report (PSR) is due to panels on Monday, February 1. Forms and instructions are available in the Academics section of the EHS website.

## The Semester Grade Report

Each senior's project status will be displayed on the semester grade reports. The reports will reflect the status of the project *on the date* that reports are generated. These grades, which will be either P (Pass) or F (Fail), **do not impact the student's GPA** because the Senior Project class does not carry credit: we use StandardsScore as a record-keeping mechanism. However, a failing grade is a strong indicator that the project is not on track to succeed and that the student is in danger of failing to meet this graduation requirement.

## Next steps for students

- Continue working on the project, keeping track of hours and activities
- Continue communicating with the panel, to discuss changes and challenges to the project and to address feedback on documentation
- Ask for help before small problems become bigger ones...or before big problems become disasters
- Continue reflecting on what you are learning, thinking, enjoying, gaining, figuring out...as you work on your projects

**Dana Nasby**, *Humanities teacher, Senior Project Coordinator*, 425-836-6600 x-361, <http://www.inetteacher.com/teacher/102538>

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## Reflections

Congratulations to the following Eastlake High School students who advanced to the Reflections Competition at the District Level! A reception was held on January 8th at the LWSU Resource Center where the beautiful artwork was displayed.

### Dance Choreography

Eve Franklin (advanced to State Competition)

### Literature

Taylor Boyd  
Sarah Cardon  
Justin Dennis  
Harrison Kim  
Briana Salvage

### Visual Arts

Anushey Nasar  
Trevor Pacelli  
Keisha Peterson  
Madeleine Tidwell  
Kecen Zhou

### Film Production

Stephanie Radecke

### Photography

Austin Dauterman  
Lincoln Doyle (advanced to State Competition)  
Carly Page  
Chris Pribbernow  
David Sladek  
Kelsey Smith

### Musical Composition

Harrison Kim

A special congratulations goes to sophomores Eve Franklin and Lincoln Doyle who will be advancing to the Washington State Reflections competition! Eve received the Outstanding Interpretation award for Dance-the highest award for the Lake Washington School District's Senior Division in Dance Choreography. Lincoln received an Award of Excellence for Photography in the Senior Division. We all wish Eve and Lincoln luck in their State level competition. Thanks to all who entered and supported this year's Reflections contest at Eastlake!

**COLLEGE PLANNING TOOLS FOR PSAT-TAKERS**

My College QuickStart is an easy-to-use, online, personalized college and career planning kit available free of charge to all students who take the PSAT/NMSQT. The information and answers your child provided when he/she took the test are incorporated into this useful tool, and it presents data in four main parts:

- My Online Score Report—an enhanced score report that allows students to review each test question, the student’s answer, and the correct answer with answer explanations.
- My SAT Study Plan—a customized SAT study plan based on student PSAT/NMSQT test performance, highlighting skills for review and practice.
- My College Matches—A starter list of colleges based on the student’s state and indicated choice of major.
- My Major and Career Matches—Major and career matches that are compatible with the student’s general interests and personality type.

The college planning tools are available using the access code printed on the student’s paper score report, and can be utilized throughout high school. Using My College QuickStart together with your child is a great way to introduce and guide your child through important aspects of the college-going process. Visit [www.collegeboard.com/quickstart](http://www.collegeboard.com/quickstart) to get started.

**SEMESTER REPORT CARDS**

First Semester ends Friday, January 22, 2010. Final grades for the semester will be mailed home the week of February 8.

**SCHEDULE CHANGE PROCEDURE**

Students will receive a copy of their second semester schedule in their advisory prior to the end of the semester. In order to have a schedule change, a student must fill out a “Request for Class Change” and acquire the necessary signatures. Each request must be approved by an administrator. If the request is approved, the student’s counselor will call him/her out of class to discuss the class change; however, the adjustment is not guaranteed since it can only be made if the requested class is available. Please remind your student there is only a one week period to complete this request.

**JANUARY COLLEGE PLANNING\***

\*From National Association of College Admissions Counseling website [www.nacacnet.org](http://www.nacacnet.org)

**Sophomores:**

- Keep studying!
- Volunteer--a great way to identify your interests and to develop skills.

**Juniors:**

- Begin to make a preliminary list of colleges you would like to investigate further. Surf the Internet and use the college resources in the guidance office or library.
- Ask your parents for your Social Security number (required on many college applications). If you were never issued a Social Security number, contact the closest Social Security office as soon as possible to obtain a number.

**Seniors:**

- Keep working in your classes! Grades and courses continue to count throughout the senior year.
- If the colleges in which you applied require a Mid-Year Report, turn in the report to your counselor so that first semester grades will be sent to those colleges.
- Parents and students, complete your income tax forms as soon as possible. You will need those figures to fill out the FAFSA. Complete and return your FAFSA as quickly as possible after January 1 (see information below). Check to make sure your colleges or state does not require any other financial aid forms. If they do, consult your guidance counselor or contact the college's financial aid office.

**COLLEGE FINANCIAL AID**

The Free Application for Federal Student Aid (FAFSA) forms are available in the Career Center or can be accessed on the internet ([www.FAFSA.ed.gov](http://www.FAFSA.ed.gov)). Seniors should submit the application as soon after January 1 as possible. This form is used by the federal government to determine a student’s eligibility for federal aid, including grants, work-study, and loans.

There are several benefits of applying on line:

**It’s free**—You never have to pay to apply for the federal student aid. Also, free help to complete the application is available at 1-800-4-FED-AID.

**It’s fast**—You’ll get your results much faster than if you mail in a paper FAFSA.

**It’s easy**—It’s easy to navigate. Online instructions are available to help you answer every question, and FAFSA on the Web lets you skip questions that don’t apply to you.

**It’s secure**—Your personal information is completely secure. It’s just as safe as mailing a paper application.

## Tips for Completing the FAFSA

**Tip 1:** Apply for aid as soon as possible after January 1. Early completion maximizes your chances of financial aid.

**Tip 2:** Make sure you know your college's deadline for FAFSA submission. Deadlines are extremely important at some schools, because some aid is based on applying before the deadlines. (Students can never apply before January 1 of that school year.)

**Tip 3:** Contact your prospective college's aid office for additional information. Your school may require forms besides the FAFSA or may have an earlier submission deadline.

**Tip 4:** Submit the FAFSA whether or not you think you qualify for aid. Many colleges *require* that students submit the form and sometimes being rejected for federal aid is a prerequisite for receiving private awards.

**Tip 5:** Pick up the form in the Career Center or download the form from the Internet at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). Since FAFSAs are available each academic year, there may be two FAFSAs active at the time you are applying. Make sure you're applying for the correct school year.

**Tip 6:** Parents will need to provide income information and sign the form if the student is under 24 years of age, an undergraduate, not married not an orphan or ward of the court, don't have children or dependents whom you provide more than one-half support, and not a veteran.

**Tip 7:** The instructions should lead you through all the questions. Don't leave blanks unless the instructions specify or the question does not apply. Leaving blanks could result in delay of processing.

**Tip 8:** If you or your family have unusual circumstances not addressed on the application (such as loss of employment or major medical expenses), contact your college financial aid office.

**Tip 9:** Make a copy of your paper application, or print a copy if you have applied online. Don't forget to sign and date your application!

**Tip 10:** Review all of your data on the FAFSA every year. Your eligibility can change from year to year, depending on your family's circumstances.

HELP IS AVAILABLE BY CALLING 1-800-4FedAid M-F between 8 am and 8 pm EST.

**Next month's article will list tips for 'after you have completed the FAFSA.'**

## SCHOLARSHIPS

Check the scholarships posted in the Career Center regularly. Accessing internet scholarship searches such as [www.fastweb.com](http://www.fastweb.com), [www.wiredscholar.com](http://www.wiredscholar.com), or [www.salliemae.com](http://www.salliemae.com) can help your student find scholarship possibilities. Additional web addresses are listed in the Senior Handbook.

## FEDERAL STUDENT AID PROGRAMS

For online resources that cover the full range of financial aid topics—from preparing for a college education to all the way through repaying students loans, go to [www.studentaid.ed.gov](http://www.studentaid.ed.gov). View the online version of the booklet *The Student Guide* at [www.studentaid.ed.gov/guide](http://www.studentaid.ed.gov/guide). Or order a free copy by calling 1-800-4-FED.AID.

## NEW: DISTRICT ONLINE CLASSES AVAILABLE

LWSD is offering online courses in History of the Pacific Region, Health, and English. The advantage to earning credit in these courses is that the final grade will replace a lower grade taken in the District. Course length is 17-18 weeks and cost \$275. If interested, contact your counselor as soon as possible.

## SOPHOMORE PARENT NIGHT

Eastlake High School's *Incoming* Sophomore Parent Night is **Wednesday, February 3<sup>rd</sup>** from 7-9 in the EHS theater. There will be a Special Ed parent meeting prior to the general meeting at 6:30 in room D205.

## RUNNING START INFORMATION

If you have a student going to be a junior or senior next year who is interested in learning more about Running Start, the counseling department is holding information sessions in January and February in the career center. If interested, please sign up with Mrs. Wehner in the career center.

## SETTING BOUNDARIES WITH TEENS AROUND ALCOHOL AND OTHER DRUGS

- Start early, before problems occur.
- Be clear that alcohol and other drugs are not acceptable.
- Learn about alcohol and other drugs so you can explain the dangers and consequences.
- Learn about and explain the law regarding teen involvement with alcohol and other drugs. This includes parent liability for allowing underage drinking in the home.
- Be clear with your teen as to what is/isn't acceptable. Establish curfews and hold kids responsible for following rules.
- Establish clear and concise consequences for the use of substances.
- Know your teen's friends and their parents. Have your teen check in with you.
- Ask your teen how he/she would refuse substances and still save 'face' with friends.
- Offer to pickup your teen if he/she is in a dangerous situation. This does not give permission to use substances.

**Counseling Center—continued**

- Express love, concern and your willingness to do what it takes to keep your teen safe.
- Set a good example, kids learn by positive role modeling.
- Understand that ‘experimental’ use of a substance is only 2-3 times, beyond that it is substance abuse.
- Remember: the use of alcohol is not a ‘rite of passage’ for adolescents, it is illegal.

**Eastlake Drama Club Silent Auction and Improv Show**  
**Friday, February 19, 7:00 p.m.**  
**Eastlake Commons and Theater**

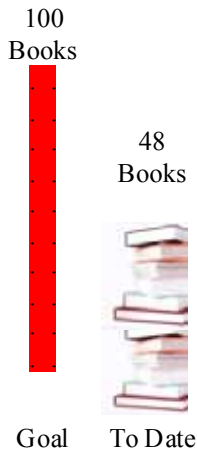
Come and support Eastlake’s Drama productions while enjoying a fun evening socializing, browsing and bidding on fabulous silent auction items in all price ranges, and finishing the evening with a laugh-out-loud comedy performance by “Aw Snap,” Eastlake’s Improv group. The event is open to the public, so invite your friends and neighbors!

Proceeds will help fund the spring musical, “Little Shop of Horrors,” which will be produced in early May.

Donations are needed for the Silent Auction. If you would like to donate, please contact Elana Angell-Litvak, Drama Booster Club President, at [elanaangell@yahoo.com](mailto:elanaangell@yahoo.com), for a donation form or more information.

**Thank You from Eastlake Library**

What a wonderful response we received from our Eastlake Library supporters. Thank You!! With every surprise delivery, we are sincerely amazed at the generosity Eastlake parents show. This year, we decided to again ‘shoot for the stars’ and set a goal to receive 100 books by the end of the school year. So far, in just one month, we’ve received 48 books. That’s already 48%!!



We’d specifically like to thank the following donors: Pat Rowen and Janice Salim.

If you haven’t donated books yet, and would like to, it’s not too late for you to help us reach our goal! Please take a look at the Amazon Wish List. Each book purchased will have a book plate affixed inside the front cover indicating the generous donor or someone they wish to honor. Incidentally, this could be a great way to honor your graduating senior. Simply make an indication via the Amazon note card or email us with the information you’d like included on the book plate(s).

Needless to say, your donation may be tax deductible.

Thanks so much for continuing to think of us!

Kind Regards,  
 Nancy Sherertz and  
 the Eastlake High School Library

You can view Eastlake High School Library's entire Wish List at:  
<http://www.amazon.com/gp/registry/registry.html?ie=UTF8&type=wishlist&id=1VBE0AO6N2GGX>

-OR-  
 Choose Eastlake High School Library

The EHS Career Resource Center is the place to find INFORMATION: careers, post-secondary education, scholarship/financial aid, community service, and part time job opportunities. Questions? Call Andrea Wehner, 425-836-6621.

## WOMEN IN SCIENCE AND ENGINEERING CONFERENCE

High school, community college and university women are invited to explore opportunities in engineering and science careers at the 19th annual Women in Science and Engineering Conference to be held at the University of Washington on Saturday, February 20, 8:30 – 5:00 pm. This conference will include a pathway throughout the day of sessions devoted solely to high school women. There will be speakers and workshops that include hands on engineering projects.

For a small registration fee of \$15, students will receive attendance at workshop sessions, a catered lunch, and the opportunity to network and learn from industry and academic professionals. To register, complete the Student Registration Form at [www.engr.washington.edu/wise/conference.html](http://www.engr.washington.edu/wise/conference.html). The deadline for online registration is **Monday, February 15**. Limited on-site registration may be available on a first come, first serve basis.

## FINANCIAL AID

Students seeking college financial aid for the 2010/11 school year must complete and submit a *Free Application for Federal Student Aid* (FAFSA) form as soon as possible. The FAFSA is required for federal student aid and for most state and institutional aid – including grants, loans and work study. Apply online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). The *FAFSA on the Web Worksheet* (available online) will help you collect the information you need to fill out your FAFSA.

Both the student and parent will need a PIN to electronically sign the FAFSA. Apply for PINs, before beginning the FAFSA online, at [www.pin.ed.gov](http://www.pin.ed.gov). PINs do not expire. They can be used for years to come.

Be aware of deadlines. Colleges and universities have priority funding deadlines and it is very important to apply on time. Most schools recommend submitting the FAFSA as soon after January 1<sup>st</sup> as possible.

For more information about Federal Student Aid visit [www.studentaid.ed.gov](http://www.studentaid.ed.gov).

Note: The **CSS/Financial Aid PROFILE** is required by Whitman College, University of Puget Sound (Early Action and Early Decision candidates only), Heritage University and many schools outside Washington. Be sure to check with the college/university of your choice to determine if they require the PROFILE in addition to the FAFSA. PROFILE registration guides are available in the Career Center or online at [www.collegeboard.com](http://www.collegeboard.com).

## REGISTRATION

As sophomores and juniors begin thinking about registration for next year's classes, be sure that they consider the professional-technical programs offered both in the LWSD and in surrounding districts through **WaNIC** (Washington Network for Innovative Careers), previously called **NEVAC**. A few of the many great options for students include classes in AP Computer Science, AP Environmental Science, Athletic Training, Auto Collision Repair and Refinishing, Auto Technology, Biotechnology, Cosmetology, Criminal Justice, Culinary Arts, Fire Service Training, Graphics Production, Horticulture, Interior Design, Radio/TV Broadcasting and Welding.

A few of the new programs to be offered include Environmental Technology and Design, International Entrepreneurship, Sports and Entertainment Marketing/Management, and Robotics Design and Development.

In addition, three online learning classes will be offered –3D Animation, Health and Introduction to DigiPen Video Game Programming.

Details about the WaNIC classes are available online at [www.wanic.org](http://www.wanic.org) or in the Career Center (425-836-6621). Some classes are extremely popular and fill up very rapidly. Interested students should contact the Career Center as soon as possible to begin the registration process which includes a visit to the class. Class visits may be scheduled after February 1.

## THEWASHBOARD.ORG – New Scholarship Resource for Washington Students

TheWashBoard.org is a free, web-based non-profit scholarship clearinghouse for Washington students seeking college scholarships. There are over 50 scholarship providers from across the state registered on theWashBoard.org. These providers have over \$4 million in scholarship funds available and anticipate making over 1700 awards for the 2010-2011 academic year. New scholarships are added each day. At theWashBoard.org students can search and apply for verified scholarships specific to their academic interests, college or university, or other criteria. Additional financial aid resources and information is also available on theWashBoard.org site. TheWashBoard.org is advertising and spam-free.

## SCHOLARSHIP OPPORTUNITIES

Eastlake High School receives scholarship applications for a variety of scholarships – local, national and college specific. Our scholarship bulletin lists the scholarship applications we have received and placed in the Scholarship File – bulletin is updated regularly and may be found on the EHS web site. Additional references for scholarship research include scholarship books and a list of excellent Web sites. Scholarships of particular interest to Eastlake students will be announced in the school bulletin and in the Wolf Tracks – see list below.

**AXA Achievement Community Scholarship**

Seniors who have outstanding achievement in an activity in school, the community or the workplace are encouraged to apply for the AXA Achievement Community Scholarship (\$2,000). Deadline is February 15. Details and information about past winners is available at [www.axa-achievement.com](http://www.axa-achievement.com).

**Cory O'Brien Memorial Scholarship**

The Cory O'Brien Memorial Scholarship was established by family and friends in memory of former Eastlake High School student, Cory O'Brien. The purpose of this \$8000 scholarship is to provide financial assistance to an Eastlake high school senior who shares a similar passion for learning and living life to the fullest. Applicants must be current EHS seniors with at least a 3.00 GPA and must be planning to attend Washington State University in the fall. **Application deadline is May 1.**

**Joseph Edward Bolger Memorial Scholarship**

The Joseph Edward Bolger Scholarship was established in memory of Eastlake High School student, Joe Bolger, to encourage others and reward them for their hard work and academic achievement. Students who have demonstrated a consistent work ethic and have been active in the Christian Community are eligible to apply. Scholarship award will be at least \$1000. **Deadline for application is April 16.**

**Overlake Alumnae Panhellenic Scholarship**

Eastside senior girls who are planning to attend a four-year college or university that has National Collegiate sorority membership available are eligible to apply. Selection is based on GPA, community service and high school activities. Applications are available in the Career Center. Application deadline is April 15. For information and application go to [www.overlakealumnaepanhellenic.org](http://www.overlakealumnaepanhellenic.org)

**Phyllis Kirkpatrick Scholarship**

This scholarship (\$1000) celebrates the life of Phyllis Kirkpatrick who embodied the spirit of sportsmanship and teamwork through her support of EHS soccer. Senior girls who have been involved in at least one season of girls' soccer, at any level, while attending EHS are eligible to apply. Applicants must have a minimum 2.5 GPA. Deadline for application is **April 9.**

**Villeneuve Family Spirit of DECA Scholarship**

An award to recognize an outstanding Eastlake High School college-bound senior who has demonstrated his/her passion for DECA through leadership, competitive spirit and the promotion of the DECA legacy at Eastlake High school. To apply, students must be current members of Washington DECA, have completed at least one business course at EHS, have competed at Area 3 competition during the current school year and have at least a 3.0 GPA. Applications are available in the Career Center. Deadline to apply is **April 15<sup>th</sup>.**

**WASA/PEMCO 21<sup>st</sup> Century Educator Scholarship**

Seniors from Washington State who have at least a 3.0 GPA and plan to pursue a career in education are eligible to apply for the 21<sup>st</sup> Century Scholarship (\$1000 per year). Selection is based on leadership, community service, honors and awards, activities and educational goals. Deadline to apply is March 15. See web site for details and application: [www.wasa-oly.org/services/schol10/pdf](http://www.wasa-oly.org/services/schol10/pdf)

**WAVE SCHOLARSHIP**

The Washington Scholarship for Vocational Excellence recognizes students who excel in Career and Technical Education. Recipients of the WAVE scholarship receive two years tuition expenses for any Washington state college or vocational school. Students are eligible if they are residents of Washington state and have completed a minimum of 360 hours in a career and technical education program. Contact the Career Center for more information.

**WASHINGTON BUSINESS WEEK**

WBW is an intensive, fast-paced, fun and exciting week-long program of experiential learning and leadership offered at Gonzaga University, Pacific Lutheran University, Central Washington University and Western Washington University each summer. High school students live on a college campus and work in simulated companies. Their goal is to create a "company" that is a financial success. With prominent business volunteers acting as guides, students take part in management teams, participate in group activities, listen to speakers and experience college life. There are no prerequisites and the only obligation to the students is a \$325 non-refundable registration fee and their travel expense. The balance of the cost, \$625, is contributed by sponsoring businesses. WBW is open to all current high school students. Additional information and applications can be obtained at the WBW web site -[www.WBW.org](http://www.WBW.org) or call 1-800-686-6442.

## OVERLAKE PANHELLENIC INFORMATION FORUM

College bound high school girls and their parents are invited to attend this informal meeting on College Sororities. This is a perfect opportunity to learn everything you ever wanted to know about sorority life. University of Washington sorority members will be in attendance to answer questions about membership recruitment, sorority living and UW Greek Weekend. Representatives from other colleges will discuss sorority life at their campus and explain the many benefits of sorority membership. Scholarship applications will be available. No reservations are required for the Forum. It will be on Thursday, March 4, 2010, at 7:00 PM at the Bellevue Regional Library – conference room #1, 1111-110th Ave NE, Bellevue. For further information contact: Mary Anderson (425) 641-6922 or Jean Cerar (425) 392-1821.

## VOLUNTEER OPPORTUNITY

### Mountains to Sound Greenway Trust

Mountains to Sound Greenway Volunteer Nursery and Restoration events will be held at Lake Sammamish State Park in Issaquah and at Riverfront Park in North Bend. Volunteers will be potting in the Greenway Native Plant Nursery at Lake Sammamish State Park and will be removing ivy and planting trees at Riverfront Park. These events will be held on Saturdays in January and February. To join a volunteer event see web site: [www.mtsgreenway.org](http://www.mtsgreenway.org)

## SAT TESTING

<u>SAT TEST DATE</u>	<u>POSTMARK DEADLINE</u>
March 13	February 4
May 1	March 25
June 5	April 29

## ACT TESTING

<u>ACT TEST DATE</u>	<u>POSTMARK DEADLINE</u>
April 10	March 5
June 12	May 7

## Community News

**The New Library is open;** tours are available. Plenty of parking in the underground garage and the spaces in the garage are wider than the outside spaces. Study zone is back!

**Athletes for Kids** is in the process of recruiting mentors. They are really in need of EHS guys to be mentors. Contact Teresa Bretl at [teresabretl@athletesforkids.org](mailto:teresabretl@athletesforkids.org).

**The prescription drug drop box** is available at city hall for you to drop off all “extra” Prescription drugs. Please leave drugs in original containers with drug name visible and mark off any personal information. Please do not drop of non prescriptions. Check to see if your local pharmacy will take the non -prescription drugs. Bartell’s in Issaquah has been great at this.

January 21st, Thursday, **Parent Ed series** will be presenting “What teens are doing today”. Skyline is hosting at 7pm.

Talk to your kids about the legal dangers of **texting/posting inappropriate pictures**. Sexual pictures sent to or taken of those underage is child pornography and is a felony. Those convicted (and there are a number in Sammamish) are listed as Sex Offenders.

January 25th, **Training for Windows 7** for nonprofits and business. Monday, 10am-12pm , City Hall. Sponsored by Sammamish Chamber.

### Looking for bands!

February 12th, The Firehouse is hosting a benefit for Relay for Life and Sammamish Youth Board is hosting. Any bands interested in playing for this benefit should drop demos to Lynn Handlos at City Hall ASAP.

“Give a day Get a day” at a Disney park. Check out <http://disneyparks.disney.go.com>. By volunteering for a day with an organization in this program you get a day pass to a Disney park. Use it yourself or donate it to a designated organization.

Want to know what is happening in **Sammamish** with parks, roads, where you can volunteer, etc? Check out <http://www.ci.sammamish.wa.us/> and sign up for “Email Alerts”

\***Community Analysis Interviews** are taking place to help Kiwanis assess our current and future projects for Sammamish youth. Contact Heidi Hodges at [hodgesites@msn.com](mailto:hodgesites@msn.com) if interested in participating.