

SAN MATEO COUNTY TIMES
DEC. 4, 2004

Police break up race-related fight at Carlmont High

By T.S. Mills-Faraudo

STAFF WRITER

BELMONT — Racial tensions prompted a group of Carlmont students to get into a scuffle during lunch Friday, while hundreds of other students cheered them on, school officials said.

The incident started when about four white and Latino students threw chocolate milk cartons, water bottles and other items at each other, said Principal Andrea Jenoff. No one was injured, and there was no physical fighting, she said.

The tension that caused the incident started days ago, when some white students were overheard making derogatory remarks about Hispanics, Jenoff said. With Jenoff's help, these students — who weren't involved in Friday's fight — managed to work out their differences.

But a large group of students itching to see a fight spread word around the campus that there would be a brawl during lunch Friday.

When Jenoff heard students were organizing a fight, she notified Belmont police. After the incident began, officers and school administrators moved in to break it up.

"There were probably 500 kids out there, oohing and aahing during the fight," Jenoff said.

The four students involved in the altercation were suspended and may be expelled, she said.

For the time being, Jenoff

said she's going to break the school lunch period into two sessions so there won't be so many students on campus at one time.

She also wants to figure out some ways to educate students more about respecting each other's ethnicity.

Most students interviewed

shrugged off the incident as no big deal.

"I guess it was just a bunch of students who wanted to see a fight," said freshman Kelly Lingerwood.

Having fun is key to this teacher's success

■ Carlmont science teacher named Regional Educator of the Year

By T.S. Mills-Farauto
STAFF WRITER

BELMONT — With so many accomplishments under her belt, it's hard to call teacher Tina Doss a rookie, though she's in her first teaching job.

Especially after the Carlmont High School science teacher has been named San Mateo County Teacher of the Year and Regional Educator of the Year and is a candidate for State Teacher of the Year.

The 28-year-old teacher, who has taught for five years but could pass for a student, said she's "overwhelmed" and didn't expect to receive these honors so early in her teaching career.

"It's kind of scary," said Doss.

But it's not like she didn't earn the awards.

Doss was instrumental in starting an advanced placement science class at Carlmont as well as a three-year biotechnology program. In her short time there, she's worked her way up to science department chair and is also the school's junior varsity soccer coach.

Furthermore, she is credited with using such strategies as interactive learning to teach and reinforce key concepts.

Doss also has worked with her students on science-related community service projects. In fact, one project led to a continuing partnership with the San Mateo Parks Department in which students work with rangers removing invasive plants and maintaining trails as they take hikes and learn about the park.

The secret to her success as

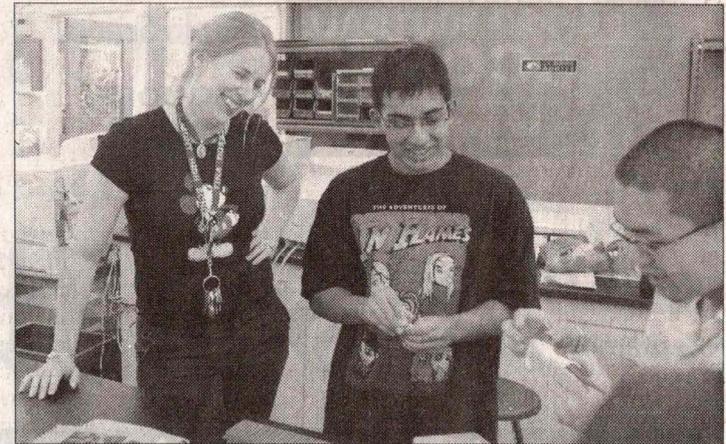
a teacher has been making her students feel comfortable in her classes.

"Anytime I see a teacher that is effective, they're able to captivate their students," she said. "They're able to relate to them, and they have fun. I like to laugh with students. As long as they're engaged in learning, I'm happy."

Doss admits her job isn't perfect. She would like to see more money for education and more community involvement with schools.

She also feels that President Bush's No Child Left Behind Act isn't the best way to hold teachers accountable. Under the reform act, schools must improve on standardized test scores or be penalized.

"It seems like there could be other ways to hold teachers accountable, instead of adding more tests," she said.



AKIM AGINSKY — Staff

VINAY GUSWAMY (CENTER) and Ray Thu, seniors at Carlmont, get help from science teacher Tina Doss.

But her students make up for all the imperfections of the job.

"I like seeing the students' responses, seeing them say, 'Oh, I get it,'" she said. "Just

watching them grow is wonderful."

CARLMONT HIGH SCHOOL
SAN MATEO COUNTY TIMES
JULY 31, 2004

24-hour walk-athon to benefit cancer

BELMONT — County residents will be walking the Carlmont High School track for 24 hours this weekend at the San Carlos-Belmont Relay for Life fund-raiser benefiting the American Cancer Society.

Around 300 people are planning to participate in the event, which starts at 10 a.m. today and continues until 10 a.m. Sunday. People walk in teams, with at least one team member on the track at all times.

"The idea is that cancer never sleeps, so we need to be vigilant and keep going too," said event spokesman John Sieling.

This is the second year the fund-raiser has been held at Carlmont High School; last year participants raised \$65,000 for cancer research and programs.

Sieling said everyone is welcome to join the family-friendly event.

"People can come out, make a donation, walk to commemorate someone or just cheer us on," he said.

For more information, visit www.cancer.org, then click on the "Relay for Life" icon and enter zip code 94070. Carlmont High School is located at 1400 Alameda de las Pulgas in Belmont.

COUNTY TIMES PLAYERS OF THE YEAR

CASTAGNO BEST OF THE BEST

CARLMONT
SAN MATEO COUNTY TIMES
JULY 6, 2004



Jerrica Castagno of Carlmont.

JOHN GREEN — Staff

(OVER)

Pitcher guided Carlmont to league and section titles

By Rick Chandler

STAFF WRITER

BELMONT — Her mission accomplished at Carlmont High, the only question remaining is: Have we seen the last of Jerrica Castagno as a hitter?

She's good at the plate, to be sure, but the new softball coach at Santa Clara University may have other plans for her.

Those would involve pitching.

"I'd definitely like to hit in college, but to tell you the truth, pitching is more fun," said Castagno, the County Times Softball Player of the Year.

"Pitching is what I do best; it's what I've worked the hardest at over these long years. So if it comes down to a choice, well, pitching is why I'm going

to Santa Clara. I'm excited about the future, and we'll see what happens."

Anyone who has seen Castagno pitch would just have to say that it's good she's staying in the area. All she did this season was carry the Scots to Peninsula Athletic League Bay Division and Central Coast Section Division I titles, compiling a 28-1 record and 0.19 ERA, striking out 260 batters over 187 innings. That's an average of 1.4 strikeouts per inning — against very good competition.

It is the second straight County Player of the Year award for Castagno. Last season she was 19-4 with 197 strikeouts and an 0.37 ERA.

"It's hard to compare kids from

different seasons, but I'd have to rate Jerrica as one of the top three pitchers I've ever coached," said Carlmont coach Jim Liggett. "What she did in her four years here was amazing."

And that's saying something coming from Liggett, who has coached the Carlmont varsity for 28 years. For the record, the other two he ranks with Castagno are Deanna Earsley (class of 1987, moved on to play for Utah State) and Tori Nyberg (1999, Stanford).

Castagno hit .337 from the leadoff spot, with 13 RBIs, leading a Scots team that would not be denied. Carlmont (33-2 overall) flew through its league season with the only bump in the road being a late-season loss to Burlingame, then clobbered the CCS competition.

And Castagno saved the near-best for last, firing a one-hitter in the Scots' 5-0 victory over Milpitas in the Division I title game at PAL Stadium in San Jose. Castagno carried a perfect game into the seventh and final inning when, with two outs, an infield error and then a ground-ball single ended the bid for both the perfect game and the no-hitter.

She struck out nine and allowed only two balls out of the infield that day, recording her ninth one-hitter of the season. She also had nine no-hitters and one perfect game.

"It wasn't that big of a deal," she said of losing the perfect game. "What was more important was winning the game. The title meant so much to us, I'm glad it ended the way it did."

And that brings up the only bad thing about her career at Carlmont — saying goodbye.

"We're so close; I grew up with a lot of them," she said of Carlmont teammates such as Celina Castillo, Lindsay Garehime and Keli Leong — all of whom made the All-County first

team. Castillo, in fact, has played softball alongside Castagno since their Nesbitt Elementary School days. Castillo will play for Long Island University next season.

"Jerrica has always been a good pitcher, and a good friend," Castillo said. "We've always been there for each other, and I feel that way about all the seniors. It's a sister thing."

Castagno agrees.

"There was no real pressure on me because I knew I always had a great defense to back me up," she said. "We supported each other. Now we're going our separate ways, and it's a little sad. But at the same time I'm excited about the future."

CARL MONT HIGH SCHOOL
SAN MATEO COUNTY TIMES
JULY 6, 2004

SOFTBALL COACH OF THE YEAR

Titles never get old

■ Carlmont's Liggett enjoys doing job he started 28 years ago

By Rick Chandler

STAFF WRITER

BELMONT — Jim Liggett's teams have won plenty of softball titles — you could fill an entire classroom with that hardware. But no matter how many times he's seen it, it doesn't seem less sweet.

There were his Carlmont players in the middle of the field at PAL Stadium in San Jose, celebrating their 5-0 win over Milpitas for the Central Coast Section Division I title. It was the culmination of the type of season that can be the most nerve-racking for a coach — the one in which his team is expected to win.

"I expected this team to be strong, because we had a lot of quality players returning," said Liggett, who was named the County Times Softball Coach of the Year. "And we played very well. But to win a CCS title, you also have to be a little bit lucky."

A lot can go wrong in softball. At the higher levels, a

game can turn on a single error, or a pitch that is centimeters off the strike zone. It happened last season, when Carlmont lost in the CCS semifinals on an error in the 10th inning.

"But this season, things went right," Liggett said. "To go 33-2 is quite an achievement."

Liggett knows of what he speaks. He's coached at Carlmont since 1967, in just about every sport — he's been the head coach in varsity football, baseball and wrestling, plus a host of frosh-soph sports. He's coached the softball team since 1976, winning 19 league titles and seven CCS crowns in those 28 seasons.

His overall record in softball is the stuff of which legends are made — 717-156-1. That's the best by far in California history, and the fifth-most wins ever among high school coaches nationally.

Coincidentally, it all started in 1976 when the team's regular softball coach quit suddenly, and Liggett took over "temporarily."

"I was just going to do it for

a year, until we could find someone else," he said. "But I enjoyed it. The kids were very coachable, and the game was fun. I enjoy the quickness of it. I enjoy the kids."

So much so, that 28 years later, Liggett refuses to join a growing number of San Mateo County coaching icons who have decided to hang it up. A lot of the great names are no longer around — Mills' Bobby Thompson, Carlmont's Terry Stogner and Hillsdale's Bill Wilkin in basketball and Sequoia's Ed Huber in soccer are four coaches with 30-plus years of prep coaching experience who have retired recently.

"My body is starting to feel it a little bit," Liggett admitted. "But I'm coming back next season. As long as I enjoy it, I'm going to continue to do it."

And next season's team?

"We're going to be young," said Liggett, employing the time-honored coaches' disclaimer. "We lose a lot of good players."

But not the coach. In other words, Carlmont will be a contender. Again.

CARLMONT HIGH SCHOOL
THE INDEPENDENT
JULY 3, 2004

Carlmont student claims award

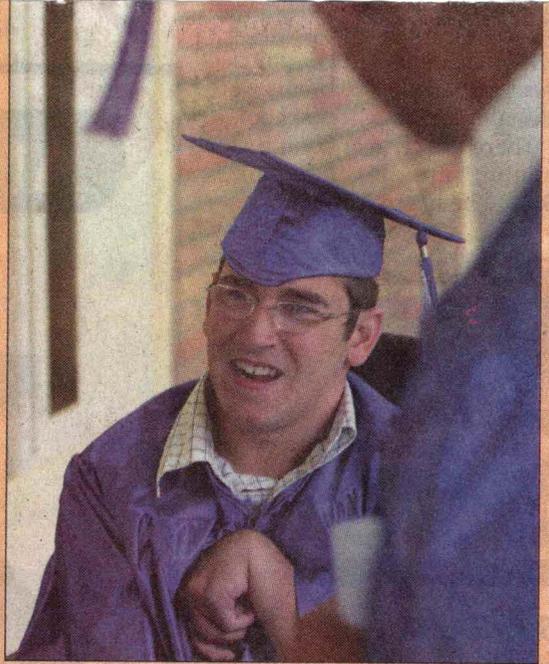
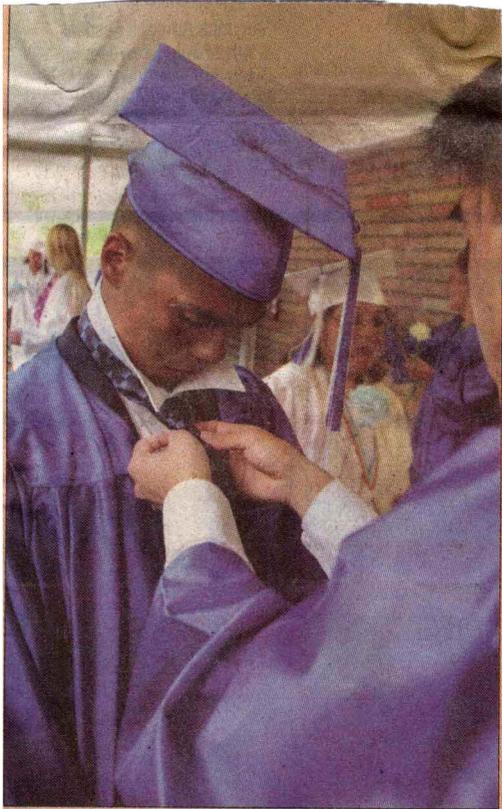
Carlmont sophomore Sonia Singhal was a recent finalist at the 2004 Intel International Science and Engineering Fair in Portland, Ore.

Her project, entitled "Computer Haptics: Giving Computers the Sense of Touch," won an organizational award from Agilent Technologies.

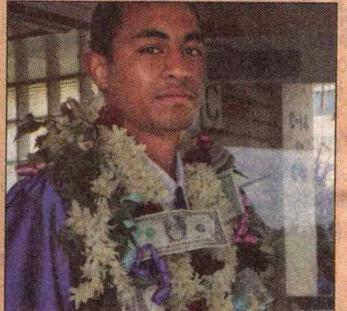
More than 1,300 high school students from 40 different countries competed in the 54th incarnation of the fair. Singhal qualified to compete at the Intel ISEF through the 2004 San Francisco Bay Area Fair, where her project won awards from NASA, Lawrence Berkeley Labs, and the Grand Prize in Mathematics and Physics.

Carlmont High School
The Independent
June 21, 04

Congrats, Grads!



Hats off to the hundreds of students graduating from Peninsula high schools this spring. The Carlmont High School graduation ceremony took place on campus Thursday. Clockwise from top left, Steven Kanomata, right, ties a tie for Julio Vazquez. Justin Greco, left, has a word with Ernie Lee. Sione Latusele earned a little extra money for his future. Dozens of roses sit on a table as senior class President John Babin and Vice President Valeri Mouser rehearse their speeches. Seniors decked out their cars in preparation for the big day.



Carlmont High School
The Independent
June 15, 2004

Doss is the boss:

BY MATT ELLISER
Staff Writer

BELMONT — They must have the wrong Tina.

That's the thought that went through the mind of Carlmont High School science teacher Tina Doss, when word trickled down from school officials she had been nominated for the prestigious Regional Educator of the Year Award.

Her initial surprise turned into full-on shock at a recent Walnut Creek banquet, when it was announced Doss had been selected over the more than 90 other educators as the regional award winner.

"When I heard, I thought 'Oh, God, I don't even have a speech,'" Doss said. "But I think it went OK. Everyone laughed a lot, but I can't do anything serious. That's just me."

It is the fourth-year teacher's dedication and enthusiasm inside the classroom that has most endeared Doss to her students. Three current pupils spearheaded her candidacy for the award, and former student Caitlin Harrington wrote a speech on Doss's behalf. Harrington, now a pre-med student at

UCLA, says Doss inspired her to head into that field. She said Doss's dedication to her students showed, whether it was in the classroom or organizing trips, like a spring break vacation to Costa Rica for her advanced placement biology class last year.

"She made us excited to learn, and challenged us to do more than just spit out the facts," Harrington said. "Her class taught us all about life, not just the actual material itself."

Doss has not only excelled as a biology teacher at the school, she has worked hard to enhance the science program at Carlmont. Along with colleague Dan Raffa, Doss led the charge to bring AP science curriculum to the school, and has formed a new biotechnology lab that has quickly become one of the most popular classes on campus.

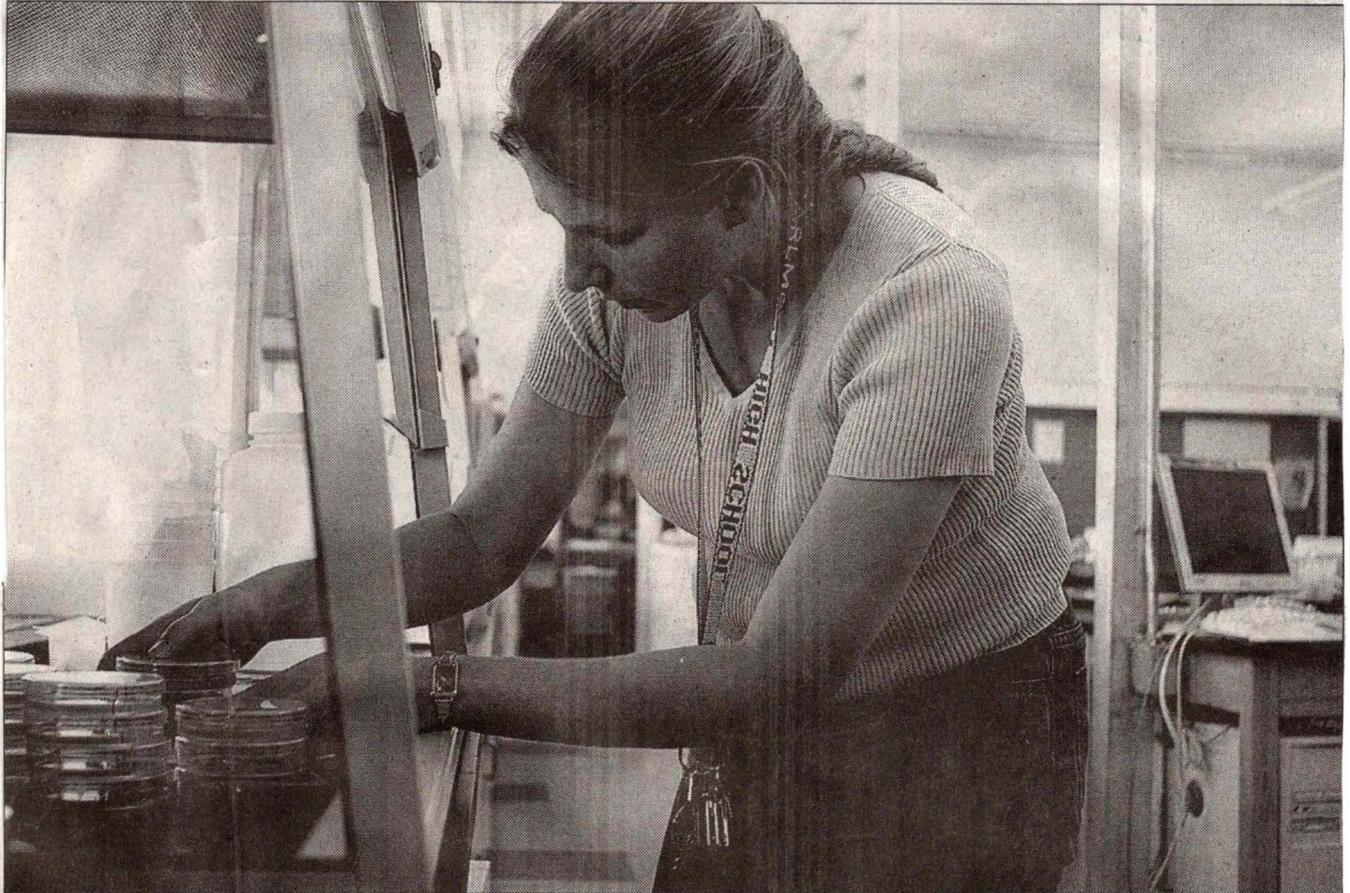
She and Raffa networked with biotech companies around the area to find more than \$100,000 worth of equipment for the new lab, and Doss is now the science department chairperson.

In addition to her coursework, Doss also finds time to coach the school's



LANELLE L. DURAN
Tina Doss won the Regional Educator of the Year Award.

She is named top teacher



LANELLE L. DURAN

Tina Doss works in the biotech lab she helped create at Carlmont High School.

freshman soccer team. The 1994 Aragon High School graduate also plays on four different soccer teams.

Doss said her students were still "shell-shocked" and offered her excited praise after the award was announced.

She was the only teacher at the awards banquet to have three students accompany her, and it is the knowledge she is affecting young lives that is most rewarding for Doss.

"I have the most rewarding job, that's

why I'm a teacher," Doss said. "To get that response and to form a bond and to know you actually reached some of the kids, it's incredible."

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Carlmont High School
San Mateo Co Times
May 31, 04

Carlmont takes CCS on 1-hitter

■ Castagno near perfect; Scots take third section title in four years

By Rick Chandler

STAFF WRITER

SAN JOSE — Even though not technically perfect, it was still a storybook ending for the Carlmont High softball team on Saturday.

"This was our last game together, and it was really emotional," said third baseman Celina Castillo, whose team

had just beaten Milpitas 5-0 in the championship game of the Central Coast Section Division I playoffs. "We were all very nervous out there."

One wouldn't know it to look at them, however. The Scots wrapped up this one early, scoring four in the third and riding Jerrica Castagno's one-hitter to their third section title in four seasons. Castagno, a senior who will attend Santa Clara University in the fall, lost her bid for a perfect game on an infield

error with two outs in the seventh — then lost the no-hitter on a looping single one batter later.

She struck out nine and allowed only two balls out of the infield to end her season 28-1, with nine one-hitters, nine no-hitters and one perfect game.

Although the loss of perfection did run across her mind, it wasn't that big a deal, Castagno said.

"My arm was getting tight

Please see **SCOTS**, Sports 6

Carlmont wins third CCS title in four years

► **SCOTS**, from Sports 1

in the sixth inning, and I was just worried about closing out the game," she said. "Winning the title meant so much to us, and especially to the seniors. I'm just glad it ended the way it did."

Coach Jim Liggett loses six seniors, including most of his starting infield, who have won three CCS titles — Carlmont won Div. II crowns in 2001 and '02. One of those is University of the Pacific-bound shortstop Lindsey Garehime, whose bases-loaded triple in the third broke it open. Ashley Nicholes

had two hits, including a run-scoring single, and Nicole Bazani doubled in a run in the third.

Although third-seeded Milpitas (20-7) tried everything to stay in this one (including six bunt attempts), it wasn't nearly enough. There is a pall of inevitability that settles over things whenever Carlmont takes the field. Not only is Castagno nearly untouchable, but the Scots play excellent defense and hit well as a team.

It's a businesslike approach that earned them a 33-2 overall record and No. 1 seed in CCS.

"You have to remember that these seniors have been there,"

said Liggett, who has been there himself — he'll enter his 30th season guiding the Scots next year. In that time he's been to the CCS playoffs 28 times, winning seven titles.

"There's something to be said for experience," he said. "With senior leadership like that, you expect good things."

Many of his players go back further than high school. Castagno and Castillo have been playing side-by-side since kindergarten, attending Nesbitt Elementary and coming up together through the Belmont Youth Softball Association.

"Jerrica has always been a good player," said Castillo, who

will play for Long Island University next season. "We've always been there for each other, and I feel that way about all the seniors. It's a sister thing."

Castillo played shortstop and catcher last season before moving to third this season.

"She's a great third baseman," Castagno said. "Our defense has just been fantastic."

Liggett is quick to point out that Castagno is a fine defensive player herself.

"She's very quick, and it makes it tough to bunt on us with her and our two corners (Ashley Chinn plays first)," he said. "Selina is terrific, she shows a lot of maturity."

CARLMONT HIGH SCHOOL
SAN MATEO COUNTY TIMES
MAY 24, 2004

Carlmont High teacher wins regional award

Carlmont High School bio-technology teacher Tina Doss has been named Region IV Teacher of the Year by the California League of High Schools.

She was recognized for her part in creating a biotechnology program at Carlmont High School.

Doss will compete for State Teacher of the Year in November.

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ART COMPETITION — Ten local students are winners in the San Mateo County High School Artist Hall of Fame art competition.

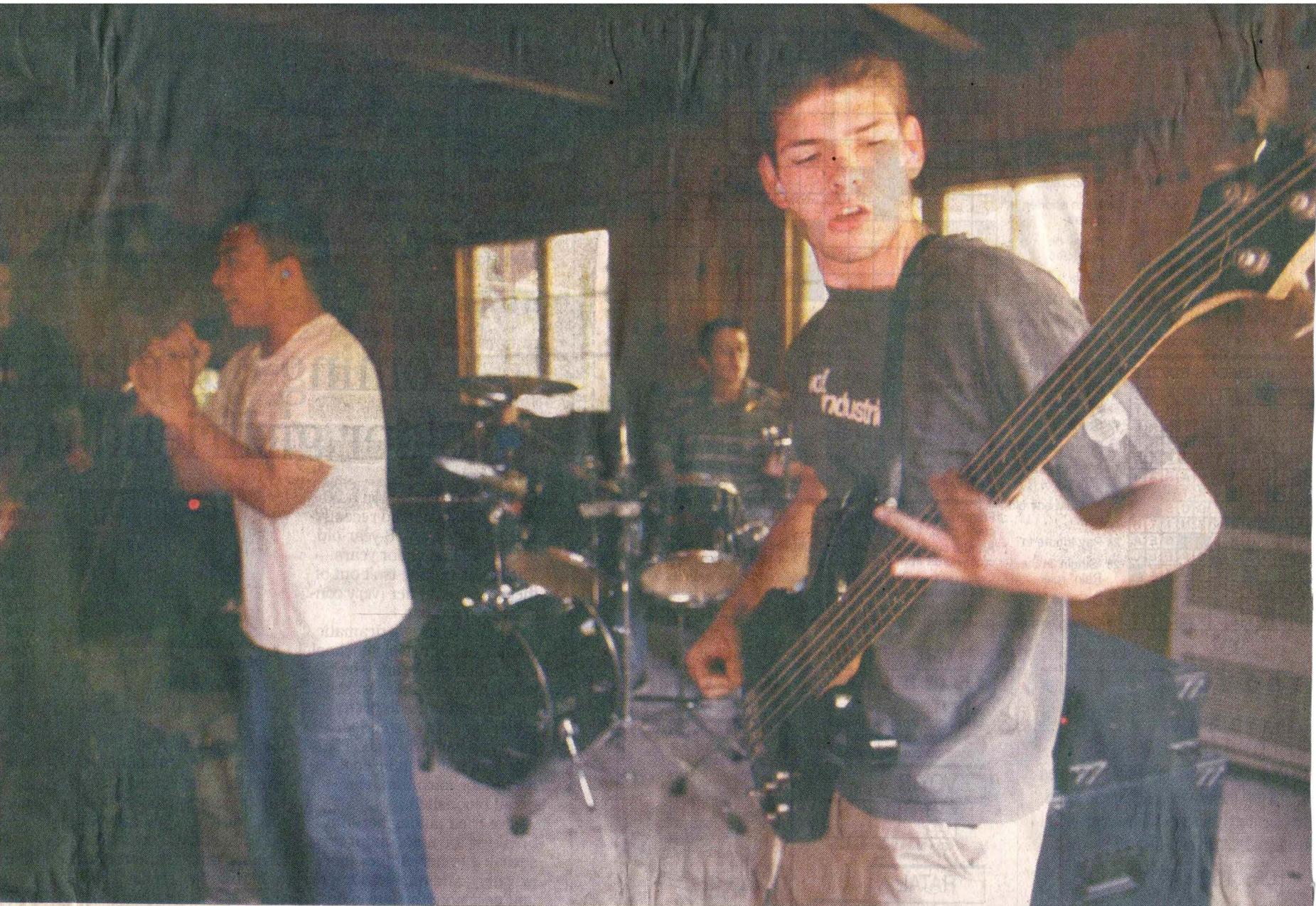


The winners are Carlmont High School students Christina Cagle and Maddisen Palm; Half Moon Bay High students Kelsey Booth, Mariela Perez and Ricardo Rivera; Menlo-Atherton High student Jennifer Fell; South San Francisco students Rachel Ollada and Julius Tanedo; and Woodside students Sloane Joseph and Kathryn Kloop.

This year's theme was "Our California Landscape."

The pieces can be viewed by the public today through Friday from 8 a.m. to 5 p.m. in the County Office of Education at 101 Twin Dolphin Dr. in Redwood City.

□□□



DEADSET rehearses for the upcoming Battle of the Bands at Carlmont High in Belmont. The band is bassist Conor Fitzpatrick (right), drummer Jeff Bourquin, singer Matt Gonzalez and Tom White on guitar.

MATHEW SUMNER — Staff

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*Carlmont High School
Salem, MA
May 21, 2004*

Musical face off

Teen bands get a shot at the big time

By Elizabeth Jardina
STAFF WRITER

THE football field at Belmont's Carlmont High School has seen battles before. It's the home of the Scots' gridiron matches, where students play for pigskin victory every fall.

Saturday, it will be the site for another competition. A more melodic one.

The Carlmont Battle of the Bands will showcase 15 local groups — many of them composed of high school kids from around San Mateo County — vying for a big prize.

The winner of the competition opens radio station Live 105's BFD concert June 11 at Shoreline Amphitheatre in Mountain View.

Radio promotions for the show have included mentions of the Carlmont Battle of the Bands for weeks now.

That's how 16-year-old Ron Guglielmo, guitarist for the band Words Fail, found out about it.

"Basically, my band mates heard the ad on Live 105 and they said, 'Dude you're in high school! You've gotta get us on it,'" says the Sequoia High School sophomore.

The mastermind behind the event is 17-year-old Jessica Ducey, a junior at Carlmont.

At the beginning of this school year, Ducey organized a club called Hype to bring local bands to campus to play at lunch.

Money raised by the concerts goes to the Save the Music Foundation, a VH1-affiliated nonprofit that helps restore music programs to schools that have suffered budget cuts.

Hype also gives exposure to young people who are trying to find an audience to play for in a world of clubs that don't allow patrons younger than 21.

Please see **BANDS**, Living 4



SARAH STEWART (left), 16, and Jessica Ducey, 17, sit on the stage they made for the Battle of the Bands at Carlmont High School.

DOUG OAKLE

► **BANDS**, from Living 1

"I think it's cool to be involved in the local scene, to support the bands that are trying to get their music out," Ducey says. "It's cool to meet them and be friends with them. I listen to a lot of famous bands, too, but I've really gotten into the local scene. There's more of a connection with the music when you know the people who are writing it."

The Battle of the Bands, which has a \$5 admission charge, is the big year-end fundraiser for Hype.

With her friend Sarah Stewart, Ducey hatched the idea for the winner to get even bigger exposure. Ducey and her friend went to alternative-rock station Live 105's office in San Francisco.

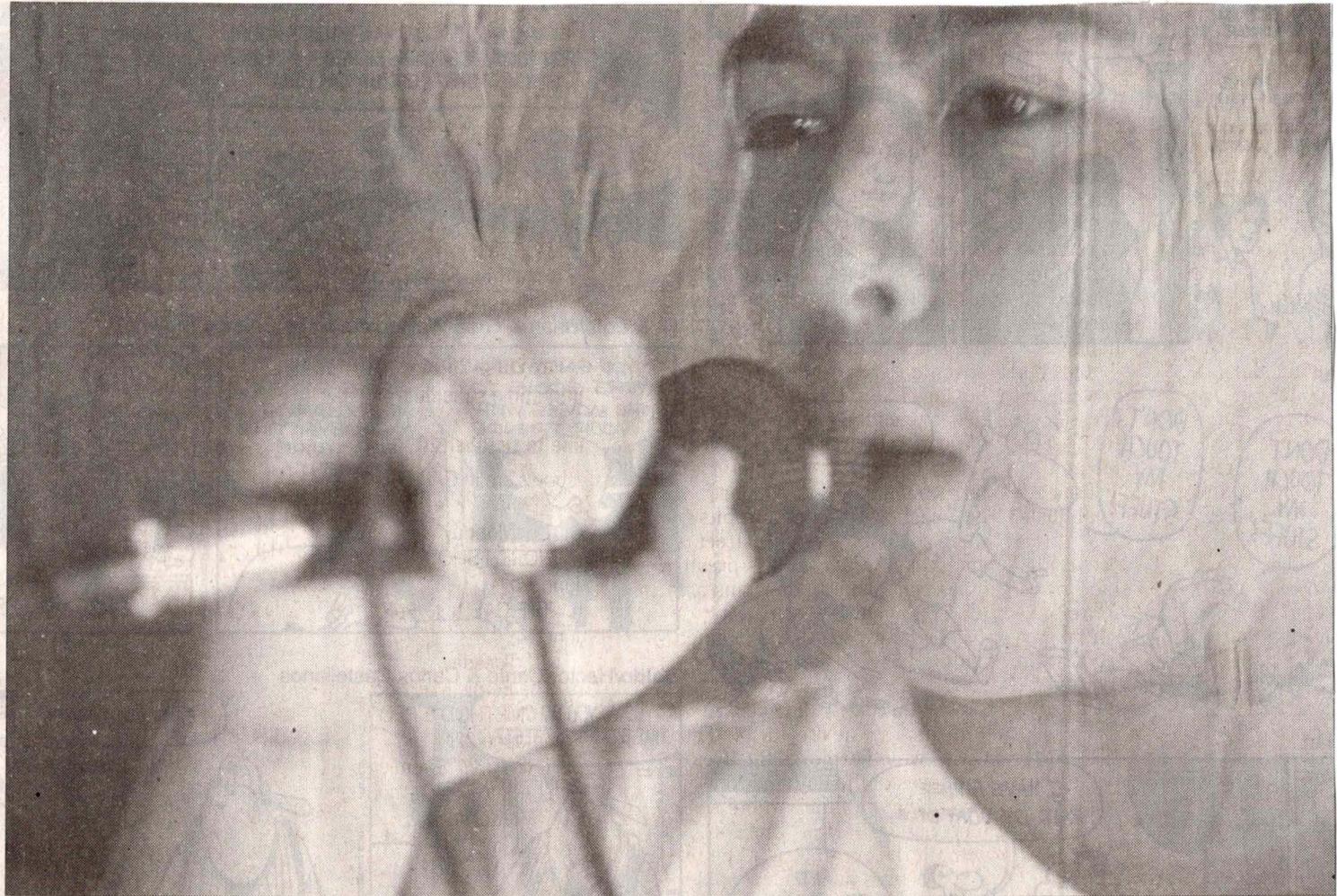
"I asked to talk to the promotional director and pitched the idea to her and she liked it and sold it to the other important people up there," Ducey says.

While BFD is expected to draw nearly 20,000 fans, Live 105 program manager Sean Demery says the Carlmont winner — who will play on the local stage beginning about noon — won't have a crowd quite that big.

"Because they're first, there won't be more than 7,000 or 8,000 people watching," he says.

Demery says Ducey and Stewart's gumption is the reason they're having a high school band play the concert.

"The reason why (we've never had a high school band play before) is no one's ever asked us before," Demery says. "I've learned in my old age that the



DEADSET singer Matt Gonzalez gets in tune for the Battle of the Bands Saturday at Carlmont High School.

MATHEW SUMNER — Staff

best way to get things done is to ask."

Bands playing the competition include students from around the county, as well as a few from more far-reaching places, such as Santa Cruz and San Jose.

The band Deadset, for example, includes three Carlmont

students and one from Woodside Priory School.

Words Fail, Guglielmo's band, is composed of two guys who are out of high school, three Burlingame High School students and a Sequoia High School sophomore.

Carlmont senior and Hype club treasurer Bobby Amirkhan, 17, is the bassist for two bands:

alternative-rock band Gibberish and heavy metal group Death and Glory.

Noting that many bands playing at BFD this year have a punk-rock slant, Amirkhan is realistic about how the judging will go. "I think Death and Glory definitely has no chance to win," he says. "Gibberish has a decent shot."

Amirkhan says that winning the competition would be a "dream come true to be able to play in front of people — getting real exposure as a musician," he says. "Maybe somebody would hear us and there's a very small chance that a small label might want to sign us. Opportunities would just come up, hopefully."

Next year the band will lose

Page 2
San Mateo Co. Times
May 31, 2004

Battle of the Bands give teens shot at fame and fortune

Amirkhan to Humboldt State University and its singer, Nick Dikas, also a Carlmont senior, to University of California, Santa Barbara.

Although Dikas says he doesn't know how well Giberish will do in the competition, he says simply being able to play is a prize.

"We haven't really played that many public shows yet, because we've been developing a sound we're really proud of, and we finally have that," he says. "But it's really awesome for us because it's going to be our first public concert. I hope people show up on time, because we play first."

The concert, which is from 10:30 a.m. to 5:30 p.m. Saturday, will be judged by five student judges and the audience, which will act as a sixth judge.

"This show is a really great opportunity," says Guglielmone. "I mean, in this area, if you had to say the single best possible thing that could happen to your band, the single best thing would be playing Shoreline. It's where you go to see all your heroes play."

Elizabeth Jardina is a Bay Area Living staff writer. E-mail her at ejardina@sanmateocountytimes.com or call (650) 348-4327.

IT YOU GO

▶ Carlmont High School's Battle of the Bands

▶ **Where:** 1400 Alameda de las Pulgas, Belmont

▶ **When:** 10:30 a.m. to 5:30 p.m. Saturday

▶ **Tickets:** \$5 at the door

Carlmont reacts to death of Ralston student

Students say drug use not overly prevalent

BY MATT ELLISER
Staff Writer

BELMONT — It doesn't take much for a rumor to get started on a high school campus, and since the death of 14-year-old Irma Perez, students at Carlmont High School have had plenty to talk about.

Not only did Perez attend Ralston Middle School, the alma mater of many Scots, but a 17-year-old Carlmont student has been arrested in conjunction with supplying the drug Ecstasy to Perez and two of her friends. The three girls took the drug at a sleepover on April 23, and Perez was found unconscious the next morning, never

to awake again.

Perez's death has shocked those in the community, and left many wondering exactly how prevalent drugs are in Belmont's schools.

"I wouldn't say the story has been over-reported, because it was a terrible thing that happened," said Kyle Shackleton, a Carlmont senior. "But I really think [Principal Andrea Jenoff] and the rest of the staff have done a great job of getting rid of the drugs since I've been at school here."

Both Shackleton and fellow-senior Mia Cesano said the amount of drug use and sales on campus has declined significantly in recent years.

"My brother went here, and he and his friends have graduated college now, but when I

hear them talk about Carlmont, I think things have gotten a lot better," Cesano said. "I think kids have gotten smarter, and realize you can get into trouble."

Antonio Rivera Jr., a 20-year-old Belmont resident, was arraigned Tuesday in San Mateo County Superior Court on seven felony charges related to possession of Ecstasy, cocaine, marijuana and furnishing narcotics to a minor, according to San Mateo County Deputy District Attorney Steve Wagstaffe.

On Thursday evening, the Redwood City Police Department received a call reporting that Perez's boyfriend had threatened the life of one of the girls present at the sleepover. The police log states the call came in at 5:18 p.m., and that the boyfriend said he would shoot the

girl who supplied the Ecstasy.

And on Friday afternoon, the two girls who took the Ecstasy with Perez were also arrested in connection with her death.

"I was definitely surprised when I heard about the story," Cesano said. "Obviously, I go to Carlmont and I also work with young kids. I definitely don't think it's a common thing."

Cesano and Shackleton estimated the drug use at Carlmont to be at approximately the same level as other schools throughout the Peninsula.

"I hope the perception of Carlmont isn't tarnished, because it's a great school," Shackleton said. "I'm worried about how this reflects on the school, because I don't feel it characterizes Carlmont."

On April 13, the Belmont-

Redwood Shores School District hosted a drug information session open to the entire community. About 50 Belmont residents attended the gathering, although another meeting planned for May 19 at Carlmont is expected to draw far more people.

Mia Cesano's father Fred Cesano coached boy's soccer at Carlmont for a number of years before moving to Burlingame High last season. He suggested parents

might need to take a more hands-on approach to educating their children about drugs.

"In my opinion, the problem is that we parents have relied on the DARE program maybe a little bit too much," Fred Cesano said. "We may have gotten away from talking to our kids personally. Maybe as parents, we just dropped the ball there."

Carlmont star runs for title

Theus aims for CCS wins in three events

By *Damin Esper*

SPECIAL TO THE CHRONICLE

The teams came around the turn at San Jose City College, hurtling toward the final pass and the homestretch of last May's Central Coast Section girls 400-meter relay finals. Carlmont High's Samantha Bradley ran in fifth place as she prepared to hand the baton to Nicole Theus.

It was the first of three races of the day for Theus, who was in the midst of a crisis — she had lost her equipment bag and, with it, her spikes. As she waited for Bradley, the then-junior was wearing a pair of spikes from her freshman season.

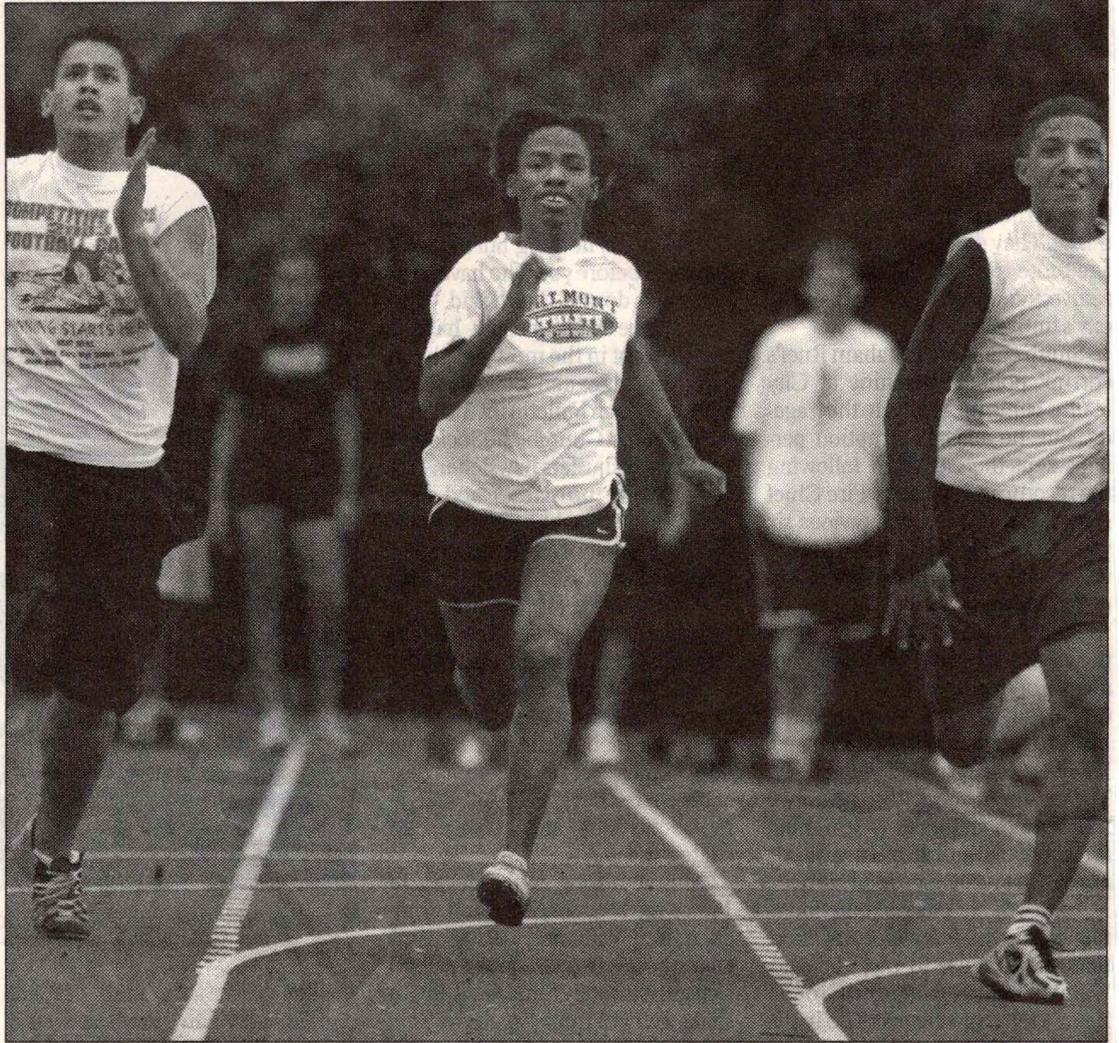
"I was freaking out because I didn't have my spikes," Theus recalled. "I had my spikes from freshman year, which I haven't worn in forever. Samantha came in and she was a little bit behind.

"I just knew I had to get that baton and run fast."

She did both. The pass was perfect, and Theus ran down all four teams ahead of her. Carlmont finished in 48.53 seconds, ahead of second-place Oak Grove.

"I had faith in myself," Theus said. "Like halfway down the straightaway I saw that I was catching her and that I could pass her. That motivated me. 'Yeah, you can do it, you're almost there.' That's one of the favorite races I've ever had."

The day didn't turn out that badly for Theus. She finished second in both the 100 and 200 and took fourth in the long jump at 18 feet.



LIZ MANGELSDORF / The Chronicle

Carlmont senior sprinter Nicole Theus runs drills against teammates during a workout after school.

and Theus is setting her goals high.

She knows she has to work harder than ever to do all that.

"For the first time I've worked out during the summer," Theus said. "And I've eaten a lot more. I've always done a little bit of weight lifting but I've done a little bit more this year.."

Carlmont coach Ben White said a lot of the work is to improve Theus' start.

"She's already got really good times, but they'll go down a lot" when she gets a better start, White said. "We've been concentrating on that and lifting weights. Last year, she didn't lift weights. It should pay off."

The top three finishers in each event made the California Interscholastic Federation championships so Theus went to the state meet in three events.

Theus is now entering her senior season for Carlmont and is hoping to step up to CCS champion in all three events.

She'd also like to finish in the top three in the long jump so she can go to the state meet in all four events. Throw in breaking the 12-second barrier in the 100, getting to the mid-24s in the 200

Theus came to track late. She decided in middle school she should play a sport in high school.

"I knew I liked running when I had to do it for P.E.," she said. "I decided to do track, and I liked it. I really like working on a team and working on yourself as an individual — working together for a common goal."

Theus wanted to do a sport because of personal development and having broader experiences as she prepared for college.

"People always told me you should be active in high school and join clubs and meet as many people as you can," she said. "I

never really considered that I'd be good at it. I'm really competitive, but that was never my reason for joining."

It was obvious she was pretty good from the start, though. Now, she's trying to improve upon her standing, both in the CCS and at the state meet. Theus was eliminated in all three events last year in the first-day trials.

As for the future, she would like to run in college, but her decision will be based on going to the best school. Running track will be a secondary consideration.