

Transitions: I'm leaving in June and I'm in denial

Moving to a new locale can be an unnerving transition. What do you do when you're in denial? First of a four-part series.

By Laura **COWAN**,
MS Counselor, Pudong Campus

Every year a small, but significant percentage of SAS faculty leave the school to explore opportunities in other cultures, and at the same time, new faculty arrive on campus for the same reason. Students, the children of parents who frequently are posted to different assignments, likewise are often in transition, as well as the parents in the SAS community. As a counselor I have been able to help people in transition over the years, and now find myself facing a transition of my own. I thought it might be helpful in a series of articles to offer some perspective on what can be both an exciting and stressful period in one's life (see sidebar for topics to appear in future issues of *The Eagle*).

After six fantastic years of working at the Shanghai American School, the time has come for me to move closer to home (Scotland). I have recently accepted a position at the Zurich International School, which is another fantastic educational organization that I feel blessed to be joining. Having said that, I think *I am still in denial about leaving SAS*. If I could pick up this school and plant it closer to home that would be perfect; however, we don't live in an ideal world!

Moving is not a new phenomenon to me; as a third culture kid (TCK) I have grown accustomed to transitions and Zurich will see me settling into my 27th home! In effort to help me face/accept reality rather than deny it, I hope these articles for *The Eagle* will help track my progress. At the same time, I hope to offer reassurance

and helpful advice to others who may also be preparing to transition in June.

There are so many questions

flooding my mind, lots of which won't/can't be answered until I get to my new destination. So I have decided to focus on what I *do* know and what I *can do* to become more in the know.

- I am making a pledge to myself not to stress over things that are out with my control (that's the plan anyway!).
- I am going to make a list of all the things I appreciate and enjoy about Shanghai to make sure that I soak up all that I can in the next five months.
- I am going to celebrate my friendships and make sure I connect with as many folks as possible.
- And of course I will make several more trips to both the Fabric and Science & Tech markets to stock up on all the goodies that I'm pretty sure won't be as easily available in Switzerland.

In short I am going to celebrate all of the opportunities Shanghai offers me and most important, I am going to focus on all of the good memories, as well as those yet to come before I say "See you later" to SAS, because for me, it's never goodbye.

Transitions:

- February:** Denial (Leaving in June)
- March:** Reality is setting in (Acceptance)
- April:** So many things to do (Stressed)
- May:** See you later, not goodbye (Celebrations!)

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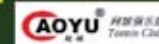
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SAS students visit space center in Huntsville, Alabama; meet astronaut Neil Armstrong

By Brenda **KNOWLES**, Science Teacher, Pudong Campus

It was a blast, in more ways than one! A group of high school students from the Pudong campus spent the CNY break learning about space, rockets, G-force, heat shields, low gravity environments, piloting a space shuttle, working under water and team work on missions. They had to work together to solve challenges along the way such as astronauts being bitten by venomous snakes in the laboratory and hatch doors not closing



before re-entry into earth's atmosphere.

On Thursday evening, they then had the privilege of forming the guard of honor for Georg von Tiesenhausen and Neil Armstrong at a gala presentation at the Davidson Space and Rocket Center, Huntsville,

It was an intense learning experience but one filled with laughter and enjoyment along the way, and the unique experience of being in the presence of the man who first stepped on the moon.

For any students interested in the next trip to Space Academy, stay tuned: it's coming in October 2011.

The participants in this year's first ever SAS trip to Advanced Space Academy were: Michael Grenon, Kevin Schern, Ivory Loh, Matteo Giardini, India Atkin, Jia Xin Xu, Alex Yang, Deric Chan, Kevin Lee, Arvind Selvakesari, Shelley Sun.

PHOTOS: Top: Michael Grenon and Deric Chan piloting the shuttle; Jia Xin Xu needing medical attention on a mission.



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Pudong Campus hosts APAC swimming championships

By George **CARPOUZIS**, Aquatics Director, Pudong Campus

PUDONG: Sixteen records were broken when the SAS Pudong campus hosted the APAC Swimming Championships at the Pudong Campus Aquatic Center on January 24-26. Eight schools participated at this meet with UNIS-Hanoi participating in APAC for the first time.

SAS did very well with the Pudong girls placing third while the Puxi girls placed fourth. The results were reversed for the boys with Puxi placing third and Pudong fourth.

SAS swimmers were part of the 16 record sweep. The following swimmers are now APAC record holders:

- G Ping Lee (SAS Puxi):
-100m Individual Medley (1:00.93)
-200 Individual Medley (2:12.44)
- Amy Parson (SAS Pudong):
-50m Breaststroke (35.28)
-100m Breaststroke (1:16.59)

This meet could not have been successful without the help of Todd Parham, Athletic Director, Pudong campus, the Varsity Swim Coaches, Mark McVean and Sandy Elder and the Pudong Aquatic Staff, Pat Lu, Suann Sun and Johnny Bao.



PHOTOS: Clockwise from top—G Ping likes the taste of gold!; Puxi campus swimmers Caroline Norgreen, Samantha Ng, Helen Yang, Yipsum Wu, Casie Mei, Christie Tang, Karen Hsu; Amy Parson breaking yet another record; Off to a flying start. *EAGLE* photos by Jerry Koontz.

PUXI: With the ISB China Cup meet now just a thing of the past, the Puxi Campus Aqua Eagles looked to the task at hand and the 2011 APAC swim finals. Their cross-city counterparts would host this year's event so they were looking forward to competing in semi-familiar surroundings.

This year's varsity girl's team was looking to improve upon a disappointing sixth place finish at last year's championship. With rookie freshman filling half the roster spots, it was anybody's guess on how they would perform.

By 6pm on the last day, the girl's team had secured fourth place by accumulating a jaw-dropping 278 points, almost 200 points more than last year. Eleven of 12 girls earned their way into 35 final races and of those races, nine were "A" finals. No medals this year, but great results nonetheless.

This year's boy's team had big shoes to fill from last year's varsity team. The 2010 Aqua Eagles placed runner up for the first time in the school's short history in this event beating the heavily favored HKIS Dragons. This year's HKIS team would certainly be out to avenge last year's narrow defeat.

On a swim-by-swim-basis, the Puxi boys managed to somehow improve upon the incredibly successful squad from last year. But, in the end, so did the HKIS Dragons. With a final score of 443 to 407 the Dragons took second place and left our boys holding the third-place trophy. But, you could not find a disappointed Puxi swimmer



in the house. They knew that on this day, a good team was beaten by a better team. After three days of grueling competition, 11 of 12 boys made it into 36 final races and of those races 14 were "A" finals. They had done all that was asked of them.

Individually, the boy's team Captains led the way. G Ping Lee earned three gold medals and one silver medal while breaking two APAC records and accumulating more individual points than any other male swimmer at APAC. At the same time his co-captain Raymond Song took one gold, one silver and two bronzes and narrowly missed the 50m-backstroke record by .08 seconds. Raymond also accumulated the second highest number of individual points for all APAC boys. The boy's relay also earned a silver medal in the 200-medley relay (Raymond Song, Chris Chen, Fabien Ma and G Ping Lee).



During this competition, all 12 boys and 12 girls competed in at least one event in which they earned a "P.B." (Personal Best). This means that swimmer swam faster than any other time in their life.

So congratulations to all APAC Varsity swimmers, you earned every success you have received.

By Corry **DAY**, Swimming Coach, Puxi Campus



Flu thins 16-member girl's team now to seven swimmers at CHINA CUP

By Corry **DAY**, Swimming Coach, Puxi Campus

On a very chilly first weekend of back to school in January the ISB dragons of Beijing hosted this year's China Cup Swim Meet. The China Cup swim meet has always been a "dress rehearsal" for the fast approaching APAC Finals. And, as with most dress rehearsals, some things went just the way you planned while others certainly did not.

The most devastating opponent facing our girl's team this year was the plague-like flu that was overtaking the campus during the first week back to the books. The girls competed with only seven of a possible 16 swimmers. The seven girls who survived and competed on the weekend did very well and held their own against quite superior numbers. In the end, the girls from Western Academy of Beijing edged them out for third place. A mere two points separated the two teams.

The boys on the other hand managed to hold together their full roster of 16 swimmers, but many had barely survived the recovery phase of the flu that had afflicted their sister team.

The boy's team was looking forward to another head-to-head battle with Hong Kong

International School for second place. For the third time in two years the winner would be decided by the final relay of the day. This time Raymond Song, Chris Chen, Fabien Ma and G Ping Lee came up .7 seconds short of the victory and HKIS came away with the runner up award. The boys vowed that when the curtain went up the following week at APAC, they would be more than ready to show HKIS and the others their A-game performance and it will their turn to raise the trophy. (For the outcome of the APAC championship, see story on facing page.)

Individually, both Raymond Song and G Ping Lee had a very strong meet. Raymond won two races and broke a China Cup record in the 50-meter backstroke. G Ping took first in the 50-meter breaststroke and three second place ribbons as well.

PHOTOS: Top and bottom panels: AquaEagles prepare for an event; middle: Puxi campus AquaEagle, Karen Hsu, swimming the breaststroke. *EAGLE* photos (except the Amy Parsons photo on p. 32) by Jerry Koontz.





Competing against Taejon Christian International School with his varsity girls BB team, Coach Matt Kuykendall appears to be praying for a miracle. He didn't need one. The girls came away with a resounding victory over TCIS for their first APAC championship.

EAGLE photos by Hank Claassen

SAS girls come home with their first APAC basketball championship

By Matt KUYKENDALL, Head Coach, Girls Basketball, Puxi Campus

The Shanghai American School Girls' Basketball team capped off their incredible season by going undefeated at the APAC championships in Beijing en route to SAS' first ever APAC girls' basketball championship.

Strong senior leadership on the part of Lily Claassen, Jessica Doleman, Yolanda Yeh, Yuni Teh, Yuri Shibata, Yen Fang Koh, and Tara Nissl kept the team focused throughout the long week of competition. Junior Ashlee Arbaugh, Sophomore Yurina Roche and freshmen Melissa Zhang and

Jessica Liu rounded out the team and made amazing contributions throughout the tournament and year.

The Eagles began the tournament with a tough game against Taejon Christian International School, a team that finished 3rd place in the KAIAC athletic conference. The girls used their 1-3-1 half court trap and pressure defense to take the early lead, though never being able to extend it beyond 8, the EAGLES held on to start the tournament 1-0.

A tough game against Western Academy of Beijing in front of a raucous home crowd was the next hard test for the Eagles. The game was a must win situation, earning the victor a spot in the championship game. A bout of poor shooting afflicted the SAS girls, though they were able to overcome their half court struggles with timely steals for fast break layups and a stingy defense. In the end, the Eagles outlasted the Tigers 34-27.

In the championship, SAS found themselves in a rematch of their first game against

Taejon Christian. The starting five of Lily Claassen, Jessica Doleman, Melissa Zhang, Ashlee Arbaugh and four year starter Yolanda Yeh quickly imposed their will on the game with a relentless defensive effort and a surgical offensive approach to Taejon's Zone defense.

Taejon was able to stay competitive the first three quarters however early in the fourth SAS pulled away fueled by an 10-0 run sparked by their relentless team press.

As the final buzzer sounded, the Eagles were APAC basketball champions for the first time in school history with a 55-35 victory over Taejon Christian International School.



Shanghai American School, Puxi Campus, holds duel APAC basketball titles for first time in school's history

Basketball in Beijing



Puxi Campus varsity boys are APAC hoops champs for second time in three years

By Shawn PLANCKE and Mark HEFTE, Boys Coaches, Puxi Campus

The SAS Puxi campus varsity boys' basketball team traveled to Western Academy of Beijing January 24-26 and won all six games to claim the APAC Championship.

The Eagles knew they were the favorites to win the championship going into the tournament. In pre-tournament interviews five out of the six teams singled out their game against SAS as the game they were looking forward to. According to a WAB player, "You have to play and beat the best to be considered the best." Knowing teams were gunning for Eagles, the players had to have extra focus going into every game.

The tournament did not start out well for the Eagles with the team being down 9-5 at the end of the first quarter against Canadian Academy from Kobe, Japan. The team rallied to pull out a much-needed win knowing WAB (a team the Eagles beat by 1 in the finals of the Shanghai Showdown tournament) was their next opponent in the afternoon game. The boys came out focused and played very well against a tough WAB team and pulled out a victory.

Throughout the tournament the Eagles got great contributions from all team members. Seniors Eddie Roche Joey Krasenstein, and Kevin Xu led the way with fellow senior Jon Dong having a dominant performance vs. UNIS. The other non-senior varsity players including Jason Chow,

Ronny Choi, DH Lee, Jim Huang, Daniel Osaki, Tom Claassen, and two JV players that were brought up, Kenny Wong and Bobby Roche all contributed greatly to the team effort and gained valuable experience for next year. The determination of all the players continued through the pool play and saw the boys ending with a 5-0 record and facing TCIS in the finals.

In the finals the boys jumped on TCIS early and were out to a 24-12 first quarter lead. TCIS did not give up and with a barrage of 3-pointers took a one-point lead with 5 minutes to go in the 4th quarter. The game went back and forth until the Eagles ended the game with an 11-2 spurt. In the final Dong Hyun Lee and Jason Chow led the team in rebounding and scoring respectively. After the championship, the team got a congratulatory call from Principal Ed Kidd and a student lounge full of screaming students who watched the game live via streaming.

Three seniors, Eddie Roche, Kevin Xu and Joey Krassenstein were named to the All-APAC team.

Special mention also goes to the excellent support of the parents. All twelve boys had a parent up in Beijing cheering the boys on during the tournament. The coaches and players would like to thank the parents for their devoted support throughout the season.

THE FAQS

The Event: APAC Championships

Site: Beijing

Outcome: Boys and Girls are APAC Champions
Boys beat TCIS, 61-52
Girls beat TCIS, 55-33

Coaches:

Boys: Shawn Plancke, Mark Hefte
Girls: Matt Kuykendall

Boys Results

vs CA, won 52-44
vs WAB, won 51-39
vs TCIS, won 67-46
vs UNIS, won 79-33
vs AISG, won 66-23
Boys went 5-0 in the round robin

Girls Results

vs TCIS, won 50-40
vs AISG, won 61-33
vs UNIS, won, 50-15
vs WAB, won 34-27
vs CA, won 45-24
Girls went 5-0 in the round robin

Full details are available on the websites below:

Basketball @ WAB <http://apac.wab.edu/>
Swimming @ SASPD <http://teachers.saschina.org/pdapacswimming/>
Basketball @ Brent <http://www.brent.edu.ph/apacbasketball2011>

Pudong Campus



By
Todd Parham
Pudong Campus
Activities
Director

Upcoming HIGH SCHOOL Activities:

February 18: SISAC Soccer Games @ Home vs. DCS

- DI 11 aside Girls soccer game, 4:30pm start
- DII 7 aside Boys & Girls soccer games, 4:30pm start
- DI 11 aside Boys soccer game, 5:45pm start

February 19: HS Badminton Match @ Home vs. SAS PX, 10am start

February 19: SISAC Soccer Games @ Home vs. SAS PX

- DI 11 aside boys soccer games 10:30am vs. SAS PX Varsity & 1:30pm vs. SAS PX JV
- DI 11 aside girls soccer games, 9am vs. SAS PX JV & 12:00pm vs. SAS PX Varsity

February 23: SISAC Soccer Games @ Home vs. SMIC

- DI 7 aside Boys and DII 7 aside Boys & Girls, 4:30pm start

February 23: 27th APAC Season Two Fine Arts

- Band @ SFS
- Theater @ HKIS

February 25: HS SISAC Track Meet, 4pm start @ SAS Puxi

February 26: SISAC Swimming Championships @ SAS PX (TBA)

March 2: SISAC Soccer Games @ Home vs. SCIS PD

- DI 7 aside Boys & DII 7 aside Boys 4:30pm start

March 3: SISAC Soccer Games Away @ BISS PD

- DI Boys 11 aside 4:30pm

March 4: SISAC Soccer Games @ Home vs. CISS (Friday Night Lights)

- DII Boys & Girls 7 aside @ Home, 4:30pm start
- DI 11 aside Boys, 5:45pm start
- DI 11 aside Girls, 7:00pm start

March 5: CISSA Badminton @ SAS PX (TBA)

March 5: Softball Double Header @ Home vs. SAS PX

- JV game start @ 10am
- Varsity game start @ 12:30pm

Please check out our new activities blog <http://teachers.saschina.org/pdactivities/>



Puxi Campus

By
Steve Doleman
Puxi Campus
Activities
Director

Upcoming Events:

Track and Field

Friday, February 25
SISAC Invitational Track Meet at SASPX, 4–6pm

Thursday, March 17, @SASPD

April 1-3: China Cup @ Brent Manila

Saturday, April 9: SISAC Championships

2nd Season APAC Fine Arts, February, 23–27

Theatre @ TCIS
Band @ WAB

Swimming

Saturday, February 26: SISAC Swimming Championships @ SASPX

Saturday, March 19 @ ISBangkok:
Bangkok Invitational Swimming

CISSA Sports

Swimming: Saturday, February 26 @ SASPX
Volleyball: Saturday, March 12 @ SASPX/SASPD/CISS

APAC Fine Arts Awards

Friday, March 4, @ PAC 6pm

APAC Quiz Team Invitational

Monday, March 7–Wednesday, March 9 @ Brent

Shanghai Cup Soccer

Saturday and Sunday, March 12-13 @ SASPD

menu

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Monday February 21	Tuesday February 22	Wednesday February 23	Thursday February 24	Friday February 25
Oven baked cheese macaroni Grilled sausage bratwurst Parsley potatoes Broccoli & cauliflower	Trinidad chicken curry ES: Light curry chicken Pork cream stew Spinach butter rice Sautéed Bok Choy	Fish filets served w/ tartar sauce Sautéed beef w/ herbs topped w/ puff pastry Parsley rice Sautéed mixed veggies	Stir fried chicken w/ olives and parsley Sweet and sour pork Steamed rice Cabbage and carrots	Paprika beef goulash ES: Light beef stew Fried rice w/ bacon and bok choy Sweet potatoes Seasonal vegetables sautéed in butter
Vegetarian				
Fajitas—eggplant onion peppers	Carrot and leek Quiche	Bok Choy fried noodles	Fried rice w/lentils and curry	Pizza-salad
Dessert				
Vanilla pudding	Banana cake	Profiteroles au chocolate	Jell-O	Apple strudel

Monday February 28	Tuesday March 1	Wednesday March 2	Thursday March 3	Friday March 4
Spaghetti chicken tomato basil Pan-fried meat loaf Butter potatoes w/ parsley Mixed veggies	Chicken-tomato casserole Stir-fried pork w/ onions ES: Mini pork steaks Rice w/ corn Sautéed carrots w/ garlic and ginger	Fish filet sweet and sour ES: Fish fingers Chicken breast au gratin Parsley, rice Mixed vegetables	Chicken drumsticks Pork loin roast ES: Pork taco Steamed rice Mixed sautéed butter veggies	Thai red beef coconut curry ES: Hot dog Fried bee-hoon w/ shrimp and chicken Spinach, rice Mixed veggies
Vegetarian				
Sweet and sour vegetables and tofu	Veggie burger	Bee hoon fried w/ onions and peppers	Spinach and bean sprouts omelet	Penne w/ cream and chives
Dessert				
Cinnamon oatmeal pudding	Apple pear cake	Profiteroles au caramel	Chocolate brownies	Swiss roll

Forensics, con't from page 13

outside. The SAS team also had some bonding time despite their busy schedules. From sharing a delicious local meal — oh, the fabulous Milkis drink, kimbap, and japchae! — to engaging in leisure activities such as shopping and Korean KTV, the team not only got to know their hosts, but also their teammates, much better. Although the bus ride from the Incheon Airport to Taejon was three times longer than the one-and-a-half hour plane ride from

Shanghai to Korea, APAC Forensics was well worth the time.

“If our Forensics team were a school of fish, then we’d all take the bait, Mr. Peake-ah-chew.” From the accumulating inside jokes and jingling of multiple medals students managed to earn, the SAS Puxi campus team again enjoys another year of success and hopes to continue its winning streak far into the future.

Math, con't from page 9

on the bulletin board just outside of my room. For further information and more past year papers, you can go to the respective websites.

The papers for the CMC have already arrived. We are still waiting for the AMC papers. Please be reminded that this is a first come first served basis. Register quickly once it is announced to avoid disappointments. <http://www.flickr.com/photos/85135678@N00/sets/72157625841181141>

UPCOMING EVENTS @ SAS

FEBRUARY — Pudong Campus

- 22 ◆ Board of Directors Meeting, Puxi Campus, 6:30pm
- 24 ◆ Treat Day, Elementary School
- ◆ MS Parent Book Club, 12:30-2:15pm
- ◆ Spelling Bee School Final Competition, 2pm
- 25 ◆ MS MYG Night

MARCH — Pudong Campus

- 4 ◆ Student Programs Committee,
Venue—Pudong Campus Secondary Library
- 10 ◆ MS PTSA meeting, 9am
- ◆ *Race to Nowhere* meeting, SAS Parents,
Pudong Campus LLH 10:00AM
- ◆ HS PTSA meeting, 11am
- ◆ PTSA "Historic Village Tour," Noon-2pm,
depart from Pudong campus
- 11 ◆ Grade 7 Lock-in
- 11-13 ◆ SAS Strategic Plan: Core Planning Meeting #1
- 16 ◆ *Race to Nowhere* movie screening,
6:30pm JinQiao location TBD
- 17 ◆ ES PTSA meeting, 10am
- ◆ Treat day, Middle School

COMING IN APRIL:

- 15 Family Digital Literacy Event
- 23 SAS Gala at YongFoo Elite

FEBRUARY — Puxi Campus

- 22 ◆ Board of Directors Meeting, Puxi Campus, 6:30pm
- 24 ◆ MS Parent-Counselor Coffee, 10am, Admin building
Board conference room
- ◆ ES Passport Check
- 25 ◆ PK-2 Assembly, 8:20am at the PAC
- 26 ◆ PTSA Charity Fundraiser, Carpet and Silent Auction,
6pm, Performing Arts Center

MARCH — Puxi Campus

- 1-4 ◆ MS Visiting Author, 8am, LMC
- 2 ◆ *Race to Nowhere* meeting,
SAS parents, Puxi Campus PAC 10am
- ◆ *Race to Nowhere* movie screening,
Puxi Campus - PAC 6:30pm
- 3 ◆ ES Passport Re-Check
- 4 ◆ Student Programs Committee,
Venue—Pudong Campus Secondary Library
- 5 ◆ Millers Analogy Testing Puxi Campus (contact
edprograms@saschina.org to register)
- 8 ◆ MS Principal Coffee, 10am, LMC
- 11-12 ◆ Puxi Campus Fringe Theater Festival
- 11-13 ◆ SAS Strategic Plan: Core Planning Meeting #1

COMING IN APRIL: 23 SAS Gala at YongFoo Elite

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