
TECHCETERA

APRIL 2015

Principal's Letter

Dear parents/guardians, teachers, and students,

I hope you have had an enjoyable Spring Break. TJ has been very busy in the second phase of the renovation as the new cafeteria will open very soon. The significant construction has been occurring in the center of the building, only visible through a few rooms, such as in physics, 8th period, and biology. We're still 9-12 months away from completion of that space, and when phase 2 is over, the connectedness and fluidity walking through the building will be much more noticeable.

In March the SGA led the charge for a successful service week. Our leaders encouraged students to participate in a variety of donation drives for old electronics, test prep books, canned food, books, and school supplies. In addition, a wide variety of 8th period clubs held service activities, such as designing origami stars for Send-a-Smile, an

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President's Letter

"Fit Not Brand" -- So says Frank Bruni about choosing undergraduate college in his new book, "Where You Go Is Not Who You'll Be." I've not yet read this book, but my takeaway from recent excerpts, editorials, and interviews is: the most important factor in how college-bound high school students become interesting, self-sufficient adults is how their undergraduate college environment supports discovering/pursuing passions, learning new things, and dealing with disappointments.

Furthermore, these factors really don't correlate with how a college is ranked or its perceived prestige. Bruni's poll of successful people shows that few of them attended prestigious undergraduate colleges, which seems to confirm that a degree from such a college is not a prerequisite to success (or happiness).

Advice about choosing colleges is certainly timely for every Senior at TJ. I'm a Senior parent and thus our family is in the middle of waiting and evaluating. In general, we have tried not to fixate on grades, but rather tried to support our child's passions and independence to make decisions, hopefully without cutting too much into time for studying and sleeping. I'll admit that I have read college rankings and am aware of reputations and that our child has applied to a range of colleges.

I know that TJ counselors and the College Career Center support Mr. Bruni's advice – a March 19 e-mail from the Department of Student Services urged all Seniors and their parents to read Mr. Bruni's essay (linked below in the Health & Wellness section). They stated that "this article really hit home for the Student Services Department." And Dr. Glazer often talks about students pursuing passions, not grades. Despite the realities of the

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HOT LINKS TO THE INFORMATION FOR WHICH YOU ARE LOOKING....

[Info from Other TJ Offices](#)

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organization providing support to families with children who have cancer. Later this month, TWIST (Tomorrow's Women In Science and Technology), WISE (Women in Science and Engineering), and the Biology Society will present Science and Techstravaganza on April 11 from 10:00am to 4:00pm at Holmes Middle School. The event attracts thousands of elementary and middle school students to showcase a wide variety of hands-on investigations distributed throughout our gymnasiums and classrooms. It's a great way to illustrate how TJHSST serves as a regional school to inspire young minds from all of our participating school divisions. Throughout the spring, students also have a chance to give back to many neighborhood schools as STEMbassadors through service opportunities posted to the TJ Intranet.

For the last few months I have been profiling our progress on school goals. This month I'd like to reflect on consistency in grading practices, which has recently become a topic on the school district administration's agenda. In general, teachers who offer the same course have fairly similar grading practices because they develop their syllabi together. The intent of these common grading practices is to promote equity across sections of a class. In essence, if a student earns a B in one class, then they should earn a B in another section of the same course if they have developed the same knowledge, skills, and understanding. This year we have gone a step further to identify two practices that could be adopted across all of the courses in a subject matter (for example, science and technology, humanities, world languages, math and computer science, etc.). Those practices could be retake policies, common assessments, how to handle late work, how much to weigh tests as part of the grade, etc., as determined by the curricular division.

Currently, FCPS has begun exploring grading practices across the entire district with potential implementation as early as next year. Some people have asked me if this seems like a good measure for TJ. I have to admit it would have been helpful to develop school-wide practices before district-wide

practices; however, it is comforting to know two teachers from each school will have a voice in the district's decision making process. TJ is a very different academic environment than other schools due to its rigorous standards to support critical inquiry research, problem solving, intellectual curiosity, and social responsibility. Grades in our courses should not be compared to other schools due to the nature of our student population as well as a uniquely different curriculum program of studies.

Above all, a modified grading system should not suppress the value of an education to an ongoing review and comparison of grades. Intellectual growth, development of habits of mind, and experiencing the joy of learning at the prospect of discovery are much more important than grades. Those are the attributes that enable our students' continued success beyond TJ. Some of you may contend that's not what matters for college admission, and if so, I encourage you to ask the admissions officers what they seek in their candidates. I'd enjoy hearing your thoughts on this issue. Please contact me directly at [Evan.Glazer at fcps.edu](mailto:Evan.Glazer@fcps.edu) to make TJ an even better placed for learning and growing.

Sincerely Yours,

Evan Glazer
Principal



Mark Your Calendar PTSA Meetings

(Tentatively scheduled in the library)

Thursday, April 9 – 7:00-9:00 pm
Wednesday, May 6 – 7:00-9:00 pm
Wednesday, June 10 – 7:00-9:00 pm

Refreshments served at 7:00 pm and meeting begins at 7:30 pm

Useful Links

TJHSST Home Page:

<http://www.tjhsst.edu>

TJ PTSA website:

www.tjhsst.edu/supportingtj/ptsa

TJ Booster Organizations:

Academic Boosters:

<http://academics.tjhsst.edu/aboosters/>

Athletic Boosters:

www.colonialathletics.org

Band Boosters:

www.tjbands.org

Choral Boosters:

<http://www.tjhsst.edu/curriculum/fa/choir>

Crew Boosters:

www.tjcrew.org/

Orchestra Boosters:

<http://arts.tjhsst.edu/orchestra/>

Theatre Boosters:

<http://www.tjhsst.edu/parents-community/boosters/theatreboosters/>

TJ Partnership Fund:

<http://www.tjpartnershipfund.org>

TJ Alumni Association:

<http://www.tjhsstalumni.org>

Other:

FCPS Blackboard:

<http://fcps.blackboard.com>

FCPS Keep in Touch (KIT):

<http://www.fcps.edu/kit>

FCPS School Board:

www.fcps.edu/schlbld

Fairfax County Supervisors:

www.fairfaxcounty.gov/government/board

“college arms race,” I hope that all TJ students and parents – not just Seniors – consider Mr. Bruni’s advice to consider fit before brand.

To generalize this issue one step further, TJ can also be seen as fit vs. brand. As PTSA President, I have had additional opportunities to field questions about TJ and see parents and students fixated on the perception of TJ as a prep school to guarantee admission to a prestigious college. Two anecdotes, among many I could offer:

- At this year’s TJ open house, a young man and his father came up to the parents’ table to ask questions. The father asked for advice on how to gain admittance to TJ. So I turned to the son and enthusiastically said, “So you’re interested in science and math?” His response was, “not really.”
- I recently ran into a friend in the area whose daughter is about to turn 2 years old. He said his network of parents with young children is starting to talk about and prepare for entering the school system. He said that everyone agrees that TJ is the best high school in the area. He wanted to know what he needed to do now to prepare his daughter to attend.

I do agree (and have said many times) that TJ is a wonderfully special place in many ways. I hope that the TJ community can continue to support a culture “to provide students with a challenging learning environment focused on math, science, and technology; to inspire joy at the prospect of discovery; and to foster a culture of innovation based on ethical behavior and the shared interests of humanity.” Yet the anecdotes above indicate to me that this arms race risks a loss of perspective on what it takes to create a rewarding high school experience that can serve as a launching pad for college. At TJ, many students enthusiastically pursue their passions and many of them thrive without perfect GPAs. In Northern Virginia, rewarding experiences happen at high schools in the region for thousands of high school students. I hope that all high school and college students find their fit without worrying about brand.

Eric Malès
TJ PTSA President 2014-15

Library News

As research projects intensify, please let your students know that they can receive personalized research help from a librarian during 8th period if they sign up for “Library Research” or “Library Study Hall.” We also have online research guides that can be accessed at the library [website](#).



These guides contain targeted resources for specific projects in addition to helpful suggestions on using the resources and finding relevant information. Contact your librarians at [library at tjhsst.edu](http://library.tjhsst.edu) for help.

Academic News

Spanish Honor Society

The officers and sponsors of Spanish Honor Society (SHS) hope that your winter has been enjoyable and that you are looking forward to nicer weather and no more school cancellations. SHS participated in the World Languages Volleyball Tournament on March 27, and members on the SHS team had fun competing against their counterparts from the other foreign languages.

Looking forward, we have a number of exciting events in the coming months. The first is the induction ceremony for our 32 new members who demonstrated, both through an application and their work in their respective Spanish classes, a commitment to Spanish language and culture as well as service to the community, the pinnacles of SHS. The induction ceremony will be held on **Wednesday, April 8 at 3:00 pm** in the auditorium. All new members will be required to attend both A and B blocks of eighth period that day, and parents are welcome to attend beginning at 3:00. There will be refreshments following the ceremony! As we transition into spring and the fourth quarter, other events on the horizon include guest speakers from the U.S. Department of State, the training and introduction of the new SHS officers for the 2015-2016 school year, and planning for end-of-year events such as J-Day.

PTSA Committee Updates

Health and Wellness

New Messages from Our School Psychologist

Greg Myers, our school psychologist, addressed parents’ questions regarding mental wellness at the March 8th Partnership Fund Lunar New Year Event. He also expanded his message from Mental Health Awareness Week, adding insightful thoughts and good advice for parents:

- Which risk factors for depression seem to be more prevalent at TJ?
 - Sleep deprivation
 - Chronic stress
 - Sedentary
 - Cognitive factors:
 - extrinsic orientation
 - performance-based self-worth
 - low self-compassion
 - Weak social connectedness (for some)
 - Lack of opportunities for/exposure to generosity/kindness/altruism
- Are the depression rates higher at TJ?
 - No. By their own responses on youth survey data, TJ rates (20%) are below FCPS average (30%).
 - But a wise follow-up question is: is the etiology and course of depression different among gifted/high-achieving students?
 - Do they mask their depression better? ([Shame for being incapacitated/helpless](#))
 - Do they “hold out” longer before reaching crisis or reaching out for help?
 - Are they more vulnerable to “existential depression?”
- What to do as parents?
 - BE COURAGEOUS ENOUGH TO SET LIMITS; be an authoritative parent
 - They need your help to learn how to do this
 - Know your student’s limitations
 - Closely evaluate total workload; do not choose a courseload that’s unrealistic for YOUR child. How many hours of work per week are expected for their preferred schedule? Do not allow them to choose a schedule that will encroach on healthy

behaviors (sleep, exercise).

- Set hard parameters for sleep; firm bedtime, ENFORCED. Your student may suffer initially in the short-term, but Parkinson's Law will take over.
 - *Work expands to fill the time allotted*
 - *How do you think TJ's student-athletes do it? Their grades seem just as good yet they have less time. We don't really think that's because they are smarter than non-athletes do we?*
- Set an even *firmer* rule that this bedtime cannot be exceeded two nights in a row
- IF your student, week after week, continues to exceed the bedtime, your student is overloaded. Period.
- Stop bright screen use (phone, laptop) an hour before bedtime. Make the bedroom a quiet zone. Place the devices outside of the bedroom each night. Model this behavior.
- BE A CURIOUS LISTENER, not a goal-oriented listener
 - On a regular basis, listen to your student without any goal in mind. No advice, no judgment, just be a good listener! That means be curious, ask questions to help you understand. Empathize, meaning feel their feelings.
- TEACH AND MODEL GOOD SELF-CARE; build the habits now, before college
 - Eat well; reduce sugar and caffeine which can destabilize one's mood
 - Be active, everyday
 - Get adequate and routinized sleep
 - Be compassionate toward self and accepting of weaknesses
 - We all have weaknesses, but many gifted students are delayed in this development of self-acceptance
 - Help them see the connection, *in situ*. You're stressed, fatigued, overwhelmed—and we know the good actions to take but we don't always take them—so help them do it! Go to bed early. Go for a walk. Lift some weights. Do something altruistic.
- **Teach and model a lifestyle that has room for great achievements AND self-care**
 - We can do this! It HAS to be possible.

Excerpts of Articles on Parenting

[The Three Most Important Questions You Can Ask Your Teenagers](#), by Michael K. Mulligan

"Instead of being nurtured towards real curiosity and a genuine sense of citizenship, these millennials are conditioned to think that everything they do is for the purpose of looking good in the eyes of admissions officers and employers: you earn good grades not because they mean you are learning something, but rather because they will help you stand out from your peers when applying to the Ivies. You engage in community service not because you wish genuinely to make a positive difference in the lives of others but rather because that is how you burnish your resume -- service as check-off box. You play sports not because they build character and teamwork and are a whole lot of fun, but because you want to try to get recruited for a college team. You study art or music not because you wish to refine your understanding of human nature, creativity and culture but because it will help you look smarter."

"Stop asking, 'What (What grade did you get? What team did you make?)' and begin asking, 'Who, Where, and How?'

1. *Who tells us who we are?*
2. *Where do we want to go with our lives?*
3. *How do we want to get there?"*

[How to Survive the College Admission Madness](#), by Frank Bruni

"People bloom at various stages of life, and different individuals flourish in different climates. For every person whose contentment comes from faithfully executing a predetermined script, there are at least 10 if not 100 who had to rearrange the pages and play a part they hadn't expected to, in a theater they hadn't envisioned. Besides, life is defined by setbacks, and success is determined by the ability to rebound from them. And there's no single juncture, no one crossroads, on which everything hinges."

"In any case, there's only so much living and learning that take place inside a lecture hall, a science lab or a dormitory. Education happens across a spectrum of settings and in infinite ways, and college has no monopoly on the ingredients for professional achievement or a life well lived."



Much has been in the news this past year in Virginia and across the country about the dangers and consequences of alcohol and binge drinking on college campuses - alcohol poisoning, sexual assault, injury, and even death.

Join us for an award-winning film *HAZE* to educate parents and students about the dangers of alcohol and binge drinking. The film contains graphic imagery but is a must-see for all parents and their college-bound teens. Make plans to attend one of the two upcoming forums being held in Fairfax County in 2015. Click [here](#) for more information about the film.

A distinguished panel will be on hand to answer questions. Among those who will take part:

- Casey Lingan, Chief Deputy, Commonwealth's Attorney for Fairfax County
- William Hauda, M.D., Inova Fairfax Hospital
- Sgt. Dan Pang, Fairfax County Police Department
- Mary Ann Sprouse, Director, George Mason University's Wellness, Alcohol, and Violence Education and Services
- And a college student

Tuesday, April 14

7:00 to 9:00pm

Madison High School
Warhawk Hall
2500 James Madison Dr.
Vienna, VA
(Supported by the JMHS PTSA)

Wednesday, May 20

7:00 to 9:00pm

Northern Virginia Community College
Ernst Community Cultural Center
8333 Little River Turnpike
Annandale, VA
Free parking in Lot B only

For more information, call 703-938-8723 or visit www.unifiedpreventioncoalition.org

Serving the TJ Community

Volunteer Opportunities

Nominations for TJ PTSA Officers

It's that time of year when the Nominating Committee seeks nominations for elected positions on the TJ PTSA Executive Committee for the 2015-2016 school year. Do you want to get involved and make a difference at TJ? Do you want to keep up to date with what's going on and network with other parents, students, and teachers? Then we have the job for you!

With the newly-revised by-laws in effect, this is the first year that our President-Elect automatically becomes President. We welcome Silvija Strikis as our 2015-2016 PTSA President!



Please step forward and volunteer to serve as an officer on the PTSA Executive Committee. The positions are: President- Elect (to serve as President for the 2016-2017 year), First Vice President, Second Vice President, Recording Secretary, Corresponding Secretary, and Treasurer. In order to provide continuity and experience, we anticipate that perhaps 2-4 of the current officers will serve another year in some capacity.

Any PTSA member with the willingness and ability to serve and provide leadership is welcome to apply. PTSA members who want to nominate someone else for an office may do so, with the nominee's permission. **The deadline for nominations is APRIL 13, 2015.**

Need a little more information about the positions

and responsibilities? Just click [here](#) and scroll down to page 9 for more information. Want to hear how much fun each position is or ask questions? Just email [ptsa at tjhsst.edu](mailto:ptsa@tjhsst.edu) and pose a question to the current Executive Committee, and we promise you will get feedback!

The nomination form can be found here or on the PTSA website. Please send any questions or completed forms to the Nominating Committee at [ptsa.firstvp at tjhsst.edu](mailto:ptsa.firstvp@tjhsst.edu). The Nominating Committee members are Ann Carr, Barb Malès, Robin Hatanpää, Jane Hsu and Hilde Kahn.



Parent Volunteers Needed as AP Proctors

May 4-15 is AP Exam Time for many of our students, and the PTSA is asked to support this effort by providing volunteers to assist our students during the administration of the exams. No experience is needed! You will not be in charge; a school counselor will be responsible. You will be handing out and collecting material, passing out tissues, and walking around and monitoring students so wear comfortable shoes.

You are encouraged to sign up for as many slots as your schedule permits. This is approximately a four to five hour time commitment, depending on the exam, for the morning and afternoon exams. Please do not sign up to proctor an exam that you know your own student is taking.

To see a schedule of the exams and proctors needed for each exam, click [here](#). Signup genius allows you to sign up and register as a guest if you do not have log-in information. You will be sent a reminder several days in advance of your volunteer time with a parking pass.

Contact Robin Hatanpää ([hatanpaa6 at gmail.com](mailto:hatanpaa6@gmail.com)) for more information.

National Reflections Arts Program Update



Reflections Arts is a national PTA program that recognizes students for their initiative, creativity, and expression through the arts.

Northern VA District level results are in: two TJ students received the top award at District, "Outstanding Interpretation," and have advanced to the State level: **Kyle Gatesman** (Music Composition) and **Rebecca Merriman-Goldring** (Photography).

At the State level, these two students' works of art will be judged alongside other top entries from across Virginia. Congratulations and good luck to **Kyle** and **Rebecca**!

TJ Reflections Arts POC: Magi Kumar ([v.magikumar at gmail.com](mailto:v.magikumar@gmail.com)).

Other Student News

A section for articles on achievements outside of TJHSST, submitted on behalf of students.

Senior Named to 2015 Virginia All-State Honors Choir

Senior Hugo Kessler was named to the Virginia All-State Honors Choir for 2015. The choir will perform on Saturday, April 25, at the Sheraton Premiere Tysons.

Freshman Wins 2015 U.S. National Brain Bee

Freshman Soren Christensen has been named the winner of the 2015 U.S. National Brain Bee. Soren won the Washington regional Brain Bee in February, finishing in first place among a group of 17 students from across the region. The Brain Bee is a neuroscience competition for secondary students; it includes questions on the brain and nervous system, including how the brain develops; how it controls various functions in the human body; how sleep, stress, and aging affect the brain; and diseases and disorders of the brain. It is hosted by the Society for Neuroscience in an effort to motivate secondary school students to learn about the brain and explore careers in the sciences.

Need Spring Cleaning or Spring Gardening Supplies? Shop and Earn Free Money for TJHSST!



SPRING CLEAN

Shop at Amazon.com and earn **free money for TJ**.

Please bookmark [this site](#) on your browser and use it every time you shop!

Questions? Email Helenia Pan at [helenia.pan at gmail.com](mailto:helenia.pan@gmail.com).

THOMAS JEFFERSON HIGH SCHOOL FOR SCIENCE & TECHNOLOGY

CAMPAIGN FOR TJ // LEADING THE FUTURE

QUESTION #1: WHY ARE WE CALLED THE “PARTNERSHIP” FUND?

- A:** The TJ community needs to work together with the School Administration to keep TJ strong.
- B:** When parents bring their employers into the community – by taking advantage of matching grants and by connecting the School to the company – it’s a huge win/win for the School.
- C:** The School seeks long-term mutual relationships with companies, where the companies gain access to our student pipeline and TJ gains access to expertise and financial support.
- D:** The PF combines with and links to other school organizations, such as the TJ Alumni Association and Colonial Athletic Boosters, to the ultimate benefit of the school we all serve.

And the answer, as it is with almost everything at TJ, is “E: All of the above.”

YOU CAN HELP INCREASE CORPORATE, GOVT. & FOUNDATION SUPPORT FOR TJ: In order to fully fund our equipment and technology needs, and to keep internship and mentorship opportunities open for our students, TJ needs corporate contacts at every large and mid-size defense and technology firm in the region and every private and governmental foundation that might be interested in supporting our mission.

Why are we telling you this?

Because virtually every organization that supports TJ is connected in some way to a TJ parent.

A parent works at the company or his neighbor or relative works there, a parent owns the business or her friend owns it, a parent used to work at the company or has done business it, etc.

Share your connections. The School’s renovation creates opportunities – for input and recognition – that don’t come around every day. Now is the time to connect that person or company to TJ. Send Development Director Aristia (Tia) Kinis your contacts and ideas at [akinis at fcps.edu](mailto:akinis@fcps.edu).

Join our LinkedIn group, "STEM - TJ Partnership Fund," which includes companies and government entities with an interest in supporting STEM education and outreach. If you'd like to join our virtual group as a representative of your company, please [LinkIn to Jennifer Simpson](#) (the Board member who opened the group), noting that as the reason.

Questions about anything Campaign-related? Contact Samantha Courtney at [scourtney at fcps.edu](mailto:scourtney@fcps.edu) or 703.750.8317.



Over 350 parents, current TJ students and alumni, siblings, grandparents, administrators, faculty, staff, and friends of TJ attended our second annual Lunar New Year celebration on Sunday, March 8. Over \$12,000 in donations from individuals and corporate sponsors has already come in as a result of this wonderful event, which illustrates yet another way that the local business community can be successfully engaged in support of our special school.

– The TJ Partnership Fund, our non-profit foundation

ALL NIGHT GRADUATION PARTY

Saturday, June 20, 2015

SILK TIES AND SCARVES – JUST \$30!

tjSTAR is just around the corner. What better way to show your school spirit than with a TJ silk tie or scarf as your student presents his/her research at our annual scientific symposium. These fashion essentials can also be worn on game day or the sports banquet for student athletes, academic competitions, college interviews, and of course, graduation. They also make great Mother's/Father's Day gifts. You can pre-order using this [flyer](#) or [online](#) using PayPal.

A RAFFLE WHERE EVERYONE IS A WINNER...ESPECIALLY FUTURE DRIVERS!

Parents of All Grades: Support ANGP by purchasing raffle tickets for a chance to win a \$499 Complete Virginia Behind-the-Wheel Training Package with "I Drive Smart." Even if you do not win, use your raffle ticket to receive a \$50 discount on any IDS package purchased by June 30, 2015! You have two years from the date of purchase to complete your package. Only one ticket can be redeemed per package, by entering the promotion code that we will share at the completion of the raffle. The winner receives a certificate that is transferable (so even those without children or grandparents can participate) and redeemable for the \$499 seven-session Behind-the-Wheel package. The certificate must be redeemed by June 30, 2016, and you have two years to complete the course after redemption essentially allowing over 3 years from the date the certificate is awarded until the course must be completed.

Raffle tickets are \$5 each or 5 raffle tickets for \$20.

Get ticket forms or buy online via PayPal by clicking [here](#). Tickets will also be available at the Partner for Safe Teen Driving Assembly on May 5. The drawing will be held May 13, 2015.

This package consists of a total of seven (7) 100-minute behind-the-wheel training sessions that meets and exceeds Virginia DMV requirements. I Drive Smart is the **only** company where current or retired **police officers provide 100% of the**

instruction. Each session consists of 50 minutes of driving time and 50 minutes of observation of another student driver. Virginia law requires that each session involve two students in the vehicle, alternating driving and observing. For more information, go to www.idrivesmart.com or call **855-IDS-COPS**.

VOLUNTEERS!

ANGP currently has less than 25% of the volunteers we need to run this event. Not a Senior Parent This Year? We need you! ANGP is in urgent need of *Junior, Sophomore, and Freshman* parents are especially needed for all the set-up and decoration activities that happen when Senior parents are busiest -- on graduation day! Please [sign up](#) now!

We have an urgent need for a **Volunteer Chair** to replace the one who recently had to step down. The work is straightforward, and up until the party, most of it can be done at home:

- Communicate with other committee chairs and make sure the Sign-Up Genius form lists the volunteers they need.
- Monitor the volunteer Sign-Up Genius form and keep committee chairs informed of the volunteers for their committees.
- Work with ANGP Committee on recruitment messages for volunteers for *This Week at TJ* and *Techcetera*.
- Create badges for volunteers.
- Coordinate volunteer check in and out during the party.

If you are willing to take on this Chair position, please contact Lisa Savage at [tj2015angp at gmail.com](mailto:tj2015angp@gmail.com).

WHO NEEDS A DRESS?

Does your daughter need a dress for the next TJ dance or prom? The Senior Class and ANGP are jointly sponsoring a gently used dress sale. We'll be

accepting dress donations through April 24. Please bring your dresses to the donation bin in the aud lob. All dresses should be dry-cleaned before they are donated. The dress sale will be held during 8th period on April 29 and JLC on April 30. All dresses will be sold for \$10. If you have any questions, contact Robin Hatanpää at hatanpaa6@gmail.com.

TODDLER PICTURES

Senior parents: We'd like a picture of each Senior from when he/she was between 2 and 4 years old for the ANGP. You can email digital/scanned pictures to tjbabypics@gmail.com. Please include your son or daughter's full name and nickname in your email. PLEASE get your son or daughter's approval for the picture you send. Prints can be mailed to TJHSST ANGP – Baby Pics, 6560 Braddock Road, Alexandria VA 22312. Prints cannot be returned.

TICKETS

There are still roughly 100 students who have not yet purchased their tickets to ANGP. Tickets are \$125/student. ANGP is funded through tickets sales and donations so we count on every bit of the ticket revenue. Even if you are not sure that your child wants to attend ANGP, please purchase a ticket to support this event! Ticket forms are available [here](#). Please remember that **BOTH** the student and one parent need to sign the form.

The TJ PTSA is committed to ensuring that all students can attend. If you need financial assistance, please contact your guidance counselor. All requests are kept confidential.

LAWN SIGNS

Senior Parents: Congratulations Graduate Lawn Signs are available for \$20. Click [here](#) to find the order forms or purchase one via PayPal.

PLEASE JOIN US FOR OUR NEXT ANGP MEETING ON WEDNESDAY, APRIL 15 FROM 6:30-7:00PM IN THE PRINCIPALS CONFERENCE ROOM. DIRECTIONS TO THE CONFERENCE ROOM CAN BE FOUND ON THE ANGP [WEBSITE](#).

Class News

2015 – Seniors

The countdown starts – just three months left until graduation!! Preparations for prom and graduation are being finalized but there are still some students that have not submitted their required Senior dues. Dues pay for many important upcoming events including graduation and prom. If you have not paid already, please submit a check for \$100 made out to TJHSST and put 'Class of 2015 Dues' along with the student's name in the "For" line. Students can drop them off in Dr. Osborne's trailer (32).

Other events to note:

TALENT SHOW: The Class of 2015 is sponsoring a Talent Show on April 10 from 7:00-9:30pm at TJ.

ALL NIGHT GRAD PARTY (ANGP): WE REALLY NEED VOLUNTEERS! Senior and non-senior parents (friends and family) can volunteer. Please help! [Sign up](#) to volunteer at ANGP. Questions? Email the ANGP co-chairs Lisa Savage and Ginger Bugaighis at tj2015angp@gmail.com. Our students deserve a fun-filled event with all their fellow TJ Seniors.

PROM: May 30 at the National Building Museum.

TJStar: June 9

SENIOR PICNIC: June 18 or 19 (date not yet confirmed) right after the mandatory graduation rehearsal.

GRADUATION: June 20: Patriot Center, George Mason University, 7:00pm.

PICTURES: Don't let your Senior be left out of the fun! We'd like a picture of each Senior from when he/she was between 2 and 4 years old for the ANGP 'Guess the TJ Senior Contest'. You can email digital/scanned pictures to tjbabypics@gmail.com. Please include your son or daughter's full name and

nickname in your email. Please send in photos as soon as possible.

DRESS SALE: The Senior Class and ANGP are jointly sponsoring a gently used dress sale. We'll be accepting dress donations through April 24. Please bring your dresses to the parent volunteer or Mrs. West at the front desk. The dress sale will be held during 8th period on April 29 and JLC on April 30 and all dresses will be sold for \$10. If you have any questions, contact Robin Hatanpää at [hatanpaa6 at gmail.com](mailto:hatanpaa6@gmail.com).

Good luck to all our students as they hear back from colleges.

Ginger Bugaighis
[gingerreich at yahoo.com](mailto:gingerreich@yahoo.com)

2016 – Juniors

The TJHSST Pi-Miler was a huge success! All the proceeds from the event go right into the 2016 Class Fund. Over 150 participants showed up at Burke Lake Park on Pi Day for the race. Thank you to all the runners and volunteers. And, a big thank you to all those who sent food donations!

We are in the final quarter of Junior year, which means if you haven't sent in your \$35 class dues donation, time is running out. Checks must be made payable to "TJHSST Class of 2016" in order to be properly credited to the class fund. Please write your student's name in the memo line of the check. If submitting cash, please label the envelope with your student's name. All dues should be turned in to Mrs. Rosenblum in Room 136. If you prefer to mail your \$35 dues, please send to:

TJHSST
Mrs. Rosenblum - Class of 2016
6560 Braddock Rd
Alexandria, VA 22312

Jamie Korelitz
[JamiekorelitzTJ2016 at gmail.com](mailto:JamiekorelitzTJ2016@gmail.com)

2017 – Sophomores

Happy spring, finally! Save the date for a fun Sophomore class field trip to Hershey Park on Thursday, June 18. Buses will depart TJ at 11am and return around 10pm. Look for details and a request for chaperones in May.

Sophomore parent help is needed for the All Night Graduation Party (ANGP), a huge celebration that provides TJ graduates with a fabulous, safe, drug-free, alcohol-free environment after the graduation ceremony on June 20. Hundreds of volunteers are needed before and during the event, and Sophomore parents are especially needed during the 6pm to 10pm shift while Senior parents are attending graduation. Please sign up [here](#).

Please also consider shadowing a current ANGP committee chair over the next few months so that we learn what we need to do before it is our turn to plan the 2017 ANGP. Contact Lisa Savage and Ginger Bugaighis at [attj2015angp at gmail.com](mailto:attj2015angp@gmail.com) for more information.

Are your students learning to drive? Support the ANGP by purchasing raffle tickets for a chance to win a \$499 Behind-the-Wheel training package with I Drive Smart. Even if you do not win, use your raffle ticket to receive a \$50 discount on any IDS package purchased by June 30. One ticket can be redeemed per package. Tickets for the May 13 drawing are \$5 each or 5 for \$20. Additional details can be found on the [ANGP fundraising webpage](#).

Thanks to those who have mailed class dues in. If you have not, it is not too late! Contact us if you are unsure if you have paid your dues, or if you need mailing info.

Thanks for your support of the class of 2017!

Ann Carr and Lan Fan
2017 Parent Liaisons
[mandacarr at msn.com](mailto:mandacarr@msn.com)
[fanlan at hotmail.com](mailto:fanlan@hotmail.com)

2018 – Freshmen

In this newsletter, as promised, we have information about the Freshman Lock-Up, a fun event that will be held later this year. The note below from the faculty sponsors of the Class of 2018 explains what you need to know. Please mark your calendars so that students can plan to attend and parents can volunteer to make this a fun night for the Class of 2018!

Here is the note from the Faculty Sponsors:

Hello Class of 2018 Parents!

We are Mike Auerbach (Math/CS) and Chuck Dela Cuesta (SciTech), faculty sponsors of the Class of 2018. We have been working closely with our Freshman class officers to plan the biggest event of Freshman year, the Freshman Lock-Up. Lock-Up is usually named “Lock-In” and it is traditionally an all-night event held at TJ. Since we cannot use TJ due to the construction, we have a new location and a new name: our Freshman Lock-Up will be on Friday, May 15, at Audrey Moore Recreational Center, 8100 Braddock Road, Annandale, Virginia 22003. The event begins at 7:00pm on Friday, May 15, and ends at 6:00am on Saturday, May 16. We rent out the entire Rec Center and have activities going all night. Almost every Freshman has attended this event in the past! We apologize in advance if this date conflicts with other activities your student may participate in, but our options for obtaining the Rec Center were limited.

On March 23, we held a Freshman class meeting and announced the details of the Lock-Up to all students. We also sent them home with a packet of information, which you hopefully received! If not, you can contact us, and we can e-mail you the information, or the students can access it via the class Facebook page.

From the parents, we would like the following:

- Each parent must fill out the permission form and the transportation form. Since the event begins 3 hours after the school day ends, we suspect some kids will go home on the bus Friday afternoon and then be driven to Audrey Moore, which is fine. We also expect many

students will remain at TJ for the afternoon, and will need a ride to Audrey Moore from TJ. If you indicate your plans on the form included in the packet, we will make sure we have enough volunteers to provide shuttle service from TJ to Audrey Moore that all students who need a ride can get one.

- The cost of Lock-Up will be \$50. Checks can be made payable to “TJHSST Class of 2018.” The net proceeds from Lock-Up will eventually fund a major portion of prom and graduation, both of which must be paid for by class funds. If your family is not in a position to pay the Lock-Up fee, please let one of the 2018 Class Parents (Nancy Yang or Silvija Strikis) know.
- Please volunteer to help out at the event. We will take as many volunteers as we can get. The shifts will be 7:00pm-11:00pm, 11:00pm-3:00am, and for the brave souls, 3:00am-7:00am (6:00am-7:00am will be cleanup). We will also need some volunteers during 6:30pm-7:30pm timeframe on Friday to provide shuttle service from TJ to Audrey Moore. A link to sign to volunteer can be found [here](#).
- Each student will be responsible for providing some food or paper/plastic item for Lock-Up. Please remind your student to let you know what their item is, we have assigned responsibilities based on IBET. There will be a large pizza delivery in the middle of the event, but the cookies, chips, sodas, etc. will be provided by the students.

Thank you in advance for all your help! And please feel free to e-mail either of us with any questions or concerns.

Mike Auerbach ([MLAuerbach at fcps.edu](mailto:MLAuerbach@fcps.edu)) and
Chuck Dela Cuesta ([CMDelaCuesta at fcps.edu](mailto:CMDelaCuesta@fcps.edu))
Faculty Sponsors, Class of 2018

As always, the 2018 class parents are also available to answer any questions. In addition, we would like to let you know of an important request for help from the Class of 2015. The Class of 2015 All Night

Graduation Party committee needs our help on graduation night, Saturday, June 20. Although volunteers are needed for all shifts, they especially need underclassman parents for setup during graduation while they are watching their kids receive their diplomas (the 6:00pm – 10:00pm shift). If you are available, please sign up [here](#).

Additionally, you may want to consider “shadowing” a current Committee Chair during these last few months of planning. “Shadowing” give you a chance to learn what is involved in planning an ANGP before we have to do it for ourselves – and given how quickly this year has gone by, that time will fly by. For more information regarding “shadowing,” contact Lisa Savage and Ginger Bugaighis at tj2015angp@gmail.com.

Nancy Yang & Silvija Strikis
Class of 2018 Parent Liaisons
chaonanyang@gmail.com
sstrikis@yahoo.com

TJHSST SAT Subject Test Event Saturday, April 25, 2015

The TJHSST Class of 2016 & Kaplan Test Prep are partnering to offer practice SAT Subject Tests. Students will have an opportunity to take up to 3 SAT Subject Tests. For more information, [click here](#).

The TJHSST Class of 2016 will be collecting a \$20 registration fee to participate in the practice test. Please bring cash or a check payable to 'TJHSST Class of 2016' on the day of the event.

SAT Subject Test Event

Date: Saturday, April 25, 2015

Time: 9:00am Start Time (All tests last 1 hour)

Please contact Kaplan Program Manager, Nick Cunningham at 571-606-1689 or nickoli.cunningham@kaplan.com with any questions.

Note: This practice test is for students to familiarize themselves in preparation for the official exams. Scores are not reported to the school or any reporting agency. Results are solely for the student's personal use.

TJ Boosters

ACADEMIC BOOSTERS

Did you receive a call recently from students and parents asking you to support Academic Boosters? If you joined Academic Boosters then, or did so earlier this school year, thank you!! If not, there's still time to join!!

We need your memberships to help us fund the sponsors' travel to key competitions and help us support student registration fees. Your contributions are tax-deductible and may be matched by your employer. [Join today!](#)

CONGRATULATIONS TO THE LINCOLN DOUGLAS, PUBLIC FORUM AND POLICY DEBATE TEAMS!

Academic Boosters would like to send special congratulations to the TJ Lincoln Douglas, Public Forum, and Policy Debate teams for winning the Capitol Conference Championship for the second year in a row!!



CHEM OLYMPIAD

On March 18, 15 students competed in the Local Chemistry Olympiad Exam. These are the “best of the best” chemistry students, selected from a competing pool of over 90 TJ students. Congratulations to : **Janice Ong, Joyce Tian, Tiger**

Zhang, William Zhang, Nirman Shankar, Winston Ou, Michael Yue, Lawrence Wang, Fatima Gunter-Rahman, Aaron Ho, Kaushik Murali, Kevin Xu, Prathik Naidu, Michael You, and Hitesh Yalamanchili, and good luck toward selection for the National Exam in April at Catholic University!

CHESS TEAM

For the seventeenth year in a row, the TJHSST chess team won the Virginia High School Chess Championships! The team travelled to Charlottesville in mid-March and extended its state title winning streak. **Benjamin Lyons** was the team's top scorer. He tied for 1st place with 5.5/6! **Brian Li** also had an excellent performance, finishing in 5th place and scoring 5/6. The team also won first place in the speed chess competition. **Aditya Ponukumati** had a great performance, taking 2nd place with 8/10.

The team is looking forward to travelling to Columbus, Ohio, this month for the National Championships!

FORENSICS SPEECH

Congratulations to WACFL4 Additional Qualifier Duo Team **Siddhartha Edara** and **Vikash Kumar**, and to WACFL5 competitors **Matthew Sun**, 1st in Original Oratory, and **Namita Dongre**, Additional Qualifier in Dramatic Performance.

We were excited to have so many WACFL Metrofinalists this year: **Victoria Bevard**, Extemp and Impromptu, **Milan Bharadwaj**, Impromptu, **Laura Chu**, Declamation, **Namita Dongre**, Dramatic Performance, **Siddhartha Edara** and **Vikash Kumar**, Duo Performance, **Vikash Kumar**, Impromptu, **Jana El-Sayed**, Declamation, **Chantal Iosso**, Impromptu, **Tara Prakash**, Original Oratory, **Matthew Sun**, Original Oratory, **Virginia Sun**, Original Oratory, and **Bharat Venkat**, Impromptu.

We also congratulate the students who placed at the Metrofinal Tournament and qualified to compete at the NCFL Grand Nationals Tournament in Fort Lauderdale in May: **Matthew Sun**, 1st in Original Oratory, **Jana El-Sayed**, 1st in Declamation, and **Victoria Bevard**, 5th in Extemp. **Victoria Bevard** also placed 2nd in Impromptu Speaking.

Our Forensics Speech Team has also been active in the VHSL League. At our Conference 13 Tournament, **Vivek Batheja** placed 2nd in Impromptu, **Victoria Bevard**, 1st in Extemp, **Namita Dongre**, 4th in Dramatic Performance, **Siddhartha Edara** and **Vikash Kumar**, 3rd in Duo Performance, **Aria Kim**, 2nd in Prose, **Julie Lee**, 4th in Prose, **Tara Prakash**, 3rd in Original Oratory, **Matthew Sun**, 1st in Original Oratory, and **Bharat Venkat**, 4th in Impromptu.

At the VHSL Regional Tournament, the following students earned the opportunity to represent TJHSST at the VHSL State Forensics Tournament: **Victoria Bevard**, 1st in Extemporaneous Speaking, **Aria Kim**, 1st in Prose Interpretation, and **Matthew Sun**, 2nd in Original Oratory. We also congratulate **Matthew Sun**, who took 1st place in Original Oratory at the Broad Run Invitational Tournament.

We would also like to congratulate **Virginia Sun**, who placed 3rd in The Joseph S. Rumbaugh Historical Oration Contest. **Victoria Sun** also placed 1st in the Falls Church Rotary Oratorical Contest, 1st in the Rotary Area Contest, and 2nd in the Rotary District Contest.

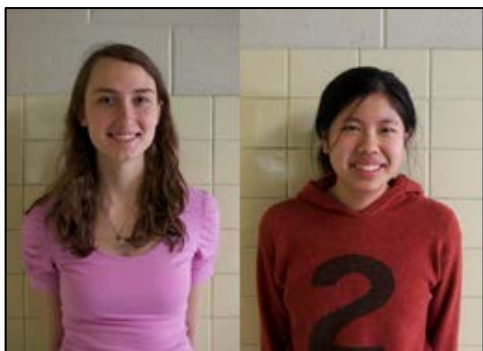
FUTURE PROBLEM SOLVERS

This month, TJFPS celebrates a record-shattering achievement of 13 teams qualifying for the State Bowl to be held in Norfolk, VA from April 17-18. TJFPS secured six of 14 available senior division bids and seven of 24 middle division bids, and is looking forward to a strong showing at the State Bowl, where they will compete with other qualifying teams from around the state. Scenario Writing winners and Community Problem Solving members will also accompany the 13 qualifying teams to the state competition.

Until the State Bowl, TJFPS will focus mainly on research for the State Bowl topic, "Enhancing Human Potential". The club is also preparing to conduct its annual revision of its Constitution, which specifies how the club functions, including officer duties and how the election process is conducted.

In the 2015 Virginia State Scenario Writing

Competition, Thomas Jefferson Future Problem Solving (TJFPS) achieved a clean sweep in the Senior Division, with TJFPS members **Melanie Piller**, **Sharon Liu**, and **Ramya Ravi** earning first, second, and third place, respectively. In the Scenario Writing Competition, competitors are required to create 1500-word short stories, having selected one of the futuristic topics for the 2014-2015 competitive season: "Space," "Propaganda," "Processed Food," "Impact of Social Media," and "Enhancing Human Potential." Writers research the future of such issues to present a story that reflects anticipated societal and technological change. The Scenario Writing competition, along with other competitive components of FPS, promotes the growth of writing skills and encourages creative and analytical thinking.



Melanie Piller and Sharon Liu

Melanie Piller and **Sharon Liu** now advance to the International competitive round where their stories will compete against the best ranking stories written by students in Future Problem Solving organizations all over the world. The International Conference will be held at Iowa State University from June 11-14, 2015, and will feature four days of stimulating competitive problem solving, cooperative educational seminars, and social activities. Each year, over 2,200 students and coaches from FPS organizations all over the world attend. TJ Future Problem Solving is proud to be represented among the world's best writers and wishes Melanie and Sharon the best of luck in the next round of competition. All three medalists will be presented with awards at the Virginia State Bowl.

Learn more about FPS [here](#).

LINCOLN-DOUGLAS DEBATE

The Lincoln-Douglas Debate team performed exceedingly well at Metrofinals, with several debaters receiving honors for their performance. Varsity debater **Siddarth Anand** finished 1st, while **Kunal Shroff** finished 4th, and **Aneesh Reddy** placed 6th. All three debaters qualified for the National Catholic Forensic League National tournament, which will be held in Ft. Lauderdale, FL, from May 22-24. Junior varsity debaters also did quite well. **Fatima Gunter-Rahman** placed 2nd, **Naman Baraya** placed 4th, and **Shivam Kollur** finished 5th. The TJ LD Debate team as a whole was awarded the Sweepstakes Award.

At VHSL Capitol Conference Debate 5A, **Aneesh Reddy** finished 1st, **Jay Gupta** placed 2nd, and **Kaushik Venkatesh** placed 3rd. They then competed at VHSL Regionals in late March; results should be available for next month's Techcetera.

Congratulations to all our debaters! We look forward to their continued successes.

MODEL UNITED NATIONS

TJ Model United Nations had another great set of performances at the local Sidwell Friends School Model United Nations Conference (SFSMUNC) in Washington, DC. Even though it was TJ's first time at this conference, TJMUN had many strong performances, culminating in the club receiving the Secretary General's Award for the Best Large Delegation!

The conference was a great experience for delegates, and helped them hone their skills in time for our last national conference of the year, the Washington Area Model United Nations Conference (WAMUNC). Stay tuned for WAMUNC results next month!

World Health Organization

Gavel - **Mara Casebeer** and **Rishitha Anumola** (Italy)
Verbal - **Audrey Huang** and **Jessica Wang** (Iceland)
Verbal - **Subul Malik** and **Shruti Anant** (Ghana)

Social, Humanitarian, and Culture Committee

Gavel - **Sreya Atluri** and **Shreya Bhatia** (Brazil)

Outstanding - **Varun Saraswathula** and **Alex Lewis** (Mexico)

Verbal - **Suzie Bae** and **Laura Chu** (DPRK)

European Union 2020

Gavel - **Richa Gupta** (Greece)

Honorable - **Giancarlo Valdetaro** (Ireland)

Verbal – **Aidan San** (Poland)

International Criminal Court (ICC)

Outstanding - **Will Ryu** (President Mahmoud Abbas)

North Atlantic Treaty Organization (NATO)

Verbal - **Kritika Singh** (Slovakia)

United Nations Entity for Gender Equality and the Empowerment of Women

Gavel - **Prathik Naidu** (China)

Verbal - **Saroj Chintakrindi** (United Arab Emirates)

United Nations Office on Drugs and Crime (UNODC)

Gavel - **Sam Desmarais** (Mexico)

Outstanding - **Chitra Kokkiralala** (Nigeria)

Secretary General's Award for Best Large Delegation

TJ Model United Nations

PUBLIC FORUM DEBATE

This season is coming to a strong close for Public Forum Debate, with stellar performances at Metrofinals and Districts. At metros, **Dhriti Vij** and **Pallavi Bhave** placed 3rd in JV. In Varsity, **Sahana Ramani** and **Kiran Girish** placed 5th, **Srikar Kosuri** and **Pranav Gulati** placed 3rd, **Dhruv Gupta** and **Srijith Poduval** placed 2nd, and all three teams qualified for NCFLs in Florida.

In addition, TJ PF won the WACFL Public Forum sweepstakes award! At districts, **Srikar Kosuri** and **Pranav Gulati** placed 3rd, and **Sahana Ramani** and **Kiran Girish** placed 1st. Both teams qualified for Regionals. Huge congratulations to everyone! There is still much more to come!

STUDENT CONGRESS

At the Broad Run Invitational Tournament **Victoria Bevard** placed 1st, **Nash Hemrajani** placed 3rd, and **Virginia Sun** placed 5th, an extremely successful outing! **Victoria Bevard** also placed 1st at the WACFL4

Tournament.

Victoria Bevard, **Nash Hemrajani**, and **Virginia Sun** qualified for the WACFL Metrofinals Tournament. **Victoria Bevard** placed 2nd in the Arlington Diocese and advances to the NCFL Grand Nationals Tournament in Fort Lauderdale in May. **Victoria Bevard** also competed at the Harvard Invitational Tournament in February, advancing to the semi-final round, and earning a bid to the Tournament of Champions.

UAV CLUB

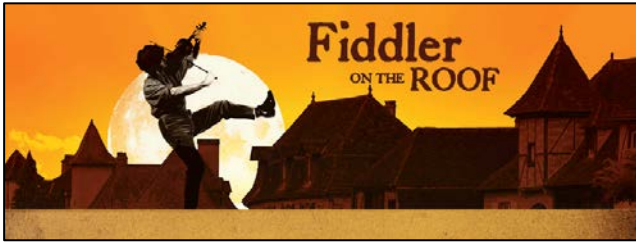
The TJ UAV Club has had a strong start! On March 15, the TJ UAV Club participated in the NoVa Mini Maker Faire in Reston, showcasing the ins and outs of all things drone! With more than three thousand visitors to the Faire, the TJ booth proved to be a popular destination and students welcomed visitors who were curious about how to build a drone, how to fly a drone safely, the software involved in controlling drones, FPV controllers, how to customize drones and more!



Arthur Tisseront and **Grey Golla** constructed an obstacle course so kids and parents could try flying a microdrone through suspended hula hoops to earn prizes! The students were excited about this inaugural STEM outreach opportunity for the Club. TJ Alumni even stopped by to hear about the club – they *especially* loved seeing aerial video footage of TJ's renovation!

*** The TJ UAV CLUB meets on Mondays during 8th period! ***

TJ THEATRE BOOSTERS



Fiddler on the Roof is the next production on **April 30, May 1, and May 2**. Ms. Jennifer Lowery is musically and theatrically directing a cast of more than 50 students in this timeless story.

Parents: Donate Props

Perhaps there are items around the house that you were going to discard or donate? We are in need of many items such as wooden bowls, spoons, glassware, pillows, blankets and more. Please visit: [Props SignUp](#)

Parents: Volunteer for Set Build

Do you have any artistic talent or carpentry skills? Volunteer on Saturdays and Sundays in April to help build the set for Fiddler on the Roof. Visit: [Set Build SignUp](#)

TJ Theater Boosters meetings

We have had difficulty meeting due to weather cancellations. Please send an email to [annaryjik at gmail.com](mailto:annaryjik@gmail.com) if you are interested in serving on next year's board. A meeting will be scheduled in May to elect the board.

TJ Drama Banquet

The end of the year banquet will be held on Thursday, June 10, at 6:00 pm. The location will be determined. Mark your calendar to celebrate your student's achievement in TJ Theatre along with a special tribute to this year's Seniors.

ORCHESTRA BOOSTERS

Both of TJ's orchestras received unanimous Superior ratings at the State Orchestra Assessment held on March 21. Congratulations to Maestro **Allison Bailey** and the students for their hard work – two of the judges even gave a standing ovation for the Symphonic

Orchestra's performance of "Sinfonia for String Orchestra" from Str. Qt. No. 8, Movements 2 & 5, by Shostakovich (arr. Drew)!

Congratulations to the students listed below who made it into All-State Band and Orchestra 2015. Their concert will be held on Saturday, April 11, 2:30pm, at Christopher Newport University. TJ Participants: **Anna Tsutsui**-Violin, **Sarah Slate** - Violin, **Katherine Yang** - Violin, **Michael You** - Violin, **Charlene Franke** - Viola, **Jennifer Steele** - Viola, **Andrew Jiao** - Cello, **Doyle Lee** - Cello, **Minjoo Kang** – Flute, **Ethan Lowman** – Oboe, **Peter Gunnarson** – Oboe, **Bobbie Sheng** – Clarinet, **Arthur He** – Clarinet, **Sam Cho** – Clarinet, **Aaron Geldert** – Trombone, **Brian Junttila** – Trombone, **Kai Smith** – Tuba, and **Jasper Treakle** - Percussion

Mark your calendars for the last performance of the TJ Orchestras, to be held on Friday, June 12, at 7:00pm at the TJ Auditorium. Senior recognitions take place that night, and if tradition follows, there will be a slide show of highlights from the year. This will be a great time to hear these wonderful musicians, and to see the Seniors take their final TJ orchestra bows. Save the date and join us for this final concert of the year!

If you have any questions or comments, feel free to contact the Orchestra Boosters anytime at [tjorchboosters at gmail.com](mailto:tjorchboosters@gmail.com).

COLONIAL ATHLETIC BOOSTERS (CAB)

GIRLS TENNIS

Girls Tennis had a very rocky start due to snow. It was a full two weeks into the tennis season before the team could hit the courts. The Girls Tennis team, 23 strong, is once again under the direction of Coach **Simon Harrington**. The squad of 17 veterans and 6 newcomers, led by Senior co-captains and managed by Junior **Neha Bhargava**, includes many new promising Freshman ladies. All the girls are fairly strong players, which is certainly good for the future of the program. The team will try to best its results of the past two years, which was as semifinalists at the state level. This year the team hopes to at least

make it to the state finals and of course bring home the prize.

The Girls Tennis team roared into action with a victory in their season opener against Fairfax. With one day of practice and only one scrimmage held, the ladies had to face their first opponent, Fairfax, and got the chance to shine. Returning-Junior **Chantal Iosso** led the way with two sound victories in sixth singles and second doubles. In other singles action, returning-Sophomore **Jelena Liu** easily dominated her opponent on court number 2. Playing the third position and also winning in convincing fashion was newcomer, Freshman **Keely Wan**.

The match was exciting, with a 3-3 tie after singles. Playing third doubles, Junior **Shirley Wang** and Freshman **Anita Ho** turned in a quick doubles victory. With a win by Senior **Anna Venetianer** and Freshman **Keely Wan** in first doubles looking shaky for the Lady Colonials, all focus went to court 2, where Junior **Chantal Iosso** and Sophomore **Stephanie Do**, prevailed after a slow start and cinched the match for TJ, resulting in a 5-4 victory. Also playing in the match were Senior **Ann Venetianer**, Junior **Kavya Ravikanti**, and Sophomore **Stephanie Chen**. Gooooooooooooo Colonials!

BOYS TENNIS

The Boys' Tennis Team had a tremendous tryout. With over 50 players trying out, the coaches wanted to make sure everyone got a fair shot and they did not overlook any talent that could benefit the team in future years.

The team is the defending 6A Team State Champion. Juniors **Mark Prettyman** and **Nikhil Ramachandran** are back as defending state doubles champions. **Mark** and Senior **Kevin Wan** will be 1 and 2 in the singles lineup at the present time. This is based on last year's state tournament where **Kevin** lost to Venkat Shyam of Henrico in the semis, and **Mark** lost to Venkat in the finals of the VHSL Singles Tournament. **Mark** and **Kevin** should be right back in the thick of district,

regional, and state tournament competition this year. The season started March 16 at Jefferson District Park vs Fairfax HS.

GIRLS VARSITY SOCCER

The Girls' Varsity Soccer team has another challenging season this year. After four weeks of indoor tryouts and indoor practices, the team played a scrimmage at TC Williams. A very young team, with no Seniors, is ready to repeat last year's success, led by the Junior captain, **Priya Gupta**, returning players Juniors **Maaike Blindenbach**, **Sonia Gupta**, **Meredith Lee**, **Chelsea Li**, **Syona Satwah**, **Kaila Stein**, and returning Sophomores **Jodie Beaumont**, **Nicole Carrillo**, **Eleni Georgiou**, **Maya Khanna**, **Rachel Martinka**, and **Nikita Sawant**. A great group of players from last year's JV team, **Elise Conforti**, **Jordan Ganley**, **Kristen Halper**, **Anya Owsenek**, and **Raquel Sequeira** plus two Freshmen, **Margaret Covey** and **Sarah Dickson**, complete this squad.

You have seven chances to cheer them on at home with special attention to the April 21 game vs Marshall HS, a repetition of last year's division final. The team is coached by **Luis Gendive** and **Othmane Benkhallouk**.

GIRLS JUNIOR VARSITY SOCCER

Led by returning Coach **John Ciampa**, our JV team is ready for another exciting season. Plenty of challenges to overcome – a short roster with little experience, over four weeks of indoor practices, an initial loss in our first outdoor appearance at TC Williams – but with tones of positive energy and desire to do well representing the school.

The returning players **Eun Ho (Jo) Lee**, **Gabriela Gresenz**, and **Hamsa Mani** will provide the experience to complement the new additions: **Ashima Banga**, **My-Linh Budzien**, **Alynn Cutler**, **Sherry Xie**, **Katie Richmond**, **Victoria Chuah**, **Tanvi Haldankar**, **Cindy Chang**, **Emily Wang**, **Lilly Ko**, **Tamun Hanjra**, **Grace Yang**, **Nina Chung**, and **Amiti Jain**. Some of them playing soccer for the first time would greatly appreciate your support in our home games.

BOYS VARSITY SOCCER

"The season-opening scrimmage showcased what is great about TJ Soccer," said **Head Coach Sean Burke**, "The boys worked hard and created good opportunities and were able to keep the Woodson attack in check for most of the night." The same game plan held for the last pre-season scrimmage against Lake Braddock: heavy defense with break-out offensive opportunities. **Coach Burke** is assisted again this year by **Asst. Coach Eric Jacobs**.



TJ midfielders (left to right) **William Long**, **Nick Brady**, and **Jake Nash** play defense with goalie **Nikhil Gupta** against WT Woodson.

Led by Senior goalkeepers **Nikhil Gupta** and **Ryan Morris**, the defense is looking to keep opponents on their heels in 2015. Seniors **Jackson DuBro**, **Sammy Bennett**, and **Addison Dunn**; Junior **Patrick Ryan**; Sophomores **Amit Gupta**, **Jake Nash**, **Reilly McLaren**, and **Jack Schefer**; and Freshman **Thomas Baron** will make things difficult for opposing teams.

The 2015 offense is led by Senior forwards **Mehmet Aslan**, **Seth Jaffe**, and **Eric McCord-Snook** and Junior **Kemal Taban**.

Seniors **Nick Brady** and **William Long** will lead a squad of young midfielders including Juniors **Jack Short**, **Fionntan Thinnis**, and **Jackson Zagurski**; Sophomores **Ben Bae**, **Jason Stranne**, and **Daniel Wu**; and Freshman **Dylan Klapper**.

The season opened with two away games against Falls Church and Herndon before the home opener against JEB Stuart. After spring break the boys have one home game against South Lakes and then travel to Madison and McLean. Looking ahead, **Coach Burke** said, "We have an extremely difficult

schedule, but I am optimistic that we will find a way to play classic TJ soccer." Good luck in 2015!



Senior midfielder **Eric McCord-Snook** heads the ball against Lake Braddock.

VARSITY SOFTBALL

The Varsity Softball team had their season opener against Fairfax on March 20. The Varsity team is led by Senior captains **Jessie Heise** and **Kayleigh Vance**. Seniors **Jessica Guo** and **Pooja Rathnashyam** and Juniors **An Smith** and **Holly Frank** round out the upperclassmen on the team. The team includes Sophomores **Diana Zavela**, **Lauren Berry**, **Meron Girma**, **Kiersten Paul**, and **Molly Schindler**; and Freshmen **Marie Jones**, **Maya Parker**, and **Allison Roush**. Despite the weather challenges, Coaches **Mike Hrabak** and **Susan Flynn** have been working the team with indoor practices until the field conditions improve. The team is looking forward to success in the new softball season.

JUNIOR VARSITY SOFTBALL

Junior Varsity Softball (JVSB) had our season-opener against Fairfax High School on Friday, March 20. We have an enthusiastic team, led once again by Coach **Meg Sandstrom**, with an eclectic mix of experienced and novice players. Our returning Softbellies include Juniors **Kiran Girish** (Pitcher and Team Co-Captain), **Kathy Jiang** (1st baseman and Co-Captain), **Christine Li**, **Ghnana Madeneni** (Catcher), **Lisa Qian**, and **Surbhi**

Patel) and underclassmen (**Gabby Barranta**, **Hyunjeong Cho**, **Zahin Faruque**, **Sneha Thandra**, and **Alice Zhao**). Though new to the sport, they all are excited and eager to learn. We wish them all the best this spring season! Go Colonials! Play ball!

JUNIOR VARSITY BASEBALL

The JV Baseball Team is looking forward to the 2015 season as they take on opponents in the newly-established Capitol Conference 13. This year JV will be led by Senior **Carson Wishard**; Junior **Hayden Hollenbeck**; Sophomores **Sam Case**, **Quinn Dawkins**, **Nakul Dar**, and **Dorian Bloy**; and Freshmen **John Erksine**, **Sujay Ratna**, **Kevin Le**, **Danny McCray**, **Michael Li**, and **Pratyush Gupta**. Head Coach **Nick Richards** and Assistant Coach **Nate Miller** are excited to see returning players from last year, as well as new talent among the lineup. Because of TJ's renovation, the baseball field is currently under construction and requires practice to be held on neighboring Holmes Middles School grounds, as well as the schedule of home games to coincide with completion of the updated field. JV invites all baseball fans to check out a home game this season at our new field. Most home games fall on a Tuesday or Friday, start time 6:30pm. They are a great way to relax, grab a bite, and take in a little baseball after a long day at school or work.

GIRLS VARSITY LACROSSE

The Girls Varsity Lacrosse team is off to a strong start this season. Coaches **Sammie Rittenberg** and **Elizabeth Turner** have taken over the varsity team and both have four years of coaching experience. They chose 22 girls to represent the Colonials in 2014.

The team is led by Senior captains **Alexis Jenkins** and **Sage Teasley** and Junior captain **Ella Deeken**. In addition to the three captains, returning Varsity players include: **Julia Dunbar**, **Raewyn Haines**, **Rhea Sharma**, **Helen Zhang**, **Juliana Bain**, **Kate Eisert**, **Stella Sotos**, **Bayliss Wagner**, **Sofia Kruszka**, and **Stephanie Zablocki**. New to Varsity are: **Arielle Ampeh**, **Shreya Mandava**, **Cheryl Mensah**, **Anusha Balani**, **Emma Glass**, and **Tishani Patel**. The team also welcomes three stand-out Freshmen players:

Anusha Samant, **Kayanaat Grewal**, and **Caroline Hatcher**.

Early in the season, the team went to the Georgetown/Towson game to get inspired by college-level laxers:



Despite a large number of snowed-out practice days, the team began its competitive season with a resounding scrimmage win over Mt. Vernon high school. **Stella Sotos** scored a hat trick (on her birthday, no less!) as did Junior captain **Ella Deeken** and **Stephanie Zablocki**. Also scoring one goal each were: **Kate Eisert**, **Sofia Kruszka**, **Shreya Mandava**, **Juliana Bain**, and **Kayanaat Grewal**. Leading the team in draw controls were **Ella Deeken** with three, **Shreya Mandava** with two, and **Kayanaat Grewal**, **Tishani Patel**, and **Juliana Bain** with one each.

The Varsity lacrosse season is off to a strong start and the team looks forward to delighting their fans in the remaining games.

GIRLS JUNIOR VARSITY LACROSSE

There are 20 girls on this year's JV Lacrosse team under new Head Coach **E'leyna Garcia**. There are 13 returning players from last year. The roster: **Suzie Bae** (10), **Caelan Barranta** (10), **Vivian Dong** (10), **Jana El-Sayad** (10), **Lucia Gomez** (10), **Louise Hicks** (9), **Sarah Koo** (10), **Kavya Kopparapu** (9), **Melanie Le** (9), **Alyssa Lee** (9), **Vicky Li** (10), **Anna Lulushi** (9), **Maddie Min** (9), **Caroline Nguyen** (10), **Ramya Ravi** (10), **Sneha Ravi** (10), **Katherine Schinella** (9), **Jessie Shen** (10), **Katie Tam** (10), and **Tina Wang** (9). The team voted for our three Sophomore captains: **Caroline Nguyen**, **Lucia Gomez**, and **Caelan Barranta**. With the wintry weather, JV Lacrosse got

in only one scrimmage in the preseason. It was a strong start with an 11-2 score at Mt. Vernon. The girls are looking forward to the remainder of the season!

BOYS VARSITY LACROSSE

The Boys' Varsity Lacrosse team, under the direction of first year head coach, **Jackson Kibler**, has entered the 2015 season with a renewed sense of purpose. The team has already shown cohesion and discipline and clearly is looking to make **Coach Kibler's** debut season a winning one. The team has met its perennial early season foe, Mother Nature. The lack of an all-weather playing surface has routinely placed TJ Lax at a disadvantage as almost each of its competitors benefit from one or more synthetic turf surfaces. This year, however, the boys have committed to making the daily trek to Luther Jackson Middle School, who has graciously allowed our high school to use its turf field.

The team's willingness to work over, thru, and around this disadvantage paid off in its first scrimmage against Wakefield High School. The Varsity squad, led by Seniors **Jafr Kazmi, Matt Gibbs, Jim Henris, Alex Wendt, Dennis Park,** and **Wyatt Vahm**, attacked Wakefield from the onset with the potent TJ offense controlling both the ball and tempo for the majority of the game. TJ's defense stood strong, stifling most of Wakefield's opportunities and limiting the work needed from netminders **Jafr Kazmi** and **Jake Gonzalez**. TJ cruised to an easy 12-3 victory.

Later that week, TJ faced-off with district powerhouse, Mount Vernon High School, for its second and final scrimmage prior to regular season play. The talented MVHS squad coupled with TJ being depleted with members of the team taking SATs and preparing for INight made for a long, rainy morning. The Colonials struggled to gain and maintain control of the ball which left the TJ defensive side under constant attack. Even so, TJ's defense buckled down and pressed the scrappy MVHS attack. Although TJ's offense was limited, it displayed vast improvements in ball movement and quick plays to keep the Mount Vernon defense on its heels. The Colonials opened the regular season

on March 23 at Falls Church. Come out this season to watch TJ playing "the fastest game on two feet."

SWIM AND DIVE

The TJ Swim/Dive (TJSD) Team finished the 2014-2015 with great success. At the state meet on February 21 in Richmond VA, the TJSD boys won the **State Championship**, and the girls placed fourth! It was a great meet with state and team records being set.



TJSD Boys 2015 Virginia 5A State Champions!

State event champions at the State 5A Meet included **Andrew Seliskar** who won the 200 IM and the 100 fly, and **Carrie Heilbrun** who won the 100 back. In the relays, **Luke Thorsell, Joe Doran, Andrew Seliskar,** and **Quintin Frerichs** won the boys 200 medley relay, and **Jonathan Pollock, Luke Thorsell, Emilio Sison,** and **Andrew Seliskar** won the boys 400 free relay. The dive team placed **CJ Wilson** (8th), **Valentina Lohr** (2nd), **Gloria Chen** (3rd), and **Callan Monette** (4th). **Andrew Seliskar** broke the state records in the 200 IM and 100 fly. The boys 200 medley relay of **Luke Thorsell, Joe Doran, Andrew Seliskar,** and **Quintin Frerichs** and the boys 400 free relay of **Jonathan Pollock, Luke Thorsell, Emilio Sison,** and **Andrew Seliskar** broke the state records for those events. The girls 200 medley relay of **Carrie Heilbrun, Sophie Bennett, Sydney Harrington,** and **Charlie Lertlumprasert** broke the TJSD team record in that event.

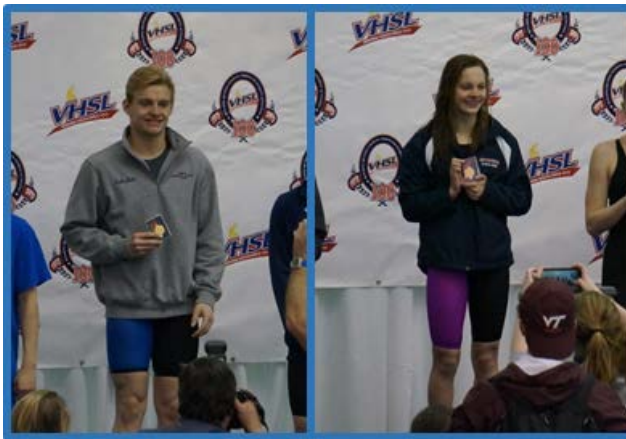
It was a very successful year for TJSD, led by their swim coaches **Ian Handerhan** and **Sean Handerhan**, and dive coach **Deonte Sharpe**. The TJSD captains (**Sophie Bennett, Carrie Heilbrun, Jessie Heise, Callan Monette, Joe Doran, Andrew Seliskar,** and **Gerry Wan**) worked hard all season and led their team on this successful season journey. Many more

TJSD team members in addition to those listed contributed to the success of individual meets with points in their events throughout the season. To the graduating TJSD Seniors, thank you for your leadership and support, and good luck in your future endeavors. A special thank you to all the parent volunteers who timed, officiated, judged, worked the scoring tables, and cheered on TJSD at the meets.

CREW BOOSTERS



Spring rowing season is in full swing - our athletes are traveling daily after school, as well as Saturdays mornings, to Sandy Run Regional Park to practice on the Occoquan River. With the first regatta of the season (Polar Bear Regatta) at Sandy Run being cancelled, TJ boats started the spring season competing in the March 28 Regional Park Regatta at Sandy Run. Stay tuned for details and pictures from regattas, which will be provided in next month's *Techcetera*. The full regatta schedule, directions to racing venues, maps, and parking information are posted on the TJ Crew [website](#). At the grandstands, TJ families and friends generally sit in the upper left section, facing the grandstands. We hope to see you all there! Parents, don't forget to volunteer at least once at an Occoquan regatta [here](#) - "SignUp Genius" now for best volunteer slots.



Andrew Seliskar and Carrie Heilbrun were crowned as individual event state champions.

Parents, mark your calendars for the away regattas this spring! The first away regatta is St. Andrews on Saturday, April 18. This is a day event, without overnight travel. It is a beautiful course and a highlight of the rowing season. It is a unique opportunity for all TJ boats and their families to travel together for the day to an away event. We'll cheer on our rowers as we picnic together on the edge of the scenic Noxontown Pond in Middletown, Delaware. Please mark your calendars and plan to attend!



The TJSD Captains celebrate the Boys State Championship with Coach Handerhan.

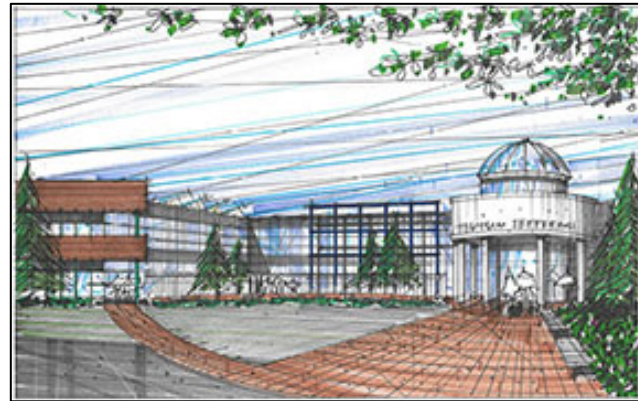
The first two-day regatta of the season is the Stotesbury Cup Regatta (Stotes) on May 15 & 16 in Philadelphia. Stotes is the world's oldest and largest high school rowing competition. It is held annually along the Schuylkill River near Boathouse Row in Philadelphia. Competing crews come from schools all over North America, though most hail from the Northeast and Mid-Atlantic. The coaches plan to

Renovation Update

take the first, second, and third eights (boats) on both the boys' and girls' teams, as well as the boys' and girls' Freshman eight. Coaches will also take a few alternates in case of illness, injury, etc. For Freshman and novice parents, your child's coach will be able to predict whether your child's boat will be competing in this race around the time of spring break, two-a-day practices. The travel arrangements for the students are made by the travel coordinator, **Lisa Layfield**. Parents, if you can safely guess that you will need a room in Philadelphia, please check our [website](#) and start making travel arrangements.

The second two-day regatta is the Scholastic Rowing Association of America (SRAA) National Regatta on May 23 & 24 in Camden, NJ. The competitors for this race are determined by the results of the state finals on May 2 for the lower boats (Ted Phoenix Regatta) and May 9 for the upper boats (VASRA Championships). The arrangements for the qualifying rowers, coxswains, and alternates will be made by the travel coordinator. Just like Stotes, parents should start making travel arrangements following directions posted on the TJ website.

For questions about TJ Crew, students should contact the Crew Captains at [TJMensCaptains at gmail.com](mailto:TJMensCaptains@gmail.com) and [TJWomensCaptains at gmail.com](mailto:TJWomensCaptains@gmail.com). Questions may also be emailed to our team's head coach **Kim Ehrman** at [kimehrman at gmail.com](mailto:kimehrman@gmail.com), and/or TJ Crew President **Lee Wittle** at [TJCrewpresident at gmail.com](mailto:TJCrewpresident@gmail.com). Lastly, parents can learn about the TJ Crew and the many ways the TJ Crew Boosters support the team at the monthly board meetings, which are held at TJ on the second Wednesday of each month. The next Board meeting will be held on April 8 at 7:00pm in Trailer #10.



Phase 2 of the renovation is well under way. The newly-constructed cafeteria with hot meal serving lines will be open this month. As a result, Gym II will no longer be used as a lunch area. In addition, when the cafeteria opens, Gym I will close for the remainder of the school year.

With major construction occurring in the back of the building, cars should not be driving in that area during the school day. Please continue to drop off students at the kiss-and-ride on the Access Road in order to preserve a smooth traffic system and more importantly, to ensure the safety of our students. The staff parking and visitor lots should not be used for drop off at the start of the school day. For the safety of all, please maintain a 15 mph speed limit while driving on campus.

Finally, please remember that buses need priority accessing the bus depot and the Access Road at dismissal until 4:00pm so that they can pick up students without oncoming traffic. It is preferred that parents arrive after 4:00pm to allow easy access on and off campus without disruption from bus traffic.

Thank you for your cooperation and support. Please direct any questions regarding the renovation to Assistant Principal **Shawn Frank**: [sjfrank at fcps.edu](mailto:sjfrank@fcps.edu).

Marketplace

TJ Logo Ties and Scarves

TJ Logo Ties and Scarves are the ideal accessory to show your school spirit! Perfect for academic competitions, tjSTAR, game days, or any of the other multiple times students must dress for presentations. They also make perfect Mother's Day/Father's Day gifts! Both the ties and scarves are 100% silk. Click [here](#) to download an order form or purchase one via PayPal.



WHO NEEDS A DRESS?



Does your daughter need a dress for the next TJ dance or prom? The Senior Class and ANGP are jointly sponsoring a gently-used dress sale. We'll be accepting dress donations through April 24. Please bring your dresses to the donation bin in the Aud Lob. All dresses should be cleaned before they are donated. The dress sale

will be held during 8th period on April 29 and JLC on April 30. All dresses will be sold for \$10. If you have any questions, contact Robin Hatanpää at hatanpaa6@gmail.com.

I DRIVE SMART

Take a Chance on the TJ All-Night Grad Party Raffle ...Not on the Roads!

Parents of All Grades: Support ANGP by purchasing raffle tickets for a chance to win a \$499 Complete Virginia Behind-the-Wheel Training Package with "I Drive Smart." Even if you do not win, hold onto and use your raffle ticket to receive a \$50 discount on any IDS package purchased by June 30! Only one ticket can be redeemed per package by entering the promotion code that we will share at the completion of the raffle. Tickets are available for \$5 each or 5 for \$20. The drawing will be held on May 13. Additional details can be found on the ANGP Fundraising [webpage](#).

I DRIVE SMART

POST A YARD SIGN

Show your pride and support of your student's accomplishments and hard work. Orders are being taken for yard signs congratulating the Class of 2015 for \$20. Click [here](#) to download an order form.



Noteworthy Dates

April 2015		May 2015	
1-3	Spring Break	1-2	"Fiddler on the Roof," Auditorium
6	STUDENT HOLIDAY (Strategic Planning Day for staff)	4-15	AP Exams (see page 7)
7-24	Donate dresses to the Gently-Used Dress Sale. Proceeds go to ANGP.	6	PTSA Meeting, Library, 7:00-9:00 pm
8	Crew Booster Board Meeting, 7:00-10:00pm, Trailer #10	10	Mother's Day
9	PTSA Meeting, Library, 7:00-9:00 pm	13	Crew Booster Board Meeting, 7:00-10:00pm, Trailer #10
10	Talent Show sponsored by Class of 2015, 7:00 to 9:30pm, Auditorium	15-16	Freshman Lock-Out, Audrey Moore Recreational Center
11	Science and Techstravaganza, Holmes Middle School, 10:00am to 4:00pm	25	MEMORIAL DAY – NO SCHOOL
13	PTSA Executive Committee Nominations due (see page 7)	30	Prom, National Building Museum
15	ANGP Meeting, 6:30-7:00pm, Principal's Conference Room	15-16	Freshman Lock-Out, Audrey Moore Recreational Center
17	STUDENT HOLIDAY (Teacher workday)		
29-30	Gently-Used Dress Sale during 8 th period on April 29 and JLC on April 30. All dresses will be sold for \$10.		
30	"Fiddler on the Roof," Auditorium		

