

you  
can  
stand  
under  
my  
**UMBRELLA**

the what, when, where, why and how of umbrella coverage



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# **WHAT is umbrella coverage?**

**When the stories that you tell on a spread fall under non-traditional topics, which are dictated by your concept.**

# **WHAT** is umbrella coverage?

**In essence, umbrella coverage is  
organizing your book via  
word play.**

# Non-Traditional Coverage

within a  
**section**

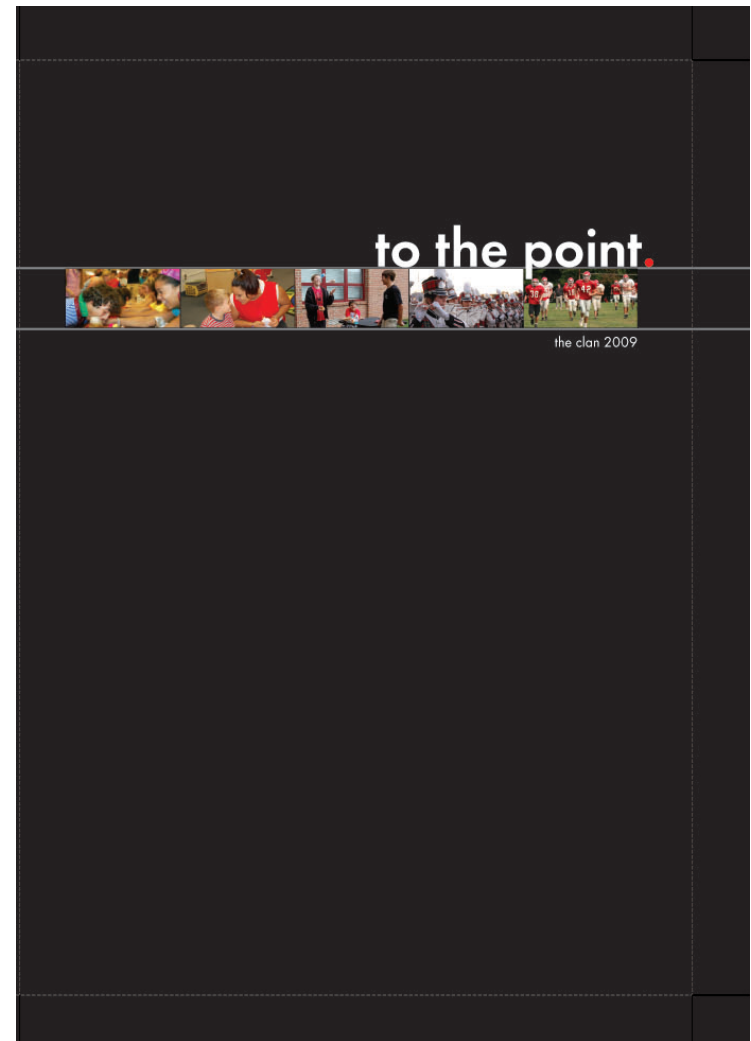


# WHERE does umbrella coverage go?

within a  
**section**  
sports or academics, especially

McLean High School 2009

“to the point”

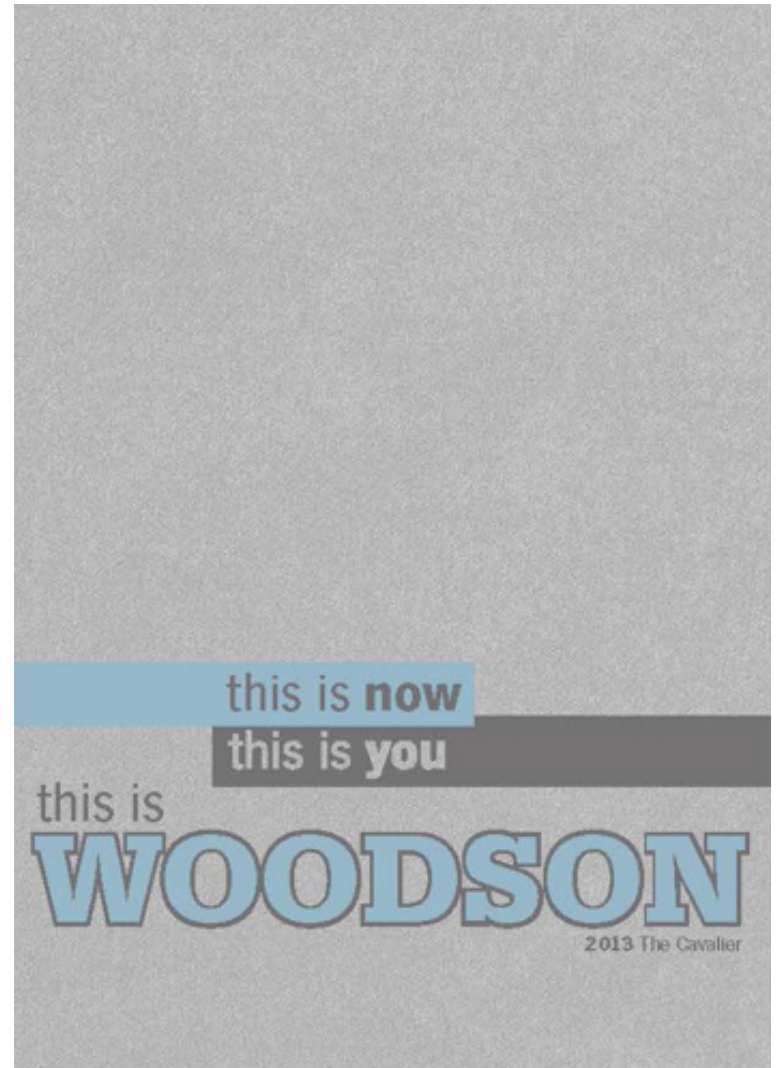


# WHERE does umbrella coverage go?

within a  
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McLean High School 2009

“to the point”



# WHERE does umbrella coverage go?

## within a section

sports or academics, especially



### academics

- to have four tests in one day
- to take five AP classes
- to meet the November 1 early decision deadline
- to take calculus as a sophomore
- to read "The Odyssey" by Homer in 9th grade English
- to take an oral PALS in German I
- to do all 66 psychology vocabulary words in one night
- to still be studying at three a.m.
- to finish all of the AP US History reading right before the quiz
- to have a soccer game, plus three tests the next day
- to complete 50 journals that are due for AP Government
- to read and annotate 412 pages of Great Expectations
- to learn CPR in health class
- to write a killer three page biology lab report
- to understand the Quantum Theory in Honors Physics
- to decode the language of Shakespeare's "Romeo and Juliet"
- to finish the mile in under eight minutes
- to have a well organized interactive notebook
- to stay awake in your first period class

Three students in their Math Honors class. Above is a geometry proof on the SmartBoard in Mary Baker. With great geometry class teachers often use the SmartBoard as a different way of working with students and students. It also proved to be a good visual aid for some students because it provided feedback with their work and it kept them 100% focused. Photo by Katie Phelan

# WHERE does umbrella coverage go?

within a  
**section**  
sports or academics, especially

UMBRELLA  
TOPIC:  
The point is  
to have fun.

AREAS  
COVERED:  
creative writing

physics

ceramics

leadership

childcare class

"Art 2 students created creative designs and played with shading techniques. Although pottery takes a lot of work, I still enjoy making pottery and sculptures." senior Tiffany Dong

"I give demonstrations for that teach the basic skills. From these students can apply what they learn and before you know it, they're like chefs." junior Emily teacher Sara Torkelson

"Everything is the opposite because the black and white switch in your pictures. It's a whole new perspective." junior Taji Pendergast, on parkade cameras

"the best way to learn is to mix work with fun."

"In global marketing we celebrate International Chocolate Day and World Food Day by bringing in young gourdes." senior Andrea Salsider



"Thinking of the right words to put on her writers' T-shirt, creative writing teacher Christy Toledano works on the same inclusive project as her students. Toledano and her students picked their favorite words and interesting sports and tried to create the most creative T-shirts with simple materials like whiteout. Photo by Anna Jones. Tissue paper and tape fly through the air as physics teacher Dean Howarth lets go of junior Matt Telpa's hot air balloon. The balloons were made with tissue paper and tape. "Six balloons made it to freedom. We pretended that the end of the school property was East Berlin, so in that story about the family who flew over the wall," Howarth said. Photo by Alicia Regalado. "Awes, they're cute," junior Alagh Kemp says to her classmates as they take out the "Welcome to the Jungle" monkey decorations for the first time. All students in leadership class played a part in the organization of homecoming and they saw all their hard work come together at the homecoming dance. Photo by Dana Hargrave. After taking a ceramics class over the summer, junior Jessica Burman is the only student in her period who worked on the spinning wheel from the very beginning of the year. "It can get a little messy, but it's all worth it. Once you press the pedal, time flies and I never want to stop," Burman said. Photo from Leif Davidson

meeting point  
McLean Munchkins share their favorite activities



"I like the kitchen the most." - Benjamin Pelly



"Gym time is my favorite." - Belle Lopez



"Free time! Free time!" - Will Wright

"I like to play with Furbies and the digger game." - Madeline Seaback

**WHERE** does umbrella coverage go?

throughout  
the  
**whole  
book**

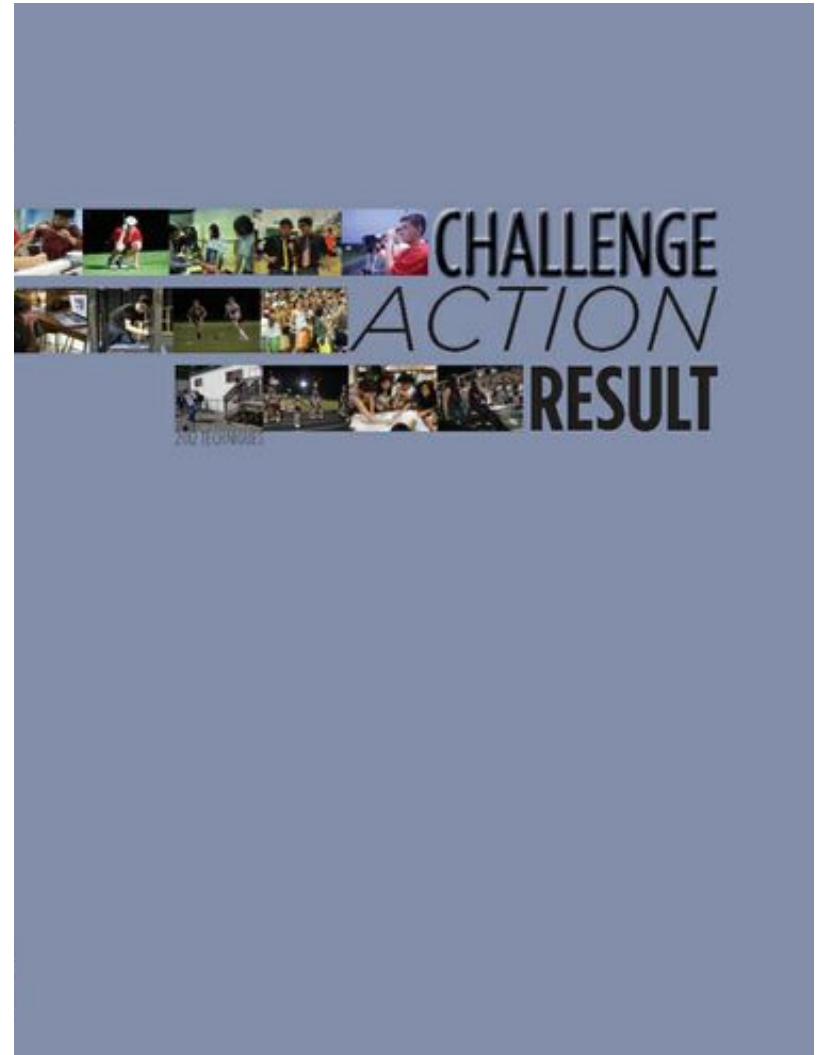


# WHERE does umbrella coverage go?

## throughout the **whole book**

Thomas Jefferson High School for  
Science & Technology 2012

**“CHALLENGE  
ACTION  
RESULT”**



throughout  
the **whole  
book**

**AREAS COVERED:**  
Pep rally  
performances  
Football team  
Twins



throughout  
the **whole  
book**

**AREAS COVERED:**  
Supporting  
Athletes

# No Shave November Debate

# Theater Techs





**WHY** should you consider umbrella coverage?

opportunities for  
**great**  
coverage



# WHY should you consider umbrella coverage?

opportunities for  
**great coverage**

## UMBRELLA

TOPIC:  
Limits

AREAS  
COVERED:  
Jobs

Relay for Life

Calculus

Speed Limit

Every year, the Relay for Life campaign raises money for cancer research. In 2010, the campaign raised more than \$100 million. The money is used to fund research, provide support for cancer patients, and fund cancer prevention programs.

**PUSHING the LIMIT**



1. **What is the purpose of the Relay for Life campaign?**  
The purpose of the Relay for Life campaign is to raise money for cancer research, provide support for cancer patients, and fund cancer prevention programs.



**do you KNOW your LIMITS**

**NEED for SPEED**

1. **What is the purpose of the Need for Speed campaign?**  
The purpose of the Need for Speed campaign is to raise money for cancer research, provide support for cancer patients, and fund cancer prevention programs.



1. **What is the purpose of the Need for Speed campaign?**  
The purpose of the Need for Speed campaign is to raise money for cancer research, provide support for cancer patients, and fund cancer prevention programs.



**SCHOLARS and DOLLARS**

Whether it is jobs or allowances from parents, students find different ways to pay for their expenses. Learning, they learn to live within their limits for unlimited budgets.



**JULIE VRAHEL, 12**

1. **What is the purpose of the Julie Vrahel campaign?**  
The purpose of the Julie Vrahel campaign is to raise money for cancer research, provide support for cancer patients, and fund cancer prevention programs.



**NAVEEN MOSTASHIMI, 11**

1. **What is the purpose of the Naveen Mostashimi campaign?**  
The purpose of the Naveen Mostashimi campaign is to raise money for cancer research, provide support for cancer patients, and fund cancer prevention programs.



**1. What is the purpose of the Julie Vrahel campaign?**  
The purpose of the Julie Vrahel campaign is to raise money for cancer research, provide support for cancer patients, and fund cancer prevention programs.

**1. What is the purpose of the Naveen Mostashimi campaign?**  
The purpose of the Naveen Mostashimi campaign is to raise money for cancer research, provide support for cancer patients, and fund cancer prevention programs.

**WHY** should you consider umbrella coverage?

opportunities for  
**covering**  
**current events**



opportunities for  
**covering**  
current events

**CURRENT  
EVENT  
COVERED:**

# Kim Kardashian's Divorce

AFTER OVER A MONTH OF COMPETITION AND CHALLENGES COMPLETED, THE SCHOOL LOSES THE CHANCE TO WIN \$20,000 IN SPORTS GEAR.

72 DAYS OF  
KIM

REYSS: BRUCE told me that he had a lot of friends who were in the same situation as he was. He said that he had a lot of friends who were in the same situation as he was. He said that he had a lot of friends who were in the same situation as he was.



## THE BATTLE OF HISTORY

"The French Revolution is really a once government got overthrown. But overthrown again, and then the new government overthrown. You definitely don't want to be destabilized. It's not going to help you get what you want."

"I don't think debate is always a negative because, it brings people together. Bringing together means tighter bonds and tighter bonds

"The Revolutionary War made us a free country. I remember Mr. [John] Strickland saying that we send a monthly fee to us to cover the cost of that we spilled into the harbor." KIRSTEN GRAY



A photograph showing three students in a classroom. One student in the foreground is wearing a blue shirt and looking down. Two other students are in the background, one in a blue shirt and one in a green shirt, both looking towards the camera.

[illegible]

**ONE HUNDRED FORTY THOUSAND DOLLARS** was on the line. During halftime of the Under Armour All American Game, students anxiously awaited the announcement of who had won *Finding Underniable*. Finally, "Mainland Regional High School is the 2012 *Finding Underniable* School," was heard on hundreds of TVs. We had lost.

After over 900 schools entered and hundreds of votes cast, the school had made it to the final three in Under Armour's Finding Undeniable competition. The winning school would receive \$300,000 for their athletic programs. However, the school had fallen short and lost

the money to Mainland Regional High School. "We are notorious for our school spirit, and it would've been nice if the whole nation saw that not only we excel in academics, but also in sports and school spirit in general," said sophomore Ashley Finn.

Some students saw it as bringing the school together and not as a loss. "While losing Finding Undeniable was a disappointment, I actually think people appreciated it as well. Through Finding Undeniable, we're all united as a school. We even created a Facebook group with everybody in it. I think that losing Finding Undeniable didn't really seem like a loss of anything, but rather a gain in school spirit," said sophomore Frank Huang.

**CLOSE CALL** REFLECTIONS ARE MADE ON CLOSE CALL THAT END IN DEFEAT.

"In the Madison game we lost maybe 9-40. I think that against Madison, most of us were still proud of the outcome, even though we lost because it was obvious that we were making them nervous." **TECHNICAL-SOUND 9**

"The Divisionally game was really close. We lost the first game. In volleyball, it's best of three. But we won the second game so that means we had a chance for a comeback. The third game was really close. I was proud of the game. It was actually a really good game. We all worked really hard, but I think they deserved it more. Their communication was better." **SCS6-MXN03.9**



**DURING THE QUIET DAYS** GRILL  
INTERVIEWER, senior Elizabeth  
Eber for computer that vary  
spot on the early unity term.  
Although it didn't make a  
spot on the early unity term of  
a personal level. "I spent the  
whole year running behind me  
of my best friends who he as  
disappointing against the  
last early spot. At the end of the  
new show is running up the hill,  
and I couldn't catch her. I lost my  
spot on the early unity term, but  
the author book could have a  
man," said Eber for computer that

CHMHI  
SCHOLARSHIP  
Secretary-General's Award for Best Large  
High School  
SPHFOL  
Vill's Windsor, and High at Gao-United St.

of America, Outstanding	Path: Open
WHL Coplan and James Dig - Saudi Arabia, Verbal	Designation: C
Rachikaidi and Project Big idea - United Kingdom, Verbal	National Day
	Arabic, Outstanding
	SHOIN
	German, N

Italy-Australia, Dec	Outstanding
Zach Hofer and Andrew Kr	
in Montana, Sudi	Verbal
Sam Cold and Stephanie	
Verbal	
USA	

United Kingdom	Jag Mehta, and Peter See-United Kingdom
	Post-Delegation and
	Archaic Regime and the South-South United
Denmark	States of America, Verbal
	Britannia Post and Sharm El-Sheikh Saudi Arab
	Verbal

UNEP	UNEP
Lian He	Lian He
Quota	Quota
Shen	Shen
Hong	Hong
Shen	Shen

Archie and Caitlin-Kanagawa, Italy	Archie, Verbal
Archie	MS
Archie and Sarah-Rochester-United Kingdom	Carson-Holmes-Henric
Archie	CHANGES OF FIVE
Archie and Ian-Rochester-Saudi	Brendan Kim-Russia
	IMC

Outstanding	Zah Hossainpour-Germany, Best Delegate
	USAOC
	Varun Kumar Secretary of the Treasury
Best Delegation/Gold	Delegation/Gold
	ASBCAH UNHCR

Category	Current Shapiro-Rimbovic, Honorable BRIEFED HONORARY	Un- re- served
Best	Rated Hoffman-Golding-Gernung, Outstanding CO	Out- standing
	Chris Gredemans and Thibault Vanc-	

United States of America, Honorable  
MEMORANDUM  
United States of America, Honorable

# WHY should you consider umbrella coverage?

opportunities for  
**covering**  
current events

## UMBRELLA

TOPIC:  
Leaders

CURRENT  
EVENT  
COVERED:  
Korean  
Election

### PARENTS

BEHIND AN important part of the community, president of PTSA, Mrs. Celeste Fritzson, explains the role of PTSA.

"The PTSA provided the essential connections between the parents, teachers, students and the school. This past fall, we presented a jointly signed petition to FCPS. As a result, FCPS awarded honors weighting to summer courses. Another huge event we worked together on each year was the Back-to-School Bash, starting the year with an extravagant event

enjoyed by all. As a PTSA president, my job was to oversee our membership-driven organization to support variety of school activities. Although this job was much more demanding and time-consuming than I had imagined, it was very fulfilling. I worked with many parents involved, created people who also had an energetic devotion to supporting UJ-APs. Celeste Fritzson



During the Back-to-School Bash, an event planned and carried out by PTSA, freshman Matthew Conway throws the ball at the dunk tank. Photo by M. Vanni



PLANNING EVENTS THAT BROUGHT THE CLASS TOGETHER was the number one priority for student leaders. Standing in front of a podium, SGA vice president, William Lucht, presented his ideas. "I wanted to give back to and help the community of Thomas Jefferson," Lucht said. In order to do so, communication was a key to success. After meeting, sophomore class council president Dennis Kim types up a report of ideas. "It was important to be able to track, communicate and cooperate well with other leaders," Kim said. It was also their job to troubleshoot the unexpected. When Freshmen Look-In got cancelled due to the renovation, freshman class council president James Park and vice president Aunal had worked on alternate ideas to replace the activity.

"We hoped to create another class activity that might end up becoming a freshman tradition," Park said. Marcus Juri, Chung, K. Chae, S. Jeong, B. LESTING, students in a Westborough, senior SGA President Allison Chou works on the Service Week schedule. SGA planned school-wide events including Homecoming and J-Day. "I was really passionate about making UJ the best four years for every student here," Chou said. Photo by S. Juri. S. as a president of THE VETERANESSE, SENIORS ASSOCIATION, senior Hany-Bai helps in an idea book. Bai served as an officer for all four years not only in Class Council but also in culture clubs. "We always had so much fun even when we were stressed out. It had truly been an amazing experience," Bai said. Photo by S. Juri



"LHS presidents did everything in their humanly power to be supportive of each other and so spirited as we celebrated a passion that we loved - the classics. I was proud of every one's efforts and the teachers' support for Latin made it worth every second," Seo said.

as pro consuls, seniors Hyae-in Seo and Morgan Chestham lead Latin Honor Society. Photo by K. Chae

### UNITED OVERSEERS, COMBINED VOICES

Imagine four distinct grades unrelated in any way. But with the SGA, all voices were united as one.

They made our voices heard, took our ideas into consideration and passed it to the administration. They were the class councils and the Student Government Association (SGA).

Throughout the year, each class council worked with the SGA to bring students the best activities and events to enjoy themselves. Holding a position on SGA and class council meant putting in a lot of work and time but many officers gained leadership skills. "I learned a lot about communication and how essential it was to keep a team functioning at high efficiency. Communication needed to be clear, concise and timely. SGA members were great at keeping each other updated on everything," senior Allison Chou, the president of the SGA, said.

As president of freshman class council,

James Park experienced the difficulty of running council meetings. "My job was to lead the officers. I was also in charge of planning and carrying out the meeting because the sponsors were just there to give input. The council was student run," Park said.

The president could not do his or her duty alone, which was why the vice president was elected to assist the president and take over in case of the president's absence. "It was a very loose community, so we all helped each other out for our goals. At times, I worked on a specific project for a pep rally or on activities for J-Day and helped everyone else," senior William Lucht, the vice president of the SGA, said.

There was a lot for him to do because SGA was the link between the four classes.



what do you know about President Obama's second inauguration on January 21?

### INAUGURAL ANSWERS

- Who designed Obama's Inaugural Ball dress? A. Faith in America's Future B. 8,800
- What was the theme of the inauguration? C. One million
- Which anniversary did the theme commemorate? D. The Civil War
- Whose Bibles were used to swear in President Obama? E. Martin Luther King, Jr. and President Abraham Lincoln
- Approximately how many people were present at the inauguration? F. 1.8 million
- How many people participated in the inaugural parade? G. 1.8 million
- PRESIDENT OBAMA gets sworn in while the First Lady holds the Bible. Photo courtesy of Associated Press. S. AS A VOLUNTEER, Freshman Sydney Miller got up at 3 A.M. to get into D.C. "I went through three security checkpoints with magnets before I was cleared," Miller said. Photo courtesy of S. Miller

### PAVING

For the first time in the history, South Korea elected a female president, Park Geun-hye. Many were excited about the new female president of South Korea, Park Geun-hye, but not everyone agreed. "This was one of the more controversial elections because she was the first female president and her father, [a former president], was not well liked," Freshman Jeewoo Kim said. Although controversial, she paved a way for women around the world. Photo courtesy of Associated Press.



**WHO** is umbrella coverage for?

know  
your  
**audience**



# WHO is umbrella coverage for?

## INSANELY GREAT IDEAS

As they attend entrepreneurship clubs, freshmen Anant Das, Jeevan Karamsetti, Nihar Gutsika, Gagan Bhasin and Sahana Thimmashetti create a unique peer-meeting Goos, members of Innov8 learn how to pitch ideas. Participating in an innovation competition, seniors Meredith Burke, Sam Gwin, Daniel Lang,

Utsav Majumdar and Anand Shihir build a hydrophone for water purification. Applying for a patent, senior Rebecca Hymowitz realizes how specific the process really is. Researching melanoma, senior Venkata Peterkin patents a child-friendly ultraviolet dosimeter and develops an idea for a biosensor. *Photo: Michael D. Davis*

"I WENT FOR A SPHEROID, I invented an ultraviolet dosimeter, which was a device that changed color right before you got a sunburn. My device was a button with a smiley face on it, and when you went out into the sun, the smiley face would appear, and as you got closer and closer to getting a sunburn, the badge would fade into the color purple, which was the same color as the smiley face, and eventually it would disappear, which meant that you needed to go inside. Melanoma is hard to treat, so right now we have to be looking at prevention, and the best kind of prevention is to prevent sunburns in childhood, so I made the button, something that didn't cost too much, so I worked on that project for about a year. The first four or five months were testing out the chemicals to make it work, and then the next two months were statistical analysis. I definitely will be looking more into melanoma research. My senior research project had to do with melanoma detection, and that's actually going to be for the next four years. I plan to do a big project over the next four years while I'm at college that's a melanoma biosensor. So I imagined it would be a strip of paper you would put over a mole and it would change color if it was cancerous. I got a patent on the idea of that. I haven't made the biosensor yet. Submitting ideas can be tricky, but I've made a scientist submitting an actual device because a device has to be calibrated and everything in an idea, you just had to tell them what the idea was, you gave them a little background information and then you were done." *"VENKATA PETERKIN, U.S. patent pending on UV sensor"*



ANANT DAS, NIHAR GUTSIKA, GAGAN BHASIN



"I FOUND ME! I've learned how to start our own company. In case we ever realize, and we learned how to pitch. Basically pitching is when you go to an investor, they give you one minute to say something really fast to catch their attention. Some reason, to choose your idea over everyone else's. CEOs also come in and they talk about how to start a company, how to motivate you, how to get a good idea, how to find the end, even if everyone else says it's bad, believe in it, in the end it might turn out to be good." *"REBECCA HYMOVITZ, U.S. patent pending on UV sensor"*



"HYDRAPHON Last year we competed in this competition called Conestoga Innovation, and we designed a product to use clean energy in some way. So we had this product that was a portable drinking water for people in developing countries. And they said we should get a patent on it, so we are looking to get one."

"DANIEL Last year we just got a lot of modeling and simulation, creating growth graphs and also, business plans, calculating the financial costs, and stuff, and then we presented at the competition. And they said it, so we were the clean energy division of the competition, and we got a \$5,000 prototype grant, which is what is basically financing our prototype development."

"SRI So what I was working on is the first stage of the water purification—a hydrophone. A hydrophone (also in biochemistry) is a device that's used in the oil and gas industry to separate sand from oil. But also you can use any liquid, so we're going to be using it to separate sand and different river water. So what happens is that water gets injected in the side, splits around, the particles in the water are forced out by the centrifugal force out to the sides where it hits the walls and then down and out the bottom, and there's a hole in the top where clean water comes out. The invention is called the Hydropod, and the purpose, as I mentioned already said, is to produce portable water. What happens is that the dirty river water goes in through this funnel and that's where it produces electrical power. And that's used to generate electricity for the UV chamber which is where we sterilize the water to get rid of the pathogens and any other organic stuff. And then we pump it out for drinking and drinking purposes. And the novelty of this is that we're targeting areas that already have access water, just really dirty water. This wouldn't be used in places like Africa, where there's no water to begin with, but if we were to deploy this, it would be a place like Bangladesh." *Photo: Michael D. Davis*



"HYDRAPHON was to have the tips of containers rest on the floor and have troughs in between for catching water, and installed into the floor will be a gutter so that when you take the containers out you wouldn't have a hole in the floor. When I went to argue the summer at the [U.S. Patent and Trademark Office], the thing he said was saying why it was that didn't specify that the containers needed to be closed at the bottom. It's important to have made sure you were specific about what it was that they thought but not too narrow." *"REBECCA HYMOVITZ, U.S. patent pending on UV sensor"*



"I'D HESITATE THAT COULD WRITE IN MY COLOR, except I wasn't like one of those normal plastic cheap pens where you click down on each color. It was unique, because inside were four ink cartridges: black, cyan, magenta and yellow that you'd find in a printer. There was a mixing mechanism, and when you twisted it to the color, it would show out that color and mix it and release it. We are currently in the process of patenting it. Basically what we had to do is that we contacted the patent office, we asked them for the details, and we had to come up with a design plan, get the information about it, and while kind of working on making sure we have a type of design plan, sketch, layout, all the information they need so that they will accept it. We talked to the patent officers, and they said that they were interested, and we were expecting to get a patent."

I think the hardest part was the technology aspect of it because we were using printer ink when you released printer ink didn't dry very quickly and smeared really easily, which is why we can only have colors at a time at first. That was probably the hardest part—getting it to work and mix. That took a lot of technology, and the technology we're using right now, we probably couldn't use more than two colors. So we needed to spend a bit more time to research and figure out more about the pen. We hope to pursue it until we come up with a final product." *"ANANT DAS, U.S. patent pending on UV sensor"*



# WHO is umbrella coverage for?

## COMPUTER SCIENCE

"I interned at Modern Technology Solutions Inc., helping with a program now as SAFETySense and Avoid Right Encounter Simulation Toolset. I worked on modeling aircraft behavior around airways in the United States. I got a free reign on developing my code. This meant I had a lot more responsibility in finishing my code, as it was solely my project." - Hassan Almas, 12

## PLANT BIOLOGY

"Sponsored by the Smithsonian Museum, I worked on determining paternity in a few hermaphroditic plant species. I used microsatellites, repetitive chunks of DNA, to figure out how the genotypes varied from population to population. The coolest part was the Maryland lab. When you walked in, you saw garage doors on all the sides, leading into pods that were football field size, three story storage units for everything from whale bones to ancient artifacts." - Ranya Mi, 12

## SMALL ANIMALS

I worked at a veterinary hospital program in Virginia Tech. I shadowed vets in radiology, surgery, nursing and laboratory divisions. It gave hands-on experience with veterinary medicine. It was unique in that there were not many large animal hospitals around. I saw a variety of equine problems, from lameness to colic. One of the neatest things was being in the surgery room while a procedure was being done." - Ced Voltbrecht, 12



## A. THE ORANGE CAMPAIGN

Convincing, training staff and meeting their resident.

## B. TALKING DOWN TO DEMOCRACY COMMITTEE

Calling and registering electorates to vote.

## C. THE BOMBAY VICTORY OFFICE

Calling up voters and going door to door to convince them to vote for Romney. Photo courtesy of K. Gonsky, J. B. Gonsky and L. Williams



## BEAMING INTO THE FUTURE

computer, planets and animals are all keywords to describing internships and mentorship, with responsibility and curiosity, seniors learn about various professions.

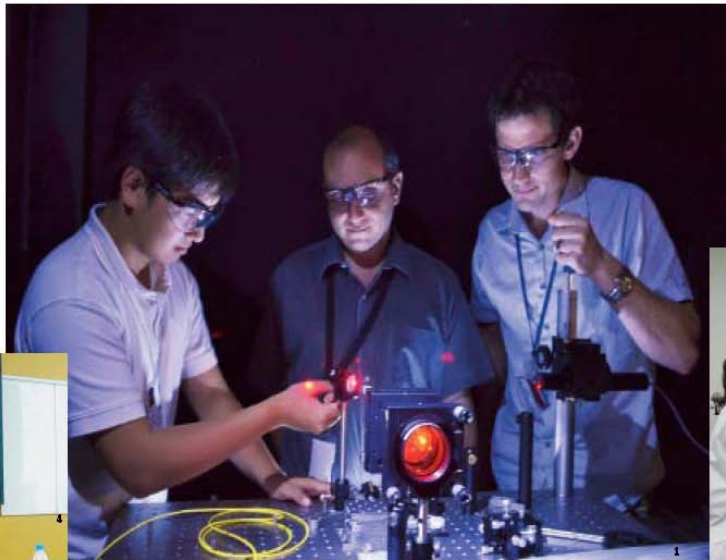


Photo courtesy of L. Gonsky, J. B. Gonsky and L. Williams

## OUT AT SEA

for a shore-based research project, senior Julia Arthur spends her summer on the ocean. "I flew to Turkey and spent ten days doing ocean exploration

in the East Mediterranean Sea. There was nothing quite like ground beneath you moving at all. This and getting hooked to a computer to the ocean. I got to work with samples that our remotely operated vehicle brought up from the seafloor. We examined and dissected samples that people had never seen or had access to before. I also worked with Dr. Robert Ballard, an incredibly famous oceanographer who found [the 'Titanic']. - Julia Arthur, 12



## performing cutting edge neurology research at George Mason University, senior Suhay Gondi is featured in the Newsletter.

## INSANE IN THE BRAIN

"My main topic was molecular neuro-anatomy and developmental neuro-genetics. Learning to image neurons showed me that in the practice of scientific research, I had to trade on my spiteful frustration. I wanted to be successful. I extended the course I took at U by allowing me to explore these disciplines from a laboratory perspective. I was involved in actually writing textbooks instead of reading them." - Suhay Gondi, 12



Photo courtesy of K. Gonsky, J. B. Gonsky and L. Williams

1. **BEAMING INTO THE FUTURE**, senior Julia Arthur and her mentor David Friedman and Jeffrey Scott Smith next to a Space Telescope in the East Mediterranean Sea. Photo courtesy of L. Gonsky, J. B. Gonsky and L. Williams

2. **INSANE IN THE BRAIN**, senior Suhay Gondi and a graduate student from George Mason University. Photo courtesy of K. Gonsky, J. B. Gonsky and L. Williams



## PICKING SIDES

how can you get involved in the political process? Junior answer Omeish, senior Kyler Blodgett and sophomore Lindsay Williams have different duties as campaign interns.

**WHEN** is it time to try umbrella coverage?

know  
your  
**staff**

# **WHEN** is it time to try umbrella coverage?

## **know your staff**

- what are your staff's **STRENGTHS**?
- what are your staff's **WEAKNESSES**?
- how many **EXPERIENCED STAFFERS** will you have?

**HOW** do we make umbrella coverage happen?

---

it starts  
with a  
**concept**

# HOW do we make umbrella coverage happen?



How do we make this relevant to TJ?

What types of people live outside of their comfort zone?

<b>Motivated</b>	<b>Outspoken</b>
<b>Dynamic</b>	<b>Fearless</b>
<b>Creative</b>	<b>Quirky</b>
<b>Innovative</b>	
<b>Resilient</b>	

# HOW do we make umbrella coverage happen?



What goes in each of those sections?

**Leaders**

**Artists**

**Colonials**

**Fighters**

**Comedians**

**Runners**

**Scientists**

**Scholars**

**Tutors**

**Foodies**

**Presidents**

**Captains**



# HOW do we make umbrella coverage happen?

there's no such thing as a bad idea

## pre-planning

It's that time of year again! The following is a list of spreads that will appear in our 2013 book. Under each spread topic, put your ideas for what stories we can cover there. Refer to our google doc "2013 Yearbook Coverage Ideas" as well and see where those stories fit! Also try to remember our must-haves (academic classes, Homecoming, basketball, etc.) and see where those can go. The more ideas we have now, the easier deadlines will be! Let me know if you need access to the following google docs: "2013 Yearbook Coverage Ideas", "2012 Yearbook NV", "2013 Verbal and Conceptual Ideas"- all three have some notes on things we can cover!

A note about profiles: each section will have a profiles spread. Think of people you believe would have good stories to cover there.

# HOW do we make umbrella coverage happen?

there's no such thing as a bad idea

## pre-planning

- Resilient- **springing** back; rebounding, returning to the original form or position after being bent, compressed, or stretched, recovering readily from illness, depression, adversity, or the like; buoyant **In all things in this section, what will we take a picture of? What form with the copy take? You don't want an entire Debbie Downer section, and right now, it kinda sounds like that. . . You bring up a good point. What do you think of covering the winning football game after a streak of losses? The sophomore who receives an academic excellence letter after a rough first semester? The mural club that beautifies ceiling tiles after not being allowed to paint a new wall? These are just random ideas, but I hope it makes a little sense...let me know what you think. -Priyal**
  - what do you do AFTER your fail?
  - when you're tired?
  - when you're depressed?
  - "What if I can't?"
  - the problems freshman have when coming to tj. The I'm no longer a big fish thing.
  - sport defeats
  - Homecoming losses; maybe asking rejections if anyone would want to talk about that?



# HOW do we make umbrella coverage happen?

there's no such thing as a bad idea

## pre-planning

- D4- Storytellers- possibly alternative 62-63
  - Humanities
  - Avanti writes a children's book for GME:  
<http://www.youtube.com/watch?v=QzWYvHsM0a0&list=UUI92ObB0zFur9AcB5jeMUVA&index=1&feature=plcp>
  - tjTODAY/Journalism
  - drama
  - Yena Seo got chosen to participate in Washington Post's Young Journalists Development Program, she also has an internship for WUSA 9 and is the high school sports person
  - Sam Desmarais interfaith trip
- D3- Judges 64-65
  - law and society
  - biased homecoming week judging
  - AP gov singleton mock trials
  - judging people (after a mistake, on first impressions, etc.)
  - 1st day of school impressions
  - talent show
  - **AP stat- judging bias**

# HOW do we make umbrella coverage happen?

a list of what  
has to be  
covered

## STUDENT LIFE: Did We Cover It?

Summer  
Summer  
Summer

Back-to-School Bash  
Back-to-School Bash  
Back-to-School Bash

Homecoming Week  
Homecoming Week  
Homecoming Week

Homecoming Friday  
Homecoming Friday  
Homecoming Friday

Homecoming Dance  
Homecoming Dance  
Homecoming Dance

Fall Play  
Fall Play

One Acts

Powderpuff

HNight  
HNight  
HNight

Viennese Ball

Talent Show  
Talent Show

Asking Week  
Asking Week  
Asking Week

Weekends  
Weekends  
Weekends

Senior Lounge

Technology

Music

Movies

Books

Video Games

Froshfest

# HOW do we make umbrella coverage happen?

a very complete & constantly updated  
**ladder**

get & go	even	odd	Topic	Events	Clubs	Sports	Academics	Student Life	Assigned	Deadline
	0	1	Title Page	Preperation for Pep Rally, Pep Rally Dance					EiCs	1
	2	3	get it- opening		marching band practice, Project Enlightenment dancing practice	cross country practice, football game vs. south lakes	AP biology and oceanography field trip preparation	surfing preparation	EiCs	1
	4	5	GO WITH IT- opening	marching band halftime show	Project Enlightenment reenactment	cross country meet Sept 8 at Burke Lake	AP biology and oceanography field trip on Sept 8,	paddling out to surf	EiCs	1
links to 118	6	7	GET IT DIVIDER					Danielle Wyerman hanglider	EiCs	1
Jack Ferguson (8) as transfer to 133	8	9	get introduced	First Day Of School (8), Freshmen Fling (9)	Pro-Life Club meeting	freshman discuss their first season		Transfer Students	green	1
links to 124	10	11	GET A NEW PRINCIPAL INTERRUPTER					9 things you didn't know about Ms. Ellen Reilly	EiCs	1
Volleyball Dig Pink (12) to 248	12	13	get spirited	London Olympics Rosh Hashanah	French Club playing petanque	Volleyball Dig Pink t-shirts		Senior Cars	blue	1
powder puff (14) goes to 126	14	15	get spirited	Pep Rally (14)		Volleyball Senior Night & Tennis carwas & powderpuff preparation		Spirit Week	blue	1
JV football (17) go to 250	16	17	get traditions	McLean Idol Cartoon Day	marching band marches the halls	JV football captains pregame rituals	study practices of Amelia Gilmer		mango	1

# HOW do we make umbrella coverage happen?

## Ensuring equitable coverage



**Powder Puff Football**  
Practice 8 times, 1 game

7 pictures and captions



**Varsity Football**  
Practice for 3 months, 10 games

1 picture and caption  
(+ small mods on other spreads)

# HOW do we make umbrella coverage happen?

## Ensuring equitable coverage



**Powder Puff Football**  
Practice 8 times, 1 game

7 pictures and captions



**Varsity Football**

Practice for 3 months, 10 games

1 spread w/1 picture and caption  
&

1 spread w/ 7 pictures & captions  
(+ small mods on other spreads)





# HOW do we make umbrella coverage happen?

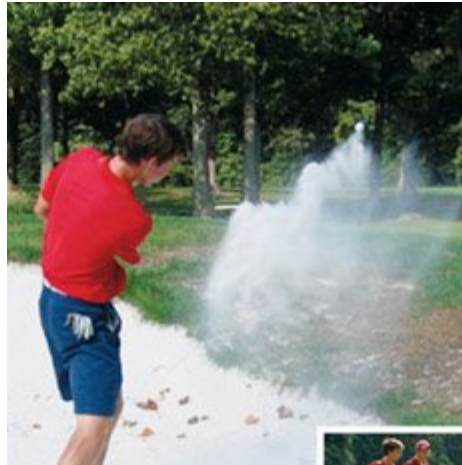
carefully considered **deadlines**

spread topic: "SWING"



MARCH

swing dancers  
at talent show



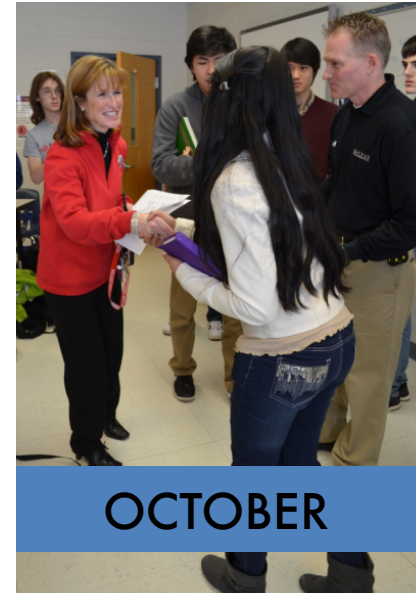
AUGUST

golf



DECEMBER

jazz band



OCTOBER

new principal  
getting "in the  
swing" of things

# HOW do we make umbrella coverage happen?

## complete spread planners

**spread PLANNER** team \_\_\_\_\_ deadline \_\_\_\_ get or go section? \_\_\_\_ page #s \_\_\_\_

must cover \_\_\_\_\_ list secondary topics \_\_\_\_\_

		<b>GET / GO MOD</b>	
		list names of people quoted or pictured	
		<b>GUY'S</b>	
		<b>GIRLS</b>	
STUDENT LIFE		CLUBS	EVENTS
		SPORTS	ACADEMICS

tally the number of people in each grade pictured or quoted

9	10	11	12

# HOW do we make umbrella coverage happen?

## complete spread planners

spread PLANNING

team \_\_\_\_\_ deadline \_\_\_\_\_ page #s \_\_\_\_\_

**DOMINANT**  
assigned to \_\_\_\_\_

potential sources

- Dance
- Homecoming
- Asking week
- Spanish
- Ballroom
- Swing
- Hip Hop

**SECONDARY**  
assigned to \_\_\_\_\_

Type of mod: \_\_\_\_\_

Potential Sources

- Asking week
- Homecoming
- Mob
- HC week

**MUST HAVES**

**IDENT LIFE**  
Talent Show, Vietnamese ball, etc

**JOBS** Hip-Hop Roots, Ballroom dance, Swing, etc, Nomads, Spanish Honor Society

**ADEMICs**  
Vishn Class

**SPORTS**  
Dance team, etc

List names of people quoted or picture

**BOYS**

**GIRLS**

Write the number of people in each grade pictured or quoted

9	10	11	12

**Handwritten List:**

- TJ dance Team
- Homecoming (sat)
- Spanish (learning dance)
- Ballroom dance club
- Swing dance
- I Night
- Talent show
- asking week
- viennese
- Hip Hop ROOTS
- spanish honor society



# HOW do we make umbrella coverage happen?

## A complete table of contents



# HOW do we make umbrella coverage happen?

## A complete table of contents

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Volleyball 61  
Wrestling 106

ge



**GO WITH IT**

PAGE 118







# HOW do we make umbrella coverage happen?

## Mini Table of contents (on division pages)

**WORLD CULTURE CLUB 110**  
**PHOTOGRAPHY 112**  
**MURAL CLUB 114**  
**AP MUSIC THEORY 120**  
**HOMECOMING 126**

**JAMMING ON HIS GUITAR,** junior Gio Jimenez jumps around the band room. Jimenez started playing guitar in seventh grade and was in marching band, jazz band, winter drum line and a rock band. "We were experimenting with different genres to get an album recorded. It was fun expanding our limits and seeing what we were capable of as a group," Jimenez said. *Photo courtesy of A. Agarwal, background photo by L. Revere, photo illustration by J. Woglom*





# HOW do we make umbrella coverage happen?

## Complete Folios



# HOW do we make umbrella coverage happen?

## Complete Folios

in order to focus on the message of mental wellness, Active Minds holds a week long event focused on raising awareness.

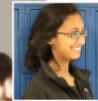
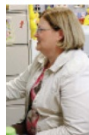
### HONING IN ON YOUR HEALTH.

**Stuck? Stressed? Stopped in your tracks?** Active Minds was a club focused on reducing stigma and mental illnesses. They sponsored the event Mental Wellness Week which they promoted by having people sign a banner and passing out "Don't Stress" stickers during the day. "I've been talking to people about being stress free and taking things a day at a time. Stressing out is something I definitely experience, but I don't let it take over me," junior Tarun Prabhala said.

On the last day of Mental Wellness Week, Jordan Burnham talked to students about his own personal story of depression and suicidal thoughts. He spoke about setting high standards for himself and becoming depressed when he couldn't reach those standards. "He really taught me how to set appropriate goals in the long run that I could actually fulfill rather than expecting too much from myself," junior Joochwan Kim said.

Mr. Gregory Myers, the school psychologist, was always there to help in times of stress. By definition, he did short term therapy, but was available whenever a student needed him. "There are definitely days when I can say, okay what I did actually made a difference. Some days I can actually say that what I did saved a life," Mr. Myers said.

Ms. Rae Kobren helps send messages from students to colleges and places where students wanted to intern by sending out transcripts.



"One in four college students have a diagnosable mental illness but only two thirds of those people received treatment. I started my involvement in Active Minds because I thought it was a really good message especially at T.J." -Nisha Swarup, 11 Photo by M. Phillips

### DRASTICALLY DIVERSE DECISIONS.

in order to increase diversity at T.J., students like senior Ben Hsu participates in Student Diversity Initiative.

**WHAT IS THE PURPOSE OF SDI?** We were trying to increase diversity at T.J. because there were a high percent of Asians and less of underrepresented minorities. We talked to the middle schools who had perspective applicants about why they should apply to T.J. We focused on schools where not many people were getting in or were applying from.

**DO YOU JUST GIVE SPEECHES?** There's a diversity part of the admissions and they usually had a presentation, and then we got there and we commented as they make the presentation. So if they were talking about IBET, they gave the hard facts, and we could talk about how we felt about IBET and what we did in IBET.



**DO YOU GO TO SCH AROUND T.J. ONLY?** V. Fairfax county, but Loudoun, Prince Wi But it's mainly in T.J.

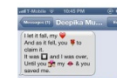


**SHINE A LIGHT.** the Little Sunshine Project raises hope in disadvantaged children.



**1. DURING EIGHTH PERIOD,** senior James Bollinger decides to go to yoga to help relieve stress. The activity was sponsored by Active Minds as a wellness activity. "I signed up for it because it was right before crew practice and it was a way to warm up and get ready to row that day," Bollinger said. Photo by M. Vipan  
**4. BEFORE CLASS STARTED,** junior Naddy Naide stops to sign the Mental Wellness banner. Signers of the banner supported being stress, anxiety and depression free. "People who have gone through a rough time shouldn't feel alone; they should feel free to talk about their issues to overcome them," Naide said. Photo courtesy of R. Raju  
**5. PAUSING IN THE MORNING,** freshman Cheryl Mensah signs her name on the Mental Wellness banner. Signers of the banner received stress-free stickers, to be able to display their support for the stamp out stigma message. "I listened to Jordan

Burnham's talk, and got a lot out of it. It truly gave me a new outlook on life," Mensah said. Photo courtesy of R. Raju  
**4. HOPING TO LOOSEN UP** before a crew practice, senior Ryan Madani does a yoga stretch during eighth period. Madani was doing the third position of the Sun Salutation. "I've done yoga before and we had a hard workout for crew that day, so all the crew guys went as a warm-up," said Madani. Photo by M. Vipan  
**6. STANDING WITH** Jordan Burnham, sophomore Nandini Radhakrishnan, juniors Nisha Swarup and Tarun Prabhala, senior Sanjaya Suri and Mr. Gregory Myers pose after Burnham's speech. Over 400 students attended the event, in which Burnham talked about suicide prevention. "Our sponsors talked to the coordinators of Active Minds in our local area, and that's how we got Burnham to speak because he was part of the Active Minds speaking bureau," junior Tarun Prabhala said. Photo courtesy of J. Chhabra



**SET FIRE TO THE EMOJI.** I let it fall, my HEART. And as it fell, you ROSE to claim it. It was DARK, and I was over, until you KISSED my LIPS

can you decode the lyrics of Adele's "Set Fire to the Rain," recreated by

078 **OUTSPOKEN** BY RAJALI GODA

Mental Wellness Week, health, transcript office, Student Diversity Initiative, Little Sunshine Project, emoji

079 **MESSENGERS** STUDENT LIFE, ACADEMICS, CLUBS

# HOW do we make umbrella coverage happen?

## A reader-friendly index

Mini-index by topic  
(*sports, clubs, events, academics*)

Alpha indexed as well

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you  
can  
stand  
under  
my  
**UMBRELLA**

the what, when, where, why and how of umbrella coverage



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