

MAD MEMOS



James Madison High School
2500 James Madison Drive, Vienna, VA 22181



Volume 2 Number 10

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President's Message

Dear Parents, Teachers and Students,

Did you know that suicide is the third ranking cause of death for young people? An average of one young person every 2 hours and 12 minutes kills him or herself. 95% of people who kill themselves have a diagnosable mental illness – yes, diagnosable. Although 20% of young people may have mental health problems, 2/3 of them aren't getting the help they need.

I can hear some of you now saying that while mental illness might be a problem for "someone else's kid", it not a problem in your family. Maybe you're right but consider the results of the 2001 Fairfax Communities That Care youth survey. The survey asked if the students felt sad or hopeless for days or weeks at a time over the preceding 12 months. Almost 36% of the students who answered said "yes". Just over 18% of students said they had thought about committing suicide. And, over 8% of the students had tried to kill themselves at least once with about half having tried more than once. Obviously, those who succeeded weren't around to survey.

It's hard to know if your kid needs help. After all, the stereotypical teenager has mood swings, is difficult and isolates at times (at least from parents). How are we supposed to distinguish between "being a teenager" and something more serious? The Youth Suicide and Depression Task Force (YSAD) of the Fairfax Partnership for Youth (www.fairfaxyouth.org) has identified some risk factors to consider. They are:

- a history of depression
- a previous suicide attempt (the lack of success doesn't mean the kid was just "acting out")
- a family history of mental disorders, especially depression (which some people think runs in families) or suicidal behavior
- a disruption in your family, such as death, divorce, remarriage, new kids, job loss, etc.
- chronic physical illness, not necessarily serious or major illness just chronic
- alcohol use and alcoholism
- a history of experiencing abuse.

YSAD is developing a number of programs and initiatives to help educate the community and identify kids that may be vulnerable. But, what can you do if you think your child needs help? There are emergency, in-patient and out-patient mental health services offered by Fairfax County and private psychiatric hospitals. If you can afford private care, go to a specialist. You wouldn't let your generalist handle your heart surgery, would you? If this is your first brush with mental health issues in your family, keep an open mind but pursue, pursue, pursue a solution.

Don't let the "stigma" of mental illness deter you – your kid may be relying on you.

For Madison's best year yet –

Bettina Lawton
JMHS PTSA President 2005-06
ptsaprez@cox.net

While I happen to be a huge fan of Malcom Gladwell, author of *Blink* and *The Tipping Point*, I certainly would not recommend test prep or exam prep using Gladwell's approach of the power of thinking without really thinking. Madison will engage in SOL Testing from May 22- June 9, with senior final exams beginning on June 9. A good healthy diet with plenty of sleep is a good way of preparing for these high stakes tests. Common sense tells me that the student who has spent an extended period of time preparing for an assessment and who eats and sleeps properly will perform at a higher level than the student who tries to cram everything into the last minute. A number of teachers advertise and conduct a number of review sessions over the course of the next three to four weeks which will offer you son or daughter additional opportunities to prepare for these assessments. Please encourage your son or daughter to take advantage of these opportunities.

Last month I referenced an article in *Time Magazine* on high school dropouts, and this month I would like to reference an article in the *Newsweek Magazine* concerning America's top high schools. I take exception with the rating system as a means rank schools on a national scale. While Madison is much honored to be rated #120 in the Top 1000, I do not think that the challenge index in any way shape or form captures the true essence of an American public high school. The Challenge Index, as developed by Washington Post reporter Jay Matthews simply measures the number of AP test administered per senior for each high school. Performances on the test is not a factor, nor are any other academic criteria a factor in the ranking process. While Fairfax County Public Schools has a number of schools in the top 200, I think the general public is getting a very narrow interpretation of what constitutes a successful public high school. While I anticipate that Madison will move up and down on the scale over the next few years, my real issue with the rating is that for Madison to move up significantly would simply require the addition of five or six AP classes regardless of the subject. Madison will offer additional AP classes in the future but only in support of and not at the expense of courses that the community and faculty have determined are beneficial to Madison graduates.

Congratulations are in order for the cast and production crew of Mad Drama's rendition of the musical *Carnival*. The musical was outstanding, and I would once again like to wish the graduating seniors the best of luck and thank you for the wonderful performances we have experienced during your years at Madison. The month of May is always busy for our fine and performing arts with a number of Madison Band and Orchestra performances scheduled this month. May is also tournament time for our athletic teams, and if the regular season is any indication, a number of our teams expect to venture deep into the playoffs during the next two or three weeks. Please check the website for performance dates and athletic events. Thank you and I look forward to seeing you at our many events over the next month.

"Whatever it takes"

Thank you,
Mark A. Merrell
Principal

Why isn't your name on this list? (as of 5/18/06)

244 Seniors Registered for All Night Grad

Abiles	Peter	Davies	William	Kassab`	Stephanie
Abrahamson	Ida	Davis	Shelley	Kaymak	Ipek
Adams	Kira	Devolites	Alexandra	Keissling	Chris
Alire	Sabrina	Dilles	Jacob	Kenny	Sean
Anderson	Warren	Disselkamp	Brian	Kessler	Melinda
Anderson	Ashley	Disselkamp	Craig	Kettering	John
Andrews	Margaret	Dorman	James	Khawaja	Sara
Arturo	Jonathan	Dozier	Sarah	Kindelan	Erin
Asman	Tom	Duggan	Michael	King	Victoria
Avesian	Carly	Duncan	Justin	Kingsley	Kevin
Baldassari	Stephen	Eck	Alison	Koch	Andrea
Barnhurst	Kelly	Eckert	Anna	Kohrmann	Phillip
Bauer	Mark	Ellis	Annie	Kuykendall	Jaime
Bell	Jennifer	Enriquez	Stephanie	Landow	Alec
Berlow	Anne	Fisher	Stephen	Lanza	Jessica
Bishop	Justin	Fitzella	James	Lawton-Belous	David
Blackwell	Kate	Foley	Shannon	Lazcano	Daniela
Blaesing	Jason	Ford	David	Lee	Sophia
Borzoo	Matthew	Forde	Eric	Lee	Sohyun
Bosco	Christopher	Foulis	Drew	Liu	Wen
Bosworth	Sarah	Frigiola	Michael	Lofton	Keenan
Breau	Ashli	Galinda	Betsy	Logan	Katherine
Brennan	Meredith	Gambarelli	Kathleen	Lord	Keith
Brown	Julian	Ginley	Megan	Lowe	Jeannine
Burke	Mary	Godshaw	Brian	Ludwig	Sam
Burke	Ryan	Gongaware	Kathryn	Magellan	Mark
Butler	Blake	Gore	Darien	Maiorana	Joshua
Byrnes	Brendan	Grenade Willis	Philippe	Makharita	Noah
Callsen	Taylor	Guillaudeu	Mark	Malone	Killian
Carnahan	Zach	Halik	Kirsten	Manfredi	Andrew
Carter	Joshua	Hanna	Paul	Marquez	Daniel
Cassady	Brandon	Hartnett	Jessica	Martin	Allison
Cassady	Keegan	Harvey	Andrew	Martin	Matt
Chen	Tony	Hayes	Joey	Matthews	Ryan
Cheng	Herman	Hazard	Jackson	McCarthy	Kimberly
Chickinsky	Lindsay	Heaton	Amy	McConnell	Deanna
Chiou	Jimmy	Heppner	Charlotte	McMinimy	Christopher
Christensen	Jennifer	Herdman	David	McNamara	Conor
Christensen	Jessica	Hibler	Kyle	McNamara	James
Clark	Jacqueline	Hildebrand	Michael	Mead	Heather
Clinton	Margo	Hrbacek	Tiffany	Mella	Heather
Cohen	Emily	Huff	Julie	Meriwether	Catherine
Concepcion	Matthew	Huffman	Alexandra	Merrill	Patricia
Conroy	Allison	Hughes	Kyle	Miagkov	Alexandra
Conv	Matthew	Hynes	Kevin	Miller	Rebecca
Cookmeyer	Kyle	Inskeep	Jacqueline	Mobley	Eric
Coppola	Jeffrey	Jacobs	Laura	Monday	Eric
Crier	Allison	Jaeger	Braden	Moonan	Liz
		Jay	William	Moulton	Matt
		Jindal	Ravi	Murphy	Thomas

All Night Grad Names (cont.)

Niblett	Cassidy	Richardson	Meghan	Stolarik	Matthew
Nielson	Tom	Rifenbark	Graham	Stratton	Mackenzie
Nishiyama	Alison	Robbins	Jessie	Surbey	Stephen
Nobile	Ashleigh	Robinson	Cameron	Sutton	Chris
Noyes	Alexandra	Roesener	Maggie	Sweet	Jim
O'Brien	Patrick	Ross	Rob	Taylor	Brian
O'Donohue	Peter	Rudden	Dana	Thomas	Jake
Olson	John	Sahno	Christian	Togashi	Kelly
Olson	Nicholas	Sapiurka	Maya	Torres	Daniela
Orasin	Sarah	Sawetz Glasener	Michael	Trichilo	James
Ostrowski	Michael	Sayce	Spencer	Uhrig	Alexa
Pagano	Allison	Schell	Brandon	Unangst	Grace
Paul	Sebouh	Scott	John	Verley	Rebecca
Perry	Albert	Scott	Megan	Vretos	Alexis
Perry	Sean	Sethi	Nitika	Waclawski	Laura
Pickett	Lindsey	Shenefelt	Michael	Wagoner	Mary
Pina	Leanne	Shore	Donald	Wang	David
Pollock	Aaron	Shrestha	Lena	Waring	Megan
Pomeroy	David	Simons	Victor	Weber	Kelly
Porter	Brian	Singh	Era	Weschler	Leonard
Powers	Patrick	Skinner	Jane	Wheeler	Gregory
Raft	Alicia	Smith	Stephanie	White	Ashley
Randolph	Alexander	Smith	Lauren	Wilder	Justin
Rasmussen	Eric	Sole	Laura	Wille	Tom
Rawlinson	Zachary	Sparrow	Kerry	Williams	Anne
Reese	Beleny	Stemetzki	Todd	Willis	Amy
Reilly	James			Wills	Matthew
Rice	Alexandra			Wilson	Casey
				Wishner	Becky
				Wood	Katherine
				Yoo	Jane

Attention Seniors and Senior Parents: We are collecting Kiddie Pictures for the Kiddie Quiz at the All Night Graduation Celebration.

We would love for each Senior to bring in one non-returnable copy of a photo from when you were between the ages of 2 and 5. Put the picture with your name on the back in an envelope and bring it to the office. We will have a box there labeled Kiddie Quiz. You may also send these items to the following address: Ms. Meg Dwyer, 2444 Casmar St, Vienna, VA 22180. Thanks so much!

All Night Graduation Celebration Donation

YES! I would like to make a tax-deductible donation:

- _____ \$100.00 to help buy gifts for each senior's 'goody' bag
- _____ \$100.00 to help with the cash prize drawings
- _____ \$ 50.00 to fund a reservation for a needy senior
- _____ \$ 25.00 toward general expenses
- _____ \$ _____ other cash donation
- _____ Other non-cash donation to use as a prize drawing

**Clip and mail with your check payable to JMHS All Night Grad Celebration
2500 James Madison Drive, Vienna, VA 22181**

Northern Virginia Project Graduation

All Night Alcohol and Drug Free Celebration

Class of 2006 All Night Grad Reservation

Senior Name: _____

[You must attach the Inform and Consent and Emergency Care Cards with this!]

Phone: _____ **Parent email:** _____

**Clip and mail with a check for \$50 payable to JMHS All Night Grad
2500 James Madison Drive, Vienna, VA 22181**

All Night Graduation Volunteer

[You do NOT have to be the parent of a graduating senior to help out!]

I would like to volunteer and be a part of the celebration. Call or email me:

Parent(s) name _____ **Phone** _____
Email _____

**Clip and mail to JMHS All Night Graduation Celebration
2500 James Madison Drive, Vienna, VA 22181**

Seniors and their Families
are cordially invited to the

James Madison High School
Class of 2006

Baccalaureate Service

An interfaith service of thanksgiving, reflection,
celebration, and inspiration.

Wednesday, June 14th, 2006
6:00 PM

St. Mark Catholic Church
9970 Vale Road
Vienna, Virginia 22181

Baccalaureate is one of the highlights of the graduation
festivities, an opportunity for reflection and rejoicing.
Sponsored by the PTSA, attendance is voluntary.

Seniors arrive at 5:30 PM and gather in the Activity Center.
Please wear your graduation gown, but not the cap.
Graduates will process in.

Kathleen Althoff, Chairperson
703-255-9273

James Madison High School
2006 All Night Graduation Celebration
“Gift Baskets for Graduates”

Dear Madison Parents:

We are appealing to you for assistance in ensuring that each graduate attending the All Night Grad Celebration receives a gift.

This alcohol and drug free all night celebration is the seniors' last celebration together and has been a huge success in past years. The seniors will celebrate the night away with activities such as the Casino, Karaoke, money machines, smoothie bar, caricature artists and a mechanical bull, just to name a few. There will be food and prizes throughout the night. In the end, our seniors will make memories to last a lifetime while having a good time.

We will have drawing throughout the night for smaller prizes such as gift certificates, beach towels, sports stuff, duffle bags and other items. This year, we would like to ensure that every senior in attendance walks away with a gift. At the end of the night, we will have drawings for larger prizes such as Ipods, digital camera, TV, Kings Dominion tickets and cash prizes. Seniors must be present at the time of each drawing to be eligible to win.

We have received a number of donated gifts and cash to use as prizes. These prizes come from the efforts to involve the Madison community in the celebration. This year we would like to add a personal touch to the celebration and include “gift baskets” as part of the prize drawings. Other schools have found this a great way to involve the community and receive some memorable gifts for the graduates. Some ideas used:

Dorm Room Basket –bulletin board, highlighters, study pillows, throws.

Car Care Basket – car wash coupons, air fresheners, car wash brush, drying cloths.

Study Break Basket – micro popcorn, DVD movie, floor pillow.

Caffeine Break Basket – coffee mug, Starbucks gift certificate, mug warmer.

Student Supply Basket – pens, pencils, stapler, hole punch, tape dispenser, supplies.

These are just sample ideas. Put your imagination to work. If you can put together a basket or package to donate, please contact Donna.Ashwell@fcps.edu. We will arrange to pick up a basket any time starting May 1. Or you can drop off the basket at Madison's main office indicating that it belongs to the After Grad Celebration.

If you could help, the prize committee would appreciate it and so would the graduates. Any donations of prizes are welcomed.

Foreign Language News

The foreign language department at JMHS has been very busy and we would like to share some of our accomplishments with you. The French 3 classes visited the Cézanne en Provence at the National Gallery of Art in April and a few took advantage of Ms Wascalus' offer and learned to play "boules" on the mall during their lunch break. The Spanish 3, 4 and AP classes also took a trip to the Natural History Museum to tour the Ancient Colombian Gold exhibit. Both trips were great fun and a great opportunity for our students to learn outside of school. Neither trip, however, would have been possible without the support of many parents who volunteered as chaperones.

The French and Spanish Honor Societies are planning their induction ceremonies honoring students who have a 3.5 grade point average after two and a half years of language study. Those ceremonies will be after school on June 8th for Spanish and June 12th for French. Families of inductees are encouraged to come celebrate with us at those ceremonies with more information forthcoming.

This year most of the JMHS French students participated along with more than 100,000 other students nationwide in Le Grand Concours. We would like to congratulate the following students for receiving recognition at a national level: French 2: Sofia Balogh, Thomas Davison, Alexandra Noyes, Laura Sole; French 3: Alexandra Ferraro; French 4: Stephanie Leger, Leslie Keena, Claire Smith; AP: Lindsey Navin, Alec Landow, Richard Brown. These students will be honored at a ceremony at St. Stephen's School on May 24th. In the region, more than 19,000 students competed and we had many students receive Certificats d'Honneur and Certificats de Réussite. These students will be recognized at JMHS during the Honor Society induction ceremony.

We also had winners at this year's Modern Language Tournament held at George Mason High School. In this competition students memorized poems, monologues, dramatic scenes or created skits. JMHS students placing among the winners were: Emily Shroder, Julia Perez, Colleen Reilly, Sam Shroder, Brooke Trichilo, Ana Sagatov, Emily Hearle, Anna Fronzalia, and Mary Herdman. All participants in this competition are congratulated for taking the time to go above and beyond the classroom requirements and take advantage of these extra opportunities to explore languages.

JMHS also had several students selected to attend the Governor's school this summer. These students will be recognized on the awards night on June 7th.

French and Spanish underclassmen who are continuing their language study should check on the JMHS website this summer to find study packets to keep them thinking and reading for the next level!

May 12, 2006

Dear Madison Students and Parents,

This summer we will be offering the JMHS AP Summer Institute for Students for the second year. Last year we had 70 students participate in the two day jump-start for AP classes. By enrolling in an Advanced Placement course for next year, students are eligible to participate in Madison High School's Summer Advanced Placement Institute. The Summer Institute is a special program designed to help AP students prepare for the rigor and challenge of advanced classes. **The Institute is geared toward first time Advanced Placement students as well as students who have taken an AP class previously but were not successful.**

To ensure that you are successful in your **AP** class(es), I invite you to make plans to attend our Summer Institute August 22nd – 23rd. This program will introduce you to an instructor who teaches your class; provide you with help on the summer assignment; simulate an actual class lesson and follow-up; and help you brush up on many study, writing, research, and organizational skills necessary for success in these classes. In addition to the skills and information gained from the institute, students will have an opportunity to be assigned a peer mentor if their grades fall below a "C" during any quarter of the upcoming school year. The institute will be held from 6-9 P.M. at Madison High School.

If you decide to attend this institute, the application must be received by JUNE 15, 2006, to be considered for enrollment. **The fee for the institute is a nonrefundable nominal \$30 to help offset the cost of the institute.** (Reduction of tuition is available on a case by case basis. Please contact Frank Franz for more details.) **The check should be made out to JMHS.** The application, as well as other information about the Institute will be sent in a mass email the week of May 15, 2006. This information will also be available on the JMHS website in the Academics section.

If you know that you want to take advantage of this very beneficial program—a program designed specifically for your academic success—just fill out the application and mail it to me at Madison High School. If you have any questions about the program, don't hesitate to email or call me at the number listed below.

Sincerely,

Frank Franz,

Director, JMHS AP Summer Institute for Students

Frank.franz@fcps.edu

703-319-2500

Congratulations to Benjamin Schwank. He received multiple awards and

Scholarships for his project, "Comprehensive Bacterial Identification and Analysis Software: Protecting the Armed Forces and Improving Health Care Worldwide" at the Intel International Science and Engineering Fair.

His largest award was a scholarship from the Office of Naval Research on behalf of the United States Navy and Marine Corps in the amount of \$8,000. He also received honors from the United States Air Force, which awarded him \$3,000, and a first award from the Patent and Trademark Office Society, which awarded him \$200, as well as a fourth award and \$500 in the Microbiology category from the Intel Foundation.

Press release:

Students Win Scholarship Awards at Intel International Science and Engineering Fair

EF Foundation for Foreign Study

Open your heart and home to a world of possibilities. Host families are needed for foreign exchange students for 2006-07 in Fairfax and Arlington County High Schools. Host families provide room, board, and a caring environment in exchange for an enriching cultural experience for their family. Since 1979, EF Foundation for Foreign Study has provided study abroad opportunities for teenagers from over 30 countries. EF selects students from an application and interview process based on their academic achievement, maturity, and adaptability. Students are fully insured, speak English, and bring their own spending money. If you would like to share your America with a high school exchange student, please contact local coordinator Ruth Roush at home (703) 751-0165, cell (703) 626-5005, or ruthnva@comcast.net. For more info about EF, visit <http://www.effoundation.org>.



Madison Gift Shop

Located in T-9

BALLOONS 4 SALE

Happy Birthday

Thank You

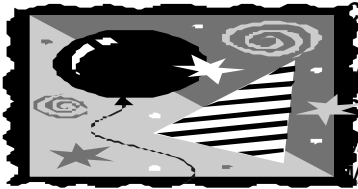
Good Luck

Get Well Soon

Come by during assistance or your lunch period
Bags & Gifts Available

Parents only: Special deliveries

Call: 703-319-2430



Mrs. Susan Jones

susan.W.Jones@fcps.edu

Mrs. Maria Fernandez

Maria.A.Fernandez@fcps.edu



Congratulations to Daniel Marquez. He was one of twenty-nine FCPS Students that placed in the top ten in the nation at DECA's 2006 International Career Development Conference held in Dallas.

It's Not Too Late to Host or . . .
Too Early to Be . . .
An Exchange Student

AFS International Program (formerly American Field Service) is looking for families to host high school students from other countries. The students will have their own medical insurance, their own spending money, and excellent English skills. Families are responsible for providing a bed, meals, supervision and LOTS of love and support. Families of all kinds can host: single adult headed families, 2 adult headed families (whether married or not), families with high school students, families with younger children, families with no children or grown children. For more information on hosting (without obligation), please call Jerene Thomas at 703-759-3166 or Destiny Burns at 703-542-8632.

Spending time in another country, whether for a summer, a semester, or a school year, is an enriching, life-changing experience. You'll gain a greater appreciation and awareness of your own culture by living in a (not better, not worse, just) different culture. You'll gain confidence in your ability to cope with unexpected situations. And you'll definitely gain language skills! You'll form bonds so strong with your host family that you'll want to move that country closer to Virginia (or, at least, delay leaving) when it's time to return to your Virginia home. For more information on going abroad, please call the AFS Information Line at 1-800-AFS-INFO (1-800-237-4636), Barbara Swain at 703-426-1907, or Jerene Thomas at 703-759-3166.

JMHS Band News - May 2006

Solo and Ensemble Festival

Congratulations to the JMHS participants who received a Superior or Excellent rating for their performances at Solo and Ensemble Festival on April 22, 2006.

The following large ensembles received a Superior rating (I):

Bassoon Octet
Brass Quintet
Clarinet Choir
Clarinet Quartet
Euphonium Quartet
Flute Choir
Saxophone Quintet

Each of the following students performed a solo and received a Superior rating:

Anna Bathe	Kevin Kingsley	Brian Porter
Analicia Carpio	Melissa Kinter	James Sennett
Rebekah Carpio	Caitlin Klimavicz	Becky Shaak
David Choi	Linda Klimavicz	Sam Shelby
Susan Chong	Mason Lubert	Claire Smith
Kate Colwell	Ryan MacDonald	Michelle Su
Steven Cutri	Stephen McInturff	James Trichilo
Rachael Dilles	Chris Mehrvarzi	Jennifer Tummarello
Abby Field	Liz Moonan	Jeremy Uhrich
Tiffany Hrbacek	Libby Nuss	Owen Weatherbie
Suzanne Huycke	Andy Parrott	Natalie York
Rachael Jones		

The following students received a Superior rating on their duets:

Suzanne Huycke and Nicholas Ritter
Kevin Kingsley and David Choi
Catlin Klimavitz and Linda Klimavitz
Amy Porter and Tim Feerst

Each of the following students performed a solo and received an Excellent rating:

Aaron Booth
Drew Gingras
Brian Kayn
Yvonne LeFrancois

Mark your Calendar:

As the school year winds down the JMHS bands are still busy preparing for some exciting musical performances.

Jazz Night Concert

Thursday, May 18th, 7:00p.m.

James Madison High School.

The Airman of Note, the premiere jazz ensemble of the U.S. Air Force, will perform, along with Madison's and McLean's jazz bands.

Jazz Band at Jammin' Java

Saturday, May 20th, 4:00 p.m.

Jammin' Java 227 Maple Avenue, Vienna.

Come watch JMHS's own jazz band perform.

Spring Concert

Thursday, May 25th, 7:30 p.m.

James Madison High School.

Pyramid Concert

Tuesday, May 30th, 7:30 p.m.

James Madison High School.

Concert will include the Area Honor Band, Thoreau Symphonic Band, JMHS Wind Symphony.

Full Orchestra Concert

Tuesday, June 13th, 7:30 p.m.

James Madison High School.

Kathy Uhrich, PTSA Liaison
JMHS Band Parent Association
rkuhrich@verizon.net