

We know exactly how you feel

WE KNOW

techniques 2021
volume 36

students **1807**
seniors **436**
juniors **454**
sophomores **466**
freshmen **451**
staff **173**

www.tjhsst.fcps.edu
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dr. ann bonitatibus, principal

EXACTLY

HOW

YOU

We know exactly how you feel

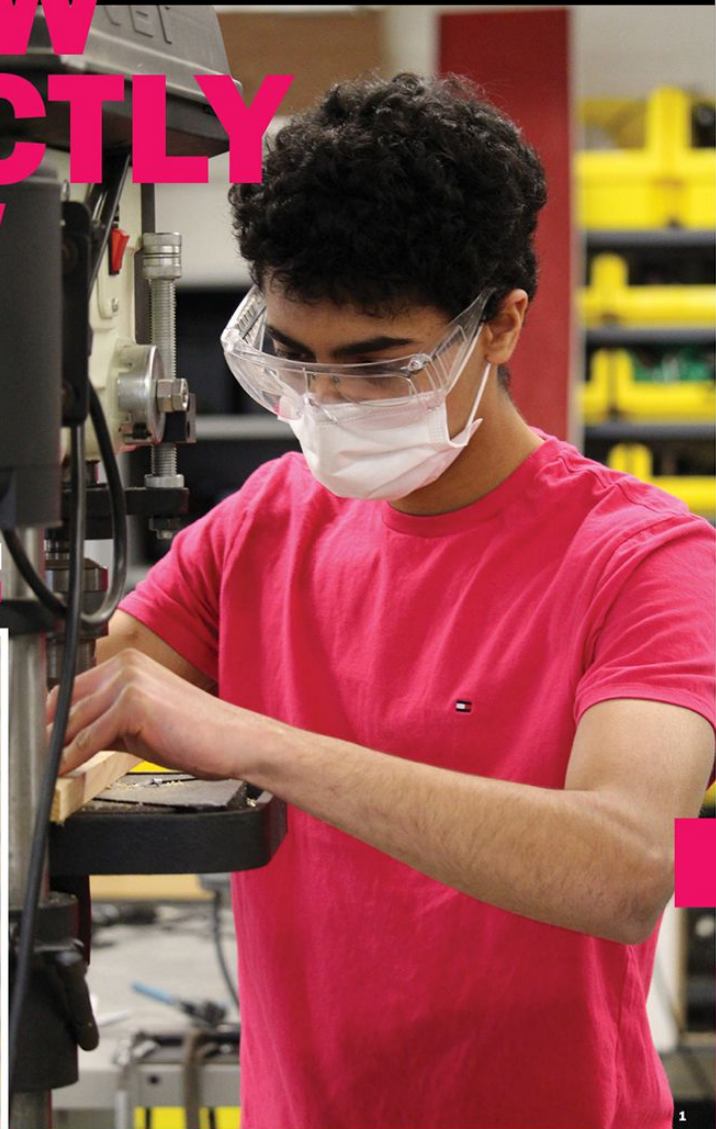
FEEEL



thomas jefferson high school
for science and technology
6560 braddock road
alexandria, va 22312



WE KNOW EXACTLY HOW YOU FEEL



**THIS YEAR IS
DIFFERENT,
WE KNOW.**

IT FEELS

DIFFERENT

to go from navigating through the traffic in
Nobel Commons every morning

**TO LEARNING
AT HOME FROM
A SCREEN ALL DAY.**

IT FEELS

OVERWHELMING

to shut down our computers after six hours
of online school only to imagine

**WHAT WE WOULD HAVE
TALKED ABOUT TO
OUR FRIENDS
DURING JLC.**

**ALL THESE
EMOTIONS, THE
UPS AND DOWNS.**

But we know how you feel.

We're going through these
changes, and we're getting

**THROUGH IT
TOGETHER.**

1. Operating the drill press, senior Abinav Sanjay builds a device for his senior research project in the Chemistry Lab. His project is about the generation and efficiency of methods to create nanobubbles, which his device creates. "Nanobubbles are bubbles with diameters in the nanoscale. My device works by constantly varying the pressure in the

tube containing water, which constantly changes the gas solubility and creates nanobubbles," Sanjay said. photo by e. hamis 2. Reaching out her arms, sophomore Ehlaina McCaskill bumps the volleyball during a game against Edison High School on March 3. McCaskill felt nervous but excited. "I felt hyped up to win, and that applies almost all the time," McCaskill said. photo by lifetouch

When you're beginning your
Energy Systems senior research project,
developing a solution to help

**PEOPLE WITH
HAND DEXTERITY
DISABILITIES**

**IN THE SHIPPING
INDUSTRY,** you feel

DRIVEN

as you use Onshape to CAD your project and
eventually even laser cut it out at school.

**WHEN YOU FIND A
SENSE OF COMMUNITY
WITHIN YOUR IBET,** you feel

CURIOUS

as you investigate the relationship between bellwasps
and different plants with the class you

**SEE ALMOST
ALL DAY LONG.**

**EVEN WHEN YOU FEEL
ANGER, FRUSTRATION,
FEAR. WE KNOW
HOW YOU FEEL.**



1. Sweeping the ball to move it quickly across the field, freshman Avery Park attends a field hockey practice on March 20. Park first started playing field hockey in 5th grade. "It's an escape from classwork and stress at TJ, and it's a great way to make friendships," Park said. photo by a.

nguyen 2. Grinning while talking with her friends, freshman Sanika Kale eats lunch in the courtyard on March 5. This was the first time Kale spent a day at TJ in person. "I was really excited to go back to school, and it was a little weird since I had the first day jitters in the middle of the

school year," Kale said. photo by e. harris 3. Watching another cross country race, junior Eugene Gonzalez finishes racing at the Mason District Park Meet on March 16. "I felt excited to watch the other race go on by and cheer [my] teammates on," Gonzalez said. photo by a. sowa

WHEN IT'S 1:30 AM
but you're only halfway through studying
for an Auerbach math test, you feel
EXHAUSTED
AS YOUR HEAD HITS
THE KITCHEN TABLE.

When your Blackboard Collaborate link
TAKES YOU TO
ADVANCED MARINE
BIOLOGY, you feel
CONFUSED
WHEN IT SHOULD HAVE
BEEN GYM CLASS.

WHEN THERE'S
FIVE MINUTES LEFT
to write your questions for Porcelli's
Meeting of the Minds simulation, you feel
SCARED
as Oliver Cromwell ends up with two
out of five questions **AND A HASTILY**
SCRIBBLED BACKGROUND
PARAGRAPH.

But it's alright.

THERE ARE
MOMENTS
WHEN
IT GETS
BETTER,

AND YOU FEEL
HOPEFUL
EXCITED
INSPIRED.





2

WHEN FOOTBALL
PLAYS THEIR FIRST
HOME GAME OF
THE SEASON
ON MARCH 12,
you still feel **ECSTATIC**

as you yell on the sidelines at the top of your lungs and follow along with the TJ Rumble.



1

1. Dodging past his opponents, senior Niko Economos dashes towards the end zone in a game against the NVHAA Centurions on March 26. In the moment, Economos gets "tunnel vision." "It's like no obstacle in your way can stop you from going in [towards the end zone]," Economos said. photo by t. zheng

2. Playing Just Dance, senior Rose Du dances along to Rasputin with her friends at the senior social on March 19. Du caught up with old friends she hadn't seen in a year. "It was kind of overwhelming but also nostalgic. We were really goofy, and it felt good to just laugh with people again," Du said. photo by a. bagal

3. Speaking into a microphone, Senior Quentin Lovejoy talks about class council events at orientation on March 4. Lovejoy initially didn't know he'd be asked to speak. "It felt weird but refreshing to be back in the building talking to my classmates," Lovejoy said. photo by a. hants

WE KNOW EXACTLY HOW YOU FEEL.

WHEN YOU GAVEL AT THE NAIMUN CONFERENCE, you feel **EXHILERATED**

as you hear your delegate's name called during the Zoom watch party

WITH YOUR FRIENDS CHEERING YOU ON.

WHEN YOU GET INTO YOUR DREAM SCHOOL, after writing 20 supplemental essays and applying to 15 schools, one after the other, you feel **RELIEVED**

as you settle in, commit, and

START PLANNING WHAT'S NEXT.

You'll make it through whatever comes your way, feeling proud of what you've done.



3

007

We Know Exactly How You Feel

IT'S SUMMER, BUT THAT HASN'T STOPPED YOU.

You can create a square for the HOPE quilt to honor medical workers fighting the pandemic. "I NEVER TURN DOWN DOODLING, AND I FELT REALLY **HAPPY** TO HELP, ESPECIALLY WHEN IT WAS SO EASY TO GIVE BACK," Emma Cox, 10

Or visit the sunflower gardens everyone's been posting all over Instagram, feeling **REFRESHED**. (010)

YOU CAN TACKLE THIS NEW YEAR, EVEN IF YOU FEEL **UNCERTAIN** ABOUT HOW YOU'LL ASSEMBLE YOUR ROBO LAB SENIOR PROJECT WITHOUT A BANDSAW.



SEPTEMBER

MON	TUES	WED	THU	FRI	SAT	SUN
7	8 (014)	YOU CAN PROGRAM THE WORLD'S FIRST LIQUID-FUEL ROCKET MADE BY HIGH SCHOOLERS.				13
14 (018)	15	"I COULDN'T BE MORE PROUD . [SINCE PROJECT CAELUS'S FOUNDING], OUR HARD EFFORTS OVER THE PAST TWO YEARS CULMINATED IN THE SUCCESS OF OUR COLD FLOW TEST." Akash Bhawe, 12 (016)				
21 (022)	22	23				

YOU CAN PROGRAM THE WORLD'S FIRST LIQUID-FUEL ROCKET MADE BY HIGH SCHOOLERS.

"I COULDN'T BE MORE **PROUD**. [SINCE PROJECT CAELUS'S FOUNDING], OUR HARD EFFORTS OVER THE PAST TWO YEARS CULMINATED IN THE SUCCESS OF OUR COLD FLOW TEST." Akash Bhawe, 12 (016)

OCTOBER

28 (026)	29	30	1	2	3	4
5 (030)	AND FEEL FULFILLED AS YOU START YOUR OWN PODCAST					
12 (036)	giving underclassmen advice on TJTV's new podcast network. (026)					
19 (040)	YOU FEEL DOUBTFUL , BUT YOU CAN MAKE THAT EARLY ACTION DEADLINE.					
26 (044)	"I DON'T REALLY LIKE WRITING ABOUT MYSELF, [BUT] I MENTALLY RESIGN MYSELF AND THINK, ALRIGHT, I HAVE TO DO THIS. I CAN PUT OUT THE BEST VERSION OF MYSELF, GET BACK IN TOUCH WITH THE THINGS I LIKE TO DO, AND CONFRONT WHAT'S TROUBLING ME," Julia Kao-Sowa, 12 (044)					
					31	1

AND FEEL **FULFILLED** AS YOU START YOUR OWN PODCAST

giving underclassmen advice on TJTV's new podcast network. (026)

YOU FEEL **DOUBTFUL**, BUT YOU CAN MAKE THAT EARLY ACTION DEADLINE.

"I DON'T REALLY LIKE WRITING ABOUT MYSELF, [BUT] I MENTALLY RESIGN MYSELF AND THINK, ALRIGHT, I HAVE TO DO THIS. I CAN PUT OUT THE BEST VERSION OF MYSELF, GET BACK IN TOUCH WITH THE THINGS I LIKE TO DO, AND CONFRONT WHAT'S TROUBLING ME," Julia Kao-Sowa, 12 (044)

NOVEMBER

2 (048)	3	4	5	6	7	8
9 (050)	You can catch up on the rundown of a heated presidential election (048)					
16 (056)		12	13	14		15
23 (060)	24	25	26			
						1

OR FEEL **SPIRITED** AS YOU DRESS IN A FLANNEL FOR THE FIRST TIME DURING SPIRIT WEEK

1. **Swinging her leg in the air**, freshman Grace Lee has her teammates and family giving her support every time she's on stage. photo by g. lee
2. **Typing on her keyboard**, senior Julia Kao-Sowa finishes writing her college applications. photo by j. kao-sowa
3. **Posing next to the HOPE quilt in DC**, sophomore Emma Cox knitted her own square to express gratitude to healthcare workers. photo by e. cox
4. **Communicating with his teammates**, senior Akash Bhawe fixes certain software functionalities before the cold flow test for Project Caelus. photo by a. bhawe
5. **Screwing in the motherboard**, senior Derek Dong watched several YouTube videos and found materials at low prices to put together his PC. photo by d. dong
6. **Smiling in a sun flower garden**, senior Sophia Troshynski visited Burnside Farms in Nokesville, Virginia. "I went with my mom because we wanted to get out of the house in a safe way," Troshynski said. photo by s. troshynski



- STUDENT LIFE**
- 010 traveling
 - 016 tjtalks
 - 018 admissions protest
 - 024 baking
 - 032 tj admissions
 - 036 class council
 - 036 textbook pickup
 - 042 didi elysad
 - 044 college apps
 - 044 halloween
 - 048 election
 - 050 spirit week
 - 052 picture day
 - 058 cameratude
 - 060 thanksgiving

- SPORTS**
- 010 field hockey
 - 030 football
- CLUBS**
- 016 project caelus
 - 022 sga
 - 026 tjtv podcast network
 - 028 urban dance movement
 - 028 life
 - 028 chinese honor society
 - 040 animal rights club
 - 040 jefferson poets

- ACADEMICS**
- 014 teacher perspectives
 - 024 senior sat
 - 026 girls in engineering
 - 044 senior labs
 - 046 psat
 - 056 poetry out loud
 - 056 latin convention
- EMOTIONS**
- 020 anxious
 - 034 strong
 - 054 proud



YOU FEEL **ANXIOUS**.

FAKING AS A CREWMATE WHEN PLAYING AMONG US AT SGA'S GAME NIGHT, LYING ABOUT WHERE CYAN'S DEAD BODY WAS FOUND (020).



STRONG.

"WHEN I FEEL MYSELF [IMPROVING] DURING CONDITIONING AND AT DANCE, I FEEL STRONG PHYSICALLY. I FEEL GOOD ABOUT MYSELF. I FEEL CONFIDENT." Grace Lee, 9 (034)

PROUD.

"I BUILT A PC OVER THE SUMMER. IT WAS THE FIRST TIME I BUILT ONE, AND EVEN THOUGH I MADE SOME MISTAKES, I LEARNED FROM THEM SO I KNOW WHAT NOT TO DO IF I EVER UPGRADE IT OR BUILD A NEW ONE," Derek Dong, 12 (054)

IT'S JUST THE BEGINNING.

Through the fall and into the new year, you got this. You always do. The time is yours, and don't stop now. Even if you feel **UNSURE**, go to Chinese Honor Society to learn how to make a mooncake. Lead a town hall to voice your opinion on the TJ admissions process despite your **ANXIOUS** feelings. Show your **GRATITUDE** by turning on your camera in class to thank your teachers during Cameratude.

WE KNOW WHAT IT'S LIKE.
WE KNOW HOW YOU FEEL.
WE KNOW EXACTLY HOW YOU FEEL.

**BUT YOU'RE ALMOST HALFWAY TO THE FINISH LINE
AND YOU'RE DETERMINED
TO REACH IT.**

DECEMBER

MON	TUES	WED	THU	FRI	SAT	SUN
30 (064)				IT'S ALSO TIME FOR WIN SPORTS, AND YOU FIND YOURS STRESSING OVER SWIM TRYOUTS		
7 (068)	8		"I WAS NERVOUS EVEN THOUGH I SHOULDN'T HAVE BEEN." Megan Yu, 11 (068)	12		
14 (074)	YOU'RE PLANNING THE FIRST VIRTUAL HACKTJ AND ARE TAKEN BACK BY THE RESULT.		17		19	20
21	"I'M EXCITED ABOUT HOW MANY KIDS SHOWED UP AND MADE SUCH AMAZING PROJECTS." Nashtha Vazokonda, 12 (070)			And you finally have the chance to repaint the TJ rock from the class of 2020's design to welcome 2021.		
28 (076)	29	30				27

IT'S ALSO TIME FOR WINTER SPORTS, AND YOU FIND YOURSELF STRESSING OVER SWIM TRYOUTS.

**"I WAS NERVOUS EVEN
THOUGH I SHOULDN'T HAVE
BEEN."** Megan Yu, 11 (068)

**YOU'RE PLANNING
THE FIRST VIRTUAL
HACKTJ AND ARE
TAKEN BACK BY THE
RESULT.**

"I'M EXCITED ABOUT HOW MANY KIDS SHOWED UP AND MADE SUCH AMAZING PROJECTS."
Nishitha Vattikonda, 12 (070)

And you finally have the chance to repaint the TJ rock from the class of 2020's design to welcome 2021.

YOU FIND TIME TO RELAX

by spending time with friends skiing over winter break, "I love skiing and it was a fun way to celebrate the holidays with my friends." Lexi Sung, 11 (078)

JANUARY

Segment	Number	Timestamp
1	4	(080)
2	11	(086)
3	18	(090)
4	25	(096)
5	26	
6	27	
7	28	
8	29	
9	30	
10	31	
11	38	(104)

BUT ALSO FEEL ANXIOUS AS YOU CLICK BEGIN ON YOUR SCIENCE OLYMPIAD EXAM.

"I GET TO TALK TO MY TEAMMATES AND AFTER THE TOURNAMENTS, THE WATCH PARTIES AND AWARD CEREMONIES ARE FUN SINCE EVERYONE IS CHEERING PEOPLE ON."

Mina Anvelt, 10 (086)

AND YOU FEEL CONTENT, AS YOU TAKE THAT SENIOR SKIP DAY RIGHT BEFORE THE SECOND QUARTER ENDS. (090)

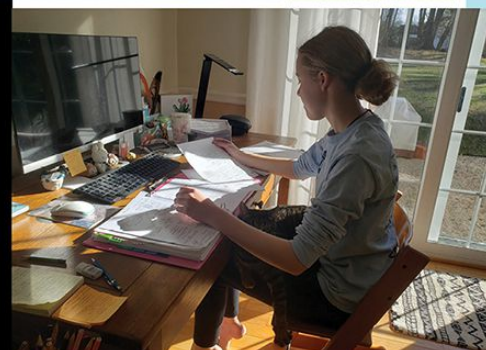
**AND YOU FEEL CONTENT,
AS YOU TAKE THAT
SENIOR SKIP DAY RIGHT
BEFORE THE SECOND
QUARTER ENDS. (090)**

YOU EVEN FEEL HOPEFUL

as teachers start to take the COVID-19 vaccines for the return to school, "The experience was pleasant and very organized. If I can save or prevent others from catching COVID, why not?"

It's proactive, and I felt very confident with the process." Mr. Tico Barclay. (80)

It's Pokemon
profile picture
month and
you're amused
as your
Facebook feed
floods with
pictures of
Squirtle. **(070)**



1. **Diving into the water**, senior Tiffany Ji participates in the senior relay. "Embracing the events we can do like Class Warfare are how we improve spirit especially since many other traditions can't be done," Ji said. photo by t. ji 2. **Halfway down the slope**, juniors Lexi Sung, Lauren Spehlmann, and Victoria Spencer went skiing over winter break. photo by l. spehlmann 3. **Smiling for the camera**, the HackTJ team had one final meeting

before the opening ceremony, leading up to the beginning of the hackathon. photo by n. vattikonda 4. *Sitting with a nurse*, Assistant Building Supervisor Tico Barclay receives his first COVID vaccine. photo by t. barclay 5. *Dribbling the ball*, freshman Philip Margulis plays with his travel soccer team. photo by p. margulies 6. *Working at her desk*, sophomore Miina Anvelt competes in a Science Olympiad tournament. photo by m. anvelt

STUDENT LIFE SPORTS EMOTIONS

- 066 holidays
- 070 pokemon profile pics
- 070 hacktj
- 074 painting the rock
- 076 snow day
- 078 vacations
- 080 vaccines
- 080 delayed in-person
- 086 finals/midterms
- 088 curriculum fair
- 090 senior skip day
- 090 anchor day
- 092 karaoke night
- 092 trivia contest
- 098 kindness bingo

068 swim
068 sports back in school
074 boys basketball
080 girls basketball
082 wrestling
098 senior night

072 frustrated
084 ready
094 alone

CLUBS

064 tj minds matter panel
064 women in engineering
068 academic decathalon
070 japanese winterfest
086 science olympiad
088 chess competition

WE KNOW HOW YOU FEEL.

WHEN IT'S THE SECOND HALF AND YOU'RE DOWN BY TWO.

WHEN YOU'RE **FRUSTRATED.**

WHEN YOU'RE TAKEN OFF THE FIELD.

"I was benched in a big soccer game, so I was very frustrated. Instead of complaining, I kept quiet and when I subbed on, I scored the winning goal." Philip Margulies, 9 (070)

**WHEN YOU'RE WORKING ALONE.
WHEN THERE'S NOT ENOUGH TIME AND HELP.
WHEN YOU THINK THAT YOU CAN'T GET THROUGH
SOMETHING BY YOURSELF.**

"Everything is alone, so I'm not really with people. Sometimes the courses blow by so quickly and they're pretty difficult. I wouldn't equate feeling alone necessarily to being sad, it's just that you feel kind of isolated, away from everyone else. **BUT I'M SURE I'M NOT THE ONLY ONE THAT'S FELT THAT WAY BEFORE.**" Richard Song, 12 (094)

WHEN YOU HAVE THAT FINAL EXAM.
WHEN YOU'VE STUDIED EVERY FREE HOUR OF THE DAY.
WHEN YOU'RE **READY.**

"I had completely forgotten about my priorities back home, including the final exam that was the next week. I wasn't prepared at all so I crammed for it like crazy. Even though I hadn't gotten a lot of time to study, I still felt ready for the final," Anika Gulati, 9 (084)

**YOU CAN FEEL
ALONE, FRUSTRATED, READY.**

**IT'S ONLY THE HALFWAY MARK.
IT'S ALREADY THE HALFWAY MARK.**

YOU CAN MAKE IT TO THE FINISH LINE.

**WE KNOW EXACTLY
HOW YOU FEEL.**

THE FIRST SEMESTER IS OVER.

You're **EXHAUSTED** but **RELIEVED**, as you finish grinding for those midterms, wondering when your calculus class started talking about disks and washers when integrating.

You can finally submit those college applications, each crafted over long grueling hours, **AS YOU TRY TO ARTICULATE INTO WORDS WHAT MAKES YOU, YOU.**



FEBRUARY

MON	TUES	WED	THU	FRI	SAT	SUN
1 (102)	2 YOU FEEL FORTUNATE TO SEE YOUR FRIENDS AND TO DESTRESS DURING WINTER TRACK AGAIN. and you can try out cheer for the first time, feeling CONNECTED and WELCOMED by the dynamics of the team.	3 YOU FEEL EXHILARATED AS YOU WIN FIRST IN THE VIRGINIA REGIOINAL HIGH SCHOOL SCIENCE BOWL COMPETITION, where there are no more buzzers and it's just you and your team. (102) "POLE VAULT IS A VERY FREEING EXERCISE IN THE SENSE THAT YOU CAN GO UP TO OVER TEN FEET IN THE AIR. IT'S A FEELING THAT YOU CAN'T REALLY GET ANYWHERE ELSE." Joaquim Das, 11 (104)				
8 (108)						14 AS VALENTINE'S DAY ROLLS ALONG, YOU FEEL LOVED AND APPRECIATIVE as you spend time with your significant other and friends.
15 (112)			25	26 WHILE GETTING THE CHANCE TO VISIT TJ AGAIN AT THE FIRST SENIOR SOCIAL OF THE YEAR, YOU CAN SEE THE FAMILIAR FACES YOU TALKED TO DAY AFTER DAY FOR THE PAST FOUR YEARS, FEELING WISTFUL FOR THE TIME LOST BUT GRATEFUL FOR THE TIME YOU HAVE LEFT. (118)		
22 (118)						

MARCH

1	2	3	4	5	6	7
(124)	2 AND FINALLY, COMES THE LONG-AWAITED RETURN BACK TO SCHOOL. (124) YOU FEEL SCARED. It's been a year since you interacted with your classmates and teachers face to face versus through a distant computer screen. (126)	3	4	5	6	7
8 (128)					13	14
15						21
22						28
29						

BUT YOU'RE GLAD TO BE BACK. WE KNOW HOW YOU FEEL.

You've made it this far, past the one-year anniversary of the closure of schools on March 13th.

2. **Looking afar**, sophomore Savar Shrivastava's dog loves to play fetch and go on walks with Shrivastava. "I love my dog because he's always super excited and ready to do anything," Shrivastava said.

3. **Falling down from the vault**, junior Joaquim Das warns up through drills for the track meet on Feb. 26. The snowy weather made it difficult to perform in pole vault this winter track season.

"Pole vault would be one of my favorite events in track and field [because of the feeling when you launch yourself up to ten feet in the air]," Das said.

4. **Laughing with his friends**, senior Andy Chen attends the 2021 Class Council sponsored senior social on Feb. 26. Chen caught up with school friends he

stopped talking to over quarantine at the event. "It was nostalgic coming back and walking around the school, even catching up with Mrs. Taylor outside of Chem Commons as she was leaving for the day," Chen said.

5. **Stopping off her bus**, freshman Richa Dhakal enters the school through Door 12 on March 9. This was her third day at TJ.

6. **Throwing up a peace sign**, sophomore Johanna Lohmus and her significant other, sophomore Tanmai Kalispudi, spent their day skateboarding together. For Valentine's Day, Lohmus and Kalispudi got each other gifts to celebrate. "This year was definitely a new and interesting experience because we had to spend time together virtually [versus in person]," Lohmus said.



1. **Swinging his club**, senior

Trey Elder competes in the golf tournament on March 10. Unfortunately, the match didn't go well for Elder. "I'm pretty

sure it was my worst round of the season, but other than that the season has [gone fairly] well," Elder said. photo by litetouch

photo by s. shrivastava



STUDENT LIFE

102 age game night
108 valentine's day
110 mental health
110 lunar new year
110 to all the boys 3
112 lunch breaks
112 winter weather
114 connected with friends
114 lbt murder mystery
118 senior social
120 pratika katiyar
120 gaming
120 in ten years

SPORTS

104 winter track
104 gymnastics
104 cheer

102 science bowl
110 tj minds matter
112 tj launches

CLUBS

102 science bowl
110 tj minds matter
112 tj launches

ACADEMICS

102 sel
118 science fair
124 return to school

EMOTIONS

106 okay
116 calm
122 inspired
126 scared
128 uncertain
130 nostalgic

YOU CAN FEEL OKAY.

"WHEN I STARTED BRAINSTORMING WITH MY SPIRIT VIDEO COMMITTEE, I FELT CONTENT GETTING TO SEE FRIENDS AND MEETING NEW PEOPLE. OUR FIRST SESSION WAS IRONICALLY PRETTY UNPRODUCTIVE, BUT STILL ENJOYABLE TO SEE EVERYONE'S FACES IN THE CALL AND CRACKING JOKES." Leon Jia, 11 (106)



photo by a. bagal

"WHEN I TALKED TO DARA TRESDER, THE CHIEF MARKETING OFFICER OF PELOTON, [AN EXERCISE EQUIPMENT COMPANY], REGARDING HER EXPERIENCES, IT INSPIRED ME TO EXPLORE MARKETING AND BUSINESS MORE THAN I HAVE BEFORE." Jessica Ye, 10 (122)

INSPIRED.

THIS YEAR HAS BEEN CRAZY. DIFFERENT. UNPREDICTABLE.

BUT YOU'RE ALMOST THERE, SO FINISH THIS YEAR WITH EVERYTHING YOU'VE GOT. WE KNOW WHAT IT'S LIKE.

WE KNOW EXACTLY HOW YOU FEEL.



THE YEAR IS COMING TO A CLOSE, BUT IT'S STILL **FULL** **STEAM AHEAD.**

THERE'S SO MUCH LEFT TO DO.

In a year so **DIFFERENT** from others, sometimes it feels neverending, but through TJ's perseverance and community you feel like

YOU NEVER LEFT ITS HALLS.

You've all faced new **CHALLENGES**, from IBET projects to college applications. Each group of people overcoming new and different obstacles **TOGETHER AS A COMMUNITY.**

WHEN the freshmen have to start high school from their bedrooms,

**WHY THEY FEEL
DISCONNECTED
DISCONNECTED
DISCONNECTED
DISCONNECTED**

WITH THE
REST OF THE
COMMUNITY,

HOW they work
around it and forge
new friendships.

"With online school
the motivation is just
not there, and the

connection with the TJ community feels weak at best. **IT REALLY HELPS TO REACH OUT TO OTHERS AND START BUILDING THOSE FRIENDSHIPS.**" *Aria Menil, 9*

AND YOU JUST KEEP GOING.

**WHEN THE
SOPHOMORES FEEL
DISTRACTED
DISTRACTED
DISTRACTED
DISTRACTED**

WHY they long to come
back to TJ and spend lunch
sitting in the hallways,

HOW they miss their
friends and cannot wait to
return to school,

"I know so many students aren't used to a virtual learning setting and it's hard to pay attention in online class for long periods of time. It feels like **YOU'RE TRYING TO PAY ATTENTION TO MULTIPLE THINGS AT ONCE AND IT GETS REALLY DISTRACTING.**" *Nirja Divekar, 10*

**NEVER GIVING UP,
EVEN WHEN IT DOESN'T
FEEL WORTH IT.**



WHEN THE JUNIORS FEEL **RESOLUTE RESOLUTE RESOLUTE**

WHY they look for creative solutions to unexpected obstacles,

HOW they build their portfolios from home, looking to their futures,

"I keep applying to things and getting rejected, emailing adults who could help me to no reply. But every once in a while I get something, and it keeps me driven. Tough times never last, only tough people last.

STAYING STRONG ISN'T ALWAYS DOING THINGS SOLITARILY, ITS GOING ABOUT THEM IN SOLIDARITY." *Abhiram Srivastava, 11*

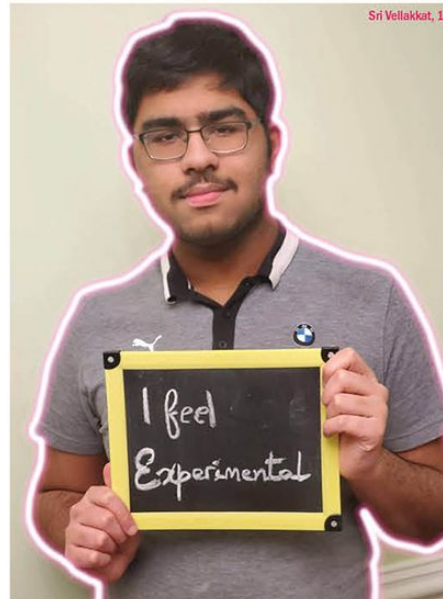
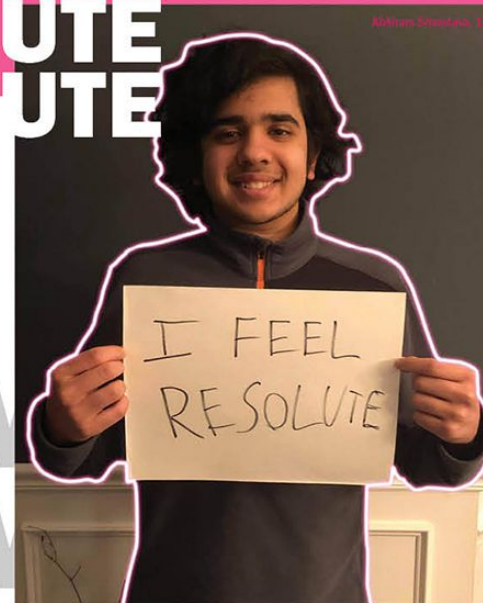
**WHILE THE CLOCK
KEEPS TICKING.**

WHEN the seniors feel experimental,

WHY they were scared for their future, not being able to go
into the labs and finish their senior research projects,

HOW they adapted to a brand new learning
method in the last year of high school,

"Virtual learning shook everything up, starting the year online left us not knowing what to expect. How to adapt, how to manage time and stress - **ALL OF THOSE WERE NEW TO US. WE TRY, WE TEST, AND WE LEARN. EVERYTHING WAS FLUID.**" *Sri Vellakkat, 12*



**YOU'RE NOT ALONE,
BUT WHY WOULD
YOU BELIEVE US?**

**WE'VE BEEN
THERE BEFORE.
WE KNOW WHAT
IT'S LIKE.**

**WE KNOW
EXACTLY
HOW YOU
FEEL.**

SENIORS 134-153
JUNIORS 154-163
SOPHOMORES 164-173
FRESHMEN 174-183
FACULTY 184-187

Here is the book we've been working on, every red (and even blue) day and every 8th period, and we know exactly how you felt **EVERY** step of the way. We did it... all virtually as well. For this chronological book, we raced against time to find what exactly "happened" at TJ every week, scheduled interviews that are now voice calls, and tried to capture

how you felt in this unprecedented school year. We couldn't have done this without your help.

Some "fun characteristics" of yearbooking in a virtual environment:

1. Solely depending on Facebook to contact people, but being left on read
2. Unique breakout room names every class period (holidays! locations! ice cream! especially everything bagel :D)
3. Messenger calls at 11pm with lots of screeching
4. Getting a response like "it felt amazing to get together w the boyz :triumph: :gorilla: :bangbang: :100: my gs got my back fr" "Missed Audio Call at 7:38 pm" (true story)
5. "wait wdyam we have 7 spreads this deadline???"

THANK YOU TO

ELAINE: For being patient with every edit we asked for and working so hard to finish your spreads

YEEFAY: For making such fun and creative spreads (okay and book pick up <3)

KASHIKA: For finishing every spread on time (thank you :)) even with a small team

ISHA: For finding new inspo and improving in your designs every deadline!)

RACHAEL & ISABEL: For creating our student section mods with the incredible first letter design (and helping out with everything yearbook related)

FIONA: For taking and sifting through thousands of photos to find the best for our spreads

DARINA & ASHLEY: For learning how to make a yearbook without even knowing what InDesign was at the beginning of the year :D

TECHNIQUES 2021

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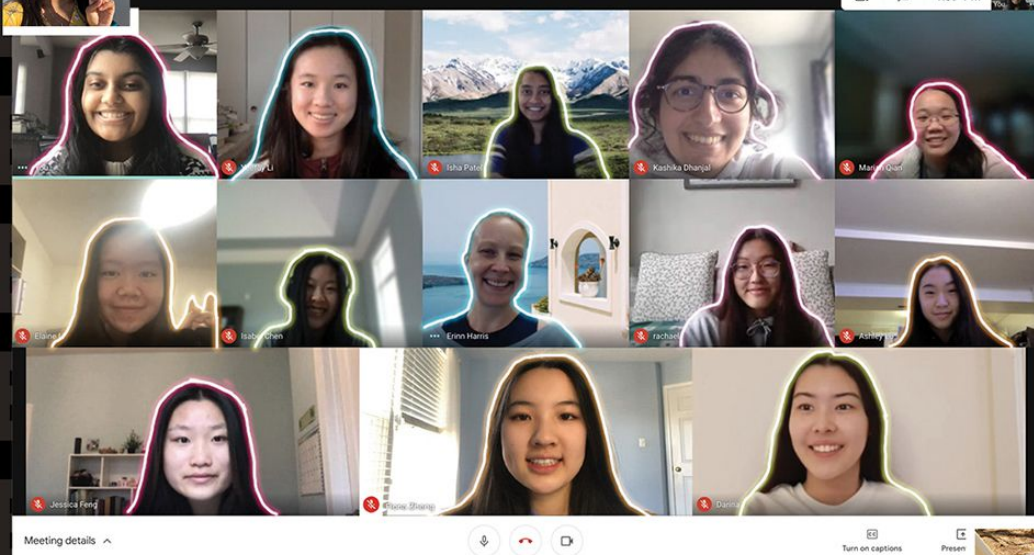
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Thank you to Arnold Sowa, Antonio Martin, and Mark Yue for allowing us to use their photos in our book.

THANK YOU. It felt scary and overwhelming trying to finish this book, but now that it's here, we feel proud. From brainstorming sessions for emotion interrupters to the Monday check-ins, thank you for investing your time and energy into this book. We hope you're feeling proud with us <3

LOVE,
Your EICs



BREAKOUT ROOMS

ST. PATRICK'S DAY

Lucky Charms
Four-Leaf Clover
Over the Rainbow

TRAVEL

Spain
Switzerland
Italy
Japan

POPCORN

Movie Theater Butter
Cheddar
Zebra Popcorn
Caramel

FAVORITE PLACES AT TJ

Cookies and Cream
Everything Bagel
Mint Chocolate Chip
Limoncello
Coffee

Room 31
The Dome
Starbucks at the Plaza
Nobel Commons

WINTER

Caramel and Cheddar
Snow Day
Winter Wonderland
Making a Snowman
Sledding



We made it through this one-of-a-kind year.
WE CROSSED THE FINISH LINE.

YES, IT WAS NOTHING LIKE WE EVER IMAGINED.

2. Laughing with a poster and a pack of Swedish Fish, junior Nathan Mo is asked by senior Lisa Raj at TJMUN RTC. RTC is a tradition where upperclassmen ask underclassmen as a fun way for the club to bond together. "It was great to get the whole club together and see all of the cringey puns and dances that people prepare for their askings," Mo said. photo by e. lee



HOW DID WE GO FROM sitting in Newton Commons eating lunch TO DEPENDING ON DISCORD TO COMMUNICATE WITH EACH OTHER?

HOW DID WE GO FROM packed pep rally stands TO STAYING 6 FEET APART FOR HOMECOMING?

3. Holding the school map in hand, freshman Max Wang writes down his work on a sheet of paper in biology class. photo by s. nguyen



1. Breathing heavily, junior Luke Wang races at the Burke Lake meet on March 10. Wang broke his record from last year by 30 seconds at this meet. "My legs started feeling on fire during the warm-ups and continued to feel really tired during

the race, while my lungs felt like I went out for an easy jog. I like cross country because I can see and be proud of the results of my hard work," Wang said. photo by a. sowa 4. Punching her fist into the air, senior Victoria Lu smiles at

the crowd at the end of a cheer. Lu was cheering at the football game against Rock Ridge High School on March 12. "I was excited to sideline cheer this year. Even though the crowd was really small, it was fun to cheer with the team," Lu said. photo by t. zheng

WE STILL MADE IT THROUGH.



WE'VE BEEN THERE. WE KNOW HOW YOU FEEL.

WE KNOW EXACTLY HOW YOU FEEL.

WE FELT

CONFIDENT, presenting our microbiology project in front of a panel of judges
AT THE REGIONAL SCIENCE FAIR.
NOSTALGIC, walking through the halls and into Gym 2 for orientation and **DOING THE TJ RUMBLE TOGETHER AGAIN.**
RESTLESS, feeling the months slip by of our senior year.
DETERMINED, messing up the girl group dance for Korean Culture Club but trying over and over again because we will **PERFORM AT INITE.**
LOST, stuck on that one physics WebAssign problem we **JUST COULDN'T GET.**
JOYFUL, looking forward to our small group meetings to **PLAY SKRIBBL AND AMONG US.**

**UNEASY
 CURIOUS
 STRESSED
 CAPABLE
 BRAVE
 OKAY
 TIRED
 ANXIOUS
 HOPEFUL
 READY**



WE KNOW EXACTLY HOW YOU FEEL

Practicing drills in the main gym, freshman Rohit Malavathu, number 35, prepares on Jan. 8 for the upcoming game. To Rohit, basketball connects him with people because he can play it anywhere. "I felt lucky to meet some of my peers and share a common passion, basketball," Malavathu said. photo by f. zheng



We know exactly how you feel

Tipping the ball over the net, junior Erin Brodnik plays against Edison High School on March 3. Brodnik saw an opportunity to score when the front left of the court was open. "I was feeling super competitive during the game, and our team was working really hard since Edison is the best team in our conference," Brodnik said. photo by lifetouch



Moving her hands to her hips, sophomore Alexandra Funk does the TJ Rumble at orientation. Funk got on her feet, along with everyone in the gym. "It was awkward, but it was [also] awkward for everyone," Funk said. photo by e. harris



Engaged in conversation, freshman Harshal Lobana eats lunch in the courtyard with freshman Avery Park, Kayla Park, and Aria Merrill on March 4. Lobana had classes with them, but hadn't actually met them over quarantine. "We were laughing about our first period classes since it was our first time seeing each other in person," Lobana said. photo by s. nguyen Placing his golf club, junior Arya Grayeli prepares to putt in a golf tournament on March 10. "We lost since I had a rough start, the worst in a long time, but I was able to regroup and finish strong," Grayeli said. photo by lifetouch

ANXIOUS
NOSTALGIC
STRONG
PROUD
FRUSTRATED
ALONE
SCARED
OKAY
CALM
INSPIRED
UNCERTAIN
READY

We know exactly how you feel
We know exactly how you feel
We know exactly how you feel
We know exactly how you feel
We know exactly how you feel
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**WE
KNOW
EXACTLY
HOW
YOU**



2021
techniques
volume 36

We know exactly how you feel
We know exactly how you feel
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We know exactly how you feel
We know exactly how you feel
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**WE
KNOW
EXACTLY
HOW
YOU
FEEL**

**WE FEEL
CALM
ALONE
STRONG
PROUD
READY**

techniques 2021

THOMAS JEFFERSON
HIGH SCHOOL alexandria, va
FOR SCIENCE AND TECHNOLOGY

**WE
KNOW
EXACTLY
HOW
YOU
FEEL**

YOU FEEL **EXCITED** YOU FEEL
CONCERNED YOU FEEL **SAD**
YOU FEEL **GIGGLY** YOU FEEL
RELIEVED YOU FEEL **BITTER**
YOU FEEL **ANNOYED** YOU FEE
PANICKED YOU FEEL **ELATED**
YOU FEEL **GRUMPY** YOU FEEL

SUMMER/FALL 008

010 june/july
012 august
014 sept. 8-13
018 sept. 14-20
022 sept. 21-27
026 sept. 28- oct. 4
030 oct. 5-11
036 oct. 12-18
040 oct. 19-25
044 oct. 26- nov. 1
048 nov. 2-8
049 nov. 9-15
057 nov. 16-22
061 nov. 23-29

WINTER 063

064 nov. 30 - dec. 6
068 dec. 7-13
074 dec. 14-20
078 winter break
080 jan. 4-10
086 jan. 11-17
090 jan. 18-24
096 jan. 25-31

SPRING 100

102 feb. 1-7
108 feb. 8-14
112 feb. 15-21
118 feb. 22-28
124 march 1-7
128 march 8-14

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YOU FEEL

020 anxious
034 strong
052 proud
072 frustrated
084 ready
094 alone
106 okay
116 calm
122 inspired

YOU FEEL COMPASSION YOU
FEEL LOST YOU FEEL PROUD
YOU FEEL FRUSTRATED YOU
FEEL CONFUSED YOU FEEL
CAPABLE YOU FEEL DISLIKE
YOU FEEL JOYFUL YOU FEEL
SATISFIED YOU FEEL GOOD