

Palmarium

The Classical Academy exists to assist parents in their mission to develop exemplary citizens equipped with analytical thinking skills, virtuous character, and a passion for learning, all built upon a solid foundation of knowledge.



Eight Character Strengths and Virtues

Once again this past year in each issue of the PALMARIUM we have focused on a different character strength and virtue. The eight topics for 2015-2016 have been: *love of learning, leadership, honesty, hope, fairness, love, prudence*, and for this year-ending issue *courage*. To wrap-up the school year, as we have the past two years, I thought it a good idea to share some of the many accomplishments of our students.

Courage entails the exercise of will to accomplish goals in the face of opposition, either external or internal. Four strengths in the courage classification are *bravery, persistence, integrity, and vitality* [taken from Peterson and Seligman's *Character Strengths and Virtues: A Handbook and Classification*, p 199].

I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.

NELSON MANDELA

Enjoy scanning the multiple pages of accolades and reflect on this amazing year. A great thanks goes out to all of the parents, board members, administrators, teaching staff, support staff, and students that made 2015-2016 such a great success. Later in this issue you will find an essay on *courage* by Nikki Upchurch, a staff member and character lead at College Pathways. Enjoy your summer – we

look forward to seeing you all in August when the 2016-2017 school year kicks off.

Contents

Page 1 <i>Overview</i>	<i>Eight Character Strengths and Virtues</i> Intro
Page 2 <i>Academics</i>	National Merit Awards; AP Scholars for 2016
Page 3 <i>Schools</i>	2016 Graduates - Schools Attending and Scholarships
Pages 4-13 <i>Awards</i>	Varied Academic, Athletic, and Arts awards
Pages 14-15 <i>Other</i>	Community Service and TCA School Awards
Pages 16-21 <i>Final Thoughts</i>	<i>Courage</i> article; <i>Finishing Well</i> essay; Upcoming Dates; Aristotle on <i>Courage</i>

- Whole Person Focused
 - Relationship Based
 - Classically Oriented
 - Idea Centered



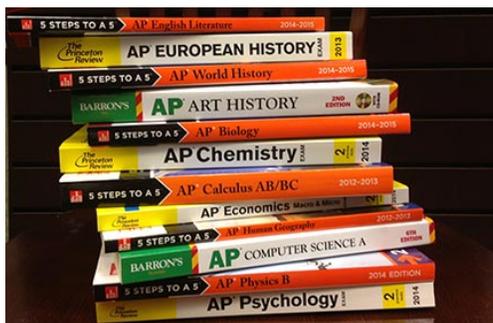
National Student Academic Awards

The AP Program offers several AP Scholar Awards to recognize high school students who have **demonstrated college-level achievement through AP courses and exams**. Although there is no monetary award, in addition to receiving an award certificate, this achievement is acknowledged on any score report that is sent to colleges the following fall.

AP Scholar: Granted to students who receive scores of 3 or higher on three or more AP Exams

AP Scholar with Honor: Granted to students who receive an average score of at least 3.25 on all AP Exams taken, **and** scores of 3 or higher on four or more of these exams

AP Scholar with Distinction: Granted to students who receive an average score of at least 3.5 on all AP Exams taken, **and** scores of 3 or higher on five or more of these exams



AP Scholar Recipients at TCA: Austin Bervig, Luke Bethany, Kendra Frieden, Patrick Gheorghe, Grant Grotelueschen, Tanner Harris, Erik Hillman, Joseph Knapp, Sarah Laden, Aleesa Muir.

AP Scholar with Honor Recipients at TCA: Michael Oldach, Joshua St Marie, Amanda Turmes

AP Scholar with Distinction Recipients at TCA: Michael Arrasmith, Robinson Crane, Graham Jennings, Zayna Pieper, Samuel Raphael

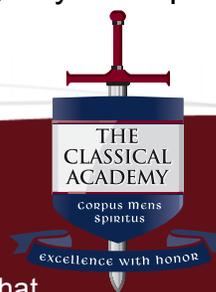
AP Scholars



The National Merit® Scholarship Program is an academic competition for recognition and scholarships that began in 1955. High school students enter the National Merit Program by taking the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®)—a test which serves as an initial screen of approximately 1.5 million entrants each year—and by meeting published program entry/participation requirements. In February, some 15,000 Semifinalists are notified by mail at their home addresses that they have advanced to Finalist standing. High school principals are notified and provided with a certificate to present to each Finalist.

National Merit Finalist Recipients (Top 1% in nation):
Samuel Raphael, Anna Cole (CP), Kepler Novotny (CP)

National Merit Commended Students: *Kendra Frieden, Anastasia Muszynski, Zayna Pieper*



TCA Graduates (High School and College Pathways) University/College Attendance and Scholarship Totals for 2016

Upcoming graduates have been accepted and plan to attend the following institutions next year: St. Gregory’s University, Northern Arizona University, Pikes Peak Community College, Abilene Christian University, University of Colorado – Colorado Springs, John Brown University, Colorado School of Mines, Grand Canyon University, University of Colorado – Boulder, University of Mary Hardin – Baylor, Ouachita Baptist University, Wake Forest University, Colorado State University, The University of Tampa, Montana State University – Bozeman, Oral Roberts University, Grove City College, Colorado Christian University, Lipscomb University, University of Northern Colorado, Indiana Wesleyan University, Utah Valley University, Auburn University, Crown College, Wheaton College, Clemson University, College of the Canyons, St. Cloud State University, Fort Hays State University, Western State Colorado University, Northwestern University, University of Wyoming, University of Nebraska – Kearney, Master’s College and Seminary, Metropolitan State University, Belmont University, Union University, Colorado College, Westmont College, Biola University, Aims Community College, University of Colorado – Denver, University of Arizona, Lewis & Clark College, Pima Medical Institute (Colorado), Front Range Community College, Bentley University, Oklahoma City University, Covenant College, The King’s College, Brigham Young University – Idaho, Johnson & Wales University (Denver), University of Kansas, Ballet 5:8, Brigham Young University, Colorado Mountain College, Dordt College, Geneva College, George Washington University, Harding University, Liberty University, Northwestern Prep, Oklahoma Christian University, Pensacola Christian College, Seattle Pacific University, Southwest Baptist University, Taylor University, Texas Christian University, Torchbearers Bible School, United States Air Force Academy

For TCA’s High School and College Pathways graduating Classes of 2016 over **\$7.1 million** of scholarships have been offered to our students.

AAA Awards for 2015-2016

Academic, Athletic, and the Arts

Titan of the Year Awards

Scholar of the Year: *Graham Jennings*

Fine Arts Students of the Year:

Taylor Stephens and Trenton Gunsolley

Athletes of the Year:

Kendra Frieden and Alex Miller

Students of the Year Awards

Latin: *Kenneth Plant*

Spanish: *Patrick Gheorghe*

French: *Sarah Darnell & Kathryn Harrigan*

Physical Science: *Zayna Pieper*

Earth/Environmental Science: *Sarah Warnement*

Life Science: *Seth Young*

English (Senior): *Graham Jennings*

English (9th-11th): *Ashlyn Brunk*

Math: *Rachel Moen*

History (Senior): *Kendra Frieden & Kirsten Kropkowski*

History (9th-11th): *Emma Curran*

Physical Education:

Kendra Frieden and Alex Peterson

Forensics (Interpretation of Literature):

Hannah Foster and Jeremy Salgado

Forensics (Debate/Public Address):

Mercedes Soto-Cabrera

Journalism: *Shayla Bradford & Mikayla Nunn*

Band Students of the Year:

Catherine Peckham and Michael Arrasmith

John Philip Sousa Award: *Zayna Pieper*

Band-Director's Award:

Catherine Peckham and Deborah Foster

Louis Armstrong Award: *Michael Arrasmith*

Theatre: *Taylor Stephens & Trenton Gunsolley*

Vocalist: *Bailey Brown, Hannah Stevens,*

Dante Macy, Christopher Davis

Visual Arts (Senior): *Ashley D'Agnese*

Visual Arts (9th-11th): *Dillon Rawlings*



Titan Exemplars

Senior students that embody the mind, body and spirit characteristics of exemplary citizens.

(in alphabetical order)

Bailey Brown

Dylan Brown

Kendra Frieden

Graham Jennings

Kirsten Kropkowski

Jackson Miller

Aleesa Muir

Michael Oldach

Zayna Pieper

Kenneth Plant

Samuel Raphael

Spencer Webb

Andrea Willis

Margaret Zielinski

TCA Titan Exemplars of the Year

Dylan Brown and Kendra Frieden

Latin Honors

(in alphabetical order)

With Highest Praise

Valedictorian: *Graham Jennings*

Salutatorian: *Samuel Raphael*

Austin Bervig, Dylan Brown, Robinson Crane, Kendra Frieden, Tanner Harris, Sarah Laden, Jackson Miller, Rachel Moen, Aleesa Muir, Anastasia Muszynski, Zayna Pieper, Kenneth Plant, Joshua St Marie, Amanda Turmes

With Great Praise

Micahel Arrasmith, Andrea Bonato, Hannah Carter, Michael Frost, Patrick Gheorghe, Grant Grotelueschen, Erik Hillman, Joseph Knapp, Eason Mahone, Rosemary Michael-Trumbull, Emily Mueller, Michael Oldach, Sara Parsons, Mackenzie Peckham, Margaret Zielinski

With Praise

Andrew Bauer, McKenna Bender, Bailey Brown, Jamie Feller, Ryan Francis, Joshua Haddad, Rachel Hoyt, Bethany Johns, Kirsten Kropkowski, Haley Maxwell, Hannah Stevens, Chloe Storm, Emma Thomasson, Spencer Webb, Andrea Willis

AAA Awards for 2015-2016

and Other Special Awards / Scholarships / Participation

TCA Community Service Awards - Seniors

Jared Kemper, Zayna Pieper, Sara Parsons, Jorie St. Clair, Kayla Summers, Elizabeth Wilke, Haley Maxwell, Tatianna Lowman, Jack Schulz, Joshua Allen, Spencer Hamilton, Andrew Woodbury, Kendra Frieden, Moriah Swank, Hannah Carter, Jessika Klocker, Caleb R. Schultz, Daniel Hillman, Erik Hillman, Rachel Moen, Tanner Harris, Josh Haddad, Will Hook

Rensselaer Medal for Math and Science

Emily Brubaker

Susan B. Anthony and Frederick Douglass Award: University of Rochester

Erin Tubb

George Eastman Young Leaders Award and Scholarship: University of Rochester

Christopher Leland, Jr.

Xerox Award for Innovation and Information Technology: University of Rochester

George Liu

Bausch and Lomb Honorary Science Award: University of Rochester

Seth Young

Society of Women Engineers Certificate of Merit with Highest Honor

Dorothy Pope

Society of Women Engineers Certificate of Merit with High Honor

Lorena Loving

Society of Women Engineers Certificate of Merit with Honor

Hannah Burgo

Wellesley College Book Award

Emma Curran

Gazette Best and Brightest

Graham Jennings and Zayna Pieper

Wendy's Heissman Award

Bethany Johns

Daughters of the American Revolution Good Citizen Award

Moriah Swank

Military Academy Appointments

**Zachary Bradley (CP)
United States Air Force Academy**

Army ROTC Scholarship

William Campos and Grant Grotelueschen

Air Force ROTC Scholarship

Joseph Knapp

Boettcher Scholarship Finalist

Zayna Pieper

Boettcher Scholarship Semi-Finalist

Kendra Frieden

Daniels Fund Scholarship

**Kayla Summers, Rebecca Smith (CP),
Kemper Young (CP)**

U.S. Presidential Scholars Semi-Finalist

Graham Jennings

Rocky Mountain Youth Leadership Conference Selected Attendees Summer 2016

Kit Cameron, Emma Curran, Alec Julian



Athletic Awards for 2015-2016

FALL SPORTS

SPORT	MOST VALUABLE	MOST INSPIRATIONAL
Soccer	Anders Carlson	Jake Slater and Jeremy Baldes
Softball	McKenna Cooper	Lily Knuckles
Golf - Men	Tanner Harris	Connor Holien and Nick Aranez
Cross Country – Men	Tanner Norman	Michael Oldach
Cross Country – Women	Chantae Steele	Hannah Gaona
Football	Jayce Hall	Kenny Plant
Volleyball	Emma Porter (Front Row & Overall) Amber Berns (Back Row) Chloe Weeks (Defensive)	Maggie Zielinski

WINTER SPORTS

SPORT	MOST VALUABLE	MOST INSPIRATIONAL
Basketball - Men	Josh Haddad <i>Most Improved</i> <i>Defensive Player of the Year</i> <i>Offensive Player of the Year</i>	Jared Belcher Jonny Stephens Josh Haddad
Basketball - Women	Kendra Frieden McClain Walker	Megan Teel
Wrestling	Ben Hinds <i>Most Improved</i>	Sam Raphael Liam Young
Cheer	Jamie Feller and Rachel Moen [<i>Coaches Award</i>]	

SPRING SPORTS

SPORT	MOST VALUABLE	MOST INSPIRATIONAL
Baseball	John Bull	Tanner Harris
Golf - Women	MacKenzie Fontana	Hannah Carter and Anna Connell
Soccer - Women	Aleesa Muir	Catalina Hernandez and RaeAnn Queener
Track - Men	Alex Miller	Norman Tanner
Track - Women	Andrea Willis	Kendra Frieden and Maggie Zielinski

Athletic Awards for 2015-2016 (continued)

LEAGUE/CONFERENCE HONORS

Soccer – Men [2nd Place 4A State] CSML 1st Team: Jaden Borja*, Anders Carlson**, Chris Chasteen**, Titus Grant* [NSCAA All-American 2015, 4A Player of the Year, CSML Player of the Year], Noah Klaus; CSML 2nd Team: Andrew Peck**, Jonny Stephens; CSML Honorable Mention: Jeremy Baldes, Reese Tonsits, Garrett Troupe (*= 4A All State, **=4A All State Honorable Mention)

Soccer – Women CSML 1st Team: Hannah Burgo, Abbie Flannery, Nicole Hale, Emily Mueller, Aleesa Muir, Alison Smith; CSML 2nd Team: Anna Thompson; CSML Honorable Mention: Gracey Thompson

Cross Country – Men [4th Place 4A State] Tanner Norman [1st in 4A State]

Cross Country – Women [7th Place 4A State]

Football SCL 1st Team: Austin Bervig, Luke Bethany, Anders Carlson, Jayce Hall, Alex Miller, Kyle Peterson; SCL Honorable Mention: Patrick Gheorghe, Ben Griffith, Donovan Pacht, Kenny Plant, Reese Plantenberg, Rhys Ryba, Sawyer Weeks, Austin Weingart

Softball CSML 2nd Team: Madison Cooper, Allie Patnaude; CSML Honorable Mention: McKenna Cooper, Abigail Elemendorf, Julia Maughan

Volleyball [CSML League Champs] CSML 1st Team: Amber Berns, Emma Porter [CHSCA All-State 2nd Team]; CSML 2nd Team: Chloe Storm, Chloe Weeks; CSML Honorable Mention: Jordan Sudbrack, Maggie Zielinski

Wrestling CSML 1st Team: Ryan Francis, Ben Hinds [3rd place at state], Matt Johns, Sam Raphael [5th place at state]; CSML Honorable Mention: Nathan Boyles, Micah Schwarz

Basketball – Women CSML 2nd Team: Kendra Frieden, McClain Walker; CSML All Defensive Team: Regan Bervig

Basketball – Men CSML 2nd Team: Josh Haddad; CSML Honorable Mention: Chase Rogers

Golf – Men CSML 1st Team: Bobby Ball; CSML 2nd Team: Tanner Harris

Golf - Women [1st Place 4A CSML]

Track – Men [3rd Place 4A State] 1st Team All-State: Conor Bertles (Shot Put)

Track – Women [1st Place 4A - State Champions] 1st Team All-State Andrew Willis [state record holder in Pole Vault], Bethany Johns, Teresa Ambuul, Maggie Zielinski, and Kendra Frieden (4x4 Relay)

Baseball CSML 1st Team: John Bull, Spencer Hamilton, Kyle Peterson, Alec Van Eaton; CSML Honorable Mention: Brayden Luft, Kevin Yoder

SPORTS ACADEMIC HONORS

Soccer – Men 1st Team: Jeremy Baldes, Anders Carlson, Robinson Crane, Noah Klaus, Spencer Nelson, Nicylas Roitsch, Ross Vicek; Honorable Mention: Nathan Thompson

Soccer – Women 1st Team: McKenna Bender, Emma Burgo, Hannah Burgo, Nicole Hale, Emily Mueller, Aleesa Muir, Ashlynn Register

Football 1st Team: Austin Bervig, Anders Carlson, Spencer Drury, Ryan Francis, Patrick Gheorghe, Joseph Knapp, Christopher Leland, Alex Miller, Kenny Plant, Reese Platenberg, Sam Raphael, Austing Weingart; Honorable Mention: Luke Bethany, Trevor Hanamura, Kyle Peterson, Mark Spriggs

Softball 1st Team: Madison Cooper, Abigail Elemendorf, Emma Johnson, Allie Patnaude; Honorable Mention: Julia Maughan, Taylor Patnaude

Cross Country – Men 1st Team: Norman Tanner, Michael Oldach; Honorable Mention: Matthew Loftin

Cross Country – Women 1st Team: Hannah Gaona, Casey Griggs, Kirsten Kropkowski, Kate Peterson

Track – Men 1st Team: Andrew Bauer, William Campos, Timothy Gallagher, Christopher Hall, Jackson Miller, Tanner Norman, Michael Oldach, Kenneth Plant; Honorable Mention Luke Bethany, William Hook, Jonathan Jeffreys, Spencer LaValley, Benjamin Purvis, Matthew Ross

Track – Women 1st Team: Teresa Ambuul, Madison Cooper, Maria Feldotto, Kendra Frieden, Hannah Gaona, Casey Griggs, Bethany Johns, Kirsten Kropkowski, Taylor Patnaude, Emelia Ray, Megan Teel, Andrew Willis, Margaret Zielinski; Honorable Mention: Katie Peterson, Emma Porter

Volleyball 1st Team: Amber Berns, Chloe Storm, McClain Walker, Chloe Weeks, Maggie Zielinski; Honorable Mention: Marla Masters, Emma Porter

Wrestling [#1 Academic Team in state] 1st Team: Ryan Francis, Matthew Johns, Sam Raphael, Nicylas Roitsch, Micah Schwarz

Basketball – Women 1st Team: Maria Feldotto, Kendra Frieden, Amy George, Dorothy Pope, Megan Teel, McClain Walker

Basketball – Men 1st Team: Robinson Crane, Joshua Haddad, Chase Rogers, Walter Smith; Honorable Mention: Trey Reynolds, Adam Selvage

Baseball 1st Team: Grant Grotelueschen, Tanner Harris, Christopher Leland, Joshua St. Marie, Ross Vicek; Honorable Mention: Kyle Peterson, Alec VanEaton

Golf – Men 1st Team: Robert Ball, Tanner Harris

Golf – Women 1st Team: Hannah Carter

Speech 1st Team: Patrick Gheorghe, Tatianna Lowman, Dante Macy, Shealy Salas, Tressa Wilson; Honorable Mention: Madison Brim

Science Awards for 2015-2016

Regional Science Fair Results

2016 Pikes Peak Regional Science Fair

On February 27, 2016, at UCCS, 41 TCA students (twenty-three 7th graders, sixteen 8th graders, and two high school students) competed at the **2016 Pikes Peak Regional Science Fair**. The Classical Academy dominated with numerous awards given. Specifically, 7th grade won 53% of the category awards for their division and the 8th grade won 45%. The prizes ranged from \$15 to \$250. Approximately \$2,000 in cash prizes was won, along with other awards. Mr. Caruana and Mrs. Muir are extremely proud of the students that competed at regionals. Eleven junior high students and the two high school students moved on to represent TCA at the Colorado Science and Engineering Fair in April.

State Science Fair Results

On April 7-9, 2016, student finalists from all corners of our state converged at Colorado State University to compete in the 61st Colorado Science and Engineering Fair. TCA had 12 projects represented by 13 students. Eight of the thirteen students received recognition in their respective category. First place was \$200, 2nd place was \$100, 3rd was \$75, 4th was \$50, and honorable mention was a certificate. Eighteen special awards were given.

Representing TCA in the **Senior Division** were Matthew Hileman (TCA CP) and Kevyn Kelso (TCA HS).

Senior Division – Category Awards - Engineering

Matthew Hileman (12th)

“Reflected Laser Communications for Small Satellites” – 4th place

Senior Division – Special Awards

Kevyn Kelso (11th)

“Building a High-Resolution Fused Deposition Modeling 3-D Printer Out of a Bed Frame”

Frank Armbruster Award - \$100

Andy Keller Memorial Award - \$100

Colorado School of Mines - \$1,000 CMS Scholarship (renewable for three additional years)

Matthew Hileman (12th)

“Reflected Laser Communications for Small Satellites”

Gromko Memorial Award - \$150

IEEE Award - \$100 (+Arduino Experimenter’s Kit)

SPIE Optics and Photonics Award - \$150

United States Department of Commerce – summer employment opportunity

Colorado College Summer Session Merit Scholarship - \$500

Representing TCA in the **Junior Division** were Serena Blake (8th) *Highlighting: Helpful or Hoax?*; Jonathan Haerr (8th) *Circumstantial Morality*; Ryan Hook & Hayden Russell (8th) *Selecting Music to Select Your Grade*; Johnathan Pollard (8th) *Making Biking Available to the Visually Impaired*; Sachi Rohilla (8th) *Dirty is the New Way to Clean*; Corinne Watson (8th) *From the Trees to a Fireplace . . . Your Garden?*; Benjamin Wilson (8th) *Aerostat Communication System*; Nathaniel Brim (7th) *Effects of Zinc and Magnesium Dissolution in Cathodic Protection Systems*; Anjali Chaparala (7th) *Protect It or Forget It*, and Psalm Delaney (7th) *Mutation from Radiation*.

Science Awards for 2015-2016

Junior Division – Best CSEF Projects

3rd – Jonathan Haerr (8th) “Circumstantial Morality”

Junior Division – Category Awards

Behavioral & Social

1st – Jonathan Haerr (8th) “Circumstantial Morality”
 Honorable Mention – Serena Balke (8th) “Highlighting – Helpful of Hoax?”

Engineering

2nd – Benjamin Wilson (8th) “Aerostat Communication System”
 Honorable Mention – Jonathan Pollard (8th) “Making Biking Accessible to the Visually Impaired”

Environmental Sciences

2nd – Nathaniel Brim (7th) “Effects of Zinc and Magnesium Dissolution in Cathodic Protection Systems”

Medicine & Health

3rd – Anjali Chaparala (7th) “Protect It or Forget It”

Junior Division – Special Awards

Nathaniel Brim (8th) “Effects of Zinc and Magnesium Dissolution in Cathodic Protection Systems”

American Vacuum Society Rocky Mountain Chapter - \$100/matching award to teacher
ASM Materials Education Foundation Award - \$150
TU River Conservation Award - \$200

Broadcom MASTERS Competition Nomination – certificate/nomination to compete in the Broadcom MASTERS national middle school science and engineering fair competition

Jonathan Pollard (8th) “Making Biking Accessible to the Visually Impaired”

Eppler Family Award – microprocessor kit and digital multimeter (valued \$100)

Benjamin Wilson (8th) “Aerostat Communication System”

IEEE Award - \$100 (+Arduino Experimenter’s Kit)

Broadcom MASTERS Competition Nomination – certificate/nomination to compete in the Broadcom MASTERS national middle school science and engineering fair competition

Saschi Rohilla (8th) “Dirty is the New Way to Clean”

SACNAS CSU Rising Young Scientist Award - \$50

Jonathan Haerr (8th) “Circumstantial Morality”

Broadcom MASTERS Competition Nomination – certificate/nomination to compete in the Broadcom MASTERS national middle school science and engineering fair competition



Fine Arts Awards for 2015-2016

Visual Arts Awards

Scholastic Art and Writing Award

(Colorado Regionals – Top 7% of State)



"Dyna" by Dillon Rawlings

Dillon Rawlings (10th) – painting,
Gold Key and drawing, Silver Key

Matthew Loftin (12th) – editorial
cartoon, Honorable Mention

Sarah Klingensmith (12th) –
drawing, Honorable Mention

Olivia Khalqi (10th) – drawing,
Honorable Mention

Wunderkind 2016 at Manitou Art Center

(juried exhibition for Pikes Peak area juniors and seniors)

Ashley D'Agnese (12th) – print

D20 / Air Academy Federal Credit Union Art Competition

Carla Feller (10th) – 1st place, drawing

Ashley D'Agnese (12th) – 3rd place, print

9th Annual Teen Art Contest at the Pikes Peak Library

(juried exhibition)

Ashley D'Agnese (12th) –
Best of Show, drawing



"My Converse Crush"
by Ashley D'Agnese

5th Congressional District Art Competition

Kaitlin Walters (9th) – painting

Vocal Awards

High School

Colorado All State Choir

Seniors: Bailey Brown, Hannah Stevens, Sara Parsons, Mandy Turmes, Tatianna Lowman, Emelia Ray, Dante Macy, Spencer Webb, Kenny Plant, Christopher Davis

Juniors: Katie Kuss, Dorothy Pope, Ashlyn Brunk, Ashlynn Register, Joey Mazzocco, Ali Henry

Adams State "Top of the Nation" Honor Choir

Seniors: Tim Douma and Taylor Stephens

Sophomores: Anna Connell, Rohan Fisher, Hannah Hrbek

Instrumental Individual Awards

All State Concert Band

Allen Atkinson, Nathaniel Bouwens, Emily Brubaker, Zayna Pieper, Callen Thompson, Christian Soper

All City Concert Band

Emily Brubaker, Callen Thompson, Maija Pieper, Jeremy Salgado, Josiah Smith, Christian Soper

All City Jazz Band

Benjamin Corneliusen

Colorado University at Boulder Honor Band

Josiah Smith

All State Orchestra

Christian Soper

Instrumental Group Awards

Marching Band

CBA (Colorado Bandmaster Association)
State Finalist – 3rd Place

Symphonic Band

Excellent Rating at Regional Festival

Wind Ensemble

Superior Rating at Regional Festival (state qualifier)

CBA (Colorado Bandmaster Association) rating of
Superior with Distinction at State Festival

(one of 32 bands in state chosen from over 90)

HIGHEST RECOGNITION POSSIBLE

Junior High

8th Grade Blue Concert Band

Superior Rating – CBA JH Festival

8th Grade Red Concert Band

Excellent Rating – CBA JH Festival

7th Grade Concert Band

Superior Rating – CHSAA Festival



Jazz Bands

Crimson Jazz

Superior Rating – UNC Jazz Festival

Silver Jazz

performed at Canon City Blossom Festival

National Latin Exam and Colorado Junior Classical League Convention Awards for 2015-2016

National Latin Exam

Overall: 128 students took the exam, 52 won an award

Intro to Latin

Gold Certificate of Merit Award

Addison Jones, Samantha Ridgeway, Matthew Galloway,
Aaron Kerber, Kotryna Obergfell

Silver Certificate of Merit Award

Brendan Gould, Jonathan Haerr, Mikaela Roy,
Evan Schilling, Benjamin Wilson, Gianna Bartalo,
Olivia Jacobsen, Sachi Rohilla, Ashley Egbert,
David Roberts, Rachel Baker, Neely Quirk

Latin I

Gold Summa Cum Laude Award

Nathaniel Bone, Julia Enger, Caroline Jennings

Silver Maxima Cum Laude Award

Ryker Lutjens, Ezekiel Jackson, Jonathan Clemmons,
Ryan Beckman, Anna Kemper, Brendan Johnston,
Tahlia Lowman

Magna Cum Laude Award

Rachel Melius, Emma Ballard, Aidan Johnston,
Sara Brubaker, Elizabeth White, Timothy Schmidt,
Erin Tubb, Dylan Prentiss

Latin II

Magna Cum Laude Award

Niel Bauer

Cum Laude Award

Saumika Mulluri, Jared Shumway, Braden Jones

Latin III

Gold Summa Cum Laude Award

Justin Lee

Silver Maxima Cum Laude Award

Hannah Gaona, Ross Vleck, Ashlyn Brunk, Bryce
George, Emma Curran

Magna Cum Laude Award

Vassili Boner, Alison Henry, Eric White, Amy Chan

Latin IV

Magna Cum Laude Award

Austin Bervig

Cum Laude Award

Dylan Brown, Kenneth Plant

Colorado Junior Classical League Convention

Overall: 45 Students attended, 39 won an award

Academic Test Awards

Latin I: **Cianja Bone** - 4th Mythology; **Nathan Bone** - 1st & 5th Geography, 1st Decathlon, 3rd Greek History; **Julia Enger** - 3rd Grammar, 4th Greek History, 2nd Latin Literature; **Ezekiel Jackson** - 2nd Geography; **Caroline Jennings** - 5th Decathlon, 2nd Greek History, 3rd Roman History; **Anna Kemper** - 5th Grammar; **Tahlia Lowman** - 2nd Reading Comprehension, 3rd Vocabulary; **Ryker Lutjens** - 4th Derivatives; **Rachel Maughan** - 5th Latin Literature, 5th Roman History; **Dylan Prentiss** - 1st & 5th Overall Greek History, 4th Latin Literature, 2nd Roman History; **Elizabeth White** - 5th Latin Literature

Latin II: **Owyn Carter** - 5th Geography, 2nd Roman History; **Braden Jones** - 3rd Derivatives; **Jared Shumway** - 4th Roman Daily Life

Latin III: **Amy Chan** - 3rd Latin Literature; **Emma Curran** - 4th Geography, 4th Roman Daily Life; **Hannah Gaona** - 5th Decathlon, 2nd Derivatives, 5th Mythology; **Bryce George** - 2nd Greek History, 3rd Roman History; **Ali Henry** - 3rd Grammar, 5th Mottoes and Proverbs; **Dorothy Pope** - 3rd Mottoes and Proverbs; **Callen Thompson** - 2nd Geography; **Ross Vleck** - 4th Roman History; **Eric White** - 5th Greek History

Latin IV: **Graham Jennings** - 1st & 1st Overall Greek History

Performing Arts Awards

Latin I: **Nathan Bone** - 1st Dramatic Interpretation; **Anna Kemper** - 2nd Latin Oratory; **Tahlia Lowman** - 4th Dramatic Interpretation; **Haley Batron**, **Courtney Egbert** **Sydney Egbert**, **Rachael Maughan**, **Maria Plett**, **Tims Schmidt**, **Elizabeth White** - 4th Skit

Latin II: **Saumika Mulluri** - 4th English Oratory

Latin III: **Emma Curran** - 1st English Oratory; **Hannah Gaona** - 5th Dramatic Interpretation; **Bryce George** - 2nd Dramatic Interpretation

Latin IV: **Hannah Carter** - 3rd Latin Oratory

Graphic Arts Awards

Latin I: **Maria Plett** - 2nd Pencil

Latin II: **Owyn Carter** - 2nd Map, 5th Mixed Media; **Braden Jones** - 4th Promotional Poster; **Eleni McClure** - 1st Embroidery

Latin III: **Emma Curran** - 3rd Miscellaneous; **Hannah Gaona** - 2nd Greeting Cards, 2nd Jewelry; **Dorothy Pope** - 3rd Greeting Cards, 4th Ink, 4th Miscellaneous

Latin IV: **Hannah Carter** - 1st Greeting Cards, 1st Map, 2nd Oil/Acrylic, 3rd Watercolor



Journalism Awards for 2015-2016

Colorado Student Media Association BEST OF COLORADO COMPETITION 2016

Best of Colorado 2016 for Yearbook Class I – Up to 849

The Colorado Student Media Association recognized the following TCA students with a “Journalism Excellence Award” for outstanding journalistic performance in this year’s state competition.

1st Place:

- **Academics Spread** – Mikayla Nunn
- **Clubs and Organizations Spread** – Nishayla Roitsch and Shayla Bradford
- **Environmental Portrait** – Shayla Bradford
- **Sports Recreation Individual and Caption** – Shayla Bradford and Sheridan Hunter
- **Sports Writing** – Shayla Bradford and Brooke Hoglin
- **Theme Package Presentation (HS)** – Shayla Bradford, Boyles, Lindsey Valdez, Liz Fronterhouse, Taylor Yarbrough, and Mikayla Nunn

2nd Place:

- **Alternative Presentation** – Mikayla Nunn
- **Clubs and Organizations Spread** – Jordyn Combs and Laynie Bradford
- **Personality Profile Writing** – Shaye Hainley
- **Them Package Writing (HS)** – Shayla Bradford, Autumn Boyles, Lindsey Valdez, Liz Fronterhouse, Taylor Yarbrough, and Mikayla Nunn
- **Sports Spread** – Shaye Hainley
- **Student Life Individual Photo and Caption** – Shayla Bradford

3rd Place:

- **Academics Individual Photo and Caption** – Mikayla Nunn and Shayla Bradford
- **Academics Spread** – Madison Romine, Lauren Clapp, and Alexa Rogers
- **Academics Writing** – Harrison Jones and Emma Crosley
- **Alternative Presentation** – Lexi Wilcox and Camry Harris
- **Sports Writing** – Katie Flaherty
- **Student Life Spread** – Lindsey Valdez
- **Student Life Writing** – Mikayla Nunn and Shayla Bradford
- **Theme Package Presentation (JH)** – Lexi Wilcox, Chantae Steele, Rachel Melius, Kenna Williams, Nicole Sorak, and Katelyn Strickland
- **Theme Package Writing (JH)** – Lexi Wilcox, Chantae Steele, Rachel Melius, Kenna Williams, Nicole Sorak, and Katelyn Strickland

Honorable Mention:

- **Clubs and Organizations Individual Photo Caption** – Shayla Bradford and Mikayla Nunn
- **Environmental Portrait** – Rhianna Eide
- **Personality Profile Writing** – Rachel Bull
- **Sports Action Individual Photo and Caption** – Mikayla Nunn and Shayla Bradford

stand
OUT

The Torch 2016

Other Student Awards

Kretchman Cup

The first annual award for top senior Rhetoric Panel presentation was awarded this year. Four teams presented before a judging panel made up of the TCA President, Director of Academic Services, High School Principal, and Dean of Secondary Educational Philosophy. The Kretchman Cup winners are listed first, followed by the other teams competing in presentation order:

Phoebe Khaliqi and Shealy Salas – 1st Place

Michael Oldach and Spencer Webb

Sarah Laden and MacKenzie Peckham

Erik Hillman and Graham Jennings

Poetry Out Loud Winners

Shealy Salas (Sr) – 1st place TCA High School

Tressa Wilson (Jr) – 2nd place TCA High School

Grace Gragert (Jr) – 1st place TCA College Pathways

Katelyn Sturt (Fr) – 2nd place TCA College Pathways

Poetry Out Loud starts at the classroom level, with each student at TCA, grades 7-12, memorizing poetry. Winners at the grade level (grades 9-12) go on to compete at the school level, and the TCA winners compete at the state completion in Lakewood, CO.

Betty Field Memorial Youth Writing Contest

Mystery Story

Tessa LaPointe (CP) – Only Stories in the End (1st place)

Brenner Haley (CP) – The Mystery of the Missing Chalice (2nd place)

Lydia McGee (CP) – A Dinner Party Gone Wrong (2nd place)

Judges Award for Favorite Opening Line

Tessa Lapointe (CP) – “I was eight years old when I first touched a tombstone”

Junior High Math Counts Pikes Peak Regional Math Competition

Team Competition: Brendan Gould (8th), Johnathan Pollard (8th), Jonathan Haerr (8th), Brock Carpenter (8th) - **placed 2nd overall.**

Destination Imagination

TCA students participating in the Destination Imagination club won several state accolades this year. In Fine Arts, **Zayna Pieper's team** was **STATE CHAMPIONS** (will compete at the Global Finals in Knoxville, TN in May). The Scientific Team placed **2nd at state**, and the Improv Team also came in **2nd overall**. TCA students participating on the teams were **Zayna Pieper** (Fine Arts and Scientific), **Maija Pieper**, **Jeremy Salgado**, and **Elena Salgado** (Improv).

Cottage School Program Spelling Bee

4th-8th Grades: 24 finalists competed

Olympia Nye (6th) – Winner

Rylie Hatfield (6th) – Runner-Up

Speech and Debate

State Qualifiers

Deborah Foster and Kit Cameron (Duo)

Hannah Foster and Jeremy Salgado (Duo)

Tressa Wilson and Madison Brim (Duo)

Mercy Soto-Cabrera (Extemporaneous)

State Competition

Tressa Wilson and Madison Brim (Duo – 10th place)

National Qualifiers

Hannah Foster and Jeremy Salgado (Duo)

CSP and Elementary D20 Art Show Awards

Maddie Fensterer (4th Grade CSP) – Blue Ribbon

Noah Archambault (1st Grade - East Elem) – 1st place

Vanessa Burns (K – East Elem) – 1st place

National History Day

Congratulations to the second-ever TCA National History Day competitors who worked hard to earn their way to the Colorado Springs Regional contest. TCA junior high swept the top awards in the Exhibit category – participants/winners listed below.

8th grade: Eldaah Asfaw, Katherine Bolin, Megan Winter

7th Grade: Maddy Bradigan, Brendan Carroll, Aidan Coy, Camille Prentiss, Jack Reed, Sarah Smith, and Zoe Wadman

Exhibit Category:

Sarah Smith (1st place) – Jesse Owens: Running Against Racism

Brendan Carroll (2nd place) – Carnage Ends in Iwo Jima

Aidan Coy (3rd place) – The Red Tails

Cottage School & College Pathways Awards

(a listing of select awards/accomplishments received by students at CSP and CP)

Anisa Cryderman (4th CSP) – qualified for Colorado's State Swimming Championship in 12 & under category

Olympia Nye (6th CSP) – qualified USAG Level 7 Regional gymnastics

Trinity and Jaidyn Schortzman (6th CSP & 8th CP) – 2016 Fine Arts Conv - Large Human Video division; superior rating – invited to nationals

Gabi Roehr (10th CP) – two high school swimming records for 2016; qualified for state; **MVP Award for Liberty girls swimming team**

Noah Bowe (10th CP) – AF Civil Air Patrol Cyber Patriot team (Peterson AFB) finished in **3rd place nationally in cyber security competition (out of 3,000 teams). Governor Hickenlooper met with the team.**

Arielle Keating (10th CP) – **6th in nation - Drive, Chip, Putt (The Masters)**

Moriah Gilbert (11th CP) – 3rd place watercolors; PPCC art show

Annalise Hopkins (11th CP) – Irish Dancing Team (#1 in the world**)**

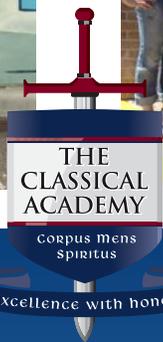
Isaac Worchal (11th CP) – Young Excellence in Yodeling Award finalist for top 3 in North American Yodeling Association

Anna Cole (12th CP) – Young Women in Public Affairs Award (\$2,000)

Anna Cole & Kepler Novotny (CP) National Merit Scholarship Finalist

TCA Community Service Day

Each year our Titan Teams band together and go out in the community for a service day. Forty-two Titan Teams (658 students) worked on twenty-six different projects this year. Work activities took place at each of the following locations: Habitat for Humanity Restore, El Paso County Parks, El Paso County Bear Creek, El Paso County – Black Forest Park, Rocky Mountain Field Institute, Western Museum of Mining, Springs Rescue Mission, YMCA Downtown, YMCA Wilson Ranch Pool, Catamount Institute, Urban Peak, Black Forest Project – Fire Victim Home, Keep America Beautiful Project, La Foret, ARC Thrift Store – Austin Bluffs, ARC Thrift Store – Uintah, ARC Thrift Store – Hancock, Flying W Ranch, Cooking for TCA Families – St. Georges Anglican, Cooking for Pikes Peak Hospice, National Mill Dog Rescue, Sack Lunches for Homeless, New Day Cottages, Cheyenne Mountain Zoo, Blood Drive and Car Wash at TCA.



GIVING BACK TO THE COMMUNITY

A FEW EXAMPLES OF TCA GROUPS / STUDENTS HELPING OTHERS

- Power and Justice Campaign (throughout the school year):** Raised \$1,700 to purchase bikes in the *Beauty for Ashes – Hike for Bikes* effort; provided backpacks, filled with toiletries, snacks and needed supplies to *Urban Peak (Homeless Youth of Colorado Springs)*; led letter writing campaign – providing approximately 650 letters for Liberty Heights Nursing Home, Memorial Children’s Hospital, and Coast Guard recruits.
- Junior High Carnival:** Raised \$6,700 - donating \$2,700 each to local non-profits that serve underprivileged children (*Hope and Home* and *Griffith Centers for Children*). \$1,200 of the funds raised went the Junior High Student Council for student led junior high activities.
- Wreaths Across America:** For the second year in a row TCA joined with *Wreaths Across America* to place wreaths on the graves of veterans across the country. Last year TCA contributed funds to lay 242 wreaths and in late 2015 we were able to donate nearly 300 more wreaths for this worthy cause.
- TCA vs. Cancer:** TCA students led a school-wide campaign in January to combat cancer by raising awareness and fundraising for the American Cancer Society. The effort raised \$8,200.

TCA Overall School Recognition

John Irwin School of Excellence Award*

given by the Colorado Department of Education (CDE). This award is given to the top 8% of Colorado public schools. The awards are given to schools that demonstrate excellent academic achievement.

**TCA Elementary
TCA Junior High School
TCA High School
TCA College Pathways**

Governor's Distinguished Improvement Award*

is given to schools that demonstrate exceptional student growth. On the school performance framework that is used by the state to evaluate schools, these schools "exceed" expectations on the indicator related to longitudinal academic growth and "meet or exceed" expectations on the indicator related to academic growth gaps.

TCA High School

2016 U.S. News and World Report Rankings

TCA High School – #10 ranked school in Colorado
(#368 high school nationally out of 21,000 schools = **top 2% program**)

2015 U.S. Newsweek Rankings

TCA High School – #3 ranked school in Colorado
(#298 high school nationally out of ~16,300 schools = **top 2% program**)
TCA College Pathways – #4 ranked school in Colorado
(#340 high school nationally out of ~16,300 schools = **top 2% program**)

ColoradoSchoolGrades.com School Rankings*

TCA Elementary (ranked #252 of 1101 schools in CO)
TCA Junior High School (ranked #84 of 505 schools in CO)
TCA College Pathways Junior High (ranked #101 of 505 schools in CO)
TCA High School (ranked #9 of 345 schools in CO)
TCA College Pathways (ranked #1 of 345 schools in CO)

Titan of the Year Finalists for 2015-16

Hugh DiPretore (Administration), **Beth Stephens** (Central),
Aaron Walters (East), **Lora Hendricks** (North), **Diane Upton** (JH),
Christina Schwartz-Soper (HS), **Natasha Westcott** (CP),
Debbie Smith (CSP)

*note: the *John Irwin awards* and *ColoradoSchoolGrade.com rankings* are from 2014 – no results were released for the most recent year, 2015, due to the transition in state assessments in the 2014-2015 school year



Courage – The Muscle of the Soul

by Nikki Upchurch, *College Pathways*

They crept across the damp soil and fallen logs of the dense forest. Exhausted and famished beyond belief, they pressed on for yet another night under the cover of darkness. Facing another formidable obstacle, a silent signal passed among them to unite. The veterans, in self-sacrifice, hoisted comrades onward and upward to advance the mission of the troop while they lingered behind in their final resting place.

Is this scenario an excerpt depicting the fortitude and trials of Lee’s army in the Civil War from *April 1865* (discussed most recently in Wes Jolly’s *Beyond the Book Club*)? Or could the scenario be a demonstration of self-sacrifice found in nature, in the life of a colony of Dictyostelium single celled organisms?

If you guessed both, you are correct! John Tyler Bonner, a 95 year-old professor emeritus at Princeton University, has studied the self-sacrificing behavior of Dictyostelium amoeba-like organisms for more than 70 years. He reports that the single celled organisms will send one another a chemical signal uniting individuals into a colony “slime mold” where some will give their lives to form a stalk from which to launch the others to more favorable conditions for the good of the whole. (Please realize, that after nearly a decade of having loved teaching *Life Science* for our TCA High Schools at both North and more recently College, Pathways, I might tend to “go a little Biology” on you!)



Union Army at Marye’s Heights during Civil War.

The major difference in the bravery and fortitude expressed by Lee’s army in the final days of the Civil War and the sacrificing nature of the Dictyostelium amoeba creatures is that the slime mold’s action is inherent for survival. Courage in humans, unlike brown eyes or attached earlobes, is not a quality one is either born with or without. Courage is a choice. Courage is a muscle of the soul: the mind, will, and emotions that can be chosen and cultivated. The more courage is exercised, the more growth and resilience occurs. Exercising courage helps us acquire the needed proficiency to face life’s unavoidable challenges and become empowered to contend with problems and difficulties head-on.



Dictyostelium colony in process of aggregation

I recently had the privilege of attending a special presentation on “Heroes” given by Dr. Coulter for our TCA Cottage School Program (CSP) in Mandy Fernihough’s class, where he shared with the 5th graders about the various types of courage. Among them, he spoke of physical courage, moral courage, and intellectual courage.

To elaborate on the most familiar; physical courage or bravery is exhibited in the face of physical pain, hardship, death, or threat of death. I’d like to share this story to illustrate. It was a typical Saturday morning which included a routine grocery run. Within the store a scream was heard from an elderly lady. People fled, yet one rushed to the rescue from the back of the store. Bob Wise, College Pathways (CP) *Computer and Personal Finance* teacher, intuitively assessed the situation, and angled toward the attacker who had stolen not only the lady’s

Courage – The Muscle of the Soul [continued]

purse, but within it, her means of acquiring sustenance, her security with address and house key inside, and her identity of more than 70 years. Bob grasped the attacker’s collar, and though decades his senior, used former ju-jitsu training to wrestle the would-be thief to the ground, restraining him in a full nelson for more than seven minutes until police arrived. VIAcharacter.org defines this kind of “courage and bravery as strength that may manifest inwardly or outwardly composed of cognitions, emotions, motivations and decisions.” Reacting in courage was already at the core of Bob’s being in a culmination of right choices and a lifetime of inputs of virtuous values. There was no time to ponder such questions as “Should I do something?” - only the requirement of taking genuine risk, with prudence. Courage was already present when the need arose to draw upon it.



People of courage take action in a way that is consistent with their values. Many acts of courage are motivated by value and esteem for one another. Author, J.M. Barrie writes, “There are many different kinds of bravery. There’s the bravery of thinking of others before one’s self.” I love that our thirteen-time state champion TCA track team has a motto Coach Tim Daggett has instilled in them in his years of serving as coach. When asked who they run for, jump for, or throw for, our TCA athletes’ response in word and action is, “Each Other!”

I saw yet another beautiful example of courage for “Each Other” when I asked Sonja Daum what her 4th grade CSP students might classify as courageous acts. Julia wrote of her mother, Kathy in her Legacy Journal - “My mommy showed courage when she birthed her babies in our home with no pain killers because she loved us and thought it was healthiest for the babies. I weighed over ten pounds”. Kathy is about 5’2” and mother of eight! Well identified example of courage, Julia!



Courageous actions may be quiet and thoughtful. “Courage doesn’t always roar, sometimes courage is the little voice at the end of the day that says, I’ll try again tomorrow” ~Mary Anne Radmacher. This caliber of resolve is seen in Calvin Blauert, a CP student with an indomitable spirit and a heart of encouragement for everyone he meets. Calvin has developed an uncommon valor striving to overcome the effects of Muscular Dystrophy during his young fifteen-year life. This recent Spring Break, Calvin was hospitalized with life threatening complications. He shares his story, “Everything happened quickly and I began to code (cardiopulmonary arrest happening to a patient, requiring immediate resuscitative efforts) and my parents asked me what I wanted to do. I said, “I want to keep fighting.” Fortunately my heart never stopped because I finally responded to the medicine . . . I have been down this road before. It takes perseverance, courage, and a positive attitude to overcome the challenges I have to face. From an early age I took on the motto “keep on keeping on”. I want to be an example to the world to never give up. So once again I am reminded and choosing to persevere through the tough times.” After a month in the hospital, Calvin returned to College Pathways as a victory line of nearly two hundred students welcomed him!



Courage – The Muscle of the Soul [continued]

Having been at TCA nearly a decade now, I've been privileged to see former students start their own careers and families, and put feet to dreams. I'm so grateful to be part of this amazing TCA Community where our students hear a united voice from parents and teachers who provide lessons in elementary classes and beyond as recently portrayed when Dr. Coulter shared with CSP students; "We are the "land of the free" first and



foremost because we are "the home of the brave." Followed by the mandate, "Each of us, each of you, has chances every day to be someone of great courage, strong commitment, and virtuous character. Never pass up the opportunity to show courage and be a hero to someone." Seeds like this at school and living examples at home, cultivate beautiful legacies in this rising generation.

As we head into summer, may we be intentional in cultivating the muscle of the soul – courage, in order that we may become the best version of ourselves that we can be. Growing in courage requires choosing to exercise courage. "It takes courage to grow . . . and become who you really are" ~ e. e. cummings.

Here's to who you really are . . . and have a wonderful summer!

Resources:

"Classic Poetry." *Poet E. E. Cummings Biography, Poems & Quotes*. Web. 23 Apr. 2016.

MacPherson, By Kitta. "The 'sultan of Slime': Biologist Continues to Be Fascinated by Organisms after Nearly 70 Years of Study." *Princeton University*. Trustees of Princeton University, 21 Jan. 2010. Web. 23 Apr. 2016.

"Mary Anne Radmacher." *Mary Anne Radmacher*. Web. 28 Apr. 2016.

VIAcharacter.org, "Bravery." *Take VIA Survey and Learn Your Character Strengths*:. Web. 28 Apr. 2016.

Winik, Jay. *April 1865: The Month That Saved America*. New York: HarperCollins, 2001. Print.



FINISHING WELL by *Emily Hanenburg, East Elementary*

So many of you are very experienced runners who can speak to running and how it applies to life much more profoundly and eloquently than I can. I hope that it is an encouragement. I am blessed to have the privilege to be one of the coaches for the high school track team for at least a few years. I can take no credit for my understanding or experiences in it. I have run and worked under three, arguably, of the best coaches in the state - and I get to learn from them. Really in the grand scheme of things, my part in any of it is so small. I listen to kids and hug the girls that cry at meets and practice.



One of the things that I really love about running is that it is hard. Many days, you do not want to do it. Without that sounding completely masochistic, I feel like running has taught me how to work hard and that when I train myself to push hard physically while running past the point where I think I can, it makes me just a little tougher to handle the way more challenging things that are in life. Just like teaching, running never stops being hard, you just learn how to handle the difficulty.

In honor of the miles being run in PE this week, I am going to use the mile as an analogy. As I would imagine most of you know, the mile is 4 laps on a track. The tempo of each lap of a track fits very well with the 4 parts of a school year . . .

Lap one: the gun goes off, everyone runs fast, gets out hard, feels a little overwhelmed by the rush of it, but also energized by it. The second lap is steady, everyone has settled into pace, unremarkable, holding pace and position. The third lap is almost always the slowest lap for runners. It drags on. It is not close enough to the end where you can give a final push (so much so that most people are afraid to push too hard), but still your legs and lungs are burning. And, the fourth lap - the bell lap. It is the time in the race where you want nothing more than to stop. Every part of you does not feel good at all. And yet, it has to be the fastest lap of your race. It is the time where you have to very intentionally choose if you are going to push through the pain of each moment because every second and every inch counts. But, you can do it, because of all of the time you have spent practicing and effort you have already poured into the training and race before this point. Finishing well on the last laps is really important. While it is hard, wearisome and painful, I have never heard of a runner who regretted finishing well. (Although many lament that they had more to give after they finish.)

Especially in the last lap these are a few of the things that we share with our kids before the race and during it:

1. We remind them of the purpose of what they are doing? For our high school track team, the whole mentality is running for each other. Not just the individual competing, but recognizing they are part of something bigger. It is such a gift to work with so many people who are working toward the bigger goal of loving students well, helping them grow to the very end . . . because we want those things to carry with them into the summer, into the next year, into life.
2. Taking great joy and being thankful in the moments. Something I always tell the kids on the track team is that they can only run one lap at a time. So, they need to be intentional and very present in that lap. A race is many steps, many moments. We have thousands of little moments between now and the last day of school, we get to choose the attitude and mentality that we approach time with.
3. Be tough. Sometimes that is just it. A person just has to dig deeper. Finishing well is a big deal to our head coach. There is that expectation that is how we do things on our team. Athletes prove trustworthy by showing strength, stamina and will at the end of every race.

I am so thankful for all of you - to work alongside you and learn from you as we finish the year. You all do a great job. Have a wonderful last few weeks of finishing well ☺. Thank you.

[from Emily's notes of a presentation she gave to the staff at East Elementary as the end of the school year drew near]





Upcoming DAS Meetings and Due Dates:

Due Dates and Upcoming Events:

May 27: TCA Graduation

May 28: TCA College Pathways Graduation

May 30: Memorial Day

Jun 2: End-of-Year ALT Dinner

Jun 3: TCA Annual Golf Tournament (King's Deer)

Jun 13: TCA Board Meeting (6:00-10:00 pm)

Jul 4: Independence Day

Jul 22: Board Strategic Planning Offsite

Jul 27: Cabinet & Principals Offsite

Aug 9: Elementary Info Fair (10:00-2:00 & 5:00-7:00)

Aug 15-18: First week of classes for Cottage School Program

Aug 16-19: First week of classes for College Pathways

Aug 17: First day of classes for kindergarten traditional

Aug 17: First day of classes for 7th and 9th grades traditional

Aug 18: First day of classes for 1st-6th grades traditional

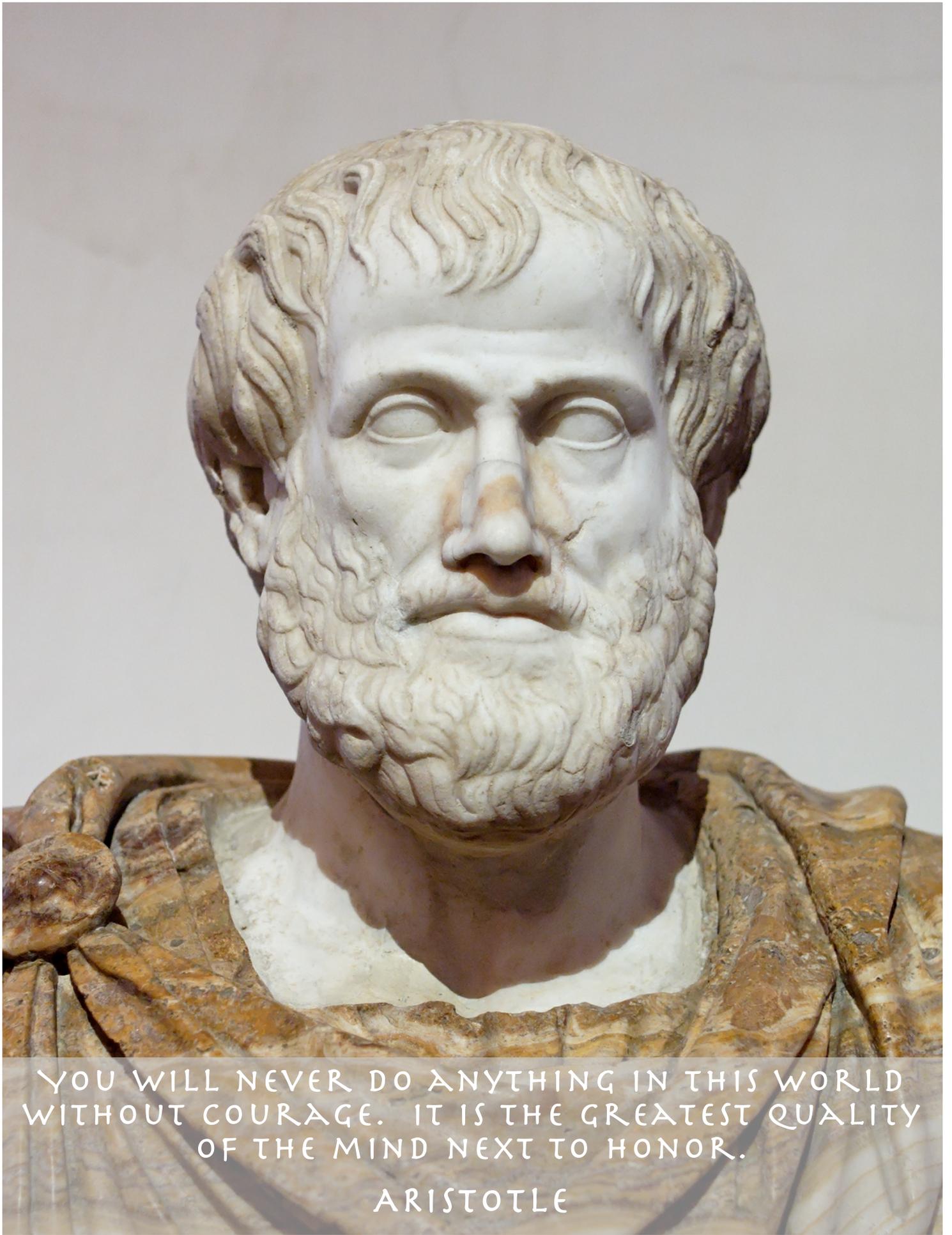
Aug 18: First day of classes for 8th, 10th-12th grades traditional

Enjoy the summer!



Please Note: Every effort was made to include as many submitted awards as possible in this issue. I'm sure that some deserving students were inadvertently not included in this year-end wrap-up. I apologize in advance for any oversights and misspellings contained herein.





YOU WILL NEVER DO ANYTHING IN THIS WORLD WITHOUT COURAGE. IT IS THE GREATEST QUALITY OF THE MIND NEXT TO HONOR.

ARISTOTLE