



# Bruin Voices



Lake Braddock Secondary  
**PTSA**  
everychild.onevoice.

[www.fcps.edu/LakeBraddockSS/](http://www.fcps.edu/LakeBraddockSS/)

[www.lbssptsa.org](http://www.lbssptsa.org)

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## President's Message . . .

### Dear Lake Braddock Community,

Communication is the key to success in parenting, in PTSA, in educating young people, and in understanding them--in relationships and in life. Given recent events and the fact that summer is almost here, communication with our young people is paramount. Becoming good listeners ourselves, understanding how to be empathetic in our parenting, and teaching kids the importance of communication is key to raising healthy and happy future adults. Two great books on the subject of communicating with teenagers are mentioned in this article. I encourage you to check out these two resources for springtime reading with our Lake Braddock students in mind.

How can you be a better listener? According to Martha B. Straus, Ph.D., author of **No-Talk Therapy for Children and Adolescents** (Norton), "The best thing you could say is nothing when your teen comes to you with a bombshell such as "I quit the Lacrosse team today." She says. "If you had to answer, you should have empathized with him by saying, "That must have been a tough decision to make.'" Straus offers great do's and don'ts strategies in her book and on the website for **Family Circle** magazine ([www.familycircle.com](http://www.familycircle.com)). "Kids' brains have to sort through a lot of emotional reactivity before they can respond," says Straus. The parent's job is to get beyond what's happening on the surface. When you do, you are helping your child learn to negotiate and compromise not only with you, but also with himself. Here is some instant help when it comes to helping kids open up and communicate:

### 8 Talk-Blockers

You can have the best intentions, but if you're sending the wrong signals, kids will clam up, says Michele Borba, EdD, author of **12 Simple Secrets Real Moms Know** (Jossey-Bass). Watch out for:

**Body language.** Avoid gestures like shrugging your shoulders or leaning back with arms folded, which a kid is likely to read as, "I don't accept you." And don't stand above her—if your teen is sitting or is shorter than you, sit down.

**Facial expressions.** Beware the scowl, the raised eyebrows, the rolled eyes, the smirk. They don't like it any more than you do.

**Nonverbal sounds.** Skip the heavy sighs and groans. (You probably do it without even realizing!)

**Tone.** Are you talking to your teen in the voice you'd use with a friend? Keep it casual and conversational.

**Yelling.** If you're not careful, your voice may go up a level. Moms need to use their "indoor" voice, too.

**Talking too much.** Bite your tongue -- literally if necessary. Count to 10 and give your child plenty of time to formulate his thoughts.

**Sarcasm.** Don't try to be funny; hypersensitive kids may feel insulted. Save your sparkling wit for grown-ups.

**Anger.** Stay as relaxed as possible, even if you have to say, "I need some time to calm down -- let's talk later," and come back when you're cooler.

In service and communication,  
**Trenda Jacocks**  
President

## Dates to Know

### May 7-18

AP testing

### May 7-31

MS SOL testing

### May 15

PTSA General Membership mtg, election of officers

### May 21-June 1

HS SOL testing

### May 22-24

Class of 2008 Senior portraits

### May 28

Memorial Day holiday

### June 1

Senior yearbook distribution

### June 2

8<sup>th</sup> grade dance

### June 4

PTSA Board meeting/dinner  
General yearbook distribution

### June 6-7

Yearbook sales-\$61

### June 7

Athletic Boosters golf fundraiser

### June 8

Prom

### June 10

Baccalaureate

### June 13

Graduation & All-Night Grad Party

### June 18

Last day of school

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## Lake Braddock PTSA Executive Board Proposed Slate of Officers, 2007-2008

### **President-Elect: John Long**

John, his wife and three children live in Fairfax Station, where he currently serves as the president of an active neighborhood association, a term that expires in May 2007. John is an attorney and partner in the Springfield law firm of Fiedler & Long, PLC, where he currently serves as the managing partner. He is also a director and co-owner of Meridian Title Services, LLC, a real estate settlement company located in Springfield. John participated in many different volunteer groups and small governing boards during his college and law school years and has continued to do so throughout his professional career. John has rising 8th and 9th graders at Lake Braddock, as well as a rising 5th grader at Sangster Elementary school, and looks forward to being a part of Lake Braddock for many years to come. He looks forward to being a part of the PTSA and having the opportunity to serve the Lake Braddock community.

### **1st Vice President: Nancy Clements**

This will be Nancy's second year serving as 1st Vice President for the PTSA. Her older daughter Kirsten spent six years at Lake Braddock and is now a freshman at Ebon University. Her son Daniel is a sophomore at Lake Braddock. Nancy is also completing her fourth year as co-chair of the PTSA Education Committee and has thoroughly enjoyed her work with the PTSA mini-grant program. Previously she also served as 2nd Vice President for Lake Braddock. Nancy has been PTA President, 1st Vice President, and Hospitality Chair at Sangster Elementary School. Nancy graduated from the College of William & Mary with degrees in history and government. She worked in banking for 13 years before "retiring" to stay home with her children. Currently she works part-time in the middle school guidance department at Lake Braddock. In her free time, Nancy enjoys reading, playing tennis and walking her dog.

### **2nd Vice President (Middle School): Patricia Facer**

Pat is a native Northern Virginian with two children: her daughter graduated from LBSS last year and is now at Virginia Tech. Her son is in 7th grade. Pat is currently the 2nd Vice President for the Lake Braddock PTSA, focusing on issues related to the middle school as well as maintaining the PTSA website. Other PTA service includes two years as 1st Vice President (high school), chairing the LBSS PTSA Community Relations Committee, which networks with the feeder elementary schools in the Lake Braddock Pyramid, and working on the National School of Excellence Committee. Pat also served three years producing the newsletter for the White Oaks Elementary School PTA, receiving the FCP Volunteer Service Award. She has also served as a reading mentor and room parent at Sangster Elementary School. Pat works as the Administrative Assistant for her neighborhood homeowner's association; her husband Bill works for the Administrative Office of the U.S. Courts. Previously, Pat was office manager for the National Fisheries Institute, a trade association for the U.S. fish and seafood industry. Prior to that, she worked for the U.S. Department of Commerce National Oceanic and Atmospheric Administration's National Marine Fisheries Service, first in the Regulations, Permits and Fees Division and then the Office of Policy and Planning. A local girl, Pat attended Hayfield Secondary School and George Washington University.

### **3rd Vice-President: Judy Dioquino**

Judy has two children attending Lake Braddock next year, a rising senior and a 7th grader. She has a degree in Finance from the University of North Florida. She left her job in retail management with Saks Fifth Avenue to raise her children. Her husband Tim works for Microsoft. They have lived in the Burke area for the past 23 years. During this time, she has served as chair of her church's preschool committee and in various positions on Cherry Run's PTA Board, including terms as 1st Vice President and Treasurer, where she received a Fairfax County Volunteer Service Award. Judy has also served as a service unit manager for Girl Scouts, managing the program for over 400 girls, and was awarded the GSCNC Outstanding Volunteer Award of 2000. During her tenure in PTA and Girl Scouts, she has directed a wide range of programs promoting youth protection and family values.

Judy presently serves as Treasurer of Lake Braddock's Academic Booster's Club (2 years), Burke United Methodist Special Activities Director (10 years), Treasurer of Boy Scout Troop 1344, Girl Scout leader for Troop 118 (12 years) and Social Chair for Old Keene Mill Swimming Pool.

### **Treasurer: Cynthia Calvert Dupuy**

Cynthia graduated from the University of Buenos Aires-Argentina in 1987 with a degree in accounting. She was recruited by Deloitte & Touche-Argentina and came to the U.S. in 1991 as part of the Deloitte & Touche Strategic Career Development Program, working in San Francisco and Washington, DC. She is a certified public accountant

licensed in California, Virginia, Maryland, and Washington, DC, as well as in Buenos Aires. She has also worked in both Uruguay and Argentina. She served as a senior manager on international engagements for Deloitte, specializing in financial institutions.

Cynthia's client service experience includes leading significant areas of World Bank Group financial statements and internal controls audits, where she gained extensive involvement with foreign exchange issues, equity investments, and issues surrounding the use of derivatives and financial instruments. She has had a substantial international client roster, including service to Ruesch International, Banque Nationale de Paris–San Francisco, the Royal Bank of Canada–Argentina, Banco Itau do Brazil, and Bank of New York–Argentina and has helped coordinate work with other Deloitte offices and clients, such as the World Bank, International Finance Corporation and the Multilateral Investment Guarantee Agency.

Cynthia has also worked extensively with not-for-profit entities and led the financial statement audits of the Howard Hughes Medical Institute (HHMI), the Tides Foundation, and the San Francisco AIDS Foundation, among others. Cynthia is a member in good standing of the American Institute of Certified Public Accountants (AICPA) and the Virginia Society of CPAs.

Last year, Cynthia decided to take a break from public accounting to stay home with her children. She is now enjoying spending time with the children, reading, traveling and catching up on old movies. Cynthia and her husband John have two daughters. Their older daughter will be a 7th grader in the fall at Lake Braddock, and her younger is a student at Ravensworth Elementary school.

#### **Secretary: Anne Norton**

A native of South Georgia, Anne lives in Burke with her husband and son. Anne graduated from George Washington University with a degree in accounting and has worked for various companies in the Northern Virginia area, including USA Today and Inova Health System. She currently operates her own consulting firm. Anne has one son, a rising senior at Lake Braddock. She presently serves as the LBSS PTSA Treasurer. Anne is also treasurer for Boy Scout Troop 991 of Springfield and serves as a board member and volunteer coordinator for Eddie's Club and Springfield Challenger Baseball, recreational programs for kids and teens with special needs.

### **Senior Class Sponsors Book and Media Fair**

The senior class is sponsoring a Book and Media Fair at Barnes and Noble in Springfield on Wednesday, May 30 from 5 p.m. –10 p.m. Upon presentation of a voucher, Barnes and Noble will donate a percentage of each sale to the Class of '07. This discount applies to books, CDs and DVDs. The chorus will be performing throughout the store from 5 p.m.-7 p./m. Everyone is welcome to come out and support the seniors at this event.

### **LBSS ANGP Wins Award**

Named for the first time to the Virginia Honor Roll of Schools for best practices, initiatives, and ideas, Lake Braddock Secondary's All-Night Grad Celebration, sponsored by the school's PTSA, is awarded \$500 toward the class of 2007's party. Lake Braddock Secondary School will be recognized by the Virginia Police in a ceremony on May 7 in Roanoke celebrating the school's sponsorship and work for safe drug-free promotions for young people. Twenty Virginia schools were given this statewide award this year. Contact principal Linda Burke at 703/426-1000 or [linda.burke@fcps.edu](mailto:linda.burke@fcps.edu) or event liaison Trenda Jacocks at [PTATRENDA@aol.com](mailto:PTATRENDA@aol.com) for more information.

*Excellent!*

### **All Night Grad Party - "007...License to Thrill"**

Seniors! Do you want to have the memory of a lifetime filled with fun, food, games and prizes with your fellow LBSS graduating seniors? Then the 2007 All Night Grad Party is for you! It's an alcohol and drug-free celebration held the night of graduation at Wakefield Recreation Center from 11p.m. to 5 a.m. The cost of a reservation is \$60, and along with it comes an awesome "007...License to Thrill" T-shirt and DVD of all the special memories from your senior year. We'll have activities like bungee run, go racers, jousting, card games and swimming, great food all night long, the chocolate fountain, omelets, sub sandwiches, pizza. You might win a prize, like an I Pod, computer, portable DVD player, and more. With your funny money, you can shop in the store to buy things for your dorm room or great things for summer. It's all included with the cost of your reservation. Go to [www.lbssptsa.org/ANGP\\_Reservation\\_FormWaiver\\_2007.pdf](http://www.lbssptsa.org/ANGP_Reservation_FormWaiver_2007.pdf) to download the form. If you have any questions, contact Leslie Wallace at [2007angp@cox.net](mailto:2007angp@cox.net) or Patti Rothwell at [rothwellb@cox.net](mailto:rothwellb@cox.net).



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It's not too late to join the Lake Braddock PTSA!  
Support our students and our school! Go online to  
[www.lbssptsa.com](http://www.lbssptsa.com) for a membership form.

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## Baccalaureate



Baccalaureate is a traditional, non-denominational ceremony dating back to the twelfth century that celebrates graduation. Lake Braddock Senior Class and families assemble for an evening of student-led inspirational performances. All of the performers are members of the senior class. This year's ceremony will take place on Sunday, June 10, at 7:30 p.m. at Holy Spirit Catholic Church.

**Three things are needed to make this a memorable event:**

- **Senior Participation:** This is an event for seniors, planned by seniors, performed by seniors. Seniors, please get involved. Share your gifts and talents with your friends and relatives to make it a memorable evening. The program committee will be there to support you, but the show cannot go on without YOU!
- **Parent involvement:** Parent committees work behind the scenes. We design and order the invitations, print the programs, arrange for the chosen speakers, order the flowers and decorations, assist with auditions, coordinate the performance pieces, etc. Parents, friends and relatives are welcome and encouraged to attend the ceremony. Our committee meetings have already begun, but it is not too late to join in.
- **Funding:** Baccalaureate is not a school-sponsored event; it is funded solely by donations from the senior parents and community. Parents, please show your support for this important tradition by making a contribution to help cover the expenses. Donations are tax-deductible.

## Bacco-WHAT?!

Baccalaureate is a multi-faith ceremony that celebrates the completion of your high school education. It's different from graduation in that it is a spiritual observance...a time to give thanks and honor all that we've shared together as a community of education. The Baccalaureate service includes inspirational messages, readings, and artistic expressions such as music, dance, drama, photography and art. The service is created by students, for students.



Holy Spirit Catholic Church  
Sunday, June 10, 2007 7:30 pm



Visit the Facebook Event online and check out the Senior bulletin board to find out more info about LBSS Baccalaureate!

Baccalaureate is a PTSA sponsored event. It is not affiliated with FCPS.

## ANGP Mulch Sale

Thank you to our LBSS community for the wonderful support in purchasing mulch and volunteering to work at our mulch sale! A ton of thanks to our 96 parent and 121 student volunteers! 9,680 bags of mulch were sold to fund the 2007 All- Night Grad Party, an alcohol and drug free celebration for the seniors on the night of graduation. A huge "thank you" goes to Nextcar, United Rental, Norfleet (mulch), Glory Days, Kings Park Dominos, Rolling Valley Subway, Patty Stratton, Deb Bush and Jake and Trenda Jacocks for their donations of food and discounts. Thank you to Judy Dioquino for heading up the Mulch Café and Donna Brodner for keeping up with the budget. Way to go Agents Mulch 007 and 008 (a.k.a. Brent Crabtree and Ed Hartman) for a job well-done!

## PTSA General Membership Meeting

Tuesday, May 15, 7 p.m.

LBSS Lecture Hall

**Join us for an informative evening and learn how to protect your teen driver!**

Topic: Parent Management Practices That Protect Novice Teen Drivers

Guest Speaker: Bruce Simons-Morton, Ed.D., M.P.H.

Mr. Simons-Morton, a senior investigator, joined the Prevention Research Branch of the National Institute of Child Health and Human Development, NIH, part of the U.S. Department of Health and Human Development, in 1992 and was appointed chief of the branch in 1997. His primary research interests are early adolescent problem behavior prevention and the prevention of motor vehicle crashes among novice young drivers. His research focuses on both risk assessment and the development and evaluation of effective interventions.

**Short PTSA business meeting; Election of '07-'08 Officers**

Refreshments ~ Door Prizes ~ Baked Goods

Coffee donated by Huntsman Square Starbucks!!