Welcome back to the Virginia Scene! This is your state reporter, Ashley Sooklal. In the last edition, we brought to you the many moments of our Leadership Academy in November. This Scene, however, will showcase even more:

- New Years Resolutions from the officers
- Funny quotes from our February Council Meeting
- Valentines To & From's from the officers
- Technosphere 2020 Theme Reminder
- Interested in being in the Membership Promotion Video?
- Running for Office featuring Oklahoma TSA President, Sean Kuehn
Hey Virginia TSA! As we move into the potentially more hectic second semester, with all manner of exams, group projects, presentations, internship and summer program applications, jobs, volunteering shifts, tournaments - and not to mention the TSA Regional Fairs and Technosphere - I think I can speak for us all when I say that it can be quite stressful. I got you. I’ve been there. For those of you who can energetically power through, I salute you and your perseverance! For those of you who sometimes feel a bit heavier some-days, or a bit pessimistic about a difficult event, or just really don’t want to deal with something - that’s what I’ve tried to work on with my New Year’s Resolution.

If anyone has ever seen the YouTube channel of CGPGrey (if not, then as your President, I ask that you remedy that at once!), there is one video in which he proposes a thematic Resolution as opposed to a fixed goal with a fixed bar for success. A “Year of ____” in which the “____” can be anything. I’m currently working on my “Year of Optimism”, which really boils down to trying to see the bright side of things more often. Even if it’s raining, even if you’re groggy and fatigued and have a long day ahead of yourself, there will be something going correctly. Maybe there’s a half-rainbow outside. Maybe the zipper on your bag worked without snagging. Maybe you’ve been able to arrange dinner with your friends later. I’ve been tracking my happiness levels since I’ve adopted my resolution, and it’s been working! There’s something truly wonderful about knowing when you’ve had good days in the past that helps you have a better day today, and hopefully better days in the future. So, Virginia TSA, in an optimistic manner, I wish you a good day.

Respectfully Submitted,

Alice Xu
Virginia TSA President
Since New Years, a lot of events have happened with my school, personal, and social life. I’ve accomplished a lot of my goals before the turn of the decade, such as completing my duties as a senior and aspiring college student with my college applications and FAFSA, but now I have more things to look forward to this year. I am still completing my duties as Vice President of Virginia TSA, but I aspire to be more productive, attentive, and responsible of my work as both an officer and a student.

Before 2020, I managed to accomplish my all-time bucket list goal of becoming an officer for the very association where I’ve practiced, created, and competed with my most passionate subjects in STEM. I’ve also undergone my senior year and I’m still trying to survive (as any senior) while trying to ward off the tricky senioritis.

Now that we have entered the turn of the decade, I’ve decided to make my New Year resolutions a little more do-able than my previous ones; I want to finish my senior year, I want to become more self-aware of my actions and try to change for the better, and finally — I want to be a better person than I was the year before. Meaning that I want to be more social with my friends, be more attentive with my work, and be more balanced between my work and personal life.

I hope everyone is doing well since the last article and I hope everybody is taking care of their well-being!

Respectfully Submitted,

Tori Torres

Virginia TSA Vice President
This year my news year’s resolution was to make sure that above all else I kept my friends and myself happy. While that might sound like a general statement, it meant a lot to me. In high school, we often get so caught up in making sure we have good grades, are doing as many extra-curricular activities as possible, and planning for our futures that we forget to live in the moment. My goal this year is to take a step back from it all and make sure that what I do makes me and the people I care about content. If we don’t enjoy the time we have with our friends and our lives now, once we are in the future that we so meticulously planned out, the past will seem wasted. I want to leave all of you with the idea of just taking time to relax and give yourself a day to rest and enjoy the present, because it’s a gift ;) Happy new year Virginia TSA!

Respectfully Submitted,
Lexi Vencill
Virginia TSA Secretary
Hello Virginia TSA,

It is once again that time of year where we as humans habitually attempt to make new year's resolutions. While it is February, I am still continuing to create my resolutions because I don’t believe that they can ever be set in stone. We have to roll with the punches and adapt to our ever evolving situations. So if you have a resolution that you find yourself falling short on, don’t feel disappointed. Just modify it to something a little bit more attainable because you got this. wow. who knew I was a cheesy Hallmark Card? :)

I’m planning to make this my best Technosphere yet! And I don’t mean by winning 72 1st places. As a council, we are always trying to improve our events by your feedback, your thoughts, and more. For Techosphere 2020, we have a whole slew of new ideas in planning and, as a Chair of the Technosphere Recommendations Committee, I am committed to put those ideas into action, as is the rest of the council and our determined delegation committee members. To attain this goal, we have to maintain a strict diet of time management and delegation. For a project as large as Technosphere, in which we thank State Advisor Mr. Scott for all that he does, everyone has to do their part.

Another goal I hold is to finish my last year of high school strong. As a senior, I see a lot of people around me suffering burnout and becoming unmotivated. It is so important to stay motivated because you limit yourself if you don’t. Who knows the amazing things you might come up with? That is not to say don’t take any breaks or just veg out for a little bit, because my weekly entertainment stats would come for me if I said I didn’t do that every once in a while. :) To stay motivated you just have to visualize the end result, whether it be winning that Nationals trophy; getting an A on a super hard test; or literally anything else your heart desires, and focus on it.

I can’t wait to see how you guys like Technosphere! Keep working on those amazing competitions!

Respectfully Submitted,

Sierra Funk

Virginia TSA Treasurer
Hi Virginia TSA! I hope everyone is well. I’m not going to lie; I’m typing this at 12:57 AM. That’s not because I’m cramming to get this Scene done. This is simply because I’m not feeling tired, so I might as well. That brings up my first resolution for this year—sleep. I’ve noticed too many times on days I barely had any sleep, I could feel it. It was not a great feeling either. I would like to be able to hear my alarm and want to leave my bed to start the day.

My next resolution is to be more optimistic. As some of the other officers have said, there are many, many ways to do so. Being optimistic can’t hurt anyone! My third resolution is to find more music. I love music more than anything. It has helped me through my darkest times and let me shine during my brightest moments. I must have at least 1,500 songs on my playlist.

My goals aren’t too plentiful, but I believe they’ll help me grow as a person. Last year was fun; this year, however, is going to be a workload, since I’ll be starting my junior year. As all things go, I can get through it. I’ll just have to go bit by bit. If maybe you’re having a rough time, you should too!

The time is now a little past one in the morning and I’m starting to feel tired. So I’ll see you soon Virginia TSA!

Respectfully Submitted,

Ashley Sooklal

Virginia TSA Reporter
This year I really only had one New Year's Resolution, and it might seem basic, but my resolution this year was to be healthier. Since the beginning of the year, I have mostly focused on my diet. I started meal prepping a couple weeks ago and it was amazing. I cooked my lunch for the rest of the week, and then found out a day later that we were going to have snow days for the rest of the week. If you are trying to take small steps to become healthier too this year, then I recommend meal prepping. It only takes 30 minutes to 1 hour a day and you can make lunch for the next 3 to 4 days.

Respectfully Submitted,

Victoria Compton
Virginia TSA Parliamentarian
Hello Virginia TSA,

I hope everyone’s year is off to a great start. 2020 is going to be an exciting and eventful year for me, personally, but it is also going to be a sad one. As a senior, I graduate this year, which means that this will be my final year, as a member, in TSA and a student at my school.

Nevertheless,

I have made a few New Year’s resolutions to make the most out of my final year in TSA and high school. My first resolution is to relax more often. I constantly find myself buried in work from both school and company and I think that taking a break just to relax can help me focus and reduce some stress. My second resolution is to socialize and meet new people. I think this is extremely important, especially because I will be faced with a different environment in college and getting to know more people is a key ingredient to success. My last resolution is simple; complete a few of my goals by the end of high school. I hope that your challenges are going well, and I will see you all at Technosphere!

Respectfully Submitted

Vijay Vadi

Virginia TSA Sergeant-At-Arms
For TSA, my resolution this year is to try to improve intra-regional communication and camaraderie throughout the Northern Region.

This year, the Northern regional executive team planned Fall Rally as a way for younger members to become informed about their opportunities within TSA, as well as for experienced members to share their experiences and offer advice. In addition to different information sessions, we had fun team-building activities. We even planned a science fair like exhibition where successful teams could present their projects for a specific event, whether it be computer integrated manufacturing or architectural design. Although we did not get as large of a turnout as we would have liked, next year, I hope to hear about a lot more members from across the region convening to discuss their favorite events, the way TSA is run in their middle or high school, and have an overall discussion about everyone’s experiences in TSA.

The way I plan to accomplish this is 1) This year in our regional competition, March 14\textsuperscript{th}, at Mount Vernon High School, I will be holding a session with all the chapter presidents (any other TSA member is welcome!) to discuss ways of improving outreach, our social media presence, and overall communication as a community in Northern Virginia! I hope to hear constructive feedback for how we can better engage with younger middle school students in their beginning years in TSA and inform new chapters of essential processes/events like TSA registration, event coordination, and Fall Rally.

Another thing that I want to do is increase awareness about the scholarship opportunities available for TSA members, especially for those interested in a tech-ed or teaching career after high school. Furthermore, I want to give members insight into the opportunity to run for office at the chapter level, regional level, and state level. These sessions will also be held during regionals so please join me!

At a state level, I hope to work more with the executive council to organize TSA. Stay tuned for a really informative and exciting college fair where high school students (especially juniors and seniors) can consult with college representatives!

\textit{Respectfully Submitted,}

\textit{Sheila Iyer}

\textit{Northern Region President}
Happy New Year!! Even though years are pretty much just arbitrary titles to measure revolutions around the sun, heading into the new year always has me thinking about what changes I can make to improve my life! Along with being my graduation year, 2020 brings new opportunities and the start of a new decade. After starting out the year with a health scare, I decided that I wanted my New Year’s goal to focus on me and my health. In order to achieve this, I want to work out more, drink more water, eat healthier, and start meditating.

It’s also so easy for me to get caught up and stressed out by school, homework, and college applications, so I want to set aside more time for having fun and loving life! I plan to accomplish all these big goals by making changes little by little. I find it’s easiest to make small changes, so it doesn’t feel so overwhelming.

For now, I’ve started by making a schedule that accommodates everything I want to do and keeping track of how much water I drink to make sure I’m getting enough. It’s going well so far!

Respectfully Submitted,

Naomi Nichols

South Central Region President
My New Year’s resolution for 2020, and the decade as a whole, is to create and play more music. Music has always been a major part of my personality since birth. I’ve heard many music stories about my days as a toddler, being pushed through a store in my stroller, singing whatever I knew how to sing to the best of my ability. I still love singing to this day, and I am strengthening my skill with my involvement in my school’s musical.

However, it wasn’t until middle school I found my true love for instrumental music through percussion. I was selected to be a percussionist in sixth grade in my middle school band, and I have loved it ever since. Although I did dabble in instrumental music by taking guitar and piano lessons in elementary school, I didn’t appreciate the true beauty of it until I became a percussionist.

So in this upcoming year, and hopefully this upcoming decade, I hope to strengthen my talents and abilities as both an instrumental musician and a vocalist.

Respectfully Submitted,
Ryan Stinson
Southwestern Region President
Hello Virginia TSA! Have you actively pursued your New Year’s resolutions?

Honestly, I used to disapprove of New Year’s resolutions because practically no one follows through with their commitments. I believed that New Year’s resolutions focused on sporadic change that seemed impossible to integrate into a lifestyle. Who has the time and self-motivation to exercise or improve their time management? However, New Year’s resolutions can be valuable and achievable if you create milestones in order to pace yourself accordingly to reach your goals.

As the New Year approached, I created aspirations for myself. My first goal was to integrate relaxation time into my hectic schedule. Juggling band, college applications, scholarships, and TSA proved to be a challenge so I arranged “me time.” Even squeezing five minutes into your agenda makes a difference. I think it is marginally important to keep yourself balanced when entertaining a busy schedule. Keep adding those competitions as long as you put aside time for yourself!

My second New Year’s resolution was to find a hobby. As a student wanting to pursue music as a career, I knew it was integral to find an activity that would be engaging and beneficial. I rekindled my desire to crochet and used my scheduled relaxation time to my advantage. Currently, I am still terrible at the craft, but it serves its purpose and I have 100 potholders now. If you need a potholder stop me at Technosphere...please, I have too many.

Another resolution was to minimize the amount of time I waste on my phone. As someone who loves technology, this one was a bit tough to admit. Technology is truly amazing but it can also prohibit you and become a distraction. So, now I monitor my screen usage and enjoy my extra time in other areas.

Respectfully Submitted,
Sydney Funk
Tidewater Region President
Every year, I start off in January making the same promises to myself time after time. Sleeping more and reading more are the ones that I usually try to follow and I’ve committed myself to them again this year. However, this year, I tackled both of them with a plan and have been following both of them well so far!

More specifically, my goals for 2020 are to read 52 books and to be in bed before 11 on school nights. I found that setting these concrete goals have helped me with following through on them. Originally, I wanted to read a book a week to stay on track, but school has put me a bit behind. You’ll catch me binge reading over spring break and long weekends instead.

My favorite read so far has been Hiroshima by John Hersey, which my English teacher recommended to me back in January. Currently, I just started on A Tree Grows in Brooklyn by Betty Smith. I’m also a fan of poetry books, so that was one of the items I requested when the officer team did a Secret Santa exchange. Shoutout to Vijay, our state Sergeant-at-Arms, for getting me an incredibly cool new read as my Secret Santa: Honeybee by Trista Mateer. It’s a sweet and simple poetry book with an absolutely gorgeous cover. I haven’t started reading it entirely yet, but from the pages I’ve skimmed through so far, I know I’ll fall in love when I do.

In order to actually be on time with going to bed, I made a bet with two friends back in January. For every night one of us isn’t in bed by 11, we have to do 5 pushups at the end of the week. It started mostly as a joke, but actually ended up being a good incentive to sleep earlier. So far, I’m proud of how I’ve been doing with my New Year’s Resolutions. We’ll have to see how I do with the sleeping one as we head into TSA competition season!

Respectfully Submitted,

Defne Olgun

Blue Ridge Region President
This year, my resolution is to spend more time with my friends and family. 2019 brought many changes to my life, leading me to focus on insignificant things. My goal for this new year is to bring back the relationships I came so close to losing last year and renew my connections with those I’ve lost touch with. I really hope to make new friendships this year as well; I’ve already begun making more friends with my classmates, coworkers, and even strangers. I plan on finding new friends at TSA events as well, including the Valley Spring Fair and Technosphere. I’ve also found new connections in another club I participate in; SkillsUSA. Just this past week I found myself competing against other students throughout the Valley in a commercial baking competition. I made new connections with my competitors as well as their advising Chef.

That competition fulfilled another one of my resolutions, to get out of my comfort zone. Preparation for the comp as well as actually performing were definitely stressful times, but they pushed me to grow into something greater than I was. I hope to grow my skill set through competition not only in SkillsUSA, but also in TSA. I plan on competing in Digital Video Production and Fashion Design and Technology this year to develop my skills in video creation and fashion design.

I hope to build my resume and my skills in the upcoming months and ultimately better myself as a person and as a professional. I plan on getting a job in a kitchen and gaining experience in the culinary world as well. By the end of this year, I aim to have gained knowledge and wisdom from my successes and my mistakes. I expect to build strong relationships with new friends and rekindle old ones. The only thing I aspire to be at the end of this year is better than I was when it started.

Respectfully Submitted,

Madelynne Ritchie

Valley Region President
“I’ll have my funeral at Technosphere if I have to, but I’ll be there.” - Victoria Compton

“Enterprising has attempted to count inventory numerous times since the last executive council meeting.” - Ashley Sooklal

“We need to talk about pizza flavors for lunch today.”
- Mr. Scott

“There’s a conference for chicken?” - Defne Olgun talking about our State Officer Coordinator, Blake, at a Chick-Fil-A conference

*Mr. Scott walking away with his hands up*

Our council meetings aren’t always serious business. We have fun while we’re at it!
From: Ryan
To: Defne
Your passion for TSA is insurmountable! I’ve been honored to work with you thus far! 😊

From: Tori
To: Alice
Roses are red, Violets are Blue
You’re an amazing officer
And no one can beat someone as intelligent as you
You’re as independent as you are kind
And you’re leadership skills are sublime
I hope you like this terrible rhyme
Because you are absolutely one-of-a kind!
<3

To: Sierra  From: Ashley
Your puns can’t be beat
You are one to compete
Not to mention, very sweet <3

From: Sheila
To: Vijay
You’re a really valuable member of our team and a great Sergeant-At-Arms!
From: Defne
To: Sydney
You have me competing for first place in your heart. I think you and I would make a pretty good team. Will you be my TSbAe this competition season?

From: Madelynne
To: Victoria C.
I admire your dedication to your position and the work you put in to improve our organization as a whole, thank you for remaining an inspiration to us all throughout your term.

Ryan Facts
Keep Calm and Drum On
Amount per serving

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<thead>
<tr>
<th>Cool Points 450</th>
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<tbody>
<tr>
<td>Southwestern President 100%</td>
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<tr>
<td>One Tall Boi 50%</td>
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<td>Rata tat tat 75%</td>
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<td>Off Key 0%</td>
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<tr>
<td>A Cool Bean 100%</td>
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<td>Pocket Watch 25%</td>
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<td>Don’t Change :) 100%</td>
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Ryan, I don’t know if you ever needed a percentage fact sheet modeled after a cereal box, but now ya have one! Stay Snazzy, your friend, Sierra.

To: Tori
From Naomi
Oh Tori, I only have fries for you. You’re simply my jam. I-I think you’re grate. I love you s’more and s’more. Say, I love you a waffle lot. You are one in a melon, will you peas be mine?
From: Alice                                      To: Sheila
Dear Sheila,
As long as the waves lap on the shore
Your persistence continues to inspire
As far as the eyes wish to see more
I hope you reach what you desire
And if my note seems a bit Romantic
I really do apologize
Just know that any change to these semantics
Your excellence, they still would not summarize.

From: Vijay To: Lexi
True friends are like diamonds. Bright, beautiful, valuable, and always in style.
Just like you.

From: Victoria
To: Naomi
Girl, I could read your reports all night long!

From: Lexi To: Ashley
While flowers, fruits, and other plants may catch people’s eyes, I’ve always loved to admire the FERNS. Happy Valentine’s Day Fern Girl, A.K.A. your very own State Reporter, Ashley Sooklal. Keep doing what you’re doing and I know you’ll go far, if you can stick with me through thick and thin, then you can do anything the world throws at you. Love you gal <3
Hey Virginia TSA,

It’s me again, Sierra! I am here to give some more reminders and updates about Technosphere 2020!! You know I have written Technosphere so much, that after years my computer is finally accepting it as a word.

This year's theme is the Roaring 20s. We are playing into the 20s sense of glitz, glam, and technological revolution. While the 1920s is one of our main focuses, we are also looking towards the future to the 2020s.

This year’s mixer is going to be a Great Gatsby Party set in a 1920s lounge, so bring your best 1920s outfit! At the mixer we will be featuring a dance contest, a costume contest and mini-games! There will be photo booth opportunities and other charades. Be sure to attend to win amazing prizes, travel back in time, and raise money for our favorite organization, the American Cancer Society. Tickets for the mixer will be sold at a booth in the Enterprising Section. Remember to keep in mind that this year the mixer will be held in a different location. Instead of the unending exhibition hall, we will be in an Embassy Suites conference room!

Outside of the mixer, there will be a few downtime activities. Those will include a 1920s dance session and possibly an escape room.

Keep your eyes peeled because this year’s Technosphere is going to take us on a ride, and it's going to be wild from start to finish! As always if you have any suggestions please email me at treasurer.virginiatsa@gmail.com

Respectfully Submitted,

Sierra Funk

Technosphere Recommendations Committee Chair
Want to be featured on the Virginia TSA website? Virginia TSA is creating a new membership promotion video for the Virginia TSA website, and we want to hear from YOU! Send in a video clip of you answering one or more of these questions:

1. Why did you choose TSA?
2. What has been the best part of your TSA experience?
3. Why should others join TSA?

Please email all video clips to southwestern.virginiatsa@gmail.com by April 1st, 2020! Any clips submitted after the deadline and/or any profane otherwise inappropriate video clips will not be used.

Respectfully Submitted,
Ryan Stinson
Membership Promotion Committee Chair
Greetings Virginia TSA!

With just a few months remaining until State Conference, now is the time to finish (or start) your projects, prep those LEAP components, gather up your official dress, and start to think about next year’s Virginia TSA State Officer Team. You might think that the last one doesn’t quite fit with the others, but even with a month remaining you will soon have a new state officer team. Your current team has been great to work with and will leave big shoes to fill. As we begin the process of selecting new officer teams this month, I would like to offer a few words of encouragement to those considering running and share a little bit of my experience as a two-term officer for Oklahoma TSA.

My biggest piece of advice and the most important element of any campaign will be identifying your “Why”. This is what will define your candidacy. Whether you’re a strong leader at the chapter or regional level and aren’t sure about running for a State position, or are looking to run in a chapter election for the first time, your “Why” will be what sets you apart from the other candidates and will motivate you throughout your term. Your “Why” is your TSA journey up to this point and why you think you could serve as a strong officer. My why? I began running for office because I come from a smaller chapter and I believed that we could be doing more to increase the availability of resources to chapters in similar situations. Running for office, at any level, is an awesome way to get involved, learn more about TSA, and grow your leadership skills.

Candidate applications are now available to serve on the 2020-2021 Virginia TSA State Officer Team and I would encourage anyone who is a strong leader in their chapter/region or has big ideas for the future of TSA to apply.

If you have any questions about what it’s like to be an officer, how to find your why, or what Oklahoma TSA is up to this year, feel free to contact me!

Sean Kuehn
Oklahoma TSA President 2019-2020

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