

NASHOBA Pride

The Nashoba Regional High School community works together to achieve high intellectual and ethical standards while discovering and developing the gifts and talents of all. Each member of our school community recognizes his or her role and responsibility in creating a learning environment based upon respect, trust, teamwork and enthusiasm.

Jeremy Roche, Principal
Tracey Calo, Assistant Principal
Brian Cote, Assistant Principal
Tom O'Brien, Athletic Director

High School Office (978)779-2257

<http://nrhs.nrsd.net>

Guidance Office (978)779-0122

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FROM THE PRINCIPAL'S DESK



MCAS Results:

I am pleased to announce that NRHS students again have performed extremely well on the MCAS. Overall, our students were highly successful in the areas of science, mathematics, and English. Students in the Commonwealth of Massachusetts are required to achieve Proficient or better on the English and mathematics MCAS tests. They are also required to pass with a Needs Improvement or better one of four possible science MCAS exams.

In large part due to the efforts of our student and teachers, the results were excellent. 92 percent of the current juniors received either Advanced or Proficient on the English Language Arts and Science tests while 90 percent achieved either Advanced or Proficient on the Mathematics test. We are certainly happy with the results; however, we recognize there is much work to be done.

Our teachers are currently devising MCAS action plans to address the curriculum or instructional areas where we can make improvement. Each test is analyzed inside and out in an effort to identify trends that will help us guide our improvement efforts. In addition, we are working diligently to identify students who performed at the Needs Improvement or Warning on the 8th grade MCAS to ensure that we have plans of success in place. Education Proficiency Plans (see October newsletter for details) for those students who need them have been mailed and the plans have been initially implemented.

Clearly, MCAS is just one of the many factors that assist schools to determine a student's understanding of key concepts and ideas; nevertheless, it is a testament to our students and teachers and the support that they receive at home that our school demonstrates high levels of success on this state benchmark.

Boston.com link:

<http://www.boston.com/news/special/education/mcas/scores09/results/nashoba.htm>

National Merit Scholarship Commended Students:

Eleven students from our senior class have achieved Commended Students status in the National Merit Program. The National Merit Scholarship Program evaluates all of the PSAT scores from this graduating class's national cohort. Commended students are in the top 50,000 performers in the nation. When one considers that over 1.5 million students from the class of 2011 took the PSAT, that highlights the magnitude of this achievement. Additionally, our students compete with their peers from Massachusetts, which ranks in the top of the nation for PSAT results.

The commended students are as follows: Elizabeth Cross, Julie Anne Entwistle, Cole Gibson, Peter Gjeltema, Thompson Hangen, Robert Howe, Michaela Jacobs, Kelleigh Maroney, Andrew McGarry, Lauren Steigerwalt, and Alana Toabe.



We congratulate the students, the teachers they have had along the way, and the overall community that has supported their endeavors.

To understand the National Merit Scholarship Program more fully, please review the attached link: <http://www.nationalmerit.org/nmsp.php>.

Child Find and Section 504:

Nashoba Regional School District is required under Section 504 of the Rehabilitation Act to conduct a child find of students who have a qualifying disability or who are suspected of having a qualifying disability that would make them eligible for accommodations and/or services as prescribed by Section 504 and determined appropriate by a "504" team at your child's school. Additionally, please note that 504 plans should only run for the school year and any plans that were written in June will be reviewed annually, with the student's current set of teachers. That plan will end in June. The 504 plan should include what the accommodations are, who is responsible for implementing them, and what indicators of success would suggest revising the accom-

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modations over time. Please contact Jeremy Roche, the Section 504 coordinator for NRHS, or your child's guidance counselor for more information.

Free and Reduced Lunch (http://www.nrsd.net/documents/reduced_lunch_07.pdf):

The federally funded Free and Reduced (F/R) Lunch program helps students that qualify receive a nutritious meal for free or at a reduced price. In addition, there are other potential areas to consider that make this a positive outcome for our students.

First, F/R lunch is anonymous. With the advent of PowerSchool's PowerLunch program, there is absolutely no stigma attached to F/R lunch as every student purchases lunch via their identification card and/or lunch identification number. We do not exchange money anymore, thus each student approaches the lunch line in the same manner. Second, there are numerous scholarships that are available to seniors who have a financial need. Students who receive F/R lunch are automatically eligible to apply. Finally, students are eligible to qualify for a reduction and/or waiver for athletic user fees and class dues.

Students who have a high amount of stress about finances or who are hungry have difficulty meeting NRHS's mission of achieving "high intellectual and ethical standards." We do not want any student to have an impediment for which we can easily resolve. Please feel free to call or email Jeremy Roche with any questions; or, simply download the form from the following web site: http://www.nrsd.net/documents/reduced_lunch_07.pdf and return it to the Director of Food Services, NRSD District Offices, 50 Mechanic Street, Bolton, MA 01740.

Girls ACT

The Girls ACT is a club designed to provide a safe place for girls to explore and discuss the difficult issues they face. Our mission is to create a connected community of girls who through collaboration, cooperation, constructive problem-solving, and community service become more responsible, respectful, confident, courageous, and empathetic.

To accomplish our mission, girls will be involved in lessons, discussions, and activities on relational aggression, healthy relationships, safety, identity, and self-esteem. Select members of the group will "lead by example" and mentor underclassmen to model appropriate behaviors, share their wisdom, and ultimately, increase the sense of belonging and acceptance among all girls in the high school. Overall, our goal is for all girls to **Always Consider Tomorrow** in their thoughts, words, actions and motivations.

NRHS STUDENTS AND TEACHERS DEVELOP A "NERVOUS BREAKDOWN" WHILE PROVING THAT LEARNING CAN BE FUN

A student/teacher team from Nashoba Regional High School spent a week this summer developing a game called "Nervous Breakdown". In the game, two cyber-characters are competing for control of your brain. The hero, "Neuro", is trying to repair damage to a network of nerve cells in the form of blockages placed by his arch-enemy, "Dopameanie". "Nervous Breakdown is fun and challenging to play, while at the same time promoting an understanding of the function and malfunction of the nervous system.

The Nashoba team, consisting of three students, Jennifer Cuddy, Devin Doyle and Anvesh Gurijala, and two science teachers, Dr. David Form and Johnna Doyle, spent a week during the summer vacation attending a Game Design Camp. Their design was chosen over those of 15 other teacher-student teams as the best game design produced during the week. The Game Design Camp, held at the headquarters of the Microsoft Corporation in Waltham, was sponsored by "Generation Cures", an outreach program of Children's Hospital in Boston. "Generation Cures" is dedicated to promoting awareness of medical issues and charity through web-based games and stories. The week included a visit to Children's Hospital Boston during which students heard lectures from doctors and researchers about their research conducted at the hospital. Later in the week, the student/teacher teams heard lectures from the people at Generation Cures and Fablevision about the role of game playing and storytelling in the learning process. Fablevision, located above the Children's Museum in Boston, is a media development company dedicated to using technology to reach all learners through storytelling. Fablevision was so impressed by the NRHS concept that they recently invited the team to Boston to explain their concept to a creative design team.

The invitation to attend the Game for Good Design Camp was extended by MassBioEd, a non-profit corporation that promotes biotechnology education in Massachusetts. NRHS is a BioTeach school, having received a BioTeach biotechnology education grant from MassBioEd in 2008.

ENGLISH DEPARTMENT'S BOOKFAIR AT BARNES AND NOBLE

Nashoba's English department's fundraising bookfair to support the *Nashoba Reads* initiative at Barnes and Noble was a success. Bibliophiles, as well as community members eager to start holiday shopping, enjoyed the pleasant, early October evening. Volunteer readers delighted small chil-



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dren who sat and listened to their favorite stories. At times, those who read actually outnumbered listeners! Enthusiastic readers included Zach Temple (decked out in Dr. Seuss hat), Alana Toabe, Melissa Genest, Rachel Glover, Tori Danby, Karissa Medeiros, Tyler Guilbault, Sara Palis, Andrea Delisle, Kelsey Hawkins, Kristin DeBlasi, Laura Hoover, Prudence Bailey, Shelby Ripa and Anna Klouda.

The bookfair generated a great deal of positive energy inside and outside of the school. What better way is there to spend the first weeks of the school year than by discussing books, authors, writing styles and holiday cheesecake options? Members of the English department appreciate everyone's support. Each teacher will receive a percentage of the night's receipts to expand choice reading materials in their classroom.

NASHOBA REGIONAL SCHOLARSHIP FOUNDATION

The Nashoba Regional Scholarship Foundation (NRSF) is a non-profit, tax-exempt organization that provides scholarships for Nashoba Regional High School students. It is a local chapter of Dollars for Scholars®. Each year, the NRSF raises funds that are later awarded to graduating students. Past fundraising efforts have included annual mail campaigns, phonathons conducted by NRHS students, dances, and the "Thank an Educator" program. In addition to raising funds for NRSF scholarships, the organization administers many community-based scholarships throughout Bolton, Lancaster and Stow. The NRSF believes that there are many paths to success, and with this understanding, seeks to acknowledge a broad range of students with differing talents and achievements who are seeking to further their education.

Last spring, the NRSF awarded \$1000 scholarships to 25 students in the NRHS Class of 2010. In addition, 12 community based scholarships were awarded. This would not be possible without the many parents, students, faculty, alumni, and community volunteers and donors who desire to aid students in accomplishing their goals of acquiring a higher education. Thank you to all who contributed to this effort!

If you would like to become involved in helping students accomplish their goals of a higher education, the NRSF offers many opportunities for member involvement. These include organizing events to raise funds for scholarship awards, participating as a "reader" for scholarship applications, and working on other subcommittees such as investment, membership, database, governance and publicity. There are also opportunities on the NRSF board of directors. Please consider donating some time to this worthwhile cause. If you are interested in becoming involved, or would like more information, please contact Julie DeSisto at 978-897-6617 or

jad4lf@comcast.net. Our next meeting will be held Monday, November 15th at 7 pm in the Academic Support Center at NRHS.

Annual Fundraising Campaign

The NRSF annual fund drive is underway. Be on the lookout for the NRSF brochure in your mail. We need your help to continue and expand scholarship availability for Nashoba students! The NRSF would like to thank those who have already made donations to this year's annual campaign. The NRSF is a non-profit 501(c)(3) corporation.

A NOTE FROM THE NURSES:

Head injury and concussion are in all the papers these days. With our player's health in mind, at Nashoba Regional High School we are using a cutting edge program to assist in recognizing and treating a concussion. It is called ImPACT. ImPACT is an on-line neurocognitive test given to our athletes who participate in contact sports. It measures a student's baseline response to a series of words and pictures that measure memory, attention, processing speed and reaction time.

If a head injury occurs, the test is retaken and a graph shows the deviation from the student's baseline results. This information can also be used as a tool to assist the physician with diagnosis if/when the student is referred by the athletic trainer, coach or school nurse.

As healing progresses, the ImPACT test is retaken and tracks recovery until the results have come back to baseline. Along with a medical release from the physician and the trainers' OK, ImPACT will also be used to help make that very difficult "safe return to play" decision that protects our students' developing brain from further injury.

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Concussion in Sports

Fast Facts

- A concussion is a brain injury and all are serious.
- Most concussions occur without loss of consciousness.



Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

What is a Concussion?

A concussion is a type of **traumatic brain injury**, or TBI, caused by a bump, blow, or jolt to the head that can

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change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.

Concussion Signs and Symptoms

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion. Symptoms of concussion usually fall into four categories:

Thinking/ Remem- bering	Difficulty thinking clearly	Feeling slowed down	Difficulty concentrating	Difficulty remembering new information
Physical	Headache Fuzzy or blurry vision	Nausea or vomiting (early on) Dizziness	Sensitivity to noise or light Balance problems	Feeling tired, having no energy
Emotional/ Mood	Irritability	Sadness	More emotional	Nervousness or anxiety
Sleep	Sleeping more than usual	Sleep less than usual	Trouble falling asleep	

Getting Better

Rest is very important after a concussion because it helps the brain to heal. Ignoring your symptoms and trying to “tough it out” often makes symptoms worse. Be patient because healing takes time. Only when your symptoms have reduced significantly, in consultation with your doctor, should you slowly and gradually return to your daily activities, such as work or school. If your symptoms come back or you get new symptoms as you become more active, this is a sign that you are pushing yourself too hard. Stop these activities and take more time to rest and recover. As the days go by, you can expect to gradually feel better.

Tips to help you get better:

- Get plenty of sleep at night, and rest during the day.
- Avoid activities that are physically demanding (e.g., sports, working-out) or require a lot of concentration (e.g., sustained computer use, video games).

- Ask your doctor when you can safely drive a car, or ride a bike.
- Do not drink alcohol. Alcohol and other drugs may slow your recovery and put you at risk of further injury.

Please feel free to contact your school nurse if you have questions at 978-779-2257 x 1



HOLIDAYS FOR HIGH SCHOOLERS

No it's not too early to be thinking about this!



It is often said that Christmas is for kids, yet even those who have outgrown Santa still dream of finding a gift or two under the tree. But not all families have the means to buy gifts for older children, and not all “giving” programs serve teenagers. “Holidays for High Schoolers” is a compassionate effort by the adult community of the Nashoba Regional High School to bring a little Christmas joy to those who might otherwise go without a gift.

Contributions are used to purchase a gift for each student identified by nurses, administration, guidance and the faculty as being a candidate for “Secret Santa”. Student selection is discreet and completely confidential. No names are used. Contributions are collected by the school nurses to insure anonymity.

Holidays for High Schoolers is in its 8th year. It has been tremendously gratifying to witness the community’s efforts to share with high schoolers who, like younger children, are touched by the generosity inspired by the spirit of the season.

To make a donation, send checks made payable to: **Holidays for High Schoolers**

Send to:
**Attn: The School Nurse
Nashoba Regional High School
12 Green Road,
Bolton, MA 01740**



For more information, contact the school nurses @ 978-779-2257 x1

With sincere thanks,
Marilyn Driscoll, RN, Migdalia Rivera, RN and Rosemary Sullender, RN

LOOKING FOR SUBSTITUTE NURSES

The Nashoba Regional School District is looking for nurses to substitute on an as-needed basis in all of our schools

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throughout Stow, Bolton and Lancaster. Orientation will be provided to ensure a safe comfort level for the substitute nurse. Substitutes may choose to work at any of the schools in the district. A current Massachusetts RN License is required. If interested please contact Human Resources at 978-779-0539 x3033.

A NOTE OR TWO FROM THE FRIENDS OF MUSIC:

On Tuesday evening, October 12th, over 40 Nashoba Music Students were treated to a feast for the eyes and ears while attending a performance of the Broadway Musical smash hit "Wicked" at the Boston Opera House. Many who had seen the NYC production of "Wicked" declared that this performance far surpassed what they had seen in New York. It was an evening full of fabulous singing, beautiful sets, costumes and lighting, and the wonderful music of Stephen Schwartz! A "Wicked" good time was had by all!!

On Saturday, November 6th, many of our band members will be participating in the annual UMASS Band Day where they will play at the football game between UMASS and U Maine. The event is open to any member of the Concert and Jazz Bands and there is no cost to attend. Permission slips are available at NashobaMusic.com.

The Holidays will be here before we know it. So, please mark your calendars for the Holiday Band Concert on December 10th and the Holiday Choral Concert on December 16th.

Although the Friends of the Arts ad campaign is now over for this year's concert program booklets, we will continue to welcome family sponsorships that will be recognized in upcoming concert programs. We have attached a form for your use and thank you in advance for your support!

Our next monthly Friends of Music meeting will be held on Tuesday, November 9th at 6:45 pm in the Chorus Room. We hope that you will join us as we plan for the Holiday concerts and a number of upcoming musical enrichment programs for our talented musicians and vocalists.

NOVEMBER FRIENDS OF DRAMA NEWS Nashoba Drama Club starts the year with a record number of students.

The club's popularity is ever growing thanks to the commitment of advisor/director Bill Grady, the support of the administration, and the dedication of the parents involved in the Friends of Drama. Thanks to all for making this a club many Nashoba students dedicate their time and energy to.

Don't miss the Fall Play "Noises Off", a hilarious satire of the theatre.

The cast is hard at work rehearsing, many parents and students are creating the magic behind the scenes, and the two story revolving set is well underway! The Nashoba Drama club invites you to attend their production of "Noises Off" on Friday, November 19th and Saturday, November 20th at 7:30 pm. The Sunday, November 21st show is a matinee at 2:00 pm. Be sure to get your tickets early; a ticket form is included in the newsletter for your convenience. Please come and show your support for Nashoba Drama.

The Next Drama Club meeting (students) will be Wednesday, November 3rd at 5:30 pm in the auditorium. All students who signed up to help with production of the show should be there for information.

Our next Friends of Drama (parents) meeting is Wednesday, November 3rd at 7 pm in the auditorium foyer. Committees will meet for the show, so if you would like to be involved or are already signed up, please plan to attend.

Lastly, our annual *Friends of the Arts Ad Campaign*, done in partnership with the Friends of Music was a great success again this year. Businesses, families, and community members support students' efforts by purchasing ads that appear throughout the year in the program booklets for each concert or drama production. Audience members are encouraged to patronize the businesses and services advertised at every performance. Thank you to all who helped with the campaign and the businesses and family sponsors who contributed. A heartfelt thank you to The Print Shop @ Dunn & Company who prints the programs for each and every band, choral and drama performance!

For more information, contact Diane Sestito (dianesestito@gmail.com) or Kathy Quirk (kathyquirk1@gmail.com). Students who would like to join the Nashoba Drama Society should contact Lizzy Cross (lizzyc383@gmail.com) or Sara Quirk (squirk272@gmail.com).

SPED PAC The TEAM Evaluation Process and Basic Rights



Basic Rights: The TEAM Evaluation Process and Related Questions, presented by Barbara Rich, M.Ed will be the topic of the SPED PAC meeting on Tuesday, November 30th at 7:15 pm at Nashoba Regional High School. The evening will include an overview of the evaluation and TEAM meeting process, eligibility for special education

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(or a 504 plan), questions and answers, and parents rights and responsibilities under state and federal laws. Come join us for an informational, yet informal evening. Bring your questions!

The district-wide SPED PAC offers presentations on a variety of subjects and provides a forum for interaction with other parents, professionals and community members who have experience with children with special needs. Mark your calendars for this year's meetings: Tuesday November 30th; Wednesday, January 19th; Wednesday, February 16th, and Tuesday, May 17th. If you haven't been to a meeting before, we'd love to have you attend. For more information, other meetings, or to be added to the monthly email distribution, please contact Joan Finger (978)-337-5132 or Joan@ZooterGroupTutoring.com or visit the SPED PAC page at www.nrsd.net.

WELLNESS DEPARTMENT WISH LIST

The Wellness Department is looking for your help! In these times of thinking 'green' (reduce, reuse and recycle!), we have created a 'wish list' of needed items to help supplement activities planned for the 2010-2011 school year.

If you would like to donate any of the listed items or anything fitness related not listed, please contact Dan Spedding at dspedding@nrsd.net or call 978-779-2257 ext. 4185. Thank you for your consideration!

Household Items

- *beanie babies
- *cush balls
- *beach balls
- *men's ties
- *hula hoops
- *fleece balls
- *pool noodles
- *small foam balls
- *a set of small wooden blocks
- *bean bags-any size
- *large flat screen TV for the fitness class
- *Connect 4 (strategy game) (6 needed)

Sporting Goods

- *bowling pins
- *bocci balls
- *rubber horse shoe sets
- *shuffle board
- *croquet sets
- *ping pong tables
- *x-country skis/poles
- *skate boards with or without wheels

Fitness Items

- *wrist weights
- *ankle weights
- *hand weights
- *stability balls
- *sports balance
- *trainers
- *jump ropes
- *stationary bikes

Kitchen Items

- *cooling racks for baking
- *Foley Food Mill (3)
- *stainless steel mixing bowls
- *stainless flatware place settings
- *stainless steamer baskets
- *place settings of all-white matching dishes

4TH ANNUAL STOW GOBBLER 5K RUN/WALK

Would you like to work up an appetite this Thanksgiving while helping a good cause? Then please consider running or walking in the 4th Annual Stow Gobbler 5K, organized by Nashoba students Abby Hurd and Allie Allaire. The race will take place this Thanksgiving morning, beginning and ending at Bose in Stow. Supported by Stow Recreation, this event will donate proceeds to Habitat for Humanity and the Stow Community Chest. Habitat for Humanity is a global organization that provides low-cost housing to families in need. The Stow Community Chest is a central Stow organization that provides benefits for the town and surrounding areas including medical services, food assistance, and support for community services such as Council on Aging, Boy and Girl Scouts, the Big Brothers/ Big Sisters Program, and Domestic Violence Victim Assistance. Please consider supporting this event by running or walking this Thanksgiving at 8 am.



For more information or to download an entry form, visit the Stow Recreation website and click on the Stow Gobbler link. Or register online at www.coolrunning.com. Please call Laura Greenough at 978-461-1411 with any questions.

Noises Off

at Nashoba Regional High School

Michael Frayn's "Noises Off" is the farce to end all farces. In it, a group of moderately talented actors attempts to perform a bedroom farce called "Nothing On", but their own incompetence and personal disagreements get in the way, to result in perfect, bizarre chaos like nothing ever seen before on stage.

Act I begins as a group of actors are in their final rehearsal. Lloyd, the director is doing his best to get at least one run of the rehearsal before they open later that evening.

During the second act, we see the set turned around and we watch the backstage antics during the performance of "Nothing On" several weeks later. The actors are trying their hardest to both keep the play going and to kill each other. Their relationships are so tense it could explode at any moment. When their interpersonal relationships fall apart, it is clear they are on the verge of full-fledged war.

In the raucous third act, the tour has fallen apart, and everyone is trying to make it through the final performance as sardines go flying, sets and props start betraying the "Nothing On" actors; but the show must go on and everyone is plowing through the best way they know how.

The performance will last approximately two and a half hours, including intermission.

We are offering advanced ticket purchases for performances on Friday and Saturday, November 19 and 20 at 7:30 PM, and Sunday, November 21 at 2:00 PM. To order tickets, simply return the order form below via the mail or place in the Drama mailbox located in the Nashoba Regional High School main office. Be sure to indicate the performance date(s) and the number of adult and student/senior tickets on the order form. Tickets and seats are on a first-come, first-served basis. It is wise to purchase tickets early, and to arrive in time to find the seats you desire.

Advanced ticket orders will be returned to you via mail if you include a self-addressed stamped envelope. All advanced ticket reservations received after Monday, November 15 will be held at the door. If you have any questions, please call Lynn at 978-779-6225.

Ticket Form for Noises Off

Your Name: _____ Phone: _____

Student's Name: _____ Email: _____

2010 Show Dates	# of Adults	# of Students / Seniors	# of Total Tickets
Friday, Novemeber 19 at 7:30pm			
Saturday, November 20 at 7:30pm			
Sunday, November 21 at 2pm			

Total Adult Tickets:..... _____ x \$10 each = \$ _____
 Total Student / Senior Tickets: _____ x \$8 each = \$ _____
 Total Dollar Amount of Order:..... \$ _____

Self-addressed stamped envelope enclosed: _____ - or - Pick up at door: _____

Checks made out to "Nashoba Friends of Drama"
Send completed form to: Nashoba Friends of Drama, P.O. Box 492, Bolton, MA 01740



Become a Friend of the Arts!

Nashoba Regional High School Friends of the Arts 2010-2011

Our talented and enthusiastic young actors and musicians strive each year to enhance their knowledge and abilities in the Performing Arts while providing award-winning performances for the greater community. Through participation in the Friends of the Arts annual Ad Campaign as a Family or Business Sponsor, you can support their efforts *and* obtain publicity for your business. Your family sponsorship (\$25) or business advertisement (\$50 for a 3.6"x2.3" business card) will appear in the program for each of the following performances:

Fall Play – Nov. 19-20
Holiday Choral Concert – Dec. 16
Spring Musical – March 18-20
Spring Band Concert – April 5
Band Choral Concert - May 26

Holiday Band Concert – Dec. 10
Class Play Competition - Jan. 14
Spring Choral Concert – April 1
Band Pops Concert – May 13

Your donation assists Nashoba in maintaining the high quality of its music and drama programs. Funds raised benefit the students *directly*, providing items that the school budget cannot support. During the 2009-2010 school year this included a new Yamaha Clavinova electric piano, \$6,000 of new lighting and sound equipment, a new Pep band banner, drama sets and costumes, royalties for scripts, travel costs for students taking part in district and state music competitions as well as enrichment programs such as attending a Boston Symphony Open Rehearsal, and scholarships for graduating seniors.

Please detach and complete the form below and send it along with your check (made out to Friends of the Arts) to: **NRHS Friends of the Arts, P.O. Box 492, Bolton, MA 01740.**

If you are purchasing a business ad, either e-mail artwork to Maria Pappas: mpappasdesign@comcast.net with subject line: Nashoba FOA, or send a clean, black and white business card (newspaper ads not acceptable). We can adjust the size. If you want a change on the business card, please indicate the change on a separate piece of paper. We can also create artwork for you. If you have questions, please contact Maria.

We appreciate your support for these talented students and hope to see you at their plays and concerts! Please visit our web sites: NashobaDrama.com and NashobaMusic.com.

Name of Family/Sponsor(\$25) _____ Phone _____

Address _____

Business Ad: (Business Card \$50; ¼Page \$75; ½ Page \$100; Full Page \$150; Inside Cover: \$200; Back Cover \$250)

Name of Advertiser _____ Phone _____

Address _____

Contact Name _____ Fax Number _____

4th ANNUAL STOW GOBBLER 5K

Thanksgiving, 25 Nov 2010

- Time: 8:00 AM
- Place: BOSE Corporation
688 Great Road
Stow, MA 01775
- Registration: Go to Stow Recreation website:
http://www.stow-ma.gov/pages/stowma_recreation/index
Click on Stow Gobbler 5K link, and download registration form.
Mail to: Stow Gobbler 5K
83 Boxboro Road
Stow, MA 01775
OR
Go to **www.coolrunning.com** and register online.
Or day-of race registration (@ 6:30 AM at Stow Community Park, next to BOSE Corporation (parking at BOSE))
- Early Check-In:** Wednesday, Nov. 24 @ 2:00-4:00 PM at Stow Community Park, next to BOSE Corporation
Race registration also available
- Distance: 5K Run/Walk
- Entry Fee: 5K Run/Walk: \$22
Children 12 and Under: \$10
After Nov. 8th, adult registration \$25
- T-shirts: T-shirts GUARANTEED for all who pre-register before November 8th.
- Age Group Awards: Runners: Top overall male & female finisher
Top 3 male & female finishers age groups: 0-12, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 plus
- Amenities: Post-race awards and refreshments under tent
- Directions: MapQuest 688 Great Road (Rt. 117), Stow, MA
Turn into main BOSE driveway at light. Follow 5K parking signs
- Additional Info: Proceeds benefit Habitat For Humanity and Stow Community Chest
USA Track and Field sanctioned (10-266) and certified
(MA07015JK)
- To make a donation: Make checks payable to: Town of Stow/Recreation Department
2010 Stow Gobbler 5K, Attn. Laura Greenough
375 Great Road, Stow, MA 01775

Mail-in Registration Form
Stow Gobbler 5K
Thanksgiving Day, 25 November 2010

USA Track and Field Sanctioned 10-266
USA Track and Field Certified MA07015JK

Make checks payable to:

Town of Stow
Entry Fee: 5K Run/Walk: \$22
Children 12 and Under: \$10

Mail entry form to:

Stow Gobbler 5K
83 Boxboro Road
Stow, MA 01775

After November 8th, adult registration is \$25.

One person per form
PLEASE PRINT NEATLY

NAME:			
Address:			
City, State, Zip:			
Daytime phone:			
Date of birth:			
E-mail:			
Age on race date:			
Circle T-shirt size:	S	M	L XL
Circle your gender:	Male		Female
Circle your event:	5K Run		5K Walk
Waiver must be read and signed before mailing:			
<p>I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including extreme cold and/or snow, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, forever waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.</p>			
Signature _____ Date _____			
Parent's signature if under 18 _____			

Questions? Call Laura Greenough at Stow Rec. 978-461-1411, or contact Allie Allaire (allie907@gmail.com) or Abby Hurd (ahurd721@comcast.net)

BUY A BRICK PROGRAM

Pave the Way

STARS, Stow Athletic and Recreation Supporters, is offering the opportunity to buy a brick with the inscription of your choice engraved in it. Your brick will be laid in the entrance path of Stow Community Park at Snow Field. Sample ideas for engraving include: children's names, teacher gift, thank you for a favorite coach or business advertisement.

Proceeds from this fundraiser will be used by STARS to support and encourage athletic and recreational activities in Stow including maintenance of this new park. Please consider purchasing a brick and leaving a permanent family legacy in our community, and contribute to the new recreation park in a meaningful, lasting and tax-deductible way.

See the attached order form to order. For more information or to order online, visit our website at www.stowstars.org. You may also contact Nora Lemieux at (978) 461-9944 or nlem37@yahoo.com for additional information.

There are limited bricks available, and the deadline to order is November 30.

S★T★A★R★S
Stow Athletic & Recreation Supporters



S★T★A★R★S
Stow Athletic & Recreation Supporters

BUY A BRICK PROGRAM

Yes, we'd like to reserve a permanent brick in the pathway of Stow Community Park at Snow Field. Please engrave our brick as follows:

ALL TEXT IS CAPITAL LETTERS ONLY
ALL TEXT IS CENTERED
ANY CHARACTER IS CONSIDERED ONE SPACE (PERIOD, COMMA, DASH)
ANY SYMBOL (see selection) IS CENTERED

4 x 8 Brick

Line 1																			
Line 2																			
Line 3																			

8 x 8 Brick

Line 1																			
Line 2																			
Line 3																			
Line 4																			
Line 5																			
Line 6																			

Indicate the symbol name(s) (See website for options): _____
Indicate the line number(s) on which you would like your symbol(s) placed: _____

**PLEASE RETURN THIS FORM AND YOUR CHECK PAYABLE TO:
STARS, PO Box 137, Stow, MA 01775**

Name: _____ Phone: (_____) _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

If you have any questions, please call Nora Lemieux at (978) 461-9944 or email NLem37@yahoo.com

YOU CAN ALSO ORDER ON-LINE AT WWW.STOWSTARS.ORG

	Quantity	Total
4 x 8 inch brick maximum 3 lines; characters/line	_____ X \$50 =	_____
8 x 8 inch brick maximum 6 lines; 21 characters/line	_____ X \$100 =	_____
Symbols \$10 each	_____ X \$10 =	_____
	ORDER TOTAL \$	_____