

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

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From the Principal's Desk

New Schedule:

NRHS will have a new master schedule for 2008-2009. The new schedule will include a full rotation of the periods with a fixed longer block period from 9:20-10:25. The schedule selection included input from both faculty members and students/parents. The selected schedule was the first choice of both the faculty and student respondents. As such, we look forward to this new opportunity but also plan to offer follow-up surveys to gauge the schedule's effi-

ciency and effectiveness. All students will have increased opportunities to experience the curriculum in greater depth while also having more flexibility to access a variety of electives including a four-credit science class or the elective five-credit course. In addition, it goes without saying that we will compare data and student performance to truly determine the effect on student learning and flexibility for accessing courses. See below for the new master schedule for 2008-2009.

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Period Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
7:40-8:26	A	B	C	D	E	F	G	A
8:30-9:16	B	C	D	E	F	G	A	B
9:20-10:25	C	D	E	F	G	A	B	C
10:35-11:23	D	E	F	G	A	B	C	D
11:27-12:37	E	F	G	A	B	C	D	E
12:41-1:29	F	G	A	B	C	D	E	F
1:33-2:20	G	A	B	C	D	E	F	G

NRHS Robotics Team (1768):

The Nashoba Robotics Team (**Team 1768**) will compete at BU Agganis arena on March 28-29. The preliminary rounds will be held on Friday and Saturday morning. The final rounds will be played after 11 am on Saturday. The Team made it to the finals and placed 15th out of the 49 teams last year. Please support the team and participate in this exciting event. Last year Governor Patrick was the announcer for the final rounds, and this year he is expected to return. In addition, the Blue Man Group will be performing (~12:45 pm on Saturday). Look for the Nashoba banner in the bleachers and/or ask for **Team 1768** at the information booth. Congratulations in advance to all of the members: John Stefos, Steven Traylor, PT Patil, Alex Hunt, Shane Crozier, Marco Balducci, Ryan Boye, Ramesh Govindan, Ian Hills, Marjie Lam, Marc MacLeod, Allie Spear, Rhys Ursuliak, Chris Haid, Josh Herbison, Yivan Jiang, Justin Mills, Nick Alberts, Anvesh Gurijala, Eric Lidstone, Andrew McGarry, Kyle Ursuliak, and Caleb Wisch.

Congratulations to the Jazz Ensemble:

On Wednesday, March 5th, our two high school jazz ensembles competed in the International Association of Jazz Education, Central Massachusetts Jazz Festival. The students were evaluated by four professional jazz musician (one plays tenor sax with the Boston Pops, another is the director of the UMass/Amherst Jazz Ensemble) for their performance. The students in the Intermediate Jazz Ensemble were awarded a Silver Medal with individual awards for outstanding musicianship going to P.J. Gjeltema, Max Doucette, and Michael Flaherty. The Advanced Jazz Ensemble also earned a Silver Medal with individual awards going to Giulia Rizzo, Travis Johnson, and Ellen Hartford. It was an outstanding performance by both squads and certainly a reflection of the hard work and effort that begins the first week of school. Mr. O'Toole's leadership is a critical influence and thanks go to him as well.

Thanks to Jordan Howley (DeMeo Scholarship Fund):

Jordan Howley has exhibited a selflessness and concern for his peers and community that is a truly impressive. In response to Frankie's passing, Jordan coordinated a fundraiser in conjunction with the Nashoba Youth Basketball league. His efforts helped raise a total of \$3,289 in a weekend's time. In addition, Mr. Howley's company agreed to donate an additional \$711 to bring the grand total to \$4,000. Jordan had a great team of kids (about 40) that worked very hard doing admissions, concessions, 50-50 raffles and soliciting additional donations. This student led effort reminds us of the power of altruism and concern for one's community and peers. We thank Jordan for his efforts and also ap-

plaud the work that is being done by other student leaders to continue the cause.

The DeMeo Scholarship Fund is also promoting a concert by The Persuasions at the high school auditorium on May 4th. Tickets can be purchased at the *Thoroughly Modern Millie* spring musical performance or by reviewing the following link: <http://nrhs.nrsd.net/persuasionsposterbw.pdf>

Valedictorian and Salutatorian announced:

I am pleased and proud to announce the Nashoba Regional High School Valedictorian, Christina Shea, and Salutatorian, Keaton Burns. Their efforts are a true reflection of the hard work and commitment that they, their teachers, and their families have helped to promote and support from kindergarten through their senior year. The following is a description of their accomplishments and character:

Christina Shea: Valedictorian

Inquisitive, funny, powerfully motivated, down-to-earth, and armed with phenomenal academic talent, Ms. Shea is a powerhouse of a student who has been able to pull others up to her level of high standards as she has been a role model for all those around her. Throughout her four years at Nashoba she has been organized, mature and balanced in all areas of life while still maintaining a humble attitude and an impressive GPA. She has contributed to the high school as well as the surrounding community in numerous ways throughout the past many years. Sophomore year she participated in a trip to Mexico as part of the Medical Brigade. Living in a remote village for a month without transportation with a group of her peers, she helped organize doctor's visits for the numerous village residents who had no access to health care other than this one-time a year visit by doctors from the city who donate their services. In addition to organizing these visits, the volunteers helped out by cooking for the group and talking with the patients. She is congratulated for her outstanding accomplishments.

Keaton Burns: Salutatorian

Keaton Burns can best be described as a "quiet leader." Keaton has a powerful presence that is quickly apparent from the moment he walks into a room. He carries himself with poise, dignity and confidence, and his interactions with both his peers and adults are marked with respect and careful consideration. He demonstrates remarkable academic talent, strength and leadership, and integrity and honor in all that he undertakes, whether in the classroom, on the athletic field or in his everyday interactions with his peers and teachers. Keaton recently received his official appointment to the military academy at West Point. Keaton will become a highly respected leader amongst leaders; he will lead without

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arrogance, but instead, with self-assurance, wisdom and decorum. He is congratulated for his exemplary achievements.

Harvard-Smithsonian Internship:

Ramesh Govindan, a junior, has been awarded the Harvard-Smithsonian Internship this year.

Every summer the Harvard-Smithsonian Center for Astrophysics offers a paid summer internship for a student who has completed their junior year with an interest in studying science. The internship involves working on the TRACE mission (a small explorer satellite starting its sixth year of solar observations). Ramesh will work with members of the TRACE team on the analysis of specific solar events, create movies using local software, and assist in educational outreach. Congratulations to Ramesh for this great opportunity.

Boston Bruins Sportsmanship Award

Steven Danowitz has been selected as one of the recipients of the 2008 Boston Bruins Ice Hockey Sportsmanship Awards.

As an award winner, he will be honored during the second intermission of the Bruins game on Thursday, March 27. We are fortunate to have an individual recognized for their specific adherence to high character and sportsmanship. Congratulations, Steve.

WIC Information (www.mass.gov/wic):

WIC offers families help with personalized nutrition consultations; free, healthy food; tips for eating well; and referrals for medical/dental care, health insurance, child care, housing/fuel assistance, etc. If you would like to obtain some information regarding WIC, log onto the website (www.mass.gov/wic), call the main office for a flier (978-779-2257), or come to the main office for information.

Coordinated Program Review:

Every six years the Department of Education conducts an audit of educational practices and procedures as part of its ongoing efforts for program quality assurance. The Commissioner of Education has notified the Superintendent of Schools, Michael L. Wood, of the upcoming Department of Education Coordinated Program Review. As part of this Coordinated Program Review, Department staff will visit the district from April 24th - May 2nd. Such visits are routinely conducted by the Department to satisfy federal and state requirements for the periodic review of specific education programs and services in schools throughout the Commonwealth. The Department is reviewing several programs during this visit in order to use Department and school staff's time

most efficiently and to encourage strong connections among programs.

The Department's Coordinated Program Review will address the following areas: Special Education, Civil Rights, and English Language Learners. After reviewing school district policies for these programs, a Department of Education team will make its onsite visit, during which it will review individual student records, interview administrators, teachers and parents, and observe instructional sites. After the onsite visit, the team will prepare a report for the Superintendent and School Committee, with detailed findings for each program and an Executive Summary.

Using a scale of ratings from "Commendable" to "Not Implemented," the report will rate the implementation of each requirement reviewed by the Department of Education. Where requirements are found less than substantially implemented, the district must propose to the Department of Education corrective action to bring those areas into compliance with statutes and regulations. Districts and schools are encouraged to incorporate the corrective action into their district and school improvement plans and professional development plan. The school district may request technical assistance from the Department of Education in developing a corrective action plan. Both the Department's report and the corrective action plan are public information and will be available to the public upon request. Program Review Final Reports are also available on the Department's Internet website at www.doe.mass.edu/pqa/review/cpr/reports

Any member of the public may request to be interviewed by telephone by a member of the visiting Department's team. Those wishing to be interviewed should call the superintendent's office at (978) 779-0539 no later than April 3, 2008 to leave their name and phone number, or they may call the Department of Education at (781) 338-3715. A member of the visiting team will contact each person desiring an interview within two weeks after the completion of the onsite visit. If an individual is not comfortable communicating in English or requires some other accommodation, the Department will make arrangements to communicate properly with the individual.

The Coordinated Program Review will be a useful and positive experience for all staff members. The report will be useful in planning for the continued improvement of educational services for all students. The final report will be posted on the District's website when it arrives and is reviewed by administration and faculty.

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Caps and Gowns:

Caps and Gowns order form envelopes from Jostens have recently been distributed to seniors. Directions for students/parents are on the outside of the envelope, but if you have any questions, please refer them to the office. A collection box is in the office - there is a deadline date of Friday, March 28th for envelope return.

Dodge Ball Tournament Champions:

The first annual NRHS Dodge Ball Tournament completed a spirited school-wide event which culminated in a championship for Team PDA on Friday, 3/14. The event, which lasted a week, included over 20 teams ranging from freshmen to seniors to teachers to administrators competing in an updated, team version of dodge ball. Thanks to Mr. Spedding, Jeff Stefanis, and all of the participants.

DECA Scores Big in Boston

A group of 11 business students from Nashoba participated in the DECA (Distributive Education Clubs of America) State Competition in Boston March 13-15. DECA allows students to compete in many categories, including individual events, team events, written reports, quiz bowl, stock market challenge, virtual business challenge, and an advertising campaign competition. While competing, students take a written exam and present a role play in front of a judge. Each of our students won achievement awards, finished in the top ten overall, and Tori Walkoff won third place overall in her event. She qualified to compete in the National Competition in Atlanta, Georgia in April.



Please congratulate our students for their success

Dan Alykeev
Michelle Cormier
Amanda Farrell
Cait MacBrien
Alyssa Mpelkas
Tori Walkoff

Chris Cacciatore
Michael Cummings
Phil Lena
Mike Maggio
Oliver Taylor



Day of Silence

Sometimes silence speaks louder than words. The Nashoba Gay/Straight Alliance is pleased to host the annual Day of Silence of Wednesday, April 16. The Day of Silence is a national youth movement protesting the silence faced by lesbian, gay, bisexual, and transgender youth and their allies. On the Day of Silence, student volunteers ("Participants") opt not to speak for the day in order to raise awareness for the silence that is caused by harassment, prejudice, and discrimination. Students who wish to speak for the day but who still want to show their support can sign up to wear "Day of Silence Supporter" badges. At the end of the school day, all Participants and Supporters are invited to a "Breaking the Silence" reception in the cafeteria.

Students who wish to participate in the Day of Silence—either as Participants or as Supporters—must sign up in the Main Office from April 7-11. On the Day of Silence, all Participants and Supporters can pick up their badges and supplies in the cafeteria before school. For more information about the Day of Silence, visit <http://www.dayofsilence.org>. Questions about Nashoba's Day of Silence and the Gay/Straight Alliance can be directed to Ms. Winkler (kwinkler@nrsd.net) and/or Mrs. Durr (ddurr@nrsd.net).

Nashoba Boys Take 5th at All-Nation

This past weekend, at the Armory Track & Field Center in New York City, the Nation's best indoor high school track athletes gathered to face off in the National Scholastic Indoor Track & Field Championship. The three day competition featured athletes from as far as California, Texas and Ontario. This is the meet where future Olympians begin to get recognized.

Many schools are lucky to qualify one or two athletes. Nashoba Regional High School, although a small Division III school, sent four runners. Anthony Raduazo, a senior from Bolton, qualified for the 2 mile and Joe Doyle, a junior from Lancaster, qualified for the 800 m. And together with Brendan Aylaian and Coby Horowitz, both sophomores from Stow, they qualified for the 4 x 800 m as a relay team.

After checking the schedule, the boys and their coach, Rocco Raduazo, decided to enter the 4 x mile, an event not run in Massachusetts, so Anthony and Joe would not run 2 events in the same day.

On Saturday, the boys took their mark with the top 10 teams from the nation having qualified in the fastest heat. Doyle took the first leg and although he had

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missed 4 days of school with the flu, jumped off to a quick start, falling into third place for the first 4 laps, which would have been the end of their usual 800m. But there were an additional 4 more laps to go. By the 8th and final lap the pack was still very tight with only 2 seconds between the 2nd and 8th place teams. As Doyle handed off to Aylaian, his split time (4:29) was a personal best. "I was happy with my time, considering I hadn't run for a week because of the flu," said Doyle.

Aylaian came out strong, quickly gaining ground and moving the team back into 4th place which he held for the remainder of his 8 laps. Aylaian's split time (4:31) was another personal best. Coby Horowitz took the baton and started the 3rd leg, which turned out to include some very fast runners such as Parker Boudreau from Danbury, CT whose split time was 4:17. Horowitz, normally a 600 m runner, soon found himself in the back of the pack, however with 3/4 of a lap left, he pushed hard to hand off to Raduazo in 6th place. Horowitz's split time was 4:37, very impressive considering he had never competed in the mile before.

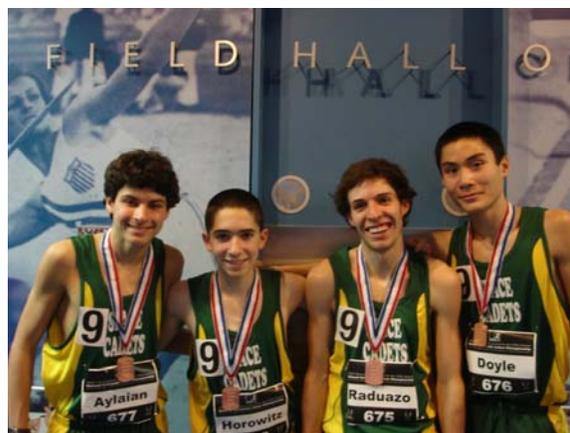
Raduazo began working his way up to the front. By this time, the front three teams were out of reach, but he set his sights on teams 4 and 5. Quickly gaining ground, Raduazo moved into 4th place and started to put some distance between himself and the rest of the field. In the final lap, a runner from Iona Prep, NY put on an impressive burst of speed, catching Raduazo and beating him to the finish line by only 3 tenths of a second. Raduazo's split time was an outstanding 4:27, another personal best.

The team, winning under the self chosen name "Space Cadets", proudly received their medals for 5th place with a time of 18:04.81. Danbury, CT took first place with 17:28.47, Warwick Valley, NY second with 17:31.49, and Germantown Friends, PA placed third at 17:34.23, the 3rd, 7th and 10th fastest time ever, respectively. "I felt good with the way I ran," said Raduazo, the team captain, "I was really happy with the way the team pulled together. Joe did great especially since he was sick and Brendan and Coby really stepped up."

But the weekend was not over for Anthony or Joe. On Sunday, Doyle, seeded 30th out of 67 qualifying athletes, competed in the 800m run. Finishing 5th in his heat, with a time of 1:56.60, a personal best for Doyle, he placed 19th overall. Raduazo, seeded 22nd out of 33, outpaced his heat in the 2 mile, finishing first with a time of 9:33, placing him 13th overall.

These boys came off of a 3rd place finish in the state with the Nashoba cross country team right into the indoor track season. And now after a very long and suc-

cessful indoor season, as Division III State Champs with the Nashoba team, 5th place in All-States, 4th place in All-New Englands, and the recent 5th place All-Nation, they will move right into outdoor track this week where they will be looking to capture a few more medals before Raduazo graduates in the spring.



Foreign Language Week

The Foreign Language department recently held its annual "Foreign Language Week" from March 3rd to the 7th. The French, German, Latin and Spanish classes participated in many activities during the week. Some of these activities were open to the entire school to arouse some school spirit, and to make everyone a little more culturally informed.

Each day was dedicated to a specific country to honor most of the languages taught at Nashoba. Before first period each day, a cultural song of the day's country was played over the public address system. A trivia question was asked daily and the cafeteria menu was written in the language of the day. A poster contest and

an essay contest sponsored by the Massachusetts Foreign Language Association were held. Several entries were sent to the state contest and winners will be notified in a couple of months.

During class time, a variety of activities took place. A mega-trivia contest among all the classes tested the students' knowledge about the history, geography, and culture of the language(s) they are studying. On Thursday, March 6th, we had an international buffet prepared by the students. The Foreign Language Club sponsored an 8th grade tri-town dance on Friday night to close the week's activities. Also on Friday, we had a career day in which members from the business community discussed how they used a foreign language in their professional lives.

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The Foreign Language department would very much like to thank the students, administration, faculty, and staff for their support and participation. Special thanks go out to the parents who volunteered to work at the buffet. We could not have done it without them!

Chieftain Graduation Speech

Dear Members of the Senior Class,

During your graduation ceremony in June, you will hear two speeches read by your peers. These two individuals will have accomplished the highest academic achievement of all of your classmates. This honor is well deserved, and it reflects an admirable dedication to those students' studies. This year, in addition to these traditional speeches, a third graduation address, the Chieftain Speech, will be read as well.

The Chieftain Speech will be made by a member of the graduating class who has a significant message to share about his or her time at Nashoba. All seniors are invited to submit a speech.* This is the first time this opportunity has been offered to any senior class at Nashoba! Candidates will submit their speeches in accordance with the rules and guidelines set below. Speeches will be read and judged by a group of teachers and administrators. The winning speech will be delivered at graduation by its writer!!

Opportunities to practice public speaking will be available to the writer of the winning speech. We hope that many of you will take advantage of this opportunity to share your Nashoba spirit proudly.

Guidelines for Writing the Speech

Clearly and thoughtfully communicate a significant moment or experience, connected to your time at Nashoba, which has affected who you are and has influenced who you will become in the future.

You may address this prompt in any manner that you feel is appropriate. Some ideas for how to get started are listed below:

- How has your unique Nashoba experience influenced your view of the world and your role in it?
- What meaningful lesson(s) have you learned at Nashoba that you will carry with you as you move to the future challenges in your life?
- You may also think of responding to this idea using this phrase: "I am a Chieftain because _____."

Your experience at Nashoba includes all classes, activities, sports and clubs sponsored by the school. Each of you has had a unique experience at this school. This opportunity allows you to reflect on your time here, as-

sess who you are, who you have become, who you intend to be, and then offer some wisdom to your peers, parents, teachers, and community members.

*The two members of the class ranked academically the highest will not take part in this opportunity, as they each are already delivering a speech.

Rules

We would like to stress the significance of completing this task independently. We trust that you will honor this rule. Your work should be carefully proofread, and while you may choose to ask a friend or parent to help with this, you should take full ownership of the content of the speech. Your speech will be judged on the sincerity and significance of its message as it directly responds to the prompt, its coherence, and its clarity in communicating the growth you have achieved, as well as the growth that you will continue to strive for.

1. The work you submit must be completely and totally your own.
2. You will not seek help from any of your teachers, and teachers will not offer any help to you in this process.
3. Maximum length of the speech should be approximately 500 words, typed, and double spaced.
4. A hard (printed on paper) copy of the speech must be handed in on time to Mrs. Calo in the main office, accompanied by the student-signed honor statement. The student-signed honor statement will be available in the main office.

Emailed submissions **will not** be accepted.

Timeline

1. Speeches are due to Mrs. Calo no later than the close of school (2:30 pm) on Wednesday, April 9, 2008. There are no exceptions to this rule.
2. The winning speech will be announced during the first week of May 2008.
3. The winner will have the opportunity to practice the delivery with a faculty member.

The first Chieftain Speech will be delivered at graduation 2008!!

Good Luck! Write Well! Go Chieftains!

Class of 2008 News!

Do you always go to Dunkin Donuts for that morning cup of coffee? If you do, you can help the senior class raise money for our class memorial for Frankie DeMeo. All you have to do is go to the Dunkin Donuts on Great

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Road in Stow on **Wednesday, April 2, 2008**, where you will receive a coupon to have 20% of your purchase go to the senior class for that day. It's really a quick, easy, and delicious way to give back to your school community. We look forward to seeing you there!

We are looking for your help! For our class gift this year we have decided to renovate the inner courtyard outside the foreign language and science wing to turn it into a "class space," some place where we can show school spirit, as well as honor the memory of our classmate Frankie DeMeo. We are looking for any donations or assistance with garden supplies, plants/shrubs, tree removal, mulch, etc. We will endeavor to take on this project later in May, and would definitely appreciate any assistance from the community that we can get. If you are interested, please contact class advisor Christine Deneault (cdeneault@nrsd.net) for more information.

Are the days of spring still a little too chilly? Looking for something to keep you warm during those baseball/softball/lacrosse/track games? The Class of 08 still has a few Nashoba Fleece blankets left! Show your school spirit and keep warm—for just \$23.00. If you are interested, please drop me an e-mail at cdeneault@nrsd.net.

Lastly, Seniors, in order to attend the Senior banquet or receive a yearbook, you must pay your class dues! Dues need to be in by MAY 1st! Please make checks out to NRHS Class 2008, and bring them to Mrs. Deneault in room 208 or your class treasurer Amy Callahan.

Thanks! Mrs. Deneault and the class officers: Doug Koury, Lindsey Horowitz, Amy Callahan, and Rachel Healy.

SPED PAC News

The SPED PAC (Special Education Parent Advisory Council) meets **Wednesday, April 16th** at 7:15 pm at Nashoba Regional High School. Please come view the documentary film "**Including Samuel**" by photojournalist Dan Habib and join the discussion following the movie. This film examines the educational and social inclusion of youth with disabilities. For more information on the film please visit www.includingsamuel.com. This is a great opportunity to find out more about program options and share your insights.

Meeting topics for next year are being solicited and needs assessment surveys will be distributed at the meeting. Let us know what you'd like to see for future meetings.

The **SPED PAC** meets monthly through May. Meetings include presentations on a variety of subjects and provide a forum for interaction with other parents, professionals and community members who have experience with children with special needs. Additional events of which may be of interest are posted on the group's NEW website along with meeting information. Please visit: <http://nashobaspedpac.googlepages.com/home>.

Meetings are also listed on the NRSD website on the SPED PAC page. For more information or to be added to the monthly email distribution, please contact Joan Finger at zootergroup@rcn.com or (978) 337 5132 or (978) 779-6046.

Nashoba Regional Scholarship Foundation "Dollars for Scholars" Phonathon Update

The Nashoba Regional Scholarship Foundation held its annual Phonathon on March 16th. The event was held at the Florence Sawyer School in Bolton. The NRSF would like to thank the Bolton, Lancaster and Stow communities for their generous contributions to the NRSF Annual Phonathon. This year the Phonathon received almost \$14,000 in pledges!

This outstanding effort would not have been possible without the hard work of the many parents, faculty and community volunteers who were on hand to oversee this project. An enormous "thank you" goes out to the Nashoba Regional High School students who donated their time and energy to make the day such a huge success. Thank you all so very much! All of you did a terrific job!

Recycling News

Did you know that you can recycle newspaper, magazines, shopping catalogs, office & school papers and mail 24 hours/7 days a week at the high school? Did you also know that we earn money for paper dropped off at our green and yellow Abitibi Paper Retriever® bin? This is an easy way for you to recycle your paper every week and help us raise money for the recycling/environmental club. Please remember to bring your paper and drop it in the Abitibi Paper Retriever®. There is no financial commitment from you, just bring us your paper! For more information, log on to PaperRetriever.com. Thank you for your continued support of this important fund-raising effort!



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Friends of Music News

Next Meeting April 8th -- Prospective Members Welcome!

The next Friends of Music meeting will be held on Tuesday, April 8th, at 6:30 p.m., in the chorus room. The current FOM members are actively recruiting parents of music students to get involved with this organization, as several of our key members are parents of graduating seniors. Parents, please stop in, learn more about what support will be needed next year, and see if there's something that interests you!

Artus Quintet to Perform April 4th

A delightful evening is in store for community members on Friday, April 4, when the New England Conservatory's Artus Quintet will perform in a special concert to be held at Nashoba Regional High School. The concert, which will also include performances by the NRHS bands, will begin at 7:00 p.m. in the high school auditorium. Earlier in the day, Artus Quintet members will hold master classes for NRHS band members.

The Boston-based Artus Quintet was founded in 2007 at the New England Conservatory and includes both undergraduate and graduate brass players. Soon after its formation, the group was selected as a winner of the NEC Honors Chamber Music competition. As an Honors Ensemble, the Artus Quintet performs interactive concerts at community venues and will give a recital in Boston's historic Jordan Hall on May 11. Additionally, it has been featured in performances with the NEC Contemporary Ensemble and the NEC Brass Bash. The Artus Quintet has been selected to present concerts and workshops at the 2008 Virginia Arts Festival where the quintet members will be Artists-in-Residence, both performing recitals and working at schools in the Norfolk, Virginia, area.



photo © susan wilson
www.susanwilsonphoto.com

Artus Quintet

This concert is being underwritten by the Michael Magazu Memorial Fund. The performance is free of charge and open to the public. Refreshments will be served. For more information please contact a member of the NRHS Friends of Music organization at 978-897-2461

MICCA

The Massachusetts Instrumental and Choral Conductors' Association will hold its annual concert festival in early April. The NRHS Concert Band will perform on Saturday, April 5th. The Concert Choir, the Madrigal Choir, and the Women's Ensemble will perform on Sunday, April 6th.

Save the Dates -- May Music Events

You won't want to miss the popular Pops Concerts or the Lancaster/Stow Memorial Day Parades, so mark your calendars:

- Band Pops Concert May 16th
- Choral Pops Concert May 22nd
- Memorial Day Parades/Picnic May 26th.

Friends of Drama News

The Roaring 20's were in full swing in Nashoba's auditorium when Nashoba Drama presented **Thoroughly Modern Millie** on March 28, 29, and 30. Thank you to all the musical theater fans who showed their support by attending this lively, comedic production. Congratulations to the thirty-seven students who brought 1922 Manhattan to life with scintillating dialog, sparkling singing, and tap-dancing extraordinaire. The outstanding orchestra was under the direction of Deb Bonneau, choreographer Melissa Hoffman provided the dances, and Director/Producer Bill Grady put it all together – thank you all for your inspiration and guidance! The show's success is also due to the parent and student volunteers who provided hours for set construction, painting, props, costumes, publicity, decorating, tickets, programs, refreshments, and more. Thank you especially to Friends of Drama President Robin Rogers-Browne for keeping the volunteers organized.



Thoroughly Modern Millie has been entered in the high school performing arts competition, the TAMY Awards. Judging took place during performances. Best wishes to everyone –nominations and awards will not be announced until the end of the spring drama season. This is Nashoba's final production of the year, and we take this opportunity to express our thanks once more to all the Business and Family sponsors of the Friends of the Arts Ad Campaign for their support of Nashoba Music and

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Drama through ads in show programs during 2007-2008.

Students who participated in Nashoba Drama in any capacity during the year and their parents should mark their calendars now for the **Annual Thespian Banquet** on Sunday, May 4, at the Nashoba Winery in Bolton. Come celebrate a successful year with dinner, dancing, International Thespian Society induction, and the humorous Denny Awards. Invitations will be mailed soon. Contact Robin Rogers Browne with any questions (Robinrb@comcast.net).

Our next Friends of Drama meeting will be on April 2 at 7 pm in the auditorium lobby. Don't forget to check our website for drama information: www.nashobadrama.com

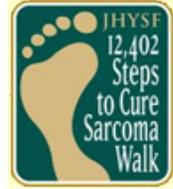
Trim Your Locks for Frankie

A HAIR CUT-A-THON for the Frankie DeMeo Memorial Scholarship Fund will be taking place on SUNDAY, APRIL 13, at STARZ SALON, 367 Boston Post Road in Sudbury (at Mill Village across from Dunkin Donuts on Route 20). The Salon will be open 11 a.m. to 4 p.m. Come out and let some of your favorite stylists — including Stow's Heather French, Vanessa Hurley, and Leanne Lombardo — get your hair in shape for spring. You'll be supporting the DeMeo Fund, which has been set up in memory of the Nashoba Regional High School senior who died February 5 after being struck by a car while jogging near the school. The fund is designed to support children in need of special assistance, tutoring, and financial aid so they can better their lives.



You decide how much to donate for styling services, though a minimum of \$10 is suggested. Make checks payable to Nashoba Regional Scholarship Foundation (NRSF), with "Frankie DeMeo Fund" in the memo line. For additional information you can call Vanessa Hurley at (978)835-7826.

12,402 Steps To Cure Sarcoma



The 4th annual walk will be held on Saturday, May 3, 2008 at 10 am at the Hudson High School Football Field in Hudson, MA. We are looking for you to join our team to help raise funds to find a cure for Sarcoma. Our son Daniel, who is a Nashoba graduate, was diagnosed with Osteosarcoma on December 4, 2004. After many surgeries and over 50 chemotherapy treatments, we are happy to say that Daniel is 26 months cancer free. We have been involved with this walk since its inception. Having a child stricken with cancer we know how important it is that a cure needs to be found. We are asking for your help. We are putting a Nashoba team together to show Daniel support. If you would like to walk or want more information please call me at (978)562-9899. Our son Alex is a senior and he will have information for your child to get involved. If you want to send a donation you can mail your check to Karyn Warila, 158 Walcott St, Stow, MA 01775, made out to JHYSF. (All donations are tax deductible)!

From the Nurse's Office:

Prom Safety

Thoughts On Making The Right Choice

Prom is one of the most memorable nights of your life. It's a special night to spend with your friends and your date. The songs, decorations, and atmosphere will always serve as a remembrance of the happy and carefree days of your adolescence.

******* "Prom is not a night to try drugs, alcohol, or sex. It's a time to join your friends in a celebration that represents who you are, what you stand for, and what you've accomplished." -Jami, Woodville HS, AL

How do you have a safe prom?

"Choose the right date, someone you feel comfortable with and can have fun with. Don't drink and don't give in to peer pressure if you find yourself in a bad situation." -Jodi, Jodi, Michelle, North Mahaska HS, IA

"Make sure you don't get around people that might pressure you into doing things you don't want to."

-Heather, Dumas HS, TX

How would you handle drugs or drinking?

"We had a limo and the other couples wanted to bring pot, and we told them if they brought it in the limo and did it with us, they could get out." -Julie, Richmond Hill HS, NY

"It seems like the people who drink don't have as much fun." -Leslie, Jay Junior Senior HS, FL

If my date was drunk, I'd...

"...definitely not let him drive or drive me home. I'll get mad at him too."

-Pamela, Shades Valley HS, AL "...drive him home." -

Alison, Shades Valley HS, AL "...be upset. When you drink you forget what goes on or what you're doing. What's the point of even going? Why would you spend your prom night throwing up anyway?" -Vanessa, Richmond Hill HS, NY

"...definitely find a different way home. I'd drive or go with someone else." -Meredith, Quincy HS, NY "...take him to sober up and if he refused then I'd ditch him."

-Jodi, Jodi, Michelle, North Mahaska HS, IA

What if he tries to pressure you into doing something you don't want to?

"Tell him a few words then walk off and don't be with him." -Kimberly, Wahtonka HS, OR

"Tell him you're not interested, everybody has their own life. Make sure you know who you're going with so you don't have to worry about it." -Vanessa, Richmond Hill HS, NY

"Leave him. I don't want to be a victim to have a good time." -Pamela, Shades Valley HS, AL

"Tell him to get lost." -Julie, Richmond Hill HS, NY

"Tell him 'No!' If he respects me and my feelings, he won't push." -Cindy, Burroughs HS, CA

Close by the door he paused to stand,
As he took his class ring off her hand.
All who were watching didn't dare to speak,
As a silent tear ran down his cheek.
All through his mind memories ran,
from moments of the prom, laughing and walking
through the sand.
And how her eyes were so terribly cold.
He never again would have her to hold.
They watched him in silence as he bent over near,
To whisper "I love you" into her ear.
He touched her face and started to cry.
He put his class ring on and wanted to die.
And just as the wind began to blow,
They lowered the casket into the snow.
This is what happens to many alive,
When a friend lets a friend drink & drive.
-Anonymous, Morton HS-West, IL

For more information visit: www.perfectproms.com

*****Prom is coming up on May 23rd and it is very important that parents take the time to talk to their children about the following safety issues:**

- Driving
- Dating
- Alcohol

Illness Dismissals:

In the event that your child becomes ill during class on any particular day, your child's teacher will send him/her to the nurse. Based on a physical assessment, should the illness warrant dismissal, the parent or guardian will receive a call from the school nurse requesting that the student be picked up. Dismissals due to illness are handled only through the Nurse's Office.

If you have any questions or concerns give us a call at 978-779-2257 x1.

Migdalia, Rosemary and Marilyn
High School Nurses



NASHOBA REGIONAL HIGH SCHOOL

NEWS FROM GUIDANCE

APRIL 2008

Jodi Specht, Director of Guidance jspecht@nrds.net
Ellin Tsiaras etsiaras@nrds.net
Trevor Short tshort@nrds.net
Dan Glover dglover@nrds.net
Sue Allaire, Career Counselor sallaire@nrds.net

Tuesday April 1st, 7:00pm, High School Auditorium

The Admission Game®

with Peter Van Buskirk

Student-Centered Solutions for College Planning

Peter will provide an interactive and informative look into the admission process at selective colleges.

- Find out first-hand how credentials are reviewed by “becoming” a member of an admissions committee that night.
- Review the applications.
- Debate the candidate’s strengths and weaknesses.
- Join the vote to determine who gets in!

Peter presented “The Admission Game” to our community a number of years ago and received uniform praise and accolades. It is a fun and very informative evening.

Please register in the Guidance Survey on the front page of the high school web site in order that we have sufficient materials on hand for the audience.

Tuesday, April 16, 7:00 pm, NRHS Auditorium **College Athletics Night**

Everything you need to know about competing at the next level.

Are you interested in playing a sport in college? Tom O’Brien, NRHS Athletic Director, will host this informative event for all student athletes.

The panel will include:

- Current and former college coaches from every level (Division I, II, III and junior college)
- Student-athletes
- High school coaches

Some topics to be covered include:

- Recruiting process
- What student-athletes should be doing to prepare
- NCAA Clearinghouse and eligibility
- Scholarships and financial aid opportunities
- The levels of play at different divisions
- The college playing experience

REMINDER: Registration Deadline for May 3rd SAT is April 1st, but late registrations will be accepted through April 10th. (Nashoba IS a test site for the May 3rd SAT) www.collegeboard.com

Registration Deadline for June 7th SAT Exams is May 6th (Nashoba is NOT a test site for the June 7th SAT) www.collegeboard.com

Registration Deadline for June 14th ACT exam is May 9th. (Fitchburg & Westborough are the nearest ACT test sites in June.) www.act.org

POST SECONDARY PLANNING for JUNIORS

Thank you to Paul Lynskey, our guest speaker at the College Planning Night, for an informative and engaging presentation. The feedback from the parents was very positive.

Post Secondary planning for juniors continues with a series of topic specific workshops. Juniors must sign up through their Naviance account – they can be found under “College Visits”. Reminder that all Juniors must attend a Naviance workshop to familiarize themselves with this all important tool.

April workshops include: Career Cruising; Visiting Schools and Interviewing; Testing Options; Admission Plans; Writing the Essay; Teacher Recommendations; Electronic Tools & Applications; Mass State Colleges & Universities; and Military Options. More in May.

In addition to the materials our Juniors received in their green folders at the initial College Planning Presentation, there are some informational documents in the library on Naviance.

College Visits and Upcoming College Fairs

April vacation is a great time to visit college campuses and start building your list of colleges. Check college websites for details on information sessions and tours. There is also a complete list of College Open Houses available in the College Impressions Newsletter in the Guidance Office or on the guidance website.

National College Fair in Boston: Bayside Expo

Tuesday April 8, 9:00–Noon & 6:00–9:00

Wednesday April 9, 9:00-Noon

A chance to interact with admissions representatives from a wide range of postsecondary institutions to discuss course offerings, admission, financial aid requirements, and college life in general. Brochures are available on the guidance bulletin board. For more information see www.nacacnet.org.

Colleges That Change Lives – Information & Fair

An information session and college fair on Thursday, May 22 from 7-9:30 pm at Hynes Convention Center, Boston, MA. This college fair features the colleges from Loren Pope's popular book which covers 40 Schools you should know about even if you're not a straight-A student. (www.ctcl.com)

Amtrack Discount Coupons

If you are a junior or senior planning to travel to visit colleges this spring, AMTRAK offers a discount on train travel for the student and parent for travel in the Northeast corridor. Information is available at: www.campusvisit.com/amtrak.htm

ATTENTION HIGH SCHOOL STUDENTS

As you plan your course schedule for next year and choose your activities, keep in mind the **Top Ten Things Colleges want in Applicants:**

1. A high school curriculum that challenges the student.
2. Grades that represent strong effort and an upward trend.
3. A well-written essay that provides insight into the student's unique personality, values & goals.
4. Passionate involvement in a few activities, demonstrating leadership and initiative.
5. Solid scores on standardized tests (SAT, ACT)
6. Special talents or experiences that contribute to a well-rounded student body.
7. Letters of recommendation from teachers and a guidance counselor that give evidence of integrity, special skills and positive character traits.
8. Demonstrated enthusiasm, often exhibited in an interview, toward attending the college.
9. Out-of-school experiences, including work and community service that illustrate responsibility, dedication and development of areas of interest.
10. Supplemental recommendations by adults who have had significant direct contact with the student. (letters from coaches, work supervisors, volunteer activity supervisor)

SENIOR REMINDERS!!!

DON'T FORGET TO UPDATE GUIDANCE

As you make your decisions about college, please let the guidance office know your plans. In early May we will be asking you to officially update us about the status of all your applications as well as what college you plan on attending. We are also interested in knowing about any scholarship awards you receive. We keep track of all this information.

FINANCIAL AID

Be sure that all of your financial filings have been done—FAFSA, CSS PROFILE and other forms required by your colleges. After you receive your Student Aid Report, you can still update it with any changes.

Stanley Koplik Certificate of Mastery - MCAS

Students who are eligible to apply for the Stanley Koplik Certificate of Mastery based on their MCAS scores have until May 23 to turn in their application to guidance. The application requires two additional achievements (e.g., qualifying AP scores or qualifying SAT II scores). If all requirements are met, the student receives free tuition at any Massachusetts University or state college.

SCHOLARSHIP SCOOP

Students selected to receive local scholarships will receive an invitation to the Senior Awards Night, June 2nd. The invitations will be mailed in May.

There are still a limited number of scholarship applications with due dates after April 1. Stop in to guidance and check out the Scholarship Notebook.

FROM THE CAREER CENTER

Nashoba's School to Career program is designed to assist students across the academic spectrum in a process of career exploration and development through introspectively assessing their strengths and interests, envisioning their goals, and examining the tools and opportunities available in the community to realize their futures.

What is Career Cruising?

Career Cruising is an online career guidance resource developed to be a user-friendly program that combines comprehensive career information with a personal perspective by profiling individuals in every occupation. Additional features include career assessment tools, a

(Continued on page 13)

comprehensive post-secondary schools database, a financial aid section and a career portfolio tool. Career Cruising is available for use by the Nashoba community. To access, go to www.careercruising.com, enter username: **Nashoba** and password: **Chieftains**

Teen Job Fair '08

Boys and Girls Club of MetroWest
169 Pleasant Street, Marlborough
Thursday, April 3rd, 6:30-8:30 pm
Must be 16+ years old
Your chance to interview with over 25 local companies hiring for Spring/Summer

New England Institute of Technology, Tech Nite

Tuesday, April 8th, 4 pm-8 pm
800-736-7744; www.neit.edu

Gap Year Opportunities Fair

Sunday, April 6th, 1 pm-4 pm
Noble & Greenough School, Dedham, MA
For more information, contact gcappello@dynamy.org;
877-877-5848 x 18

The School of Fashion Design's Rendering Style Competition

Students submit five sketches with an application and brief essay discussing: Why are you interested in fashion design? Two winners will be selected to attend the Summer High School Prep Program, one in July and one in August.. Deadline is Monday, April 7th.
www.schooloffashiondesign.com.

WPI Materials Camp

A one day program for sophomores and juniors interested in materials science and/or applied science and engineering disciplines. May 12, 2008; 8:30 am to 3:30 pm. For more information, visit www.asminternational.org/foundation.

SUMMER OPPORTUNITIES

Are you looking for a special summer program or a unique summer opportunity? The guidance office has a couple of great resource books listing all types of programs and has also posted more information on the guidance bulletin board.

Career Oriented Summer Programs

Adventures in Veterinary Medicine

Two-week sessions are offered in July and August at Tuft's University Cummings School of Veterinary Medicine in Grafton, MA. Applications are accepted until the program is full. For more information visit the website at: WWW.TUFTS.EDU/VET/AVM

Boston Architectural College High School Summer Program

July 7th-August 1st, Monday-Friday, 9 am-12:30 pm
Application deadline: April 4, 2008
For more information contact the Continuing Education Dept. at 617-585-0101 or summer@the-bac.edu

Harvard University Graduate School of Design Career Discovery Program

Open to anyone graduating high school in 2008 who is planning to study design or planning. Applications are due on May 1, 2008. For more information, call 617-495-5453 or discovery@gsd.harvard.edu

Wall Street 101

High School juniors or seniors can learn about financial investments, develop leadership and teamwork skills, and explore college life through a residential campus experience at Bentley College. Participate in simulations and role-playing in a high-tech financial Trading Room.
July 27-August 2. Applications are due by April 4, 2008. Tuition: \$1000. For more information, call 781-891-2598 or www.bentley.edu/camp

WPI Collaborative for Entrepreneurship & Innovation

Teen Business Camp

Entrepreneurship Day Camp is a highly interactive week of workshops, games, exercises and talks focused on the task of getting to know your own strengths, passions, interests and abilities to create a Summer Business or Social Venture based on your ideas.
June 23-27, 2008, 8am-4:30pm, Cost: \$295 (need based scholarship available)
Contact: Gina M. Betti at 508-831-5761 or gbetti@wpi.edu
Web site: www.wpi.edu/+CEI click on programs, then Teen Venture Camp

WPI Frontiers

Are you a junior or senior interested in science, math and engineering?

The WPI Frontiers program is a two-week residential program during the week of July 13-25, 2008. For more information, email frontiers@wpi.edu or call 508-831-5286.

WPI Launch

Are you a freshman or sophomore interested in biology, computer science, and robotics?

The Launch program is a 5 day program during the week of August 4-8, 2008 from 9:00-4:30. For more information, email launch@wpi.edu, or call 508-831-5286

(Continued on page 14)

WPI WUNDERS I and II

A program for young women with an interest in engineering.

Wunders I for 9th or 10th graders, July 12-20th

Wunders II for 11th and 12th graders, July 12-20th

Application deadline April 15th. www.wpi.edu/Admin/Women/Girls/Wunders/, Tuition: \$500 (includes lodging and meals)

Emerson Hospital Student Summer Volunteer Program

Students must be at least 14 years of age and volunteer 8-10 hours per week over the summer months for a total of 100 hours. Students perform a wide variety of duties in the areas of transport, gift shop, coffee shop, book cart, reception cart and office support. This program often has a waiting list. If interested, call 978-287-3207.

Student Trooper Program

This program provides first-hand experience into the role of our police in promoting and safeguarding American freedoms and rights. Youth will learn vehicle law, investigation techniques and firearm demonstrations. Also, youths will learn about special units such as special tactics, K-9, mounted units, helicopters, and computer capabilities. The program consists of a one week, live-in class, at the police academy in New Braintree, MA. Two classes are scheduled for 7/14-7/18 and 7/28-8/1. Cost is \$225. Applications are available in the Career Center. Deadline is June 1, 2008

Johnson & Wales Career Explorations

Summer program offerings in Culinary Arts, Technology, and Business for students entering their junior or senior year of high school. Registration Forms available in the Career Center. Deadlines begin early June.

Minuteman Regional High School Career Exploratory

Variety of Career oriented courses available in areas such as Carpentry, Auto Body and Auto Mechanics, Electrical Wiring, HVAC/R, Landscaping, Robotics, CAD, Architectural Drawing, Digital Video Production, and Metal Working and Welding. July 7-August 1, www.minuteman.org Brochures available in the Career Center.

Brass Weekend

Berklee College of Music

June 20-22

The Brass Weekend is designed for brass players, age 15 and older, who want to focus on their playing skills.

Tuition: \$530, Housing: \$310; Application Fee: \$25

Applications are available in the Career Center

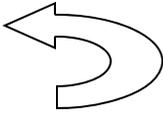
Other Summer Opportunities are available in the Career Center.

Nashoba's School to Career Business Partnership Program

Can you help Nashoba students make the connection between classroom learning and the workplace? For students, career exploration and awareness activities can be a vital link to understanding the connection between classroom learning and the world of work and what opportunities are available for them. If you or your employer might be interested in becoming involved in providing career exploration opportunities for our students such as Internships, Job Shadow Days, Guest Speakers and/or Mentors, please contact Sue Allaire, Career Counselor, at sallaire@nrsd.net or 978-779-2257.

T-Shirt Order Form

Name: _____

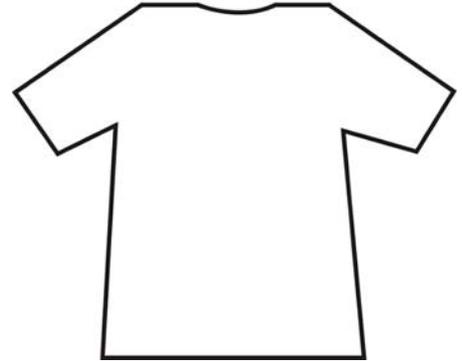
Size: S M L XL 

Please circle one

Specify Quantity: _____

The price for each t-shirt will be: \$15.⁰⁰

Total price: _____

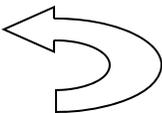


Please either **enclose cash or a check** written out to NRHS CLASS OF 2011

Thank you, The Freshman Class Officers
Lizzy Cross, Mary C. Heelan

T-Shirt Order Form

Name: _____

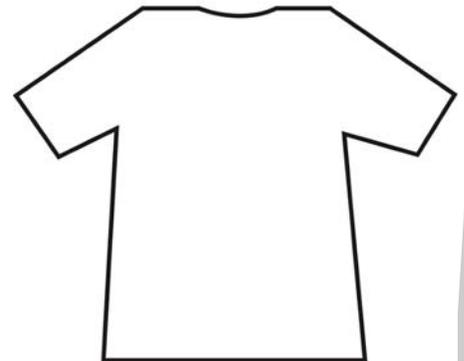
Size: S M L XL 

Please circle one

Specify Quantity: _____

The price for each t-shirt will be: \$15.⁰⁰

Total price: _____



Please either **enclose cash or a check** written out to NRHS CLASS OF 2011

Thank you, The Freshman Class Officers
Lizzy Cross, Mary C. Heelan
Laura Hoover, and Thompson Hangen



Bolton Celebrates

Join the fun!



Looking forward to summer?

Now there's even more reason! Remember fun summer days? Picnics, games and music, and on the 4th of July – fireworks? Now you can stay right here in Bolton to celebrate the 4th – connect with your neighbors and celebrate our nation's independence and history of strength.

Here are the basics – more details to come!

July 3rd – FIREWORKS in the evening at Memorial Field!

July 4th starting at 11am

Parade

Festival

Games for young and young at heart

Great food and drink

Music – 6 Hours of Live Music from Local Bands

Kids "Fun Zone"

You can help bring a new tradition of celebration to Bolton. Please go to www.boltoncelebrates.org, we need volunteers. Even if you only have an hour to spare – we would love to hear from you!

How can you be involved?

- Lots of committees could use more people:
 - Public relations
 - Finance/Fund-raising
 - Volunteer Committee
- Enter a float in the parade
- Show off your special car
- Pull together a team for tug of war, join the pie eating contest, or enjoy the live tunes!

www.boltoncelebrates.org