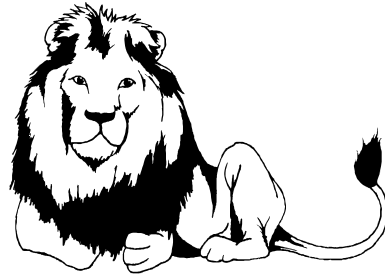


Lion's



Roar

Chelmsford High School Newsletter

Spring 2007 Vol. 41

Page 1

200 Richardson Rd. North Chelmsford, MA 01863 (978) 251-5111

www.chelmsford.k12.ma.us

From the desk of the Principal

Chelmsford High School continues to be a top public high school, in spite of various challenges that we face. Our students and faculty have earned a variety of awards. For example, we recently received word that ten of our freshmen have been selected to participate in the Northeast Junior District Concert which will be held at Lowell High School.

Of 1,500 students in grades 6-9 who auditioned in Methuen on January 20th, 550 were selected to perform in April. The CHS students selected are:

Rachel Fairbanks	Girls Chorus
Erica Huges	Flute
Sanyuka Inamda	Violin
Kyle Kelsey	Boys Chorus
Christine Ken	Girls Chorus
Wanjiku Kungu	Girls Chorus
Iris Sheu	Vilolin
Gwen Straeffler	Girls Chorus
Kelsey Trullo	Girls Chorus
Jared Velazquez	Baritone / Saxophone

CHS also had twelve students submit individual entries and 8 submit portfolios in The Boston Globe Scholastic Art Competition.

Those submitting individual entries are:

Abby Aker (3 pieces)	Chelsea Doherty (1)
William Early (1)	Emma Easton (1)
Kim Le (3 pieces)	Leanne Malsbury (1)
Kathy Morris (1)	Melissa Peterson (1)
Jahna Vaughn (1)	Shalyn Webber (3 pieces)
Katie Wynkoop (1)	Jonathan Yu (4 pieces).

Those submitting portfolios are

Abby Aker, Josh Anthony, Emily DeKelly, Chelsea Doherty, Emmas Easton, Susan Hampton, Ryan McDonough, Stephanie Piacenza and Shayln Webber.

Mr. Carl Rondina was presented a "Service Above Self Award" by the Chelmsford Rotary at the annual Winter Holiday Concert at the Radisson Hotel. He was recognized for his contributions to CHS students for over thirty years. He has conducted the various vocal groups and presented outstanding musical after outstanding musical. In addition to an appropriate plaque, a check for \$500 was given to the Music Department to purchased sheet music.

School Website and Email List Update

The website for the school department is now online at www.chelmsford.k12.ma.us. Please stay tuned for information regarding newly configured email lists based on year of graduation rather than on current grade.

To subscribe to the Daily Bulletin, send an email

TO: mailbot@chelmsford.k12.ma.us

SUBJECT: subscribe CHS_Daily_Bulletin

Send the blank email.

To unsubscribe address the email the same way, except

SUBJECT: unsubscribe CHS_Daily_Bulletin.

If you have questions regarding any email list in the CPS listserv, please send an email to listmaster@chelmsford.k12.ma.us. Please specify the list and the email address used in conjunction with that list.

Instructions for joining and leaving the CHS PTO email list

Please remember to unsubscribe from email lists, when your child graduates and when you change email addresses. ! This will **NOT** happen automatically.

Currently, you cannot unsubscribe through the website.

To unsubscribe send a blank email:

TO: mailbot@chelmsford.k12.ma.us

In the subject line type: unsubscribe CHS_PTO

To subscribe address the email the same way, except:
SUBJECT subscribe CHS_PTO

Nancy Bell of the Mathematics Department participated in a Massachusetts Cultural Council, Western States Arts Federation and National Endowment for the Arts pilot program to advance the quality of arts instruction in American schools. She attended summer institutes for the past two summers to develop projects that would integrate her new knowledge of art into curriculum units for her classes.

The "Reality Check" health classes for juniors and seniors raised almost \$5,000 for the Shiners' Burn Center and students traveled to the hospital to present the check and view the facility.

Those same classes recently celebrated "You Make a Difference Day". They recognized the contributions of the custodial staff, the administration, the security personnel and the secretaries and secretarial support staff. Their efforts were greatly appreciated.

The building project has proceeded on schedule. The science rooms in the wing that had been occupied by the central administration were ready for the opening of school. The rooms the science wing were occupied after the first of the year.

Other parts of the project have resulted in a new roof, a new fire alarm system, cleaning and improvement of the heat and ventilation system. The new 1,000-seat auditorium is nearing completion and plans are being formulated for its operation and the opening event.

Dean Bernard Battle of Whittier House has announced his retirement next year. He has been an important contributor to the community of CHS and will be greatly missed. The position has been posted and the selection process will begin soon.

I have spent a significant amount of time on the committee that has been searching for a replacement for Dr. Richard Moser as Superintendent of Schools. The committee has finished its work and has sent the names of the finalists on to the School Committee. The finals selection will be made as early as possible in February. This appointment will be significant in influencing the direction of public education in Chelmsford for the next decade or more.

The states' Risk Survey will be administered in the near future. Results have been very helpful to us in identifying and addressing various significant teenage issues.

We will be anxious to see the results to see if recent positive trends regarding smoking and driving under the influence are continuing.

As always, I remain available for you to talk with me, e-mail me (thomasw@chelmsford.k12.ma.us), or to call me (978-251-5111 Ext. 1106) to discuss any concern or to answer any question that you may have.

*Sincerely,
Allen Thomas*

School Calendar 2006 – '07

Mar 1	Competition Play	
Mar 7	Freshman Parent Scheduling Meeting	
Mar 9	Term 3 Midterms	
Mar 14	Early Release Day	
Mar 14	Junior Guidance Meetings	
Mar 14	Winter Sports Award Might	
Mar 27	CHS Chorus / Orchestra Concert	
Mar 28	PTO Meeting	7 pm
Mar 28	CHS Band Concert	
Mar 29	Grade 11 – "Making it Count"(Guidance Program)	
Apr 4	Justos Lamas Concert	
Apr 3	Cancer Screening presentation for Seniors by the Town Board of Health.	
Apr 6	Good Friday – No school	
Apr 9	Term 3 Ends	
Apr 10	National College Fair – Juniors – Bayside Exposition	
Apr 16 - 20	April School Vacation	
Apr 26	Early Release Day	
Apr 26	Grade 12 – "Making it Count (Guidance Program)	
Apr 27	Red Cross Blood Drive	

Students of the Month

December

Emerson House	Katelyn Curran	Michael Baraldi
Hawthorne House	Elizabeth Kane	Jack Kang
Whittier House	Allison Massey	Timothy Harrington

January

Emerson House:	Christine Paik	Eric Bolton
Hawthorne House:	Kristen Bruell	William Blaisdell
Whittier House	Erin Quimby	Sean Eagan

February

Emerson House	Lindsey Silk	Shawn Brady
Hawthorne House	Cara Maloney	Kushal Palkhiwala
Whittier House	Emily Gasper	David Barron

From the Nurse's Office

We still have a large number of students who have not returned the Emergency Health Information sheet. This information sheet is of great importance to us as a source of immediate reference in case of an emergency. Please forward this form to the nurse's office as soon as possible if you have not done so yet.

We are no longer supplying cough drops or throat lozenges. If your child requires a cough drop or throat lozenge they must be supplied from home.

Postural screening will be done for all freshman students taking gym second semester the week of February 12th. If you have any questions or concerns please call nurse's office at 251-5111 Ext 1118

Red Cross Club

The American Red Cross Club at Chelmsford High School recently supported the Measles Initiative in Africa. Members sold pins which represented the awareness that many African children are at a high risk for measles. The Red Cross Club raised \$161.00 which will help toward underwriting the vaccination of 200 million at-risk African children. In January, the members, assisted American Red Cross liaison, Kristen Oleson, assemble 300 emergency preparedness packets for distribution in Lowell, Haverhill, and Lawrence elementary schools. Members have just completed their registration forms with the American Red Cross and are now considered official volunteers of the American Red Cross of the Merrimack Valley. The Spring Blood Drive will be held on Friday, April 27 for students and staff of CHS. New members are always welcomed. Contact: Mrs. Simoglou Room 206 or co-presidents, Kirsten Bruell or Sandy Khem.

Notes from the CHS Guidance Department

Seniors – Class of 2007

Seniors by this time should have met with their counselors as the time is running out for fall college plans. If you have not already met with your counselor, you are encouraged to do so now. Remember your second semester classes should complete your graduation requirements.

Juniors – Class of 2008

The counselors will be meeting with the juniors on Wednesday, January 17, to discuss post-secondary planning issues and to distribute a post-secondary planning booklet.

Counselors will begin meeting with individual students this spring for more in-depth planning. The counselors will again be meeting with the juniors on Wednesday, March 14 to discuss attending the National College Fair at the Bayside Exposition Center on April 10, 2007.

The Junior Parent Meeting is scheduled for Wednesday, February 7 at 7:00 pm.

Sophomores – Classes of 2009

The counselors will be meeting with the sophomores on Monday, February 12, to introduce post-secondary planning issues and advising them to take the PSAT in October. Taking the test as juniors makes them eligible for the National Merit Scholarship Competition and is preparation for the SATs.

Freshmen Class of 2010

The counselors with the assistance of the health teachers introduced the freshmen to the pilot portfolio program, *Career Cruising*, in the Career Center over a three-day period in December. The first day the students toured and learned about the Career Center, interviewed an individual with a career they wanted to explore and used three resources to complete the Investigating the Work Force activity. The second day involved having the students complete a career interest inventory, "Match Maker" and researching a career on line. The third day involved introducing the students to "Resume Builder". The students began their resume by recording all of their activities, sports, clubs, awards, volunteer work and work experiences. The students then considered and identified career objectives by setting one short-term goal to be completed during high school and one long-term goal. A special thanks goes to Maura Devaney, Health Education/Physical Education Department Head, and teachers: Farah Lalli, Matthew Dibble, Kristen Dowling, Rebecca Kobrenski and Career Center Facilitator, Carolyn Curwen. The program will be repeated during the week of March 5, 2007 for second semester Life Management students. A reminder, you can continue this work at home at the web site using your password.

General

Last summer the guidance counselors worked hard at a summer workshop to develop this new initiative known as the Freshman Career Portfolio Program. Participating and contributing to the goals and tasks of this workshop were the following members of the Guidance Department: Debbie Boudreau, Cyrus Comminos, Tammy Leary, Ilene Rodman, and Mike Ryan. Also participating and attending were Guidance Director, Carol Pilat and Health Director, Maura Devaney. The workshop was coordinated by Emerson House guidance Counselor, Cyrus Comminos. The counselors who were not able to attend: Mike Fanning and Christine Lima due to scheduling conflicts worked on the project in the fall when school reconvened. Many thanks are extended to the Nashoba Valley Regional Technical High School for allowing the Chelmsford Faculty Career Portfolio Team to use their technology and facilities while the high school was under construction.

PSAT

In December, the counselors met with the juniors and sophomores who took the PSAT Assessment in October. The students were given their test booklets and their score reports and information relating to how to interpret and improve their scores. The information included: Ima B. Student's Score report Plus Case Summary, Student Search Services: Connecting Students to College, National Merit Scholarship Corporation Academic Competitions for Recognition and College Scholarships and My Road: Dynamic Online Major, College and Career Exploration Tool and PSAT Information for Juniors and Sophomores.

SAT Reminders

All juniors taking the SAT May 5, the registration deadline is March 29. The easiest way to sign up is by going to the College Board Web site and establishing a personal account if you have not already done so. All Juniors should plan to take the SAT Reasoning test in May.

Juniors who are planning to take the SAT Subject test in June should check with their guidance counselors and teachers concerning which subject tests are based on the courses that they have completed. There are three reasons for taking the SAT Subject Tests: if you are applying to one of the few colleges that require them, if you received scores on the MCAS that included at least one proficient and one advanced and want to get a head start competing for the Koplik Scholarship, and if you want to show your knowledge and strength in a particular subject. The test date is June 2. The registration deadline date is April 27.

Scholarship Applications currently available

NOTE: Students should check the "Scholarship Box" in the Main Guidance Office weekly to see which scholarships are currently available. New scholarships are announced during the morning announcements and are printed in the Daily Bulletin. Scholarships are also listed on the school's website under Guidance.

Guidance Counselor Assignments with Phone Extensions

House	Assignment	Counselor	Ext.
Emerson	A-K	Mr. Comminos	1189
	L-Z	Ms. Boudreau	1194
Hawthorne	A-K	Ms. Leary	1193
	L-Z	Ms. Lima	1192
Whittier	(A-K Gr. 12)	Ms. Rodman/ Mr. Ryan	1190
	(A-Ma in Gr. 11)		
	(A-I in Gr. 10)		
	(A-L in Gr. 9)		
	(L-Z in Gr. 11-12)	Mr. Fanning	1191
	(Mc-Z in Gr. 10)		
	(J-Z in Gr. 9)		

Chelmsford High School PTO Board 2006 – '07**Elected Positions**

President	Margo Lord	(978) 250-1568	margolord@comcast.net
Vice President	Beth Rick	(978) 250-1784	bethyrick@comcast.net
Secretary	Lisa Manion	(978) 256-4214	tlmanion@comcast.net
Treasurer	Caroline Fialkowski	(978) 256 0897	cfski@msn.com

Committee Chairs

Parent Liaison Committee	Sharon Hehn	(978)-250-5954	shehn@colonial.net
Newsletter	Phebe Rand	(978) 256-2855	pvrand@comcast.net
After Prom Breakfast	Noni Smith/ Lisa Manion	(978) 256-1438 (978) 250-4214	nonis@earthlink.net tlmanion@comcast.net
Staff Appreciation Lunch	Susan Dooley	(978) 250-8169	Dooley.family@comcast.net
Graduation Announcements	Vacant Debbie Meyers	(978) 256-3923	

From the PTO President

PTO activities are now in full swing! Planning is underway for the After Prom Breakfast. This is the PTO's largest event and provides a fun and safe activity for after the prom. All seniors are invited to attend – even if they don't go to the prom – and some have even said that it is the best part of the evening! Be watching for more information about how you can help.

I am happy to report that we have a volunteer to handle the coordination of Graduation Announcements with Yours Truly. This is primarily a service for the Senior Class parents, but does bring in a small profit for the PTO. This is actually our only "fundraiser."

Please consider signing up to chair the Staff Appreciation. We all know that the school staff can be very important to our children's lives and they deserve this expression of our gratitude. I promise that the committee chair will be able to find plenty of support when it comes time to ask for help cooking, setting up, and cleaning. It is always hardest to find the coordinator. If you coordinate it, they will come to help! Volunteers, please call me at 978-250-1568.

Speaking of volunteers, it is time to start thinking about next year's PTO board. The officers include a president, vice-president, secretary, treasurer, and parent liaison committee chair. If anyone is interested in heading up the nomination committee or if you are interested in running for any of these positions, please let me know.

We have 3 meetings left this year. The meeting dates are March 28, April 25, and May 16. The meetings are usually held in the library, but are sometimes held in the main office conference room. Signs will be posted if the meeting is moved from the library. I hope to see you there!

Looking forward to Spring,

Parent Liaison Committee

The Parent Liaison Committee is comprised of parents from all grade levels who have volunteered to assist Mr. Thomas and other parents in the following ways:

- be a resource to parents by answering questions on a variety of issues
- channel questions, concerns, and feedback from parents to Mr. Thomas on a monthly basis, or contact him immediately if a matter is urgent
- provide a parental perspective to Mr. Thomas, and
- track questions and issues raised by parents in order to identify possible trends or growing concerns.

If you have a question or concern, please feel free to call or email (reference "Liaison" in your subject line) any of the Liaison members. Names, numbers, and email addresses of current Liaison Committee Members are listed on the CHS website under the PTO.

If your question or comment cannot be answered directly, it will be presented anonymously at the next meeting, and you will be called promptly with a response.

Parents or guardians of Freshmen students, who are interested in joining the Liaison Committee or anyone who would like more information, should contact Sharon Hehn.

Parent Liaison Committee

Sr.	Amy Aker	978-251-7115	amyaker@comcast.ent
Sr	Marie Bolton	978-256-2554	boltonmc@comcast.net
Sr	Mary Frances Doiron	978-256-5274	mdoironCHS@aol.com
Sr	Phebe Rand	978-256-2855	pvrand@comcast.net
Sr/Jr	MaryBeth Hohrath	978-256-9067	hohrath@comcast.net
Jr / Fr	Sharon Hehn (Chair)	978-250-5954	shehn@comcast.net
Jr	Cindy Reynolds	978-256-8221	cinreynolds@comcast.net
Jr	Denise Temple	978-256-7652	dat2352@verizon.net
Jr.	Maura Villanova	978-256-8366	Mvnova36@comcast.net
So	Ruth Crocker	978-250-1492	Sr3Crocker@pobox.com
So	Michelle Hannon	978-251-1730	BMHannon@msn.com
So	Ginger Hendry	978-250-8233	ghendry@pricelesspet.com
So	Dale Koethe	978-250-8146	rwkoethe@comcast.net
So	Jan Ruell	978-256-1825	j.ruell@comcast.net
Fr.	Bryn Dews	978-250-9491	Bryn@mitre.org

After Prom Breakfast

The PTO is now making plans for the After Prom Breakfast, which will be held from midnight after the prom June 5th until 5:00 a.m. the morning of June 6th.



For those who are unfamiliar with the After Prom Breakfast, the purpose of the event is to provide a fun-filled and safe evening in an alcohol-and-drug-free environment. This is a free event for all seniors and their dates. **Seniors need not attend the prom to attend the breakfast.** Food will be served and a variety of entertainment will be provided, including a disc jockey. There are drawings for prizes throughout the night as an incentive to stay. A few of last year's prizes included TVs, Ipods, a game system, cameras, game chairs and various other electronic items. At the end of the evening, there is a drawing for four prizes of \$250, two prizes of \$500.00 and one grand prize of \$1,000.00. The student must be present at the time their name is drawn in order to win these prizes.

In order to make this evening possible, we need the assistance of the entire High School community. Monetary donations are needed to cover the costs associated with this event. Local businesses have been very supportive; however, it is the direct donations from parents that make this a very special night. We also need volunteers to help decorate, serve and clean up. Parents of **Juniors, Sophomores,** and **Freshen** are especially needed to help work the event. If you can help in any way, please contact Noni @ 978 256-1438 or nonis@earthlink.net, Sue @ 978 250-8169 or dooley.family@comcast.net, or Lisa @ 978 250-4214 or tltmanion@comcast.net. If you would like to make a donation, or work for a company that would like to donate, donations can be sent directly to the Chelmsford High PTO, attention After Prom Breakfast, 200 Richardson Road, Chelmsford, MA 01863. Thank you for your help.

Daily Bulletin

The Daily Bulletin is the best way to remain current on happenings at CHS. It is read each morning in class each morning by the classroom teacher. It is posted around the school and on several kiosks at CHS. It can also be seen on Chelmsford Telemedia, Channel 22 according to the schedule below.

Sun – Thurs	8 – 8:30 p.m.
Mon – Fri	6 – 8 am.

When there are conflicting events, this schedule is subject to change and you are therefore advised to check the weekly schedule at www.chelmsfordtv.org

Lion's Roar

The Lion's Roar is a primary source of information for the high school community. The deadline for the next and final regular issue of the Lion's Roar is April 1. Submissions are welcome; please email your submissions to pvrand@comcast.net. After three years as the Lion's Roar editor, this is my last year. Anyone interested in taking over, please feel free to contact me to discuss what's involved. Thank you,

Phebe Rand, CHS Newsletter editor.

Chelmsford Friends of Music

Bottle and Can Drive

The next bottle and can drive will be on Saturday, March 3 from 9 – 2 in the left parking lot at McCarthy Middle School. We welcome any and all help, deposit bottle and can drop offs, and continue to welcome you to join us for a free lunch.

It's never too late to cash in on more community service time! It is nice to think that we can help to make the difference, not only for our music programs, but for our community as well.

We appreciate your support.

Jo Morse and the Chelmsford Friends of Music
www.cfom.org

Beat the Winter Time Blues with Music!!

The second session of the Chelmsford Fine Arts Department Private Music Lesson Program begins January 30th. Registrations will still be accepted after the semester begins. Lessons are taught at the high school on Tuesday, Wednesday and Thursday afternoons and are open to adults and non-residents as well as children in the Chelmsford Public Schools. Instruction is available on most band and orchestral instruments as well as voice, piano and guitar. Further information and a registration form can be found at the Community Ed website, www.chelmsfordcommunityeducation.org. Any questions can be directed to the program coordinator, Kathy Orchard, at korchard@comcast.net or orchardk@chelmsford.k12.ma.us, or by leaving a message at Community Ed. at 978-251-5151.



CHS All Sports Booster Club

Our next meeting will be held **Thursday, March 1st @ 7:30 PM** in the Conference Room off the main lobby at CHS.

For those of you not familiar with the ALL SPORTS BOOSTER CLUB, we are a group of parents supporting and promoting the advancement of the entire sports program at Chelmsford High School.

We provide financial support for the Varsity Jackets and Major Awards presented at each season's Sports Awards Night. We also present 15 \$500 scholarships each spring to graduating seniors who have participated in the Sports Program during their career at CHS. Participants in ALL SPORTS (not just those playing at the stadium) are included in the presentation of Varsity Jackets and Awards as well as being eligible for the annual scholarships. Therefore, we are asking that parents from ALL SPORTS get involved.

Mark your calendars now. Meetings are held monthly with all future meetings being held on the 1st Thursday of each month. Specific dates for the remaining meetings are

Thursdays, April 5th May 3rd May 31st

All meetings are held in the Conference Room off the main lobby @ CHS.

The **WINTER SPORTS AWARDS NIGHT** is currently scheduled for **Wednesday, March 14th @ 7:30** in the gymnasium at CHS. Please join us as we celebrate and recognize our winter student athletes.

Also, be on the lookout for tickets for our **2nd annual SUPER RAFFLE** – you do not want to miss out on this exciting event this year. This was a huge success for the club last year and helped to provide an added sense of excitement when winning tickets were drawn at last year's Winter Sports Awards Night in March. Tickets will be available at **OPEN HOUSE** and through winter sports team parents. Tickets are \$10 each with a top prize of \$1,000. If you would like a ticket and cannot locate one, please contact one of the officers listed on our web site. **Don't miss out – but you need a ticket to be part of this excitement.**

WHAT'S IN IT FOR ME!! In addition to the personal satisfaction of knowing that you have done the right thing, each member who is active in the running of the organization and/or works at a minimum of two events at the stadium during the fall sports season receives a free pass to all remaining sports events (including in the gymnasium) for the remainder of that school year.

With many of our active parents graduating with their seniors this year, **NOW IS THE TIME** to get involved and make your commitment to supporting Chelmsford High Athletics for next year. This will allow for proper



planning for the 2007-2008 school year. We strongly encourage a minimum of one parent per team to join the club and attend the meetings to make sure we keep in touch with all the teams, and you keep in touch with the organization. Currently only certain sports are represented within the organization. **Only you can change that!**

There are two specific leadership positions which are currently open so if you are interested in a more active role, please let us know.

VICE PRESIDENT: As stated in the By-Laws, "The duties of the Vice President are to assist the President, and in the event the President is unavailable or unable to preside, shall have all the powers and responsibilities of the President. The Vice President shall have other duties as may be prescribed by the officers and/or board members." Basically, to assist the President with the running of the organization.

SNACK SHACK COORDINATOR: The Club is looking for either a single member to coordinate the running of the snack shack at the stadium or a couple of members to share this responsibility. We have a facility at the stadium that is the envy of the entire MVC and something that we should be proud of. It is our hope and intention to open for as many stadium events as possible. As it appears, this person(s) is responsible for the overall coordination of the activities associated with the snack shack, not actually performing all those activities. It truly is a group effort of all club members to make this a success.

For additional information, please visit our CHS Booster Club web site at www.chsboosters.org

We would love to hear from you. If you have questions, would like more information, would like to volunteer, or be added to our email list, please contact Allan Marsh at 978-250-0980 or via email at a_marsh@comcast.net.

Chelmsford Board of Health

Meningitis Vaccine Clinic

for graduating seniors

The Chelmsford Board of Health will be offering a Meningitis clinic in the spring for graduating seniors going off to college, or to any student residing in a dormitory setting. Information on the specifics will be sent home to each senior through the mail in March or April.

Please watch for further details!

Sue Rosa, R.M.

Public health Nurse

Chelmsford Board of Health

50 Billerica Rd.

Chelmsford, MA 01825

Phone: (978) 250-5243

Fax: (978) 250-5244

Cancer Screening Presentation for Seniors

Dear Parent or Guardian,

On April 3, 2007, the Chelmsford Board of Health will be presenting a program on breast and testicular cancer. This program will be presented to the senior class only.

Breast cancer strikes one out of every eight women (13%). Breast cancer is the second leading cause of cancer deaths in women today. Testicular cancer is one of the most common cancers in men between the ages of 15-35 years, and causes 12% of all cancer deaths in this age group. According to the American Cancer Society, with early detection, breast and testicular cancer have a high cure rate.

For the program, the senior boys and girls will be divided into separate groups and be given information on these types of cancer. They will be taught how to perform a monthly self-examination through use of models and a short film. Dr. Doris Pliskin, a Board Certified Surgeon, with a practice in Lowell, will speak to the senior girls. Dr. Pliskin has been a volunteer speaker for the American Cancer Society for many years.

Mr. Jeff Parks, Assistant Principal at the Parker Middle School who has an extensive background in health education, will address the senior boys.

We hope that through this program the students will become aware of the importance of self-examination, early detection, and the need to seek prompt and adequate treatment for these forms of cancer.

If you have any questions or concerns regarding this program please feel free to call the school nurse, Nancy Swain, RN at the high school (978)-251-5111 ext:1118, or

Sue Rosa, RN Public Health Nurse at the Board of Health (978)-250-5243

Cholesterol Screening – Press Release

Chelmsford Board of Health will hold a Cholesterol Screening at the Town Offices, 50 Billerica Rd.

Date: Tuesday March 13

Time: 8:30 – 11:30 am

Who: Chelmsford Residents Only

Cost: \$10.00

Testing is limited, so call early for an appointment. 12 Hour fast required.

Please do not eat or drink anything for the 12 hours prior to the test. Call (978)

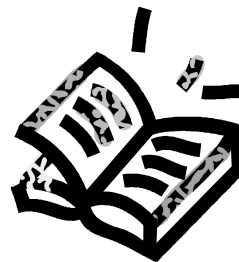
250-5243 to register for an appointment or with any questions.



From the Chelmsford Public Library

VOLUNTEER FAIR (This program will feature volunteer opportunities for teens!) Saturday, March 17, 2007 10 a.m.-noon at the Chelmsford Public Library. Discover the many volunteer opportunities available, and learn how you can become more involved in your community.

Meet representatives from non-profit groups and organizations in and around Chelmsford. Free and Open to the Public! For more information about this event and for a list of participating organizations visit www.chelmsfordlibrary.org Sponsored by the Chelmsford Public Library.



“First Sundays” Classical Music Series

First Sundays classical music concerts take place on the first Sunday of each month in the Chelmsford Public Library's meeting room at 2:30 p.m.

- March 4, 2007: **Kevin Hubbard**, classical guitar
- April 1, 2007: **Four Hand Piano Duo**

This series is funded by the Chelmsford Friends of the Library. For information on the musicians, visit the library's website at www.chelmsfordlibrary.org.

Poetry Writing for Teens with Susan Edwards Richmond Thursday, April 12, 2007, 3-5 p.m.

Do you keep a journal? Are you constantly writing down your thoughts and feelings? Many well-known poets started writing and even publishing in their teens. This workshop will help you shape your ideas into poems you can be proud of. We will look at poems by successful poets and learn how to critique our own and others' work. Participants should bring copies of one of their poems or poem drafts to the workshop for critique.

Registration is required. Workshop is limited to 10 participants. Call the Library's Reference Desk at 978-256-5521, ext. 111, to sign up.

Chelmsford's 23rd Intergenerational Poetry Slam will be held at the Chelmsford Public Library on Friday, April 27, 2007 at 7:30 p.m. If you'd like to participate in our Slam by reading a poem that you've written please email kryanhic@mvlc.org or call 978-256-5521, ext 109.

Teen volunteers- We are looking for volunteers to help with refreshments, registering poets and shooting photographs at the Poetry Slam.

Chelmsford Library Programming for:

One Book: Chelmsford Reads

"Empire Falls" by Richard Russo is the book Chelmsford elected to read.

VISIT www.chelmsfordlibrary.org for details on all our "One Book Chelmsford" programs.

"A Novel Reality: What Empire Falls Tells Us About Ourselves"

A talk by Professor Bob Farrant from the Department of Regional Economic & Social Development, University of Massachusetts Lowell.

Professor Farrant will deliver his talk twice on Wednesday, May 2, 2007 At 1 p.m. at the Chelmsford Senior Center and again at 7 p.m. at the Chelmsford Library

"Rivers and the People Who Care for Them"

Thurs. March 1, 2007 at the Chelmsford Public Library at 7 p.m.

The Library will host a program on river conservation with biologist Steve Landry and Michele Tremblay, both of whom have been involved in the Upper Merrimack River Local Advisory Committee. Steve and Michele both coordinate a wildly successful 'Bug Nights' program that has achieved a form of twisted cult status in New Hampshire as it enters an eleventh season.

Phil Stanway, founder of Chelmsford's Open Space Stewardship program, will also be on hand to give the local angle on conservation. He offers exciting opportunities for all residents to get involved in preserving

and maintaining Chelmsford's Open Space. You can read more about Stanway at www.thechelmsfordian.com

"Healthy Eating for You and Your Family" with Allison Anneser, author of "Refined to Real Food: Moving Your Family Toward Healthier, Wholesome Eating" Thursday, April 5, 2007 at 7 p.m. in the McCarthy Meeting Room. Learn about the healthiest foods AND how to shift them into your diet.

COFFEE HOUSE @ the Chelmsford Public Library
Come listen to songs inspired by New England mill cities by local singer-songwriters.

Friday, March 30, 2007 at 7 p.m. singer/songwriter Frank Morey
and

Friday, April 20, 2007 at 7 p.m.

singer-songwriter Bob Martin; opening for Bob will be Chelmsford singer Sandy Spence Free and open to the public.

Check out the Teen page at

www.chelmsfordlibrary.org/teens for upcoming programs and events!

CHELMSFORD BOARD OF HEALTH SEEKS VOLUNTEERS FOR PUBLIC HEALTH EMERGENCIES

The Chelmsford Board of Health, in Conjunction with the Upper Merrimack Valley Public Health Coalition, is Expanding its Current Pool of Trained Volunteers That Can Respond to Public Health Emergencies.

To increase the community's capacity to respond to public health emergencies, the Chelmsford Board of Health is seeking local residents to become part of our pre-registered database of volunteers who would be willing to help in an emergency situation. In a disaster, hundreds of volunteers would be needed. It is crucial to sign up in advance, long before an emergency takes place so that credentialing can be done in advance. Each volunteer would be utilized in an appropriate capacity based on their skills and interests. Local boards of health are eager to coordinate the efforts of emergency response volunteers, to provide a timely and unified volunteer response for local and regional public health emergencies. Please contact the Chelmsford Board of Health to sign up in advance to volunteer. Organizations such as the UVMRC and CERT groups are similarly expanding their cadre of trained volunteers.

If you would like to join the Medical Reserve Corp, which is highly recommended and non-committal, please download an application and CORI form from the Upper Merrimack Valley MRC website at <http://www.UVMRC.org>. Then return the completed application to Nancy Burns, UVMRC Coordinator, 55 Main Street, Westford, MA 01886.

Please do not under estimate your ability and skills and our need for your help and the Town's need for your volunteer services. Any skill you have is utilized especially in a large-scale event; Childcare services, computer skills, organization skills, people skills as well as health related skills such as nursing or emergency personnel are all important and necessary in working together during a crisis situation.

Contact: Chelmsford Board of Health

Name: Rich Day, Director or Sue Rosa, RN, Public Health Nurse

Phone: 978-250-5243

Email: rday@townofchelmsford.us or srosa@townofchelmsford.us

Fax: 978-250-5244