

This year's play was thoroughly awesome!



was the oblivious, upstanding CEO who hires Millie Dillmount”, he said. Junior Megan Morrissey of cosmetology, had the honor of playing Millie Dillmount, and did a remarkable job. You could see her contemplating over true love or a life of hard work.

The stage crew, headed by Senior Katie Langlois in design and visual communications, also deserved hearty applause. They survived dislocated shoulders, and props being dropped on people’s feet. “Backstage gets pretty hectic,” Katie said,

Prom countdown is ON!



By Caitlyn O’Shaughnessy

Deafening applause took over the school’s auditorium three times on the weekend of March 18, when the Whittier Tech Players received standing ovations for the musical “Thoroughly Modern Millie.” The play takes place during the roaring 1920’s, and follows Millie Dillmount and her adventures to find love, money, and figure out why it is “so sad to be all alone in the world today.”

Junior Dan Muise in CAD, who is also president of United Nations, an active member of Key Club and President of the Junior Class, to name just a few, was a stand out as Trevor Graydon. “Trevor



“But this year’s crew did an amazing job at keeping everything straight.”

From the beginning to the end,

By Tracie Rutherford

Prom is six weeks away. Most seniors look forward to prom, but there is also a lot of stress that goes along with it. The biggest stress is finding a date. But don’t be bummed, you’re not alone. Don’t be afraid to just ask somebody. What’s the worst they can say? No? That still leaves so many people. And even if you don’t get a date, go with a friend. There’s always somebody you can go with and just have the best time.

Prom will be Wednesday, June 1 at Atkinson Country Club in Atkinson, NH, from 6 to 11:30 p.m. Don’t be late! The Grand March will begin at 6:30. The theme that will bring everything together

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An excuse for sleeping in class?

By Tim Dwyer

If you sleep in class like me, then here is your excuse. According to the article "Common Sleep Problems" online at Kidshealth.org, teens have different sleep patterns than children and adults. This is due to our circadian rhythm (internal clock) that is temporarily reset telling us to go to bed later and wake up later. This change in the circadian rhythm is due to the fact that the brain hormone melatonin is produced later at night for teens than it is for kids and adults. This can make it harder for teens to fall asleep early.

Researchers, parents, and teachers have suggested that middle- and high-school classes begin later in the morning to accommodate teens' need for more sleep. Some schools have already set later start times. We as students and staff should lobby for later start times because teens that fall asleep after midnight still have to get up early for school, meaning that they may only squeeze in 6 or 7 hours of sleep a night out of the necessary nine hours.

This sleep deficit impacts everything from a person's ability to pay attention

in class to his or her mood, according to the article. According to the National Sleep Foundation's 2006 Sleep in America poll, more than 25 percent of high school students fall asleep in class, and experts have been able to tie lost sleep to poorer grades. Lack of sleep also damages teens' ability to do their best in athletics.

Insomnia plays a bigger role in a student's loss of sleep. Half of all those who have experienced insomnia blame the problem on stress and worry, according to Kidshealth.org. In the case of stress-induced insomnia, the amount of sleep you lose depends on how stressed you are and how much time you spend being stressed out. Sometimes this may be a disturbing event like loss of a loved one, loss of a job, or bad relationships. Anticipation of such things as upcoming tests, prom, or any other event that creates stress can also disturb sleep and make it difficult to fall

asleep or remain asleep.

How do you know if you're getting enough sleep? Even if you think you're getting enough sleep, you may not be. Here are some of the signs that you need more sleep: difficulty waking up in the morning, inability to concentrate, falling asleep during classes, feelings of moodiness and even depression.

So how can you sleep better at night? The website suggests there are many things you can do: like going to bed at the same time every night, try to exercise regularly a couple of hours before you sleep, avoid caffeine, and try reading to relax before you go to sleep, and create a comfortable sleeping environment. Or we all can get our hours of sleep at school. ◀

A corkboard titled "Technically Speaking" with a pink bunny-ear clip at the top. The board is divided into several categories with lists of names:

- LAYOUT & DESIGN:** Scott Dickinson, Caitlyn O'Shaughnessy, Nick Katsaros, Ms. Fullerton
- PHOTOSHOP MAGICIANS:** Meghan Garrity, Shayna Wing
- PRINTING:** Scott Apel, Rachel DiStefano, Alicia Ball, Brittany Huberdeau, Stacie Ball, Ashley Whitaker, Bridget Lehane, Jamie Constantine, Tyler Schreyack, Nick Duchemin, Olivia Spalding
- REPORTERS:** Leslie Castillo, Cassandra Comeau, Alicia Gould, Elizabeth Hutchins, Jarek Jemowski, Kayla Mottram, Casey Panaro, Sarah Rowell
- ADVISORS:** Catherine Fullerton, Eileen Lawton, Russell Riccio

The board also features a "Staff" sign with a black arrow pointing left and a paw print.

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Inquiries regarding compliance with these policies may be directed to Ms. Maureen Lynch at: Whittier Tech, 115 Amesbury Line Road, Haverhill, MA 01830.

William P. DeRosa, Superintendent

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Childcare student is March Student of Month

By Leslie Castillo

Sophomore Julia Ladner is majoring in Childcare and Early Education, loves biology, plays on the volleyball team and is student of the month for March.

"Julia is a very friendly and out-going student,"



Julia Ladner

said her Guidance Counselor Ms. Hamilton. "She is a great support to her friends and a leader in childcare."

Julia said she was surprised when she received the news. "I really wasn't expecting it at all," she said. "I really feel honored to be recognized for my hard work."

Her favorite part of being a Whittier student, she said, is the transition from academic classes to her shop each week. "It makes school a lot more enjoyable," she said. Along with being a member of the volleyball team her freshmen and sophomore year, she also participated in Whittier's Walk for Hunger in 2009.

Her favorite class is biology with Ms. Holmes. "It's my favorite because I find it to be one of the easiest subjects for me," she said. Julia is the daughter of Cheryl Gonyou of Haverhill. ◀

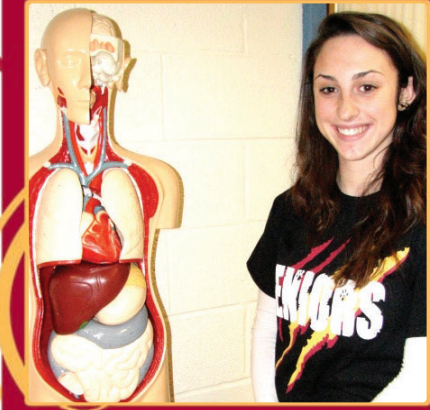
"Vocational Student of the Year" plans to teach

thought would fit her personality. "I grasp onto any leadership opportunity I can find," she said. "And my involvement and hard work have definitely paid off." For her leadership qualities, involvement in her school community and expertise in her vocational-technical major, health occupations, Tia has been named Vocational Student of the Year at Whittier.

"I couldn't stop smiling," she said, after receiving the news from her guidance counselor. "I was honored to discover that I even qualified for such a prestigious award." Tia will be in the spotlight, along with the top students from the state's 25 other vocational-technical schools at a state-wide awards night on April 14 at Mechanics Hall in Worcester. She will attend the celebration with her parents John and Bernadette Roy of Haverhill.

Tia will graduate from Whittier June 4 and has been accepted to Merrimack College in North Andover where she plans to study special education at the secondary level. She knew the field was one she

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Tia Roy

Tia Roy has not just been President of the Class of 2011 for the past three years. She is also president of her school's Key Club, a member of the National Technical Honors Society, Mass STAR, Buildings Club Charterers and student government.

Since freshman year, the outgoing senior has tried out every club that she

Teens work hard; some have three jobs

By Bridget Lehane

A tough, global economic crisis occurred in 2007, and for many American families, it has brought hardships, including bankruptcy and foreclosure. Many parents have cut back to make sure their families are safe financially, taking on two or more jobs so they can provide adequate support.

Today, many students also have jobs so that they can support themselves, and sometimes even their family. It is very popular for high school students to support themselves to help their families out. Senior Melvin Gomez does a bit more.

"I eat out, buy my own materials, pay for the phone bill, and pay the internet bill," he said. Melvin, who is in carpentry,

and works two jobs to help out his family. "Times became tough around the house...Money became short, weekly groceries smaller, and bills started piling up." Melvin took on a great responsibility to help support his family.

He works at both Hastings Floor Covering and Hollister. "From time to time, I find myself breaking under the stress," he said. "Having these jobs, keeping all A's, and hanging out with my friends gets to be overwhelming." It's hard for some students, and probably some adults, to imagine a life with two jobs, but Melvin manages well. He is the president of the National Technical Honor Society, and plays on the school basketball team.

Scott Holt, a senior in Diesel

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News Features

Freshmen student of month plans to study law

By Leslie Castillo

Freshmen Shay Mitchell is a baseball player and an honor roll student and February's student of the month.

"It's an honor to have been chosen," he said. "I want to thank Mr. James for choosing me!"

He said he decided to come to Whittier because he knew a lot of students who came to the school and he wanted to learn a trade.



Shay Mitchell

He recently completed the Freshmen Exploratory Program and chose Machine Technology as his major.

"The best part of coming to Whittier is meeting new kids as well as meeting friends I knew from a long time ago and learning a trade that I love to do and also have a job in the field."

Shay's plans after high school are to study law. "I want to be a United States Marshal or in the Secret Service," he said. He enjoys playing baseball and riding ATV's. He is the son of Heather Mitchell-Davis of Merrimac. ◀



Culinary treated Salisbury seniors to St. Patrick's Day lunch

Seventy-five seniors decked out in St. Patrick's Day green arrived by the carload at Salisbury Council on Aging on March 16 to enjoy a corned beef and cabbage luncheon prepared and served by culinary arts students from Whittier Tech.

"The lunch was fantastic, it was total class all the way," said Liz Pettis, director of the Salisbury Council on Aging. "Our seniors were treated like royalty and they thoroughly enjoyed being waited on and interacting with the students."

It is the fourth luncheon Whittier culinary arts students have taken on the road this year as part of an intergenerational community service program put together by Whittier's Vocational-Technical Coordinator Beverly DeSalvo. Early in the school year, Ms. DeSalvo met with Council on Aging Directors in



Newbury, Amesbury, West Newbury and Georgetown and planned luncheons and choral concerts where Whittier students could interact with seniors. ◀

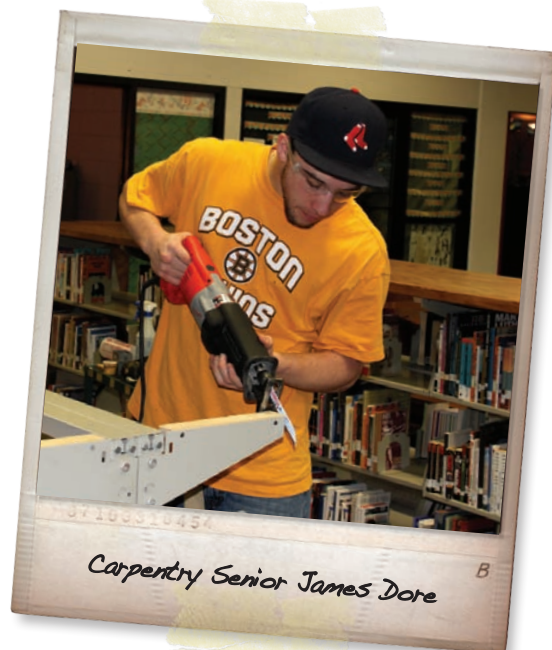
There's a lot more head room in the library

By Jarek Jesionowski

The library has a new look. It has been remodeled to make more room for students and staff to sit and study. Seniors in carpentry have been working in there for six weeks and planned to finish by the end of March. They have cut the original book shelves down from eight feet to four feet to give the area a more open feel. CAD students started the project by coming up with the new design. There is also going to be a mural hung up in the

newly renovated library. A mural of what you ask, well, the dewey decimal system.

Another reason the library needed to be re-



modeled is because the floor plan was not A.D.A approved, said CAD Teacher Scott Robertson. A.D.A. refers to the Americans With Disabilities Act. ◀

Electronics students at NU

By Maria Almodavar

Electronics students visited Northeastern University in Boston last month to work with college students. Together they programmed the motor controllers Whittier students built for use by engineering students



Electronics seniors Nabeh Doumit and Seamus Beirne

at three Massachusetts community colleges. The controllers, which hook up to computers, allow students to practice C++ programming. ◀

Physics class does it again

Juniors in Mr. Martin's physics class did a lesson on momentum and impulse when they designed and built "landing gear" for raw eggs. They dropped their eggs from the stair landing in the lobby, from the second floor balcony, and finally the third floor, to test their hypotheses. The designers and materials they used that suc-



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Culinary students WIN third in state for cooking

By Beth Hutchins

In what, at times looked like a dance, four Whittier Tech culinary arts students cooked over two burners, and in the one hour allotted in the National ProStart Invitational, produced three delicious courses.

The contest, held at Le Cordon Bleu College in February, pit students from six Massachusetts vocational schools against each other. Students spent many hours preparing and were judged on food preparation as well as cleanliness, presentation, knife skills and other food service knowledge. They also had to prepare 20 pages of information, including recipe cards and pricing.

Congratulations to Juniors Pat Polly, Alicia Rollins, Meaghan Houghton, and Dylan Peters who finished third in the competition. They were judged by pro-



professionals at leading colleges and universities in the restaurant and food service industry. ◀

Three culinary students create an amazing guitar cake



Cassandra Garzone, Jared Diffen, and Destiny Alicea created this guitar cake during a multi-week cake design project under the direction of Culinary Arts Teacher Mr. Boringa - Photo by Mr. Boringa

News Features

Physics class does it again

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James Christie



Jennifer Lynch

cessfully protected the eggs on all three attempts were: Wen Shao and Erik Mueller, Styrofoam ball; Teal Kahn and Annie Mansfield, a tissue box with a parachute; Ryan Ballard, Dan Muise and Jimmy Stevens used cotton and air packs; and Jennifer Lynch and Christine Finley saved their egg with clothing in a box and a plastic cup. ◀

Family of former student offers scholarship for Whittier Tech grads



The Clough family with Superintendent DeRosa

Andrew Clough, 20, of Haverhill, had just started taking night classes at Whittier Tech to earn his electrical journeyman's license. He was working as an electrician's helper at Arel Electric and was excited about his future when a tragic motorcycle accident took his life on September 5, 2005.

Today, Andrew's memory and potential lives on at Whittier because, each year since his death, his family has donated a tool box full of electrician's supplies worth \$500 to a graduating senior. This week, the Clough family added to the gifts Whittier graduates will receive in their son's memory. They presented an initial donation of \$2,900 to Superintendent William DeRosa and Principal Maureen Lynch to open a scholarship fund for a Whittier graduate who majors in electrical.

"We wanted to continue to have his name mentioned every year in a way that would help other students," said his mom, Linda Conte-Clough of Haverhill. Andrew was a 2003 Haverhill High graduate who attended Middlesex Community College before enrolling in the electrician's program at Whittier. He learned to enjoy the trade while working with his grandfather Robert Conte, Sr. and was

interested in joining the family business now run by his uncle, Robert Conte, Jr.

Andrew's father, Philip Clough, had mentioned to his golf buddy, Alan Cox, that he would love to be able to perpetually fund a scholarship in his son's name. Soon after, Alan ran with the idea and contacted members of their annual golf outing, family members and friends who agreed to donate \$50 a year for 10 years. "I was overwhelmed," Mr. Clough said.

A yearly \$1,000 scholarship will become available to Whittier graduates once the account is completely funded at \$10,000, Mr. Clough said. Those interested in donating in Andrew's memory may contact Attorney William Cox, 145 South Main Street, Bradford, MA 01835.

"We are very grateful," said Ms. Lynch, Whittier's principal. "The toolbox is great for our students who go directly to work and would have to buy those supplies, and the scholarship will help those who go on to college."

"Thank you for thinking of our students," Superintendent DeRosa told the family. "We truly appreciate your generous gift." The Cloughs, including Andrew's sisters Rebecca and Lauren, met with school officials on March 21. ◀

Vocational Student of the year

Continued from page 3

wanted to pursue after she secured a co-op job at Opportunity Works in Newburyport where she assists adults with mental disorders. "The people I work with have inspired me," she said. "Their outlook on life is completely positive. They come in each day wanting to learn more about everyone and everything. They are interested in other's lives and how to improve their own." She helps run a program with them that focuses on nutrition, social awareness and personal finances.

"I came to Whittier wanting to be a teacher," she said. "I decided to major in health occupations because I knew I wanted to specialize in special education. The day I stepped foot in my school, I was sopping up more opportunities and knowledge than I ever knew existed. I look forward to school every day."

Tia's teachers and club advisors speak highly of her. "Tia has certainly grown as a student throughout her years at Whittier," said Kathryn Dye, Key Club advisor. "She has explored not only academic and vocational pursuits, but many clubs as well. She is an excellent student who will be sorely missed next fall." ◀

This year's play was thoroughly awesome!

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"Thoroughly Modern Millie" was full of laughter and heart. Whether it was Amy Gerard's evil Mrs. Meers, Lissangy Rodriguez's out-of-this-world Muzzy, Megan's modern girl, Mia Moscone's girly Miss Dorothy Brown, or Wen Shao and



*Lissangy Rodriguez as Muzzy
-Ishmail Soto photo*



*Wen Shao and Charles Brousseau
-Ishmail Soto photo*

Charles Brousseau, not only speaking, but singing in Mandarin, the acting was all Tony Award worthy.

"It was phenomenal, and kept me on the edge of my seat," said Tracie Rutherford in culinary arts. ◀

March Madness means college around here

By Alicia Gould

On March 31st Whittier hosted its own college fair in the lobby. About 20 colleges attended including UMass Lowell, Johnson and Wales, and Fischer College. They took over the gym to offer admissions information to those seniors who had been procrastinating on their college decisions and juniors interested in starting early. Lunch schedules were moved slightly to allow everyone to get the chance to meet representatives from the colleges. All of the colleges still had open application deadlines. ◀

Key club "spring cleans" classrooms

By Caitlyn O'Shaughnessy

After a long cold winter, spring is finally here! But with spring comes the idea of annual spring cleaning, and with the size of the rooms around here, most teachers were not looking forward to the job. Well, for those down and out teachers, Key Club came to the rescue.

More than 10 teachers signed up and welcomed Key Clubbers to freshen their rooms. The community service project is ongoing, so any teacher interested in this wonderful service can simply e-mail or talk to Ms. Dye. After all, what teacher actually wants to clean, when they could be out smelling the newly grown flowers? ◀



Student checks out Johnson & Wales University



Teens work hard; some have three jobs

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Technology, maintains three jobs. He works at Bobcat in Boston, Napa Auto Parts, and an auto repair shop. While he may not be paying the family bills, he certainly does well for himself. "The best part about working three jobs is staying organized," he says.

If you're a senior, you're probably familiar with Tia Roy. She's the class president, president of Key Club, and Vocational Student of the Year. Tia also works two jobs, one at the Roma in Haverhill, which is an Italian restaurant, and a co-op job at Opportunity Works.

The truth is, more students in today's society find a need to sup-

port themselves, but it's hard to juggle school, work, and homework. Some students get out of work around 10 on school nights, and even later if they're 18 or older, so it's hard to find time for homework before bed.

Even though the work helps out parents, and puts money in pockets for teens, is it really good for them? They learn to support themselves by working hard, and might lighten financial burdens, but it might cause their grades to be affected. In the end, is the money really worth risking your education? Through it all, Melvin, Scott, and Tia seem to be doing very well. ◀



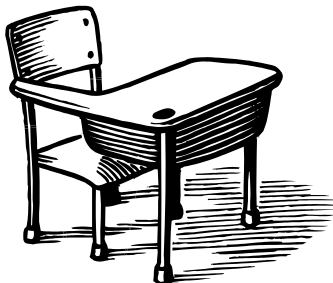
Saturday School begins

By Ashley Queenan

It's time for "Saturday School" for students who have missed more than 10 days. It began March 19 and will run for 11 Saturdays until June 11. There will also be make-up sessions during April vacation on April 19, 20 and 21. The hours are 8 a.m. to noon.

Many seniors need to make up days to graduate. Most are complaining; this is unfair! Senior Guidance Counselor Mr. Boland is urging them to do what they have to do to graduate. "I want all the seniors out of here," he said. "No summer school for them." Several students in

other grades also need to make up days before the school year ends or face summer school. ◀



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SAT Prep Class is up and running

By *Kassandra Comeau*

Juniors are getting ready to take the SATs and to prepare them, Whittier has provided an SAT prep class for the first time. Fifty-two juniors signed up for the after-school class which meets on Mondays and Wednesdays.

"I want to prepare myself for college," said Junior Lidia Fernandez. "And I want to be ready for the actual SAT test." She said it was her idea to enroll in the program, "But I had some help from my parents." She and Junior Philile Zikalala said math was the most challenging part for them.

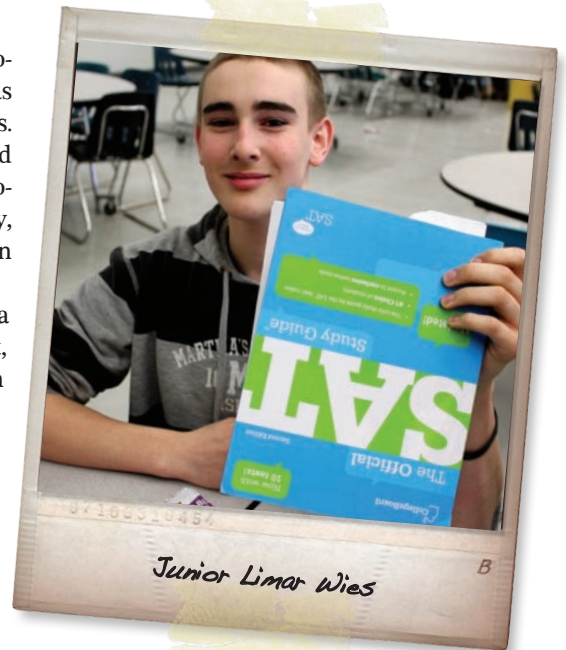
Students had the option of buying an SAT Study Guide. "The book is very useful," Lidia said. "I can practice in my own free time and I keep getting better and

better on it."

Juniors Brian Henriquez and Nicholas Maxxone said for them, English was the most challenging part of the class. Brian and Lidia both would like to attend UMASS Lowell after graduation; Nicholas is thinking about Bradley University, and Philile is hoping to go to college in Florida or California.

All of them said the class gives them a great opportunity to do well on the test, and they expect to feel confident when the real SAT comes around.

The next SAT tests will be given May 7 and June 4. For those who wish to take the May 7 test, late registration is available until April 22. For the June 4 test, the registration deadline is May 6. For more information visit <http://sat.collegeboard.com>. ◀



Prom Countdown is ON!

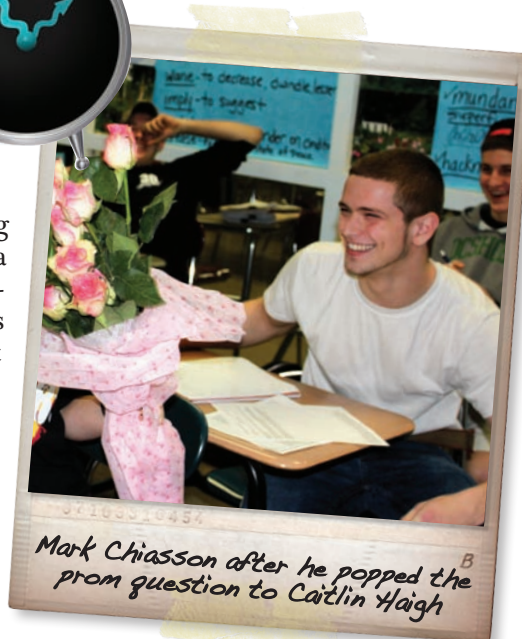
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and make this a wonderful night is "A Night in Paradise". The colors will be black, teal and silver. All students attending prom will receive a 5x7 photo frame made of black metal with silver stars and ribbons along the photo border. Tickets will be \$55.

There is no mandatory seating. Each table seats about 10 people, so plan accordingly. A Mark Lawrence photographer will be there to take photos. Please bring cash or check if you want your picture taken. You may not leave during the prom without permission from a faculty member. Students will be responsible for following all school rules while attending the prom. Three short days after prom is graduation. Graduation rehearsal will be held on Friday, June 3rd. And Saturday, June 4th, is the big day. Graduation!

Make sure you get your candy money and whatever other expenses you have in before the big day. It's crucial, otherwise there's no chance you will graduate. These next couple

of months are going to be the most stressful, crazy, exciting and scary months of our lives. And soon, reality will hit us hard. Fill the next couple of months with days you will want to remember for the rest of your life. ◀



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News Features

Whittier Tech takes 30 medals at district SkillsUSA

More than 130 students spent many hours meeting after school and studying their vocational-technical subjects on their own and it all paid off at the SkillsUSA District Competition on March 17. They came home with 30 medals including 13 gold, eight silver and nine bronze. The gold and silver medalists will compete in the statewide SkillsUSA competition in late April in Marlboro. The all-day

competition was held at Greater Lowell Vocational Technical High School.

"It was an exciting day," said Mrs. DeSalvo, Whittier's SkillsUSA Advisor and Vocational Technical Coordinator. "They did an excellent job and our whole school is very proud of them."

The Whittier district medalists, their vocational technical majors, and area of competition are:

Gold Medalists

Alyson Krisanda, Cosmetology, Under 500 hours

Angela Salvo, Cosmetology, Over 500 hours

Evan Cotreau, Marketing, Customer Service

Bryn Kieras, Office & Computer Technology, Office Applications Technology

Jacob Crouch, Office & Computer Technology, Technical Computer Applications

Samuel King, Diesel, Diesel Equipment Technology

Christopher Arias, Electrical, Residential Wiring

Nate Bernard and Dan Seaman, Electronics Robotics, Robotics and Automation Technology Team

Rachel Distefano, Graphics, Graphic Communications

Alicia Gould, Design & Visual Communications, Photography

Matthew Palmer, Masonry, Masonry

John DeAngelo, Metal Fabrication, Sheet Metal

Silver Medalists

Natalia Llaraza, Cosmetology, Nail Care

Juan Santillan, Office & Computer Technology, Technical Computer Applications

Kyle Stuart and Eric Pomer, Electronics Robotics, Robotics and Automation Technology Team

Alyssa Campbell, Health Occupations, Basic Health Care

Annie Mansfield, Early Child Care, Pre-School Assistant

Jason Gudis, Jr., Machine Technology, Precision Machining Technology

Steve Quimby, Masonry, Masonry

Bronze Medalists

Regan Milmore, Culinary Arts, Commercial Baking

Sean Campbell, Culinary Arts, Food and Beverage Service

Angela Silvestri, Culinary Arts, Customer Service

Sabrina Schiavoni, Office and Computer Technology

Kyle Jenkins, Diesel, Diesel Equipment Technology

Jeffrey Derman, Electrical, Industrial Motor Control

Lissangy Rodriguez, Design and Visual Communications, Photography

Remy Collins, Health Occupations, Nursing Assistant

Pepton Slevoski, Early Child Care, Pre-school Assistant



Alicia Gould and Lissangy Rodriguez



Medal winners, Sean and Alyssa Campbell



Natalia Llaraza, silver medalist