

WINDJAMMER NEWS

April Dates:

Sunday, 4/4:
School Librarian Day

Friday, 4/9/21:
Q3 Ends

Friday, 4/16/21: Early
Release @ 11:30am

Monday, 4/19:
Patriot's Day

4/19-4/23:
April Break/No
School

Thursday, 4/22:
Earth Day

Monday, 4/26:
Spring Musical
Tickets go on sale!
(see page 8)



From the Principal

GREAT NEWS! This Wednesday, April 7th, marks the day all students 16 and older are eligible to get the Covid-19 vaccine - bringing us one step closer to beating this pandemic! You may pre-register your child and will be notified when appointments are available at VaccinateME.Maine.gov

WE NEED YOUR HELP! While it is not required, we are asking you to provide a copy of your child's Covid-19 record to the school after they are fully vaccinated (both doses have been administered). This will help us tremendously if we should have a positive Covid-19 case at school and need to identify close contacts. Students that are fully vaccinated will NOT need to quarantine.

Having a record of your child's Covid-19 vaccination will save us considerable time. Please send in a copy, faxed to 236-7813 or scan to janis.hogan@fivetowns.net

THANK YOU! This year has been a true community partnership! We are grateful for everything you have done in working together to keep our school open.

Sincerely,
Shawn Carlson, Principal
Janis Hogan RN, School Nurse



HELLO FROM THE WAVE CAFE!

Come join us for breakfast, our new menu options are so yummy! Silver Dollar Pancakes with Sausage, Chicken & Egg Sandwiches on a biscuit, fresh scones and muffins too :)

We are still delivering meals daily, the link for remote learners is <https://www.fivetowns.net/remoteforder>. In person learners will continue to order with Linq. Thank you to all for letting us be a delicious and healthy part of your day!

Follow us on Instagram!
@CHRRHSfoodservice

Message for the Class of 2021:

Senior Class Dues - are DUE!!

Hello Class of 2021!!

As then end of the school year comes closer and Graduation approaches - each senior needs to make sure that your **DUES ARE PAID!** If you have not already done so, go to your K12 account <https://www.k12paymentcenter.com> and make your payment. This is the same account that you would put lunch money on. If you have questions about the amount you may still owe or concerns please see Shaunna Brown in the Main Office.



NOTES FROM THE SCHOOL NURSE

Janis Hogan RN, Nationally Certified School Nurse

The Dangers of Energy Drinks and Caffeine for Adolescents

I'm concerned about the number of CHRHS students coming to school each day with energy drinks and HUGE, sugar-loaded caffeine drinks. It's another epidemic! Did you know the American Academy of Pediatrics discourages caffeine intake for children and young adults and has taken a clear position on energy drinks – **they have no place in the diets of children and adolescents.**

In addition to the amount of [added sugar in these drinks](#), another concern is the toll they are taking on a teen's sleep. Every 10 milligrams of caffeine a 13-year-old boy consumes decreases his chances of getting 8.5 hours of sleep by 12%. This can affect their education, mental health, and physical health.

Check out this website for more information: [Energy Drinks Effects on Health](#)

COVID-19 Vaccine for students 16 years and older

Beginning Wednesday, April 7th, students 16 years and older are eligible to be vaccinated against Covid-19. PLEASE consider getting your student vaccinated!

Maine now has a pre-registration site [VaccinateME](#).

FREE Dental Screening Clinic

Free dental screening and fluoride varnish application will be provided by a Maine Licensed Dentist or dental hygienist on **Saturday, May 8th** at the Waterville Community Dental Center,

2 Evergreen Drive, Oakland.

Please email Sherry Laliberte at slaliberte@mcd.org to set up an appointment.

APPLIED ACADEMICS DEPARTMENT



Low Poly: Aidan O'Connell

Photoshop Class:

Hillary Steinau, Teacher

Students have been busy working with new tools and techniques in Adobe Photoshop, InDesign and Illustrator.

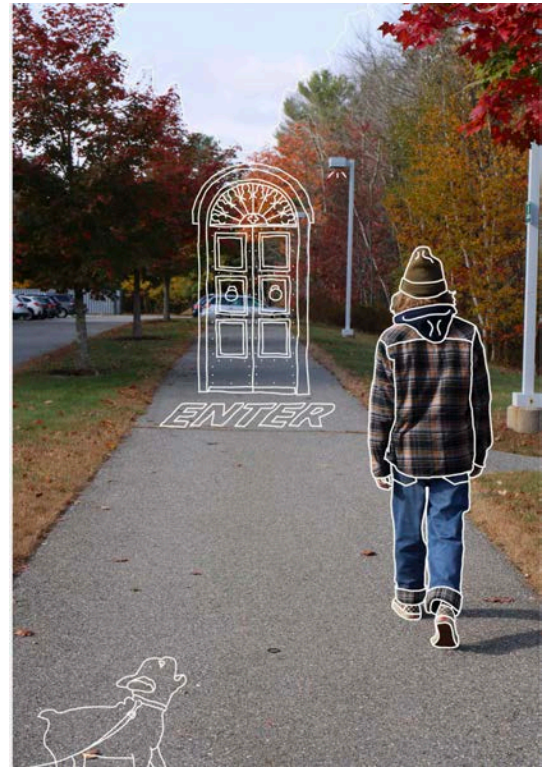
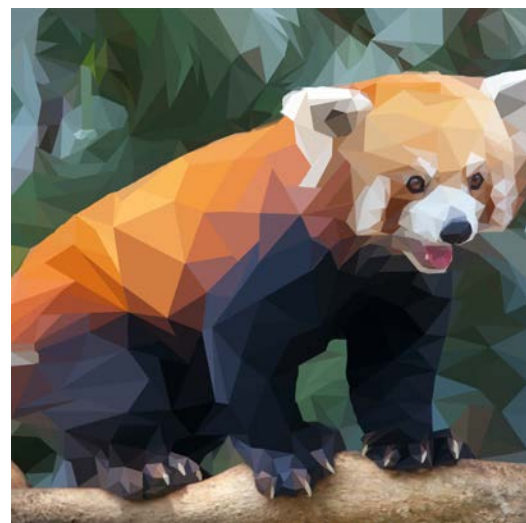


Photo Illustration: Emerson Brott



Photo Illustration:
Jackson Fitch



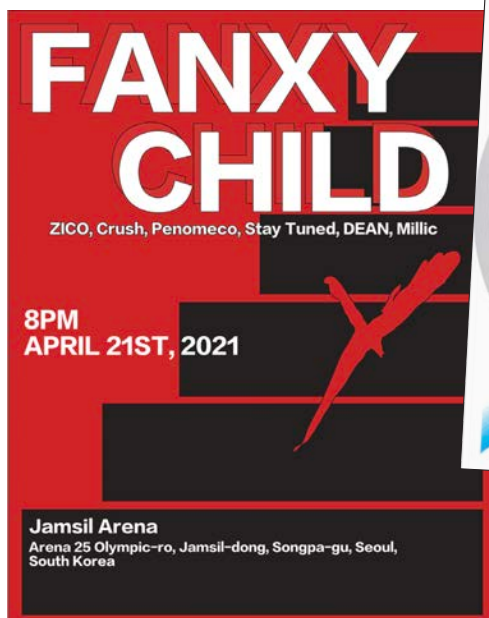
Low Poly: William
Kurzius



Photo Illustration:
Rhys White

Graphic Design Class: Hillary Steinau, Teacher

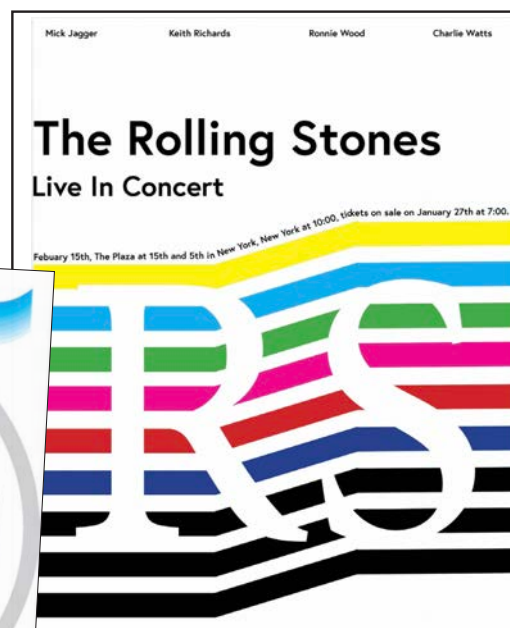
Students have been learning graphic design concepts and creating music posters using Adobe InDesign.



Gig Poster: Josephine Lincoln



Gig Poster: Henry McDevitt



Gig Poster: Benjamin Tohanczyn

Graphic Design Class Upcoming Project: Hillary Steinau, Teacher

Students will use their design skills to create a concept cover for Down East Magazine's Best of Maine Issue. Art directors from the magazine will collaborate with students to create the next Down East Magazine Best of Maine cover.



Visual & Performing Arts Department
Congratulations to the Visual & Performing Arts Department
Student of the Month of March
Thia Allen



The Camden Hills Regional High School VPA Student of the Month for March is Thia Allen. A mainstay of the CHRHS theater, music, and visual arts programs, Thia has been invaluable in her contributions as a scenic designer, musician, and visual artist. On top of her challenging academic load, she spent countless hours after school in the Strom Auditorium.

During her first three years at CHRHS, she also

managed to find time for Concert Band, Jazz Band, Chorale, Women's Choir, and also Chamber Singers. In addition to performing with these ensembles, Thia was often accepted into the MMEA District III Honor Music ensembles; and last year, she was accepted to perform with the prestigious MMEA All State Treble Choir. This year she is enrolled in the Advanced Portfolio visual art class.

Thia's extensive work in scenic design enabled her to combine her passion for the arts with her love of theatre. In 2019 she did an independent study, focusing on her work as lead designer for our production of Mary Poppins. Her other designs have included "Anything Goes" (2018), "Rumors of Polar Bears" (2019), and "A Matter of Heritage" (2020 - Maine Drama Festival award for overall technical excellence). Not only did she come up with innovative and creative designs, but she always did an outstanding job collaborating with the director and construction crew every step of the way, ensuring continuity and practicality, while still maintaining the integrity of her designs.

Also a standout in visual art, Thia took the opportunity to advance her opportunities in Advanced Art Portfolio this year. Her creative drive has produced thought-provoking, well-crafted pieces. In spite of being remote this year, she participated in 100% of each class and each project, working hard to be emotionally and intellectually connected to her peers.





Thia's advice to the younger aspiring artists of Camden Hills: "Take advantage of the opportunities and resources around you. Don't be afraid to try something new or ask for help when getting started. Your teachers want you to succeed and have a lot of experience and advice to offer you so use that! It will only help you improve."

Thia has taken advantage of every artistic opportunity at Camden Hills. Her talent and accomplishments make her an obvious choice for the March VPA Student of the Month.



Mark Your Calendars!
CHRRHS Spring Band and Chorus Concert
May 25th at 6PM
Outdoors!
(raindate - May 26th)

Featuring the CHRRHS Concert Band and Jazz Band, directed by Craig Ouellette, and the CHRRHS Chorale, Chamber Singers, and Treble Choir directed by Kim Murphy and accompanied by Matt Mainster.

Highlights of the concert will be special senior solos, student achievement awards, and recognition of our senior class musicians!

Admission is free!
For more information, email kim.murphy@fivetowns.net

CHRRHS Spring Musical The Theory of Relativity

Written by Neil Bartram & Brian Hill

Fridays & Saturdays, May 7th, 8th, 14th & 15th @ 6pm
(rain dates on each Sunday, May 9th & 16th)

The winter has passed and we are moving towards Spring. With vaccines on the rise, we are looking forward to returning to some of our traditional offerings – such as musicals! This year, it is different (how many times have we heard that?!). The performers will be masked; we will ask the audience to be masked and socially distant; we will be outside (and therefore reliant on the whims of the weather). After a year of disappointments (especially for seniors), we are thrilled to be rehearsing and gearing up to present a live show to a live audience!

A team of musical seniors met often with Mrs. Murphy in the winter, to peruse and talk about the possibility of a spring musical, and what that would look like. After considering many options, we finally settled on the show: The Theory of Relativity. And it seems to be a perfect show for Covid times. The show is more of a revue style with stories being told through song, and limited physical interaction between the actors. It's a contemporary show that addresses personal issues and celebrations. The theatrical site

MTI says this of Theory of Relativity:

"From Drama Desk Award nominees Neil Bartram and Brian Hill (The Story of My Life), The Theory of Relativity is a joyous and moving look about our surprisingly interconnected lives. Whether you're allergic to cats, in love for the first or tenth time, a child of divorce, a germaphobe or simply a unique individual, audience members and actors alike are sure to find themselves in this fresh new musical.

Through a seemingly unrelated collection of songs, scenes and monologues, The Theory of Relativity introduces a compelling array of characters experiencing the joys and heartbreaks, the liaisons and losses, the inevitability and the wonder of human connection."

Cast (in alphabetical order):

Cynthia Allen*	Kevin Bergelin*	Caleb Butler	George Bickam
Juliana Day*	Isaiah Doble*	Ruben Feldman*	Nora Finck.
Andi Hammond*	Wesley Henderson*	Isabella Kinney	Joshua Kohlstrom
Audrey Leavitt	Alice Moskovitz	Malaya Moores	Millie Pearse
Sam Skovran	Nathaniel Stanley*	Kate Upham*	*senior
Oliver Worner, Student Producer			

Tickets will be available through Eventbrite - starting April 26th.

Prices are \$14 for adults and \$10 for students/seniors. Seating is General Admission, with options of "Drive-In Style" for an extra fee.

<https://www.eventbrite.com/e/chrrhs-theory-of-relativity-tickets-148649142587>



#PREVENTMARCHMADNESS

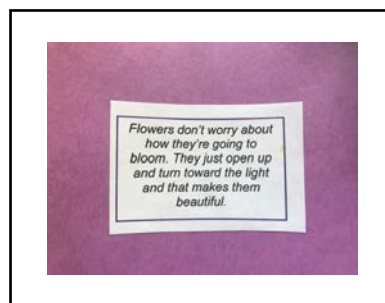
Support for CHRHS students and staff!

The marathon-like stretch of time between February and April breaks is difficult to get through even in a non-pandemic year. After February break we were all wondering how we would possibly get through the long weeks this particular year. Several groups stepped in to attempt to make March a bit lighter and more bearable. The newly resurrected Wellness Team implemented **March Fun Fridays** as a way to give staff something to look forward to at the end of each week, and add some levity and joy to the month. Beginning with chocolate and clementines, Fun Fridays also included scratch-off lotto tickets, flowers, and Cadbury cream eggs. The first day of spring also brought a bit of color in the form of pinwheels on the lawn in front of the school, in what will hopefully become a first-day-of-spring tradition.

For more information on how students collaborated to brighten up this month for other students, see the Library column!

Feedback from students and staff was universally positive, with many people noting that the small gestures were big in impact. Hopefully March Wellness is one of the traditions, born out of necessity in a pandemic year, that we will consider keeping around for years to come.

Thanks to everyone who helped us get through March!



APRIL 2021

ESVM LIBRARY

NEWS

#PREVENTMARCHMADNESS

A STUDENT-DRIVEN CAMPAIGN TO MAKE MARCH FUN AGAIN!

Our students are THE BEST - but you already knew that. When some of our student leaders got together to imagine how we could brighten up the long month of March, the creative and positive ideas and inspiration started flowing! Student Council, the CHRHS Health and Human Wellness Club, the CHRHS Art Club, the Student Library Advisory Committee, Ms. Eichenlaub, Ms. Brown, Ms. Hogan, Ms. Pringle-Bennett and Ms. Cronin collaborated to put these ideas into action for the benefit of our school community. Students coined the hashtag #preventmarchmadness - not because we hate basketball, but as a clever play on words and we promoted our activities on our social media platforms.

230+ Notes of Kindness

An anonymous form where anyone in the CHRHS community could send a kind note to another person. Over the course of the month, we had over 230 notes written and delivered!

THE MASSAGE CHAIR IS BACK!

Gifted to the ESVM Library in 2019 from the Wellness Team, the massage chair has returned from storage! With sanitizing wipes handy, and a view of the patio, this is a welcome break in a busy day!

WELLNESS EMAILS

Tatyana Munoz and other students collaborated with our social workers to craft weekly emails to our community on mental health topics. "Being stressed is like being sick; if you ignore it it's most likely to get worse."

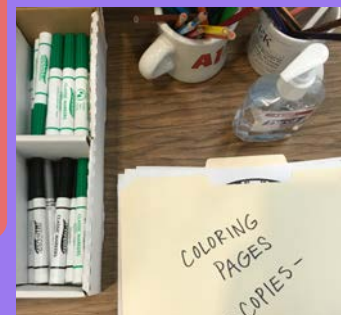
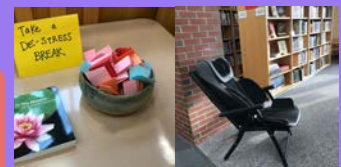


WINDOW ART

Inspiration on our windows! Quotes and poetry brighten the ESVM Library!

Hopeful Birds

Thanks to Ms. Brown and the CHRHS Art Club for this fun way to spread some joy. Our sweet "flock" is making its way into our school and wider community! Some are pre-decorated and others are ready for embellishment! Follow #chillshopefulbirds



March is Music in Schools Month!

Music makes people happy - those playing it, and those listening! Thanks to all of the brave souls who sat and played!



Follow the ESVM Library news as it happens





Special for St. Patrick's Day

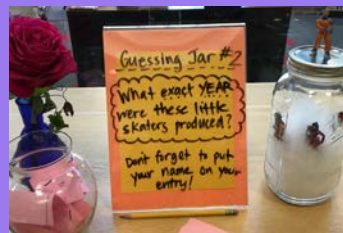
Student Council had some late-breaking inspiration and came in on the morning of 3/17 with a TREASURE HUNT in mind! They hid colorful feathers all over the school - and five were decorated with golden designs. Each of the five golden feathers could be exchanged for a bag o' Lucky Charms! So much fun!

If you wore green, you could get a St. Peppermint Patty from Nurse Hogan!



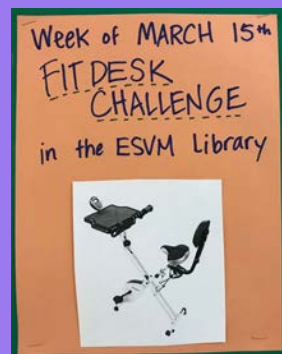
Weekly Guessing Jars

Each week (yes there WERE five Mondays in March!) we had something new and fun to guess. Winners received a prize!



FITDESK CHALLENGE

The FitDesk is back! Another great gift from the Wellness Team has been dusted out from storage! We sponsored a two-week challenge for individual and team competitors! All tallied that was almost 25 hours of pedaling!



Hands for Hope Mural

The YANA Group (You Are Not Alone) is raising awareness about mental health and suicide prevention with the Hands for Hope mural. The hands of the mural are a commitment to support each other. Anyone can make a handprint or embellish a fabric hand to include!

Camden Hills Athletics From “The Hart”

Spring Sports

We are getting ready for a great Spring Season . . . wow, it felt good to type that out! Most sports are starting on March 29th, but there are a couple that we are still filling in coaching positions, so they may start a little later than that. Event schedules are not out yet, as we have been awaiting guidance from the MPA and the DHHS regarding modifications that we have to make. But they will be out soon, and you will be able to find them on the CHRHS website under Athletics. Each google calendar will have all of the information that you will need. But please be patient as we work on getting the details from every school we play. You should be prepared that some schools may be limiting spectators this year. We may be limiting spectators depending on the number of events we have going on that particular day. One last thing about scheduling . . . transportation is a huge challenge for ALL the schools. We are doing our best to offer varsity and JV schedules, but it may not look like it usually does. Rest assured that we are doing everything we can to give the student/athletes as many opportunities as we can.

The winter season was a huge success, and I would like to compliment all of the coaches, student-athletes, and parents for everything that they did to make the season happen. All of our sports, with the exception of wrestling, were able to compete. Our boy's basketball team won the championship of their pod with a final game win over rival Medomak Valley. Our ice hockey team won their pod with a win over Maranacook in their final game. Girl's basketball won their first playoff game before losing in the semi-finals. Alpine and Nordic ski, as well as our swim teams, were able to compete in KVAC championships, and all of the athletes represented our school and community with flying colors.

I want to thank everyone for their patience with everything that is happening. It is pretty amazing how quickly things change, and how everyone has to adapt to what those changes are. We have coaches, students, parents, teachers, and administrators who have been absolutely amazing about that – and we're going to have to continue with that as we move forward.

Finally, I would like to give a shout out to so many of the facilities around mid-coast Maine that share their facilities with us. We truly are blessed to live in such great communities.

Best,

Jeff Hart
Camden Hills Athletic Director



February Student of the Month
Tabor Twitchell, Small Engines Repair

**Congratulations to the following students for their acceptance into the
National Technical Honor Society:**

William Jurewitz, Design Technology
Carlton Richmond, Outdoor Leadership
Zhenya Mikha, Outdoor Leadership
Luke Nappa, Medical Science
Sara Hallett, Medical Science
Brian Bland, Small Engines/Compact Diesel
Jasper Berryman-Moore, Design Technology

Katelyn Colbry, Medical Science
Alison Saucier, Medical Science
Hailey Jones, Welding & Fabrication
Andi Hammond, Design Technology
Mikayla Tolman, Welding & Fabrication
Elias Libby, Outdoor Leadership



Camden Hills MCST Welding Student - Mikayla Tolman - was featured in an article in *Penbay Pilot!*

<https://www.penbaypilot.com/article/teen-welder-makes-functional-art-out-metal-scraps/144508>





Five Town CSD

ADULT and COMMUNITY EDUCATION

enriching lives ... strengthening community ... since 1969

Adult Education News for teens and adults!

HEADING OFF TO COLLEGE?

If you are heading to a Maine University or Community College, and you are told you need to take a Developmental Math and/or English class, please call the Adult Education office. We can help you save time and money so that you can begin college in the fall immediately enrolled in classes that will count toward graduation. Don't spend financial aid on Developmental class credits when free services are available to help you right here in Five Town CSD. *See our contact info below to set up a time to meet or reach out to us through your guidance counselor.*

CERTIFICATE CLASSES AVAILABLE

FREE Healthcare certificate training is coming soon. A new grant has become available for adults who wish to pursue one of the following short-term certificate pathways. Call us to see if you qualify.

- Medical Assistant
- Certified Nursing Assistant
- Home Health Aide
- Pharmacy Technician

The following certificate programs have start dates in April:

[Data Analysis Certificate](#)
[Social Media for Business Certificate](#)
[Project Management Certificate](#)
[Certificate in Non-Profit Administration](#)
[Certificate in Accounting and Finance](#)

NEED YOUR DRIVER'S LICENSE?

Classes begin every month with Roy's Driver and Rider Education. Instruction is done remotely and at home, CDC guidelines are followed for all driving instruction. Final exams are held at Camden Hills Regional High School.

contact www.roysdriving.com, 784-6245

ENRICHMENT CLASSES STARTING SOON!

Pickleball Learn to Play -	Begins 4/7, in person
Edible & Medicinal Mushrooms -	On 4/7, remote
Transforming Stress -	On 4/7, remote
I Need Help Organizing my PC -	Begins 4/9, remote
Easy Computer Tune Up	On 4/12, remote
Making the Most of Your Yard -	Begins 4/13, in person
Weather for Outdoor Enthusiasts -	On 4/13, remote
Chaga Facts -	On 4/14, remote
Farming with Natives -	On 4/21, remote
History of Malaga Island, Maine -	On 4/27, remote
You Want to Open an AirBnB -	On 4/27, remote
Intro to Independent Publishing -	On 4/28, remote
Mindful Yoga -	Begins 4/28, remote
Qigong -	Begins 4/28, remote
Tai Chi for Beginners -	Begins 4/28, in person
Cultivating Healthy Habits -	Begins 4/29, in person

[Many more in our full brochure!](#)

OTHER WORKFORCE OPPORTUNITIES

[Excel for Those Who Don't Have a Clue](#) - remote
[Powerpoint for Beginners](#) - remote
[I Need Help with Windows](#) - remote
[Basic Life Support for Healthcare Providers](#)

Sessions start monthly for the following:

[Accounting Fundamentals Series](#)
[Creating WordPress Websites](#)
[Microsoft Excel 2019/Office 365 Series](#)
[Introduction to SQL](#)
 QuickBooks 2019 Series -
[Desktop Version](#) or [Online Version](#)

CONTACT ADULT EDUCATION

236-7800, option 5
adulthood@fivetowns.net
www.fivetowns.maineadulted.org

The adult ed office is located in
 Camden Hills Regional High School

CHRHS Health & Human Wellness Club



The CHRHS Health and Human Wellness Club is a group of students and community allies dedicated to improving the health and wellness of our community. All students are welcome to join. The club advisor is Mrs. Hogan, School Nurse.

The following is the first article written by Ella Ryan '22, for a series titled "Honoring Our Frontline Workers" to raise awareness about the people in our community working on the frontlines of the Covid-19 pandemic.

It has been a full year since the Midcoast had its first cases of Covid. In recognition of this anniversary, we reached out to interview some of the health care workers who have made so many sacrifices to take care of us.

Tara Murray, RN, always knew she wanted to help other people. She started her career in the Coast Guard, serving four years in active duty doing search and rescue and four years in active reserves. Then she traded in her Coast Guard uniform for nurses' scrubs.

In 2010 she began her work at Pen Bay Medical Center. Currently, she is the nursing manager of the Operating Room. She worked in the emergency department and obstetrics, but she explained, "I found my home in the OR."

The pandemic strained everyone, even those in the operating room with Murray. They've had to cut down on staffing and the number of surgeries being performed. The department has had to juggle making sure whether the patients as well as the staff are safe. Murray is on call 24/7 and can be ready for surgery at a moment's notice. Despite the stress of being always at the ready, Murray exclaims: "I love what I do....I just enjoy doing what I do. I love caring for people."

She explains that the pandemic has brought healthcare workers together, working for a common goal. Murray explains that since everyone is wearing masks, there is much more camaraderie in the hallways. As cases decreased in the operating room, their team helped in the other areas. Many picked up the strain of the environmental services department, helping make sure everything stayed clean.

One of the biggest challenges that Murray has faced is providing assurance to her team. During the early months of the crisis, Murray became a go to person to get new information out to her team. She struggled every day worrying with a list of questions: Am I doing everything I can? Am I giving them all the information?

Mental fatigue from the pandemic has taken a toll on healthcare workers from across the state and all over the country. Murray explained "And you are always on. You're on when you're home, you're on when you're here. And when you're not here, you're thinking about being here. I was always on."

There was a substantial personal cost to Murray during this crisis as she tried to let go of her worry from work while she was at home. Exercise became an outlet and alone time was ever more important. If she didn't have time to take a breath and decompress after a long day of work, then the stress would build up.

Everyone has learned something from this experience. For Murray, this was adaptability and perseverance. Like all of us, she's also learned to appreciate the smaller things that we may have taken for granted up until March of 2020.

Murray expressed her thanks to the community. She points out that the biggest support came from wearing masks, social distancing and not partaking in gatherings. She recalls, "The goodies and the signs, that's icing on the cake and that was all really nice but the true support was in your actions."

We couldn't have gotten through this pandemic without the amazing team at our local hospitals. The community is very grateful for all the hard work that has gone into keeping the pandemic at bay in the Midcoast. But it is not yet over. She says, "I would just buckle up."



**2021-22 OPEN SEATS ON THE
FIVE TOWN CSD
SCHOOL BOARD**

Hope, Appleton, & Lincolnville; one seat each

Do you have an interest in:

- Influencing quality public education?
- Sharing your time and talents?
- Contributing to an important facet of our community?
- Creating strong ties between the school board & various stakeholders?

CONTACT YOUR TOWN OFFICE FOR MORE
INFORMATION ON HOW TO GET ON THE BALLOT!

A great way to serve



Five Town Little League 2021

 <p>Challenger Division 4-18 years</p> <p>Challenger Baseball strives to promote an atmosphere of inclusion for kids with physical and intellectual disabilities!</p>  	<p>REGISTRATION</p> <p>IN PERSON</p> <p>Marge Jones Field Rockport</p> <p>July 2021</p> <p><i>All parents or guardians must bring the participant's birth certificate and three documents verifying residency OR one document supporting school enrollment.</i></p> <p>To register please visit ftll.sportsoffice.com and select Challenger!</p>	 <p>No cost, come out and play!</p> <p>Fundraiser Information ftll.challenger@gmail.com</p> <p>Our Sponsors Herricks Garage The O'Connell Family Sierra Kristen Photography</p>
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We want to thank our volunteers who play their part, so that Little Leaguers everywhere can live their own epic series.



Questions?

League President: Rick Thackeray-207-233-8697

Challenger Vice President: Dana Jackson-207-458-2341

Challenger Head coach/Player Agent: Peter Rollins-207-446-2184

INT 188

Integrated Science Research and Career Exploration

A five-week, three-credit environmental science lab research college course for rising 10th–12th grade high school students

June 28–July 28, 2021
Mondays, Tuesdays and Wednesdays
8 a.m.–Noon
Research Symposium: July 30, 2021, 4–7 p.m.
at the UMaine Hutchinson Center in Belfast
Tuition free*

*Tuition free for qualified high school students. Students who pay tuition to attend high school in Maine will be charged a reduced Early College rate. This includes out-of-state and international students.



Get a head start on college this summer, tuition free at University of Maine Hutchinson Center

Register online: umaine.edu/earlycollege

UMaine Hutchinson Center
80 Belmont Ave., Belfast, ME 04915
hutchinsoncenter.umaine.edu



For more information, contact
UMaine Early College

207.581.8024; um.earlycollege@umaine.edu

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Now through May 29, 2021, choose from over 1,500 participating products to help

EARN MONEY FOR YOUR SCHOOL.

SHOP

Look for the shell tag on more than 1,500 participating products that will help earn money for your school.

CHECK OUT

Get 3 School Dollars for every 4 participating products you purchase.

DEPOSIT

Deposit your School Dollars in the collection tower at your neighborhood Hannaford.



Together, we're greater than groceries.

Looking for more information about participating schools? Go to hannaford.com/helps/schools