

WINDJAMMER NEWS

March Dates:

Friday, 3/14 @
7-9:30pm:

Winter 'Silver Ball'
Dance

Thursday, 3/20 @
6-8pm:

Smartphone Info
Night (Wave Cafe)

Monday, 3/17:

St. Patrick's Day

Thursday, 3/20:

First Day of Spring!



From the Principal

Introducing the Windjammer Weekly

First, thank you for your feedback submitted in last week's annual survey. Your input is invaluable, and I truly appreciate the time you took to share your thoughts. One of the key priorities that emerged was the need for clear, consistent communication about what's happening at CHRHS. To address this, I'm launching the Windjammer Weekly—a short, straightforward update sent every Friday to highlight key events for the upcoming week. My goal is to keep it brief, clear, and useful.

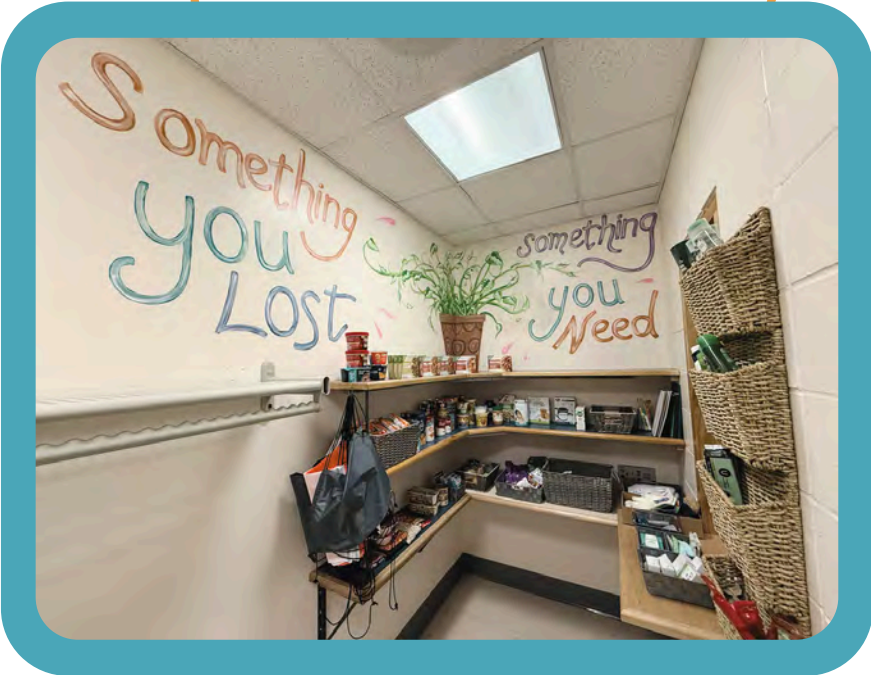
Over the next month, I'll also be looking at how other schools structure their communications to refine and improve our approach. Our goal is to create a system that keeps families well-informed and connected. I welcome your continued feedback—what's working and what could be improved—so we can fine-tune our efforts and build a communication system that best serves our school community.

Looking forward to keeping you in the loop!



Marian Johnston '28

UPDATES FROM THE COMMUNITY FUND & THE ANNEX



COME CHECK OUT OUR NEW ANNEX LOCATION! TO THE LEFT OF THE MAIN ENTRANCE. ALL STUDENTS ARE WELCOME TO PICK OUT ANY FOOD OR HYGIENE PRODUCT FOR FREE. AND CHECK OUT THE NEW LOOK FEATURING STUDENT ARTWORK (THANK YOU TO SENIOR, LINDSEY CLIFFORD!)

WHILE OUR MAIN GOAL REMAINS ADDRESSING FOOD INSECURITY, EACH YEAR WE ALSO SUPPORT A HANDFUL OF STUDENTS WITH PARTIAL SCHOLARSHIPS FOR DRIVER'S ED. IF YOU WOULD LIKE TO HELP GROW OUR CAPACITY TO SUPPORT STUDENTS, PLEASE REACH OUT TO SHAUNNA BROWN AT 236-7800 EXT 3263 OR AT SHAUNNA.BROWN@FIVETOWNS.NET



ESVM

LIBRARY NEWS



March 2025

What's New in the Library

The ESVM library has acquired many new books this year. The newest batch arrived in February. There is also a new section of books in the library. The books about Maine have been moved out of storage and placed on the back side of the Manga shelf. There are also two student interns in the library this year. Nathan Gomez just wrapped up his internship from first semester and Alyssa Giverdon had begun her internship for the second semester.



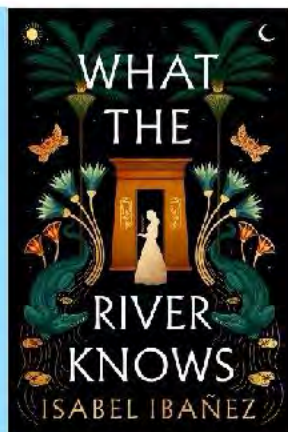
March Madness

A fan favorite is back again this year. This year's battle of the books features some well known favorite authors. The first week of March, students were invited to fill out a tournament bracket. The head-to-head battles begin Friday, March 7th with students voting for who they think should win. The winners will be tracked in the windows of the library. Keep checking in for updates and keep voting!



Featured Book

What the River Knows by Isabel Ibanez. This is a genre cross over fantasy, historical fiction, romance, and mystery novel. Inez receives word that her parents have gone missing while on a archeological dig in Egypt. Risking it all, she takes flight on her own to discover what happened.



Blind Date With a Book

In February the library once again held the "Blind Date With a Book" program. Books were wrapped up with only the first sentence displayed on the front. If students took a risk and chose a book to read and review, their name was entered in a drawing for a \$10 gift card. This year's winner was Savannah Myers. Thanks to all who participated.



A Hot Guest Speaker for Honors Chemistry

Students in Ms. Klemmer's and Mr. Stewart's Honors Chemistry have been studying heat and combustion. **Carol Pelletier**, former Culinary and Baking teacher at MCST and now one of our Special Education teachers, agreed to come in and show the students how to flambé. We enjoyed *Bananas Foster* (bananas with caramelized brown sugar set on fire and then served with ice cream) and some students even got to try it themselves. [Note: the process of setting the alcohol on fire removes all alcohol from the food.] Afterwards, the class discussed the chemical differences between different kinds of alcohols and the details of what happens when alcohols burn as well as fire and alcohol safety. To wrap up, students watched two YouTube tutorials on how to flambé food and compared the two cooks' proper consideration of fire safety.

Mrs. Pelletier shows Lucas Fogg '26 cooking techniques and Blake Emery '26 tries it for himself.



**Women's Advocacy Club
Lora Levenseler, Advisor**

The Women's Advocacy Club hosted a **Valentine's Lunch on February 12th** to educate students on teen dating violence awareness and prevention. Students played "red flag/green flag" where they had to guess whether scenarios described represented good or bad signs in relationships. They also got the opportunity to hear from **Angela McIntyre from New Hope Midcoast** on ways their organization can support victims of domestic violence. Students and staff got to enjoy lots of treats brought in by members of our club as well!



Angela McIntyre from New Hope Midcoast with Tucker Beynart, Tula Bradley Prindville and Faye Hildreth

**Come to The Place
Bakery**
117 Elm St., Camden
on 3/15 & 3/16

Buy a baguette, a croissant
(or both-*pourquoi pas?*!)

\$1 from every
croissant and baguette
goes towards the
exchange

Help support CHRHS students
traveling to Lyon, France in April!





Honors Precalculus and Oceanology (Marine Ecology)
Classes take part in the Coastal Tracer's Symposium put on through the Rise Center at the University of Maine and sponsored by the National Science Foundation.

Honor Precalculus
Lora Levenseler, Teacher

Honors Precalculus students who took part in the marine science research earlier in the year presented their research to students from across the state and University of Maine faculty. The students then toured the oceanography program's bouy barn, where faculty explained how they build and maintain bouys and gliders that collect data from the Gulf of Maine and in the Caribbean. We also toured the Advanced Structures & Composites Center where students got to see the research and development that University of Maine engineering students were part of (including the giant 3D printer). It was a really great day!



Honors Precalculus left to right: Sasha Borodaenko, London Nicolet, Marguerite Worner, Lilly Gronros, Avaline Fairhayden, Piper Urey, Lora Levenseler, Luke Tobias, Elliot Condon, Norah Grotton, Tallulah Marks, Luciana Hall.

Oceanology (Marine Ecology)

Ken Vencile, Teacher

Oceanology class (hereafter referred to as Marine Ecology) went to the Coastal Tracers symposium at Umaine. The Marine Ecology students presented the results of their research over the first semester that focused on changes to marine ecosystems including ocean acidification, invasive species, and primary productivity. Our students were able to demonstrate that ocean acidification has an impact on the strength of marine bivalve shells, which may impact their ability to resist environmental pressures. We also determined which tidal heights were optimal for the growth of a commercially important species of marine macroalgae. Finally, we deployed sensors at two depths in Rockport Harbor to measure temperature and light trends over the Fall. Our student's original research was well-received among the research Faculty at University of Maine, and we look forward to expanding our research opportunities within our coastal community.



Marine Ecology left to right: Ken Vencile, Laiken Fulbeck, Sally Vannini, Olivia Smith, Oliver Martens, Max Ogier, Daniel Dearborn

Give blood.

Every 2 seconds someone in the U.S. needs blood.

American Red Cross



Blood Drive
Camden Hills Regional High School

In the Wrestling Dance Room
25 Keelson Drive
Rockport, ME 04856

Friday, March 21, 2025
8:00 a.m. to 1:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: CamdenHillsHS to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.



Scan to be directed to:
BloodPass®

Come to give in March for a \$10 Amazon.com Gift Card by email. See rcblood.org/March



Scan to schedule an appointment.

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

©2016 The American National Red Cross

1-800-RED-CROSS (1-800-733-2767) | RedCrossBlood.org | BloodPass®



PBCHP Monthly Newsletter

Partnering with community for a healthier and happier Maine.

March 2025

Amanda Phipps, MPH, PPS



National Poison Prevention Week: March 17-23



In 1961, Congress created National Poison Prevention Week to increase knowledge about how to prevent and stop poisoning accidents. Poison control centers help with poison emergencies and give information to prevent poisonings. A Poison Help line was created in 2002 to easily connect people to their local poison control center. The New England Poison Control Center serves Maine, New Hampshire, and Vermont.

The health care professionals who answer the Poison Help line have a wealth of knowledge to advise actions to take during an emergency, or if you just have questions about chemical exposure, but most people don't know the number! You can talk to health care professionals like nurses, pharmacists, and doctors 24 hours a day, 7 days a week by calling the free Poison Help line at [1-800-222-1222](tel:1-800-222-1222).

Poisoning can occur with exposure to a wide range of household substances, including cleaning products, personal care products, and medications. Both prescription and over-the-counter (OTC) medications can cause poisonings if misused. As you can see in the graph below, drugs (medication & illicit) caused 61% of poisoning deaths in 2018.

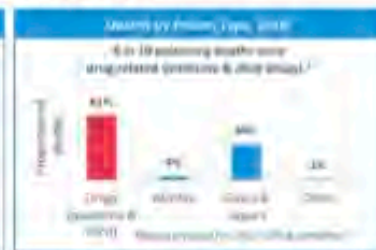
Parents and teachers play a critical role in helping their tweens and teens learn about the responsible use of prescription and OTC medicines. Parents and teachers should work to increase their knowledge of medication safety and responsible use, placing special emphasis on the message that tweens and teens should only take medications with the advisement, permission, and supervision of healthcare professionals, parents, or guardians.

Medication Safety Tips to Teach Tweens & Teens

With approximately 10,000 kids under age 18 visiting US emergency departments every year due to errors from self-administering medications, it is important for parents and guardians to discuss the safe use and storage of medications with their tweens and teens. Teach them these tips!

- Be sure to read and follow the medicine label every time.
- Be sure never to share your medicine with someone else or use someone else's medicine.
- Remember to always use the dosing device that comes with the medicine.
- Take only one medicine at a time with the same active ingredient.
- Store all medicines up and away and out of reach and sight.
- Be sure to only take medicines with the permission and guidance from a doctor, parent, or trusted adult.

Who is at Risk?



Safe Kids WorldWide. (2020) FAST FACTS Poisonings Among Children Ages 0-14 in 2018. <https://www.safekids.org>



Prevention efforts supported by MPN & ME CDC

GET FREE RESOURCES from PBCHP!

Check out PBCHP's range of free resources at <https://www.pbchp.org> for more information and help accessing materials.



Advanced Art/Portfolio
Kirsten Campbell, Teacher

Advanced Art/Portfolio students set out to create their individual interpretation of *HOME*.

Featured work clockwise from left: *3 Women Tied with Invisible Threads* - Matilda Marks '26, *Five on the River* - Pearl Hedstrom '26, *Game Night* - Piper Urey '25, *Two Sides* - Piper Greenleaf '25, *Alive* - Rose Tohancynzn '25.



Big Art
Carolyn Brown, Teacher

Big Art class collaborated with **Page Gallery** in Camden to create a large, multi-section mural based on a painting by Maine artist Margeurite Zorach. This was part of Page Gallery's annual student art show in February.

Artist **Colin Page** visited our class to talk about Zorach's work, and how he's made a career of being an artist and gallery owner.



Students each chose a section of the larger painting, and created an 18"x18" painting over newspaper collage on board. We used the collage background to reduce anxiety about starting on a big white square, and to add a unifying visual texture to the overall piece.

After finishing the paintings, the class took a field trip to Page Gallery, and enjoyed art activities, and learning about the other art in the gallery.

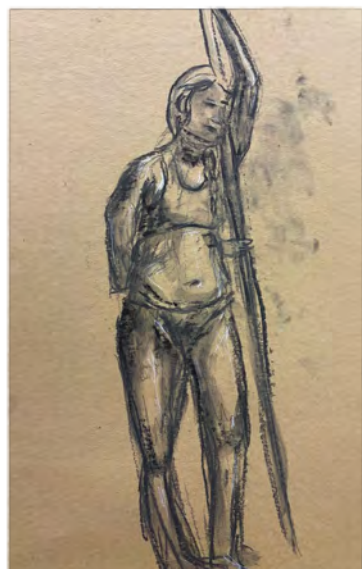
Thanks to Colin Page and Page Gallery for this fun collaboration!

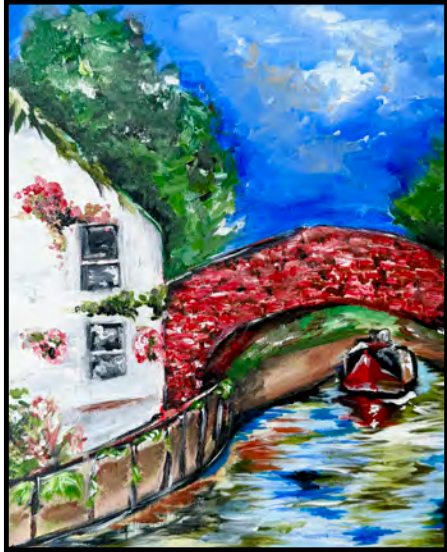
Visual & Performing Arts GT Kirsten Campbell

Visual & Performing Arts GT program visited **Waterfall Arts** in Belfast for a Life Drawing Workshop!
14 students attended and worked for 3 hours with a live model, creating stunning gestural drawings with multiple different mediums.



Featured work top to bottom, left to right: Madison Surbey '28, Lulu VanLonkhuyzen '25, Thomas Forsyth '26, Arria Doll '25, Izzy Allen '28 and Maddie Bennett '28





Advanced Painting and Drawing
Carolyn Brown, Teacher

Advanced Drawing and Painting class recently completed their first oil paintings. We started with a color mixing exercise to get used to the characteristics of oils. The goals for the still life painting included learning about composition, color interactions, reflective light and color, and how to create volume and space.

Featured work clockwise from top: Maddie Bennett '28, Aurelia Crosslin '27, Cassie Middleton '25, Izzie Allen '28





Rosa Vinci '25

Advanced Jewelry
Carolyn Brown, Teacher

Advanced Jewelry class began the semester with learning to bezel-set stones. We learned how to measure and cut metal for a custom-made bezel, and how to solder in successive steps to create multi-step metal constructions. Students then had time for some "choice" work, then we started on creating hollow forms with metal.



Ring with Blue Stone -Bella Lill '25 and
Flower & Ring - Wesley Mayhorn '26



Drawing and Painting II
Carolyn Brown, Teacher



Ava Pease '27

The class is currently learning methods for drawing with 2, 3 and 5-point perspective. After learning techniques, students have been setting personal challenges for their own original perspective drawings. Topics range from fantasy castles, historic architecture, and the school library to fish-eye views of creepy spaces.



Thank you to our major event sponsor:



PROM DRESS GIVEAWAY

Fri. & Sat., April 11-12

The Mermaid Plaza
1 East Main Street
Searsport, Maine

FREE to Maine High School Students!
By appointment only. Register at:
Facebook.com/CinderellaProjectMaine,
online at waldocap.org, or call (207) 338-6809

A special thank you
to our venue sponsors:



Additional Sponsors:
Bangor Savings Bank, Revision Energy,
Jordan's Furniture & Belle of the Ball,
Grayce Bridal and Formal,
Henry's Bridal Boutique,
Maine Coast Weddings & Special Events,
Hamilton Marine.

Ask us how to be an event sponsor! (207) 338-4944

Waldo Community Action Partners



The Cinderella Project is an initiative
of Waldo Community Action Partners.

waldocap.org - (207) 338-6809 - PO Box 130 Belfast, ME 04915



Academic Offerings

The Adult Learning Center is open 12 months a year for academic support. We offer tutoring in writing and math, career advice, and support on your path to college and career success. Grant funding for some certificate classes is based on learner eligibility and varies depending upon the career path chosen. We can help with that. Call us at 236-7803 or email adult.education@fivetowns.net.

Certificate Classes

We offer 100's of certificate classes, many of which have a new start date every semester. Classes include:

- [Accounting Fundamentals Series](#)
- [Data Analysis Certificate](#)
- [Microsoft Excel 2019 Series](#)
- [Project Management Certificate](#)
- [QuickBooks Online Series](#)
- [Real Estate Sales Agent](#)
- [The Teen Brain](#)

**To sign up or for more information
call 236-7803**

Bridge To Employment in the Midcoast

The programs of MidCoast Adult Education 7 have been awarded a competitive Strengthening Maine's Workforce grant to deliver services under the project title, Bridge to Employment in the Midcoast. Grant funding is available for employers who need support systems to access employees; and to potential employees who show a training need and are defined as:

- People or communities of color
- Low-income
- Immigrants
- People with low levels of literacy
- Women
- The underemployed and unemployed

Eligible business sectors include healthcare, manufacturing, transportation, hospitality, and retail. Others may be possible if trainees themselves are eligible. Need help to move forward? Wondering about your eligibility? Contact the Bridge Coordinator, Joe Catalano at joseph.catalano@fivetowns.net.

Five Town CSD Adult Ed has been offering a variety of programs since 1969. Whether your needs are academic, workforce, or just to have fun, we have something for you. Many of our offerings are available year-round, and we have an excellent selection of online courses.

Spring-summer catalog is out!
Remember, adult ed classes are open to high school students, too!

NEW CLASSES THIS SPRING

Block Printing

You will learn how to transfer your vision onto a carving medium, carve the block, and then use it to print a repetitive, decorative design in this one-night class. Three choices of dates: 4/2, 4/9, or 5/7, all 6:00-8:30 PM.

Upcycling Furniture

Do you have a piece of furniture that you want to keep but need to update? Turn an antique or fun piece into something beautiful - or funky! Class meets 5 Wednesdays from 6:00-8:00 PM beginning 5/5.

Modern Chinese Culture and History

Discussions about China dominate the news, but how much do you know about China's culture and history? Learn more in the class that meets 4 Tuesdays from 6:00-8:00 PM beginning 3/18.

Zentangle!

We have 4 new Zentangle classes, all over Zoom! Kits will be available in the adult ed office. Zentangle 101 begins both 3/6 and 3/26; A Tangled Tote begins 4/17; Black on White, White on Black begins 3/11, Zentangle Night with Mom or Dad is on 3/12.

Baskets!

We continue to offer new and repeat one-day/night classes in basketmaking where each person goes home with a beautiful finished basket. This semester includes Explorer Pack Basket, Fishing Creel/Gathering Basket, Fiddlehead Basket, Ash Guide Pack Basket, and Expedition Pack Basket.

Homemade Root Beer, Soda, and Kombucha

In this one-night class you will learn how to make your own root beer and vanilla cream soda and also how to make kombucha. You will go home with a one-gallon jar of kombucha or 6 bottles of soda. Class is on 4/3 from 4:00-9:00 PM.

REGISTER AT:
fivetowns.maineadulted.org

ICELAND TRIP!
Info night over Zoom March 5



Driver's Ed

Driver's Ed classes are held monthly. During the school year the classes are held in person 7 days at CHRHS from 3:45-6:45 PM with 7 days of remote class time. Summer classes are held from 9 AM - noon. Each session begins with a required parent-student orientation at 5:30-7 PM. For more information, contact Roy's at 784-6245, info@roysdriving.com, or visit their website. Registration is through Roy's, roysdriving.com

Kindergarten Registration

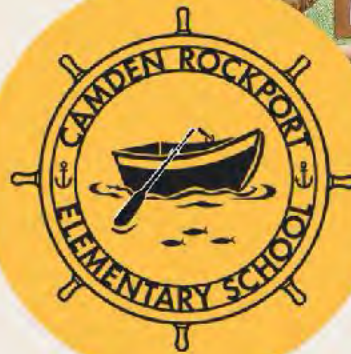
2025-2026

CAMDEN ROCKPORT ELEMENTARY

We are eager to welcome your child to our school community for the 2025-2026 school year. Enroll your child today - we can't wait to meet you!

SIGN UP NOW

- **Must be 5 years old on or by Oct.15**
- **Spring Screening held April 9**
- **Download forms at cres.fivetowns.net**
- **Contact the office with any questions**



SCAN ME

207-236-7809 
cres.fivetowns.net 