

LYNX TRACKS

The Newsletter of the Lincolnville Central School

<http://www.fivetowns.net/lcs>

DECEMBER 13, 2018

Volume IX, Issue #13

Looking for a Holiday Gift List? Here You Go!

Teachers' Top 100 Books for Children

The following list was compiled from an online survey in 2007. Parents and teachers will find it useful in selecting quality literature for children.

1. *Charlotte's Web* by E.B. White
2. *Where the Wild Things Are* by Maurice Sendak
3. *The Giving Tree* by Shel Silverstein
4. *Green Eggs and Ham* by Dr. Seuss
5. *Good Night Moon* by Margaret Wise Brown
6. *I Love You Forever* by Robert N. Munsch
7. *Because of Winn Dixie* by Kate DiCamillo
8. *Oh! The Places You Will Go* by Dr. Seuss
9. *The Little House* by Virginia Lee Burton
10. *The Polar Express* by Chris Van Allsburg
11. *Skippyjon Jones* by Judy Schachner
12. *Thank You Mr. Falker* by Patricia Polacco
13. *The Cat In The Hat* by Dr. Seuss
14. *The Lorax* by Dr. Seuss
15. *The Miraculous Journey of Edward Tulane* by Kate DiCamillo
16. *The Mitten* by Jan Brett
17. *Crunching Carrots, Not Candy* by Judy Slack
18. *Don't Let the Pigeon Drive the Bus* by Mo Willems
19. *Harry Potter Series* by J.K. Rowling
20. *A Wrinkle in Time* by Madeleine L'Engle
21. *Alexander and the Terrible, Horrible, No Good Very Bad Day* by Judith Viorst
22. *Are You My Mother?* by P.D. Eastman
23. *Corduroy* by Don Freeman
24. *Lilly's Purple Plastic Purse* by Kevin Henkes
25. *Stellaluna* by Janell Cannon
26. *Tacky the Penguin* by Helen Lester
27. *The Lion, the Witch and the Wardrobe* by C.S. Lewis
28. *The Velveteen Rabbit* by Margery Williams
29. *Chicka Chicka Boom Boom* by Bill Martin Jr.
30. *Click Clack Moo: Cows That Type* by Doreen Cronin
31. *Harold and the Purple Crayon* by Crockett Johnson
32. *Horton Hatches the Egg* by Dr. Seuss
33. *Junie B. Jones* by Barbara Park
34. *Little House in the Big Woods* by Laura Ingalls Wilder
35. *Make Way For Ducklings* by Robert McCloskey
36. *The Phantom Tollbooth* by Norton Juster
37. *Piggie Pie* by Margie Palatini
38. *The Little Engine That Could* by Watty Piper
39. *The Monster at the End of this Book* by Jon Stone
40. *The Tale of Despereaux* by Kate DiCamillo
41. *A Bad Case of Stripes* by David Shannon
42. *Cloudy with a Chance of Meatballs* by Judi Barrett
43. *From the Mixed Up Files of Mrs. Basil E. Frankweiler* by E.L. Konigsburg
44. *Inkheart* by Cornelia Funke
45. *Maniac Magee* by Jerry Spinelli
46. *Officer Buckle and Gloria* by Peggy Rathmann
47. *Olivia* by Ian Falconer
48. *The BFG* by Roald Dahl
49. *The Kissing Hand* by Audrey Penn
50. *The Secret Garden* by Frances Hodgson Burnett
51. *The Sneetches* by Dr. Seuss
52. *The Very Hungry Caterpillar* by Eric Carle
53. *Tikki Tikki Tembo* by Arlene Mosel
54. *A Little Princess* by Frances Hodgson Burnett
55. *Bark, George* by Jules Feiffer
56. *Bunnica* by James Howe
57. *Charlie and the Chocolate Factory* by Roald Dahl
58. *Charlie the Caterpillar* by Dom DeLuise
59. *Chrysanthemum* by Kevin Henkes
60. *Dear Mr. Henshaw* by Beverly Cleary
61. *Frederick* by Leo Lionni
62. *Frindle* by Andrew Clements
63. *Frog and Toad* by Arnold Lobel
64. *Guess How Much I Love You* by Sam McBratney
65. *Harris and Me* by Gary Paulsen
66. *Harry the Dirty Dog* by Gene Zion
67. *Hop on Pop* by Dr. Seuss
68. *How the Grinch Stole Christmas* by Dr. Seuss
69. *I Love You, Stinky Face* by Lisa McCourt
70. *Is Your Mama A Llama?* by Deborah Guarino
71. *Jan Brett's books*
72. *Knots on a Counting Rope* by Bill Martin Jr.
73. *Little Women* by Louisa May Alcott
74. *Mike Mulligan and His Steam Shovel* by

Dates to Remember:

- 12/14 Hat Day
- 12/14 Movie Night Elf 6 PM
- 12/15 LCS BB @ Vinalhaven - Girls 1st @ 11:00 AM
- 12/19 Lego Club 3:00-4:00 PM
- 12/19 LCS BB vs Searsport - Girls 1st @ 3:45 PM
- 12/21 Early Release 11:30 AM
- 12/24-01/01 Winter Break

Note: School Committee Meetings are held on the first Monday of each month at 6:00 PM, with the exception of holidays when they are rescheduled for time that is mutually convenient for members and posted well in advance.

Virginia Lee Burton

75. *Miss Rumphius* by Barbara Cooney
76. *My Father's Dragon* by Ruth Stiles Gannett
77. *My Many Colored Days* by Dr. Seuss
78. *My Side of the Mountain* by Jean Craighead George
79. *No David!* by David Shannon
80. *One Fish, Two Fish, Red Fish, Blue Fish* by Dr. Seuss
81. *Where the Sidewalk Ends* by Shel Silverstein
82. *Stephanie's Ponytail* by Robert Munsch
83. *Swimmy* by Leo Lionni
84. *The Hundred Dresses* by Eleanor Estes
85. *The Boxcar Children* by Gertrude Warner
86. *The Dark Is Rising* by Susan Cooper
87. *The Empty Pot* by Demi
88. *The Five Chinese Brothers* by Claire Huchet Bishop
89. *The Giver* by Lois Lowry
90. *The Grouchy Ladybug* by Eric Carle
91. *The Hobbit* by J.R.R. Tolkien
92. *The Important Book* by Margaret Wise Brown
93. *The Last Holiday Concert* by Andrew Clements
94. *The Napping House* by Audrey Wood
95. *The Quiltmaker's Gift* by Jeff Brumbeau
96. *The Snowy Day* by Ezra Jack Keats
97. *The Story About Ping* by Marjorie Flack
98. *The True Story of the Three Little Pigs* by Jon Scieszka
99. *Tuck Everlasting* by Natalie Babbitt
100. *The Wide-Mouthed Frog: A Pop-Up Book* by Keith Faulkner

Many more great books have been published since this list was established.



Free Christmas Movie Night

Tuesday 18th 5:00-7:30 at CHRHS in the Strom

Featuring Rudolph, A Year Without A Santa Claus,
and How The Grinch Stole Christmas (1966)

Activities include cookie decorating, face painting,
corn hole, snowflake making, and Christmas card decorating!

Sponsored by Camden Hills National Honors Society

Monthly Substance Use Prevention Update From Knox County Community Health Coalition

What Parents Need to Know About Marijuana

Marijuana use can change teens' brains, bodies, and behaviors. Help Maine teens have safe, healthy and successful futures.

- Marijuana use lowers teens' good judgment and self-control. This may lead to poor decisions and risky behaviors.
- Your teen only has one brain and one body. Marijuana use damages both in a way that can make problems for them now and in the future.
- Marijuana use may keep teens from doing their best at school, work, and learning new skills. This can affect them for the rest of their life.
- Teens who use marijuana are at increased risk for addiction which leads to health and safety risks.
- Marijuana is stronger. It is stronger than in the past, contains dangerous chemicals, and can be laced with other drugs. Teens who use marijuana can't know for sure what they are putting into their bodies and how it will affect them.

To learn more, go to maineparents.net. To find out how you can become involved locally, contact Wanda Gamage-Wyman, Substance Use Prevention Specialist, Knox County Community Health Coalition – 236.6313, Ext. 2;

wgamagewymankchc@gmail.com Knox County Community Health Coalition provides substance use prevention services in Knox and Waldo Counties, and is a division of Penobscot Bay YMCA.

Bottle Drive

The Lincolnville Central School 8th grade will be running a bottle drive in Lincolnville on the weekend of January 5th to raise funds for their class trip to Quebec City. They are requesting that all residents of Lincolnville save their bottles for the drive. Volunteer drivers will drive around the town and pick up bottles at the curb. Bottles should be bagged and put out on the curb no later than 9:00 AM for pickup. Our thanks in advance to everyone that is able to help the 8th grade meet their goals by donating their bottles!

SCREEN AGERS

GROUNDBREAKING STUDY DISCOVERS AN ASSOCIATION BETWEEN SCREEN TIME AND ACTUAL BRAIN CHANGES

Big news has hit us this week about brain morphology and screen time, and I want to weigh in as we all try to make sense of the findings. Here is the gist of what headlines are saying:

Researchers studied 4,500 9-and 10-year olds and found that many of those who spend more than 7 hours a day on screens—such as smartphones, tablets, and video games—showed premature thinning of the cortex which is the outermost layer of the brain.

This new data comes from the ABCD study funded by The National Institutes of Medicine (NIH). I just got off the phone with neuroscientist Elizabeth Sowell PhD who leads a ABCD study site at Children’s Hospital of Los Angeles. I have some important information to share.

I met Elizabeth when The Los Angeles Unified School District asked me to speak at a Screenagers’ event in 2016. Elizabeth and her team had a booth outside the screening where they were trying to recruit youth to be in the ABCD study—there are 21 sites around the country. Not many people were coming up to the booth.

Having spent two years working at NIH as a researcher, I understood how hard it is to find people to participate in studies, and I knew this study was a game changer, so I was eager to help. During my Screenagers presentation, I told the audience all about the landmark study and the learning opportunities that their children could glean from participating in a major research study. I was so pleased that many of the audience went straight to the booth after the talk to sign up.

For this study, 9-and-10-year-olds were recruited between 2016 to 2018. Kids will be followed for a total of ten years. At their yearly visits, the children and their parents will complete questionnaires, and some years MRI scans will be done on the kids. A total of 11,000 youth have been enrolled, and scientists will be gathering important data about brain development in response to things like marijuana, alcohol, and... screen time.

THE FINDINGS

The study just released included only the first cohort of 4,500 kids and it gives data based on questionnaires and MRIs of their brains at one moment in time. Researchers found that kids who spent more than 7 hours a day on screens, on average, had a thinner outer layer of their cerebral cortex than kids who spent less time on screens. The cerebral cortex is the area that houses “executive functioning”—ie, higher order thinking, such as data consolidation, problem-solving and planning. It also helps us regulate our responses to emotions that come from deeper areas of the brain.

WHAT DOES THIS MEAN?

Babies are born with many more brain cells than they will end up with as adults. Why so many cells at birth? The hypothesis is that this abundance of cells gives humans incredible adaptability to whatever environments they find themselves. As babies grow older and have experiences, these experiences dictate how neurons begin to lay down patterns. Neuronal connections that are not used, start to be pruned away. Evolutionarily, it is important that the brain loses some of what it does not use because running a brain takes a lot of energy—in fact 20% of the food we eat goes just to support the brain. Pruning promotes efficiency.

WHY DOES IT MATTER?

The researchers revealed thinner cortexes of these 9 and 10-year-olds. The level of thinning found is what one finds on MRIs for older children. This is why this is being called premature thinning. One could see this as a bad thing, that the brain is consolidating neurons earlier than it normally would. On the flip side, one could say that the brain appears to be maturing faster, so isn’t that a good thing?

Early maturation can sound good but the ABCD researchers found that this thinning in the cortex was correlated with lower “crystalized” intelligence. Crystalized refers to the knowledge that youth glean from simply living life, such as vocabulary (as opposed to “fluid” intelligence which is not as much about “what is known” as opposed to “how something is known”). I do not know which crystalized intelligence they measured because it is not in the science report.

AM I CONCERNED?

Does all this have me concerned? Yes...but

at this point, we have no idea if the screen time caused this thinning, or if the kids who were inclined to spend more than 7 hours on screens were more likely to have a thinner cortex to begin with. The real power of this study will come with follow-up data collection and MRI scans. The changes that will be revealed over time will help sort out cause and effect relationships.

But don’t get me wrong, this is really important information, and we need to talk with our students in schools and universities, students in afterschool programs, Boy and Girl Scouts, team sports, along with children and teens in our homes. This is the type of science that can engage young people. It is about their brains, and they do care about their brains!

In fact, last month I was in France filming their new national law to limit screen time by prohibiting cell phones in classrooms for students 15 and younger. When discussions turned to screen time at home, many tweens and teens told me how they were comfortable keeping their phones out of their bedrooms at night because they had learned that there might be problems from too much radiation exposure. Science is still looking into this, but what is telling is that the students were concerned enough by this research to change their habits.

Today let’s use this new scientific study from ABCD to engage our youth in this important topic of screen time effects on kids’ brain development. As we sit in the middle of this tech revolution, let’s help the next generation be data-driven and scientifically minded—their input is key to creating a society committed to preventing unthwarted outcomes of excessive screen time.

Here are questions to ask your kids about the Adolescent Brain Cognitive Development (ABCD) Study.

1. Given that 9 and 10-year-olds who were on screens over 7 hours a day were found to have thinner cerebral cortexes of the brain—where higher order thinking occurs, such as problem-solving and planning—what do you make of this?
2. Could it be that kids who have thinner cerebral cortexes are inclined to look at screens more?
3. Once we have follow up data in about a year, how will that give us a lot more information about cause and effect?
4. Why might it be that researches found that kids who looked at screens over 7 hours a day scored lower on knowledge tests (also called crystalized learning)?

LCS PTO is proud to host

Movie Night

Featuring

elf



Friday, December 14th

6 pm @ LCS

- ✧ Pizza, popcorn, & baked goods for sale.
- ✧ Bring your sleeping bag & pillow!
- ✧ Enter our free raffle to win the movie after the show.
- ✧ Please donate baked goods to help the PTO.

This is a family event,
no drop-offs please.

MOVIE MONEY BONANZA

FLAGSHIP CINEMAS
FUNDRAISING

AS MUCH AS \$200 worth of SAVINGS for only \$25

Booklets Include the Following Vouchers:

2

FREE MOVIE TICKETS

Two Movie Tickets Absolutely Free!

4

BUY 1, GET 1 FREE MOVIE TICKETS

Buy One Ticket and Receive One Ticket of Equal or Lesser Value Absolutely Free!

5

\$5.00 COMBO #5

Two 32oz. Fountain Drinks & Bucket of Popcorn

8

FREE 85oz. POPCORN

Purchase any size Fountain Drink and receive an 85oz. Popcorn Free!

8

FREE 32oz. FOUNTAIN DRINK

Purchase any size Popcorn and get a 32oz. Fountain Drink Free.

5

FREE TWIZZLERS

Free Twizzlers with Purchase of Combo #1

PTO UPDATE

1. \$25.00 Movie booklets are available for sale
2. Apparel order forms are due Monday, 12/3
3. Movie night is scheduled for Friday, 12/14, from 6-8pm - Elf will be shown in Walsh Commons
4. Gingerbread house event will be held this coming Sunday, 12/2, from 2-4pm



mmbonanza.com

Vouchers Not Valid with any other offer or promotion. Expires 4-30-20

2019 Mid-Coast Wrestling Club



YOUTH WRESTLING PROGRAM

- Who : Any interested boys or girls grades K-4. Kids will be separated by age and weight.
- When & Where : Tuesdays and Thursdays from January 3rd 6:15 to 7:30 through Thursday February 14th at Camden Hills Regional High School Wrestling Room. Then Tuesdays and Thursdays 5:30 to 7:00 at Camden-Rockport Middle School in the gym.
- Cost : FREE!

MCWC's Youth Wrestling Program offers a fun, easy, and affordable opportunity for area youth to try the sport of wrestling. This is a good way for to be actively involved in a team sport that is focused on individual development.

Some participants may choose to attend the numerous youth tournaments around the state. Tournaments are usually on Sundays.

Wrestling shoes and headgear will be required equipment after the first two weeks of practice. We have some that wrestlers can borrow.

NO EXPERIENCE NECESSARY. Wrestling is a safe sport (less serious injuries per participant than soccer or basketball) that kids of all shapes and sizes can be successful in. Please come and give it a try!

For more information, contact:

Taylor Crosby: 975-5097
taylorcrosby9797@icloud.com

Aaron Henderson: 522-5252
ajhendo66@gmail.com

Join our Facebook Group @ Mid-Coast Peewee Wrestling 2018

MCWC PRE-SEASON MIDDLE SCHOOL WRESTLING 2019

The Mid-Coast Wrestling Club will start practices two times a week for wrestlers in grades 5-8 at Camden Hills Regional High School starting Thursday, January 3rd at 6:15 p.m.

Experienced wrestler? Come and get a jump on the competition and train for our own Maine Youth Opener wrestling tournament which is Sunday, January 20th at Camden Hills.

New wrestler? Come and learn the basics and get a feel for the sport before the start of the Middle School (Tuesday Jan 22nd) season. HAL wrestlers are welcome to join the Camden-Rockport Middle School (CRMS) squad!

ALL BOYS AND GIRLS 5-8 IN THE FIVETOWN AREA WELCOME!

Where: Camden Hills Regional High School Wrestling Room

When: Thursday January 3rd through Thursday January 17th 6:15 to 7:30. (Regular season practices will then start at Camden-Rockport Middle School M-F 4:00 to 5:30).

Cost: FREE!!!!

Gear: Clean shorts, t-shirt, and wrestling shoes or clean sneakers.

Please contact me for more information or to try to help arrange transportation. I hope you see you on the mat!

Aaron Henderson
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522-5252

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