

LYNX TRACKS

The Newsletter of the Lincolnville Central School

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

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Dates to Remember:

10/19 Hat Day has been rescheduled for Friday, October 26th

10/19 Picture Day

10/19 Movie Night

10/23 Skating @ MRC 3:00-4:00PM

PUMPKINS! PUMPKINS!! PUMPKINS!!!

The Lincolnville 8th grade will be selling quality Halloween pumpkins (courtesy of Beth's Farm Market in Warren) on Saturday, October 13th. The pumpkins will be sold from 9 to 1:00 or until all pumpkins have been sold. The class will be selling their pumpkins across from the post office in Lincolnville Beach. Get a great quality pumpkin and help the 8th graders meet their fundraising goals at the same time!



Congratulations!

The Lynx Cross Country Teams Shine at the Busline League Championships! Girls 1st Place, Boys 2nd Place!



Top Three Runners!

In an impressive display of dominance on the trail, the Lynx girls places their first seven runners across the line in places 1, 2, 3, 6, 8, 15, and 16. The first five count in the scoring of the meet, with six and seven used if needed as tiebreakers. The Lynx score of 20 points was absolutely tremendous! The field included a total of 118 runners.

The Busline League recognizes the top three runners with a commemorative plaque. This year they all went to LCS teammates Jaden Johnson as the overall champion in first place, Kailin Fuller, second, and Kara Andrews in third place. Zoe O'Brien finished in 6th place followed closely by Sophia Ryan in 8th.

The young boys team also had a very successful day finishing in second place overall, just behind a very strong team from Camden-Rockport Middle School. Brandon Nelson was once again the first Lynx to cross the line in 11th place followed by Thomas Leadbetter (16th), Kaden Wood (19th), Sage Burgess (20th), and Avery Laite (27th). A total of 104 runners participated in the boys race, which was held at Troy Howard Middle School in Belfast.

This season brought the largest number of cross-country participants in the history of the school with a total of 35 from LCS and 12 from HES.



SCREEN AGERS

Spending more time talking with youth about all the cool things on screens paradoxically makes them more receptive to talking about ways to limit screen time. Here's why: Kids and teens consistently tell me, "Parents just don't understand. They don't see why my screen time is so important." Meanwhile, kids see headlines about screen time ruining them. It is no wonder they do not believe we see the positives. Yet, I often think to myself that if I had decided to make a film about all the positives of the tech revolution, it would be a SUPER long movie, think *Gone with the Wind* on steroids many times over. The fact that screen time is so appealing is precisely why we are here at this moment working to create balance for our youth.

A wonderful psychiatrist told me something that I repeat to myself often: "People want to be understood about why they want something as much as they actually want something." I consistently find this to be true in my work as a doctor and in my work with youth (and in my relationships with all people).

In my work, for example, I will see patients who have mild low back pain for just a few days and will ask to have an x-ray. I empathetically paraphrase back to them what they have said and add that it makes sense that they would think such a test could be helpful. I can see it in their facial expressions when they feel heard. I then explain the reasons why such a test would not actually serve them well. This simple technique leaves patients feeling positive about their encounter and consequently more satisfied without getting an x-ray.

In my work with youth around screen time, I use a similar approach. When I talk in schools I always start by asking students what they love about screen time. It is such a fun conversation starter, and I see their faces light up. I tell them that it makes perfect sense that they would enjoy so many things on screens. For example, who wouldn't want to play lots of video games? The graphics are incredible, they get to play with friends, they get to level up all the time, thus feeling competent—I get it!!

I go on to say how I understand how challenging it is to find a balance with offline time. I may say something like, "Given all the connecting going on with social media, it makes perfect sense that it is incredibly challenging to put the phone away. I often hear teens tell me how they feel bad not responding instantly to friends." After all that, I then transition into the reasons why time away from screens is important and ways to make that happen.

It's tough for human brains to hold two seemingly opposing views at the same time. This is especially true for younger minds. We are asking youth to keep in their brains that we think there are amazing things about screen time, AND YET, we also believe that too much is not good. Identifying cool things about the tech revolution helps our children develop this dialectical thinking.

Warmly,
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LCS Knocked Out of Playoffs by a Strong CRMS Team

It was a cold and windy day at the Camden High School JV pitch when Camden 7 and Lincolnton squared off for a semifinal game in the Busline League Coed Soccer playoffs. It was an exceedingly competitive game, and both teams played extremely well. The Lynx actually held a possession advantage during the first half and spent a fair amount of time in the Camden defensive zone but were unable to generate any particularly dangerous shots on goal while at the other end, the Windjammers were able to pound one home early at the 5 minute mark. Given the strength of the competing team, LCS had done very well to emerge down by 1.

The second half played more evenly, with perhaps a slight edge to the Jammers, but it was Lincolnton that scored first on a shot by midfielder Jordan Peasley from straight off the goal and about 25 yards out with 40 minutes played. The tie held until 54:50 when Camden broke through the Lynx defense with to force a diving deflection by LCS keeper Aiden Aselton. An alert Camden forward pounced on it and sent it home before the LCS defense could react to clear the ball. That was followed 45 seconds later by an insurance goal for Camden to bring the final tally to 3 to 1. Both teams gave there all throughout the game and provided the fans with a fine example of middle level soccer.

LCS Tops Hope in Playoff Quarterfinals

In a most exciting and dramatic game on a beautifully sunny day the fifth seeded Lincolnton team defeated the fourth seeded Hope Hawks 2 to 0 in the Coed Busline League quarterfinals at Hope on Tuesday, October 16th. It was a well-fought match by both sides, so much so that it really was a shame that there had to be a winner. The Lynx came out very aggressively at the start of the game and dominated the first ten minutes or so, but the Hawks rallied and the rest of the half played more evenly with Lincolnton owning a slight edge in possession.

The Lynx took the field in the second half and established dominance almost immediately. Both sides were moving the ball well and aggressively containing each other's offense, but something had to give. And so it did with 51:58 played when midfielder Jaden Johnson sent a pass up to defensive midfielder Mason Clark about five yards past center field near the right sideline. Clark skillfully drove the sideline before crossing the ball into midfielder Griffin Dubrow who had established himself in open space in the middle of the Hawks' box. Dubrow smoothly redirected the shot for the score causing pandemonium on the LCS bench. The Lynx picked up an insurance goal two minutes and 25 seconds later on a free kick from just off the corner of the Hawks' box. Clark teed the ball up and then calmly fired his kick over the crowd and placed it perfectly in the back half of the Hope net. A fired up LCS eleven continued to keep up the pressure on the Hope defense, but the Hawks continued to push to get even as time ran down. However, the Lincolnton defensive unit of Roo Boetsch, Avery Luft, Lincoln Outerbridge, and Lilianna Palise—reinforced by defensive midfielders Bailey Curtis and Clark and backed up by keeper Aselton—stood firm as they had all game. Meanwhile midfielders Kara Andrews and Johnson along with Dubrow and striker Jordan Peasley continued to exert pressure in the Hope end until the final whistle. It was a well-deserved win for the Lynx who will advance to the semifinals this coming Thursday against the winner of the Camden 7 versus Nobleboro game.

MOVIE NIGHT!

FRIDAY OCTOBER 19th 6PM, LCS



Wear a costume and be entered into the raffle to
WIN A PRIZE!

PLEASE DONATE
BAKED GOODS
TO HELP THE PTO!

THERE WILL BE PIZZA
for sale

BRING YOUR
PILLOW AND
SLEEPING BAG!



The Bus Stop will be presented at LCS to students in grades 6-8 on October 25th

Grades 5- 8

The Bus Stop is a highly interactive performance that models positive behaviors that students can use when confronting bullying behaviors amongst their friends. **The Bus Stop** portrays Chris, a middle school student dealing with being the bystander in a bullying situation between two classmates, Terry and Jordan. Terry is new to the school but is immediately targeted by Jordan due to a disagreement that started online. As the bullying escalates, Chris seeks advice from the audience on what to do. Initially, Chris makes some common mistakes, but with the help of the audience, Chris is ultimately able to help the target and the bully address their issues, seek advice from an adult, and take steps needed to end the bullying.

Major Learning Points:

- Define and identify the different types of bullying and its consequences
- Develop skills in empathy and identification with the target
- Learn why people bully and develop peaceful solutions to addressing the issue
- Understand the importance of the role of the bystander
- Establish a process for discussing and reporting bullying

Post-Performance Discussion:

Following the performance, the three actors/educators moderate an interactive discussion to help reinforce the educational points of the play.

Performance Logistics:

- Recommended maximum audience size is 300
- Program approximately one hour (includes show and discussion)
- 3 Lavalier microphones or 3 wireless microphones on thin metal stands
- Staff available to actors 30 minutes prior to performance and throughout the program

Additional Information:

A \$150 non-refundable deposit is due with the signed contract. Sponsor is to book all travel arrangements for the actors. If sponsor chooses to have DET make travel arrangements, all travel costs must be paid in full 60 days prior to the show date. DET accepts checks, credit cards and purchase orders as form of payment.

Deana's Educational Theater (DET) is a 501(c) 3 non-profit organization DET was founded in 1994 by the family and friends of Deana Brisbois, a victim of dating violence. For more information about the play or any of Deana's Educational Theater performances, please contact us.

