

LYNX TRACKS

The Newsletter of the Lincolnville Central School

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

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Fun Science!

Last Friday in Physical Science, the Middle School students were challenged with the task of creating a marble ramp built solely from one sheet of newspaper and one meter of masking tape. The ramp needed to start from a height of at least 25 cm and cause a marble to make one turn in its descent. It was a great showing of problem solving, teamwork, and engineering!

Dates to Remember:

09/21 Soccer @ CRMS – 3:45 PM
09/26 Soccer @ CRMS - 3:45PM
9/27 XCcountry @ Searsport – 4:00PM
9/28 Star Party at True Park - Dusk

Lincolnville's Annual 8th Grade Fall Car Wash

Time once again to get your car in pristine condition for the upcoming winter. The Lincolnville 8th grade can help by getting your car spotlessly clean! Drop by Key Bank, Hannaford's Plaza in Camden on Saturday, September 29th (rain date, October 6th) and let us pamper your car. Washing will start promptly at 9:00 am and conclude at 1:00 pm. Get your car spotlessly clean and help the Lincolnville 8th grade with their fundraising for their trip to Quebec!

Northern Stars Planetarium Visits LCS, Star Party Planned for 9/28 at True Park

On Wednesday, September 19, the kindergarten, first, and second grade students had the opportunity to crawl into a planetarium to learn more about our solar system and

weather, thanks to Partners for Enrichment and John Meader from The Northern Stars

Planetarium. Kindergarten and first grade had a program called ABC's of the Sky, where they learned about things like astronauts, the Big Dipper, comets, and much more. Second grade learned about weather and the seasons, including cloud formation, rain and snow, the water cycle, basic cloud types, thunder storms, and much more!

Mark Your Calendars!

Pending weather Partners For Enrichment is bringing John Meader to True Park in Hope for a Star Party on September 28 at dusk. Come see the wonders of the night sky. John will bring telescopes and guide you through the skies above.





LCS v St. George

Both teams had to deal with somewhat sultry conditions as the Lynx of Lincolnville met and prevailed over the Dragons of St. George by a score of 6 to 0 on Friday, September 14th. Starting strongly, the Lynx found the net for the first time with 3:03 gone when winger Griffin Dubrow stole a ball from a Dragon defender and dribbled smoothly to his right to lose his coverage before slamming the ball back across the goal mouth for the tally. The Dragons survived a penalty kick situation just over one minute later, but then striker Jordan Peasley also stole the ball from a St. George midfielder just past the midfield circle in the Dragon's end, drove past the Dragon's midfield line to near the top of the box before unleashing a strong shot that caromed into the nets off of the keeper's outstretched hands. Dubrow followed that up at 7:13 after midfielder Mason Clark passed a ball in from the left side. Dubrow charged the ball and punched it in before the keeper could react. The scoring for the half ended with 22:05 gone when winger Mateo LaChance picked up a loose ball in front of the net and fired home from pointblank range.

One has to give the Dragons credit for rallying during the second half to hold the Lynx to a single goal. That came at the 43:10 mark when midfielder Kara Andrews sent a pretty corner kick into the middle which midfielder Canyon Palise alertly redirected into the net near the near post. Keepers Aiden Aselton, Mikayla Talbot, and Peasley shared the nets to preserve the shutout, LCS's second straight.

It was a dominating performance for Lincolnville overall. Lincoln Outerbridge at sweeper put in his usual daunting defensive display, joined by Avery Luft at stopper, and Nathan Oxley and Roo Boetsch at wing defense. Jaden Johnson played her typically

quick aggressive game at winger, and Bailey Curtis put in valuable minutes in the defensive line as well. LCS will continue its effort to claim a fourth straight championship on Monday, September 17th, at Lincolnville against the Vinalhaven Vikings.

Vinalhaven Match

The LCS team pulled out a tense victory over the Vinalhaven Vikings on a warm afternoon on the Lincolnville pitch Monday, September 17th, by a score of 3 to 1. The Lynx offense, perhaps hampered by the heat, took almost 12 minutes and several previous tries before finally racking up a score when winger Griffin Dubrow ran the left side of the field to beat the defense and then dribbled deftly past the keeper before sliding the ball into an open net. The rest of the half played out with no further scores even though Lincolnville had a distinct possession advantage. The Vikings hung tough, however, fortified by a strong effort by their keeper whose quick hands and aggressive patrolling of his box kept the LCS offense at bay.

Vinalhaven came out strongly in the second half, but LCS scored first nonetheless at the 39:49 mark after a hands ball call on the Vikings' defense about 10 yards outside of the box to the left of the vertical midfield line. Dubrow lined up his shot and lofted a fine try over the defense that the keeper was just able to brush with his fingertips but not enough to deflect it out of the net. It took another five tense minutes with several dangerous Vinalhaven thrusts up field before the Lynx struck again. The LCS defense sent a strong clear up to three-quarters field,



which was corralled by Dubrow once again. He took a quick dribble to freeze the defense before bouncing a pass off a defender to striker Jordan Peasley who adroitly slid his shot by the charging keeper to his right. There is no question that the score would have been more lopsided had it not been for the skillful play of the Vinalhaven keeper and the support of his defensive squad, and they have much to be proud of given the quality of the effort they put forth.

Lynx and Wildcats Battle to a Draw

It was an exciting afternoon on the small Appleton pitch as two skilled teams battled their way to a scoreless tie on Wednesday, September 19th. The Lynx, although somewhat hampered by the size of the field, still played a fine game, with the defense doing an excellent job of containing the Wildcats' long ball offense while the Lynx's ball movement offense generated a number of dangerous tries. While the Appleton team held a small possession advantage in the first half, the Lynx rebounded and the second half played just about even. The combination of Griffin Dubrow, Jordan Peasley, and Jaden Johnson put in an extraordinarily strong effort in the front line, supported by the assertive midfield play of Kara Andrews, Bailey Curtis, and Mikayla Talbot with Bryce Curtis, Lilianna Palise, and Canyon Palise providing critical minutes off the bench. On the defense, Lincoln Outerbridge backstopped everything in his sweeper role, supported by Roo Boetsch and Nathan Oxley in the wing defensive slots, and a hustling Avery Luft aggressively patrolling in front in the stopper position. After a string of relatively tame efforts, Aiden Aselton, in goal for LCS was really tested by the swarming Appleton forwards, and he rose brilliantly to the occasion literally keeping the Lynx in the

game. In fact, it was the team consensus that Aselton was the outstanding player of the game; certainly a well-deserved accolade as his quickness in the net and patrolling his box cut off many Wildcat drives before they could fully develop. Lincolnville will be meeting the only remaining undefeated, untied team in the league this Friday at Camden at 3:45 pm.

Lynx Cross Country Team Shows Continued Improvement and Success at Home Meet

On a beautiful fall like afternoon yesterday, 145 student athletes representing seven local schools descended on the Lincolnville Central School for some friendly competition in form of a 2.25 mile cross country race.

In the first race our boys battled to a second place team finish. Team scoring for cross country is done by adding the up which place each of the first five runners from competing teams finish in. For LCS, the top five boys were Brandon Nelson, an outstanding 4th grade runner who completed the race with a time of 15:50, good for 6th place overall. He was one second and one place ahead of teammate Thomas Leadbetter. Iain Larsen Leavins finished in 9th and Sage Burgess was right behind him in 10th. Jackson O'Donal placed 13th. This gave LCS a total score of 45 points, good for second place, but well behind a very strong CRMS team that scored a very impressive 18 total points.

The girls race was another nail bitter with LCS and CRMS battling the entire way. In the end, the Lynx were able to pull away and claim the day. Lincolnville's Jaden Johnson and Kara Andrews had another photo finish with Jaden pulling ahead just before the tape and crossing with a winning time of 15:36. Kailin Fuller was close behind in 3rd place and Zoe O'Brien had another strong showing in 6th. Rounding out the team scoring for LCS was Chloe Day-Lynch in 9th place, giving LCS five of the top ten spots with a team score of 21 points. CRMS finished with a total of 34.

The next meet will be held at Searsport Middle/High School on 9/27. The girls will run first at 4:00 PM.



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!

SCREENAGERS

Monthly Substance Use Prevention Update

Maine Parents – Did you know? “Underage drinking is a problem in homes from Kittery to Houlton, from Calais to Norway, from Portland to Farmington? **All Maine teens**

are at risk of underage drinking, and all Maine parents need to help keep their teens from underage drinking. In fact, **54% of Maine teens** admit that they have tried alcohol. As a parent *ask yourself if your 100% sure that your child isn't one of them!*

Maine parents want to do the right thing – we watch our teens and talk with them about not using alcohol – but are there other things we should do? *Are we doing the right things?*

We need to find out more information about how we can prevent underage drinking, and we need to do more at home, in our schools and in our communities. The known stakes are higher than ever before – *new research* indicates that teens who begin drinking at an early age experience real change in the way their brain functions.” (DHHS/Office of Substance Abuse and Mental Health Services)

To learn more, go to www.parents.net, sponsored by the Maine Office of Substance Abuse and Mental Health Services.

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; wgamagewymankcchc@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.

Last night one of my good friends came over with his kids. We were visiting when he turned to my son and said; “Don’t take for granted your relationship with your sister.” I asked him where this heartfelt advice came from. He said something we were talking about reminded him of the time years ago he and his older brother had a falling out. “My brother told my parents something I didn’t want them to know,” he said. “I remember my brother getting real joy seeing me get in trouble. We haven’t been close since then.” The siblings’ theme came up again tonight when I listened to Terry Gross interview two brothers who have remained close over the years. The Duplass brothers talked about when one went to college and felt alone and unsettled, what really helped was when his younger brother would come and spend weekends at the college. Terry asked the brothers if people thought it was strange that this college guy was hanging out with his 14-year-old brother. They both said they never thought about what others might be thinking. The brothers started making films together in their mid-twenties and have been doing so for over 20 years. Wow, talk about a close relationship.

How does this relate to screen time? When going into homes and filming Screenagers I would often see siblings in parallel worlds for hours at a time, each in their personal screen silos. I remember when 12-year-old Chris, who is in the film, told me that “The only time my sister talks to me is when she bangs on the bathroom door telling me to get out.”

Chris and his sister told me about the funny dress up activities they used to do and family gatherings they would have, but how it has all gone away since he started wanting to play video games all the time and she was constantly interacting with her phone.

I didn’t have a brother or sister growing up—but boy did I want one. I have always been fascinated by sibling relationships and now in this time of the tech revolution, how screen time is impacting things. I know tech can enable sweet interactions, like when one of my kids sends a thoughtful text to the other—sometimes with a photo, sometimes with an inside joke. Siblings can love playing video games together, watching videos, and such. But I also know that lots of times they are in their own screen worlds, not

interacting together. For this Tech Talk Tuesday, I’d love to know how your children interact with their siblings. When does the presence of technology bring them together and/or pull them apart?

Here are some questions to help get your conversation started:

- Are your kids intentionally ensuring screen-free time together?
- How much is screen time replacing face-to-face time?
- How does screen time enhance sibling relationships?
- And how do we take a moment to show our appreciation to our siblings?

One last thing... we encourage you to print our TTTs and bring them to the table for discussion so that you don’t have to use your computer or cell phone. If you are reading this from an email, look for the button at the bottom of the page that will allow you to print it. If you are reading this on our website, there is a grey printer icon on the left-hand side of the page.

We encourage you to go to our website and read through some of the hundreds of past Tech Talk Tuesdays blog posts covering dozens of topics full information and tips. Feel free to share this newsletter with your community and encourage them to sign up for our Tech Talk Tuesday.

If you are interested in seeing Screenagers, you can find event listings on our site. Or, join the thousands of people have hosted a screening in their community to help spark change.

Stay in touch with the Screenagers community on Facebook, Twitter and at www.screenagersmovie.com

Delaney Ruston, MD
Screenagers' Filmmaker
www.screenagersmovie.com
415-450-9585

Parenting with Dignity

Picking up this Ball is a Victory for All

G.E.A.R. Parent Network invites you to pick up the ball and run with it through a nine-hour parenting education course developed by Mac Bledsoe, father of a celebrated New England Patriots quarterback.

Parenting with Dignity helps parents learn effective techniques for raising responsible, independent children.

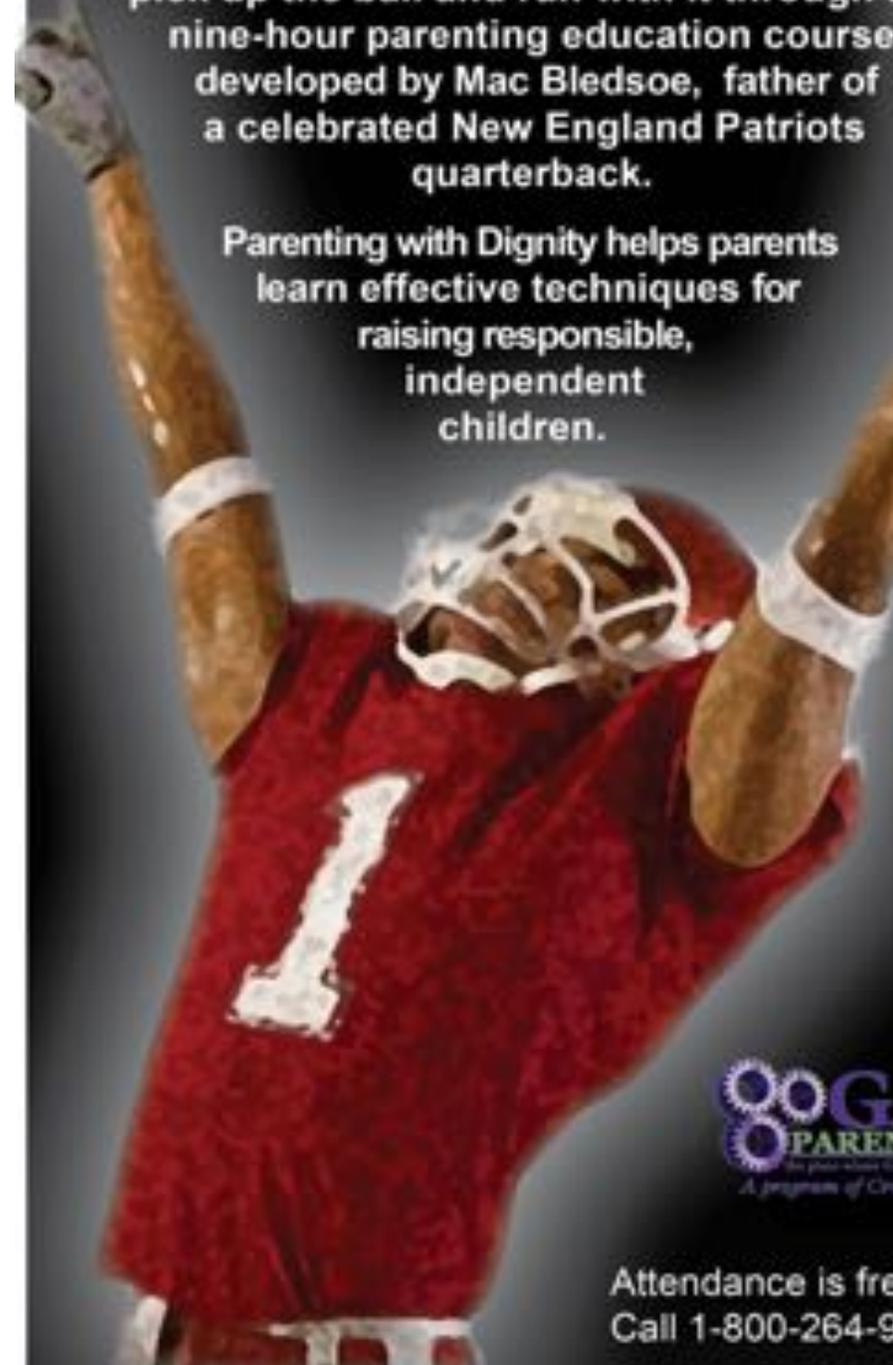
Location:

Crisis & Counseling Centers
120 Tillson Ave, Rockland
9 a.m. to 3 p.m.

September 22 – Session One
September 29 – Session Two

Topics include:

- A Model of Human Performance
- Five Rules for Parents
- Discipline
- Sending a Message of Love
- Teaching Values to Your Kids
- Goal Setting
- Reasons Punishment Doesn't Work


G.E.A.R.
PARENT NETWORK
An effective parenting program for parents of young children
A program of Crisis & Counseling Centers



Attendance is free! Space is limited!
Call 1-800-264-9224 to register today!



**4-H Camp & Learning Center
at Tanglewood**

**Fall Harvest Festival
and**

Tanglewood Tracks 3.5 Mile Trail Race
(10 a.m. start before the festival!)

Saturday, Oct. 6, 2018 11 a.m.–3 p.m.

**One Tanglewood Road
Lincolnton, ME**

Tanglewood Tracks 3.5 mile trail race

- Begins at 10 a.m. (New start time!)
- Mixed forested gravel road and woods trail
- Entry fee \$20 per person

Family-friendly festival activities include

- Apple cider pressing
- Archery
- Pond scooping
- Arts and crafts

Register for the race online:

extension.umaine.edu/tanglewood/events/fall-harvest-festival

There is no cost to attend the Festival, but donations are welcome. All proceeds support Tanglewood programming.

For more information or to request a disability accommodation, call 207.789.5868.

extension.umaine.edu/Tanglewood

University of Maine Cooperative Extension
4-H Camp & Learning Center at Tanglewood
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