

LYNX TRACKS

The Newsletter of the Lincolnville Central School

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

APRIL 2, 2021

Kindergarten Registration

Any child who will be 5 years of age on or before October 15, 2022, and lives in Lincolnville is eligible to enter our next kindergarten class. We are now registering those children. Please call Marie Pierce at (207) 763-3366 for more information.

Spring and Summer Planning Update

With more folks getting vaccinated and warmer weather on the way, we are very hopeful that in the near future we can begin to offer more programs such as sports and after school activities. Although we hold that hope, we realize this is not the time to let our guard down. The test/positivity rates for Knox and Waldo Counties is still of concern, and do not seem to be letting up. With that in mind we will remain vigilant.

HAL and FiveTown Sports

We will not offer our normal spring sports program this year. All of the participating schools have agreed that sharing athletes across four schools is not wise, so we will instead work to put together an intramural program at LCS for our 6-8 students who wish to participate. Our middle school teachers are currently working with students to determine interest and hear about what types of activities they are would like to participate in.

Eighth Grade Activities

The eighth graders have been working with class advisor, Mr. Edes to plan alternate activities to take the place of the traditional class trip. They have settled on three separate day trips to include such activities as a ropes course, hike, windjammer cruise, and white water rafting trip.

We recently received guidelines from the Governor's Office around conducting safe graduation ceremonies. The staff will use those guidelines to work with our eighth graders to put together a safe and meaningful commencement activity. We will be sure to have that information out in plenty of time for folks to plan. **The date for graduation has been set for Tuesday, June 15th.** The time is yet to be determined.

Summer Programming

With another round of ESSER Funding on the way, we are planning to put together a good deal of summer programming at LCS to include both academic support and enrichment for our students. We are working with the PenBay YMCA to partner where we can. More information will be forthcoming.



Tulips are Emerging!

This past fall, Mrs. Sprague's, Mrs. Egeland's, and Mrs. Bragg's classes planted tulips as part of the Tulip Test Gardens Citizen Science project through Journey North. As a continuation of this project, these classes are keeping an eye on the garden to see when our tulips emerge so that we can report this data to the project.

Last week, these third, fourth, and fifth grade students spent some time considering which North America locations would be most likely to have tulips emerge and bloom first. We then noticed that our tulips were just starting to peek through the ground.

If you're interested in learning more about this project, this address: <https://maps.journeynorth.org/map/?map=tulips-spring&year=2021> will take you to the Tulip Test Garden map, which tracks where tulips have emerged so far. Or, this address: <https://maps.journeynorth.org/map/?map=tulips-spring&year=2021> will take you to a map to see where tulips have already bloomed.

It's all good evidence that spring is making its way North!



LCS School Proposed Budget for 2021 – 2022

Budget development for the next school year is well underway. The initial draft was developed by administrators who worked with the staff to determine needs and the costs associated. That first draft was turned over to the Lincolnville School Committee for their input and recommendations. The Town of Lincolnville Budget Committee has also had two opportunities in public meetings to learn about the proposed budget, ask questions, and give their own input. The School Committee will vote on the proposal at their next meeting scheduled for Monday, April 5th. The Budget Committee will also take a vote to determine their own recommendations for this budget proposal. The final vote will be taken at the polls by the people of Lincolnville. That will take place on Tuesday, June 8, 2021 in Lynx Gymnasium from 8:00 AM to 8:00 PM.

The image below shows the anticipated revenues that include both state and local contributions. It also presents a big picture view of the spending side with an overall increase of 1.93%.

The following page shows a more detailed view of expenditures by cost centers and accounts. Additional detail can be found on our school website. We are always happy to answer questions about the budget. Feel free to give us a call at 763-3366 to set a time to chat.

Lincolnville Central School 2021-2022 Budget A. EPS Revenues 4/2/21

REVENUES - FUNDS TO BE RAISED	19-20	20-21	21-22	Difference	% Change
TOTAL EPS ALLOCATION*	2,708,209.01	2,739,191.90	2,915,255.58	176,063.68	6.4%
STATE CONTRIBUTION - (EPS State Funding)	542,455.00	344,611.00	355,490.06	10,879.06	3.2%
SPED/SEED REDUCTION (ESTIMATED 21-22) (FUNDING DEDUCTED DUE TO MAINE CARE COSTS PAID TO PRIVATE SCHOOLS)*		-22,000.00	-22,000.00	-22,000.00	0.0%
ACTUAL STATE CONTRIBUTION	542,455.00	322,611.00	333,490.06	10,879.06	3.4%
LOCAL CONTRIBUTION - (EPS Amount we must raise to receive State Funding listed above.)	2,165,754.00	2,394,581.00	2,559,765.52	165,184.52	6.9%
ADDITIONAL LOCAL - (The amount to be raised locally to fund beyond EPS)	1,037,511.00	869,314.00	806,265.42	-63,048.58	-7.3%
SPECIAL EDUCATION RESERVE FUND	0.00	40,680.00	0.00	-40,680.00	-100.0%
MISC (Building rent and other income)	2,400.00	2,400.00	0.00	-2,400.00	-100.0%
	3,748,120.00	3,629,586.00	3,699,521.00	69,935.00	1.93%

TOTAL EXPENDITURES	3,748,120.00	3,629,586.00	3,699,521.00	69,935.00	1.93%
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Revenue/Expense 0.00 806,265.42

ACTUAL ANNUAL CHANGE	
PROPOSED BUDGET	3,699,521.00
MISC (Building rent and other income)	0.00
LESS STATE CONTRIBUTION	-333,490.06
TOTAL LOCAL CONTRIBUTION	3,366,030.94
EPS LOCAL CONTRIBUTION	2,559,765.52
ADDITIONAL LOCAL	806,265.42
21-22 LOCAL CONTRIBUTION	3,366,030.94
20-21 LOCAL CONTRIBUTION	3,263,895.00
Percent Change	3.1%
LOCALCHANGE	102,135.94

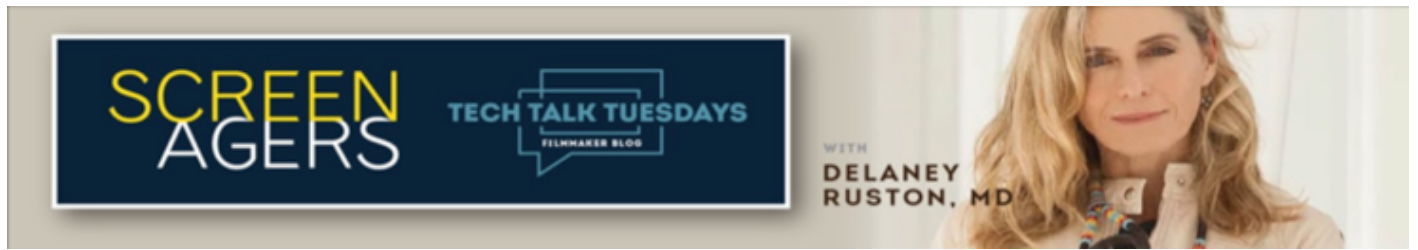
* Note: Total EPS Allocation includes:		
State Contribution	87.81%	355,490.06
Local Contribution	12.19%	2,559,765.52
Total		2,915,255.58

Reserve Account Information	
Current School Facilities Account:	232,023.00
2019-2020 Carryover to be applied:	
Est. Facilities Reserve as of 7/1/21:	232,023.00

Note: Last year's budget was reduced by 118,534.00 from the previous year's budget

Lincolnton Central School 2020-2021 Budget B. Account Summary 4/2/21

Cost Centers						Notes
Accounts	19/20 Budget	20/21 Budget	21/22 Budget	Difference	% +/-	
Regular Instruction						
Regular Instruction	1,335,303.50	1,416,697.00	1,416,055.00	(642.00)	0.0%	Increased Salaries/Benefits, also moved one Ed Tech from SPED.
Gifted and Talented Instruction	46,248.50	29,476.00	32,754.00	3,278.00	11.1%	
	1,381,552.00	1,446,173.00	1,448,809.00	2,636.00	0.2%	
Special Services						
Special Education – Instruction	442,167.50	554,867.00	620,349.00	65,482.00	11.8%	Moved Ed Tech from Regl Inst.
Special Programs – Administration	54,279.00	59,444.00	67,486.00	8,042.00	13.5%	
	496,446.50	614,311.00	687,835.00	73,524.00	12.0%	
Other Instruction						
Co-Curricular – Activities	22,567.50	21,029.00	21,029.00	0.00	0.0%	
Co-Curricular – Athletics	19,461.00	22,635.00	22,635.00	0.00	0.0%	
	42,028.50	43,664.00	43,664.00	0.00	0.0%	
Support Services						
Support Services – Guidance Services	72,946.00	76,361.00	101,708.00	25,347.00	33.2%	Opted for Health Ins.
Support Services – Library Services	92,674.00	50,989.00	52,306.00	1,317.00	2.6%	
Support Services – Technology	130,765.00	112,260.00	112,449.00	189.00	0.2%	Purchased tech equip. From REAP last year.
Support Services – Other Support Services	1,219.00	1,219.00	1,219.00	0.00	0.0%	
Support Services – Health Services	35,129.00	51,520.00	51,571.00	51.00	0.1%	
Support Services – Staff Training	15,790.00	17,713.00	16,781.00	(932.00)	-5.3%	
Support Services – Student Assessment	8,770.00	5,664.00	5,543.00	(121.00)	-2.1%	
	357,293.00	315,726.00	341,577.00	25,851.00	8.2%	
System Administration						
Administration – School Committee	17,223.00	21,299.00	21,299.00	0.00	0.0%	
Administration – Superintendent	117,688.00	125,603.00	129,403.00	3,800.00	3.0%	
	134,911.00	146,902.00	150,702.00	3,800.00	2.6%	
School Administration						
Administration – Principal	179,448.00	198,120.00	185,151.00	(12,969.00)	-6.5%	
Transportation						
Transportation	142,930.00	145,620.00	149,420.00	3,800.00	2.6%	
Facilities Maintenance						
Operation and Maintenance of Building	370,650.00	317,704.00	288,741.00	(28,963.00)	-9.1%	Significant repairs completed
Debt Service						
Debt Service	414,067.00	387,452.00	379,376.00	(8,076.00)	-2.1%	Final payment due 11/2025
All Other Expenditures						
Other Expenditures – Food Service	23,114.00	13,914.00	24,246.00	10,332.00	74.3%	Additional time for support staff.
Total	3,542,440.00	3,629,586.00	3,699,521.00	69,935.00	1.9%	



Podcasts And Books I Recommend Right Now

It is Spring Break for many students and their families. It's not a normal Spring Break, that's for sure. Breaks are all relative at this point. There is no question that a plethora of challenges still abound in our lives, schools, and society at large.

Over the past year, I have been flooded so often by feelings of compassion. Recently I have been reflecting on the books and podcasts — from the far past to the present — that have influenced me in terms of the human condition and empathy.

Today I share some of the podcasts and books that came to my mind that are particularly timely and can inspire compassion and insight in your home. Several of the books are just for adults and older teens, but a couple of them are for younger ones. The podcasts can be shared with nearly everyone in a family. Here they are, and I would love to hear from you about any of them.

Podcasts

For our family, podcasts and family car trips have been a perfect match. In case you are driving somewhere or have some moments to cuddle on the couch together after dinner, here a few that I recommend.

Taken for Granted

Season 4, Episode 3 Jane Goodall Leadership Lessons from Primates (Great for kids about 8 and up)

I always enjoy listening to Adam Grant, and this episode with Jane Goodall is great since so many youth love animals. This episode provides a side door into discussing social dynamics at school, which, as in-person school time expands these days, is increasing. Hearing how chimps behave socially and how that relates to us as humans is fascinating. And by the way, I couldn't agree more with what Goodall says about how traits that are traditionally considered female can help improve all of our social lives — in schools, work, and beyond.

Short & Curly (Great for kids about 7 and up)

This podcast has been around for years, and the episodes vary in style. For example, some include people acting out characters, and many include kids talking. Plus, this show has the added benefit of being from abroad — it's Australian.

The show's description calls it a "fun-filled ethics podcast for kids and their parents, with questions and ideas to really get you thinking. It asks curly questions about animals, technology, school, pop culture and the future."

You might consider this episode, [Is Stealing Music or Jokes Really Stealing?](#) "If a comedian comes up with a joke, you see it on YouTube and then start telling all your friends, is that stealing. If you take a small sound or beat from a song you love and then use it in a whole new piece of music you've created, is that stealing?"

Or how about this one, [Should Robots Replace Humans?](#)

Planet Money (Great for kids about 8 and up)

Episode: Socialism 101

Planet Money always has an upbeat, fun vibe that resonates with young people. The Socialism 101 episode gives an engaging synopsis of the history of economics over the centuries. This short episode sheds light on some reasons behind inequalities we face today as well as solutions workplaces have tried to prevent such inequalities. I believe that anytime we make space to discuss inequalities and injustices, we foster empathy in our kids.

This American Life

Episode: [The Campus Tour Has Been Cancelled.](#)

The issues raised in this multipart episode provide the ingredients for deep discussion about schooling in our country — and talk about timely. How do we face the fact that there is so much inequality in our society and schools? What is the role of standardized testing?

For me, this episode hits me at a very emotional level — in part because of the way that standardized testing has had such a negative footprint on my sense of self. I have never performed well on those types of tests. Do I want them to be done away with? Yep. Yet maybe you disagree? What do your kids think? Other incredibly important topics are shared in this podcast and are worth the time.

One key caveat. The show shares a study about the odds of having a high-paying job given what type of college a student attends. HOWEVER, I want all kids to know that such stats have a lot to do with MANY other factors than just the type of college one goes to. (If you want a more rounded view on this topic, I recommend reading the book *Self Driven Child*.)

The Screenagers Podcast

I am sure that you know of my podcast by now, which is all about exploring strategies for raising screen-wise and tech-balanced youth. Most episodes are geared for parents, kids, and teens to listen to and thus spark common ground for inspired conversations.

One that is particularly dear to me is the episode on sleep called *New Science On Sleep, Our Kids And What To Do*. It happens to be the most listened-to episode of all of them.

Books Recommendations

Books for older teens and adults

Kitchen Table Wisdom Rachel Naomi Remin, MD

I remember like it was yesterday sitting around a large table in a seminar in discussion with Rachel Naomi Remin, MD, during my medical residency. I was wide-eyed hearing her share stories from her perspective as a doctor and as a patient.

I have so enjoyed her books, particularly *Kitchen Table Wisdom*, which is chock-full of wisdom and filled me up with comforting compassion.

Here is part of the description: “Often Doctors have front-row seat on life. When a physician is also a master storyteller and has a personal 60-year history of chronic illness, we get to share a profound experience of life up close and personal. “Everybody is a story,” writes Dr. Remen in her introduction. ... Despite the awesome powers of technology many of us still do not live very well. We may need to listen to one another’s stories again.”

(And if you like this book, check out her sequel, *My Grandfather’s Blessings*).

The Spirit Catches You and You Fall Down (Anne Fadiman)

This is one of my all-time favorite books. Fadiman’s writing is so gripping I could barely put the book down. I have been recommending this book to others for many years. You don’t have to be in medicine to be utterly moved by this fascinating story and all the dilemmas it raises.

“When three-month-old Lia Lee Arrived at the county hospital emergency room in Merced, California, a chain of events was set in motion from which neither she nor her parents nor her doctors would ever recover. Lia’s parents...were part of a large Hmong community in Merced, refugees from the CIA-run “Quiet War” in Laos. ... Lia’s pediatricians, Neil Ernst and his wife, Peggy Philip, cleaved ...to another tradition: that of Western medicine.”

What transpires in this book can open one’s heart to the many cross-cultural challenges that happen in our complex world.

Educated by Tara Westover

My daughter Tessa, age 19, read *Educated* in two days, she suggested it to me. I cried probably five times while reading it. My son and husband also read and loved the book. Sometimes crying can be cathartic, but of course, you might not want anything like that right now.

“Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara’s older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she’d traveled too far, if there was still a way home.”

Chatter: The Voice in Our Head, Why It Matters, and How to Harness by Ethan Kross

I just read this book this month and enjoyed the polished writing and all the pertinent science. Kross has been a researcher on our inner critic for years, including well-cited studies on the ways social media can impact self-talk.

As a person who has lived with a high level of negative self-talk and has spent years learning ways to train my brain into more soothing self-talk, this book gave me new ideas to add to my repertoire.

Meanwhile, there are lots of ideas in this book that can help in your parenting. For example, if you have younger kids, and they are struggling with, say, putting on their shoes when you asked them, you can try saying, “How would Batman do that?” You may be impressed with how your child responds. This is called the “Batman Effect.”

A bonus is that this book is filled with many “brain hacks” that you can share with your kids and teens, and everyone in the house can experiment with trying them.

Parenting in the Screen Age: A Guide for Calm Conversations (by me, Delaney Ruston).

You probably know I have a book out, but just in case not, I include it here. It took a long time to write and I have been so happy to hear from people who tell me how much it has helped them, particularly now during COVID.

There are two chapters particularly pertinent to building empathy; one is called Challenging Conversations, and the other is called Fostering Human Bonds.

On April 7th, I host a Chapter Club that all are invited to join in on. I will be talking about the chapter called Sleep, so mark your calendar. Please sign up here at https://www.bigmarker.com/starhousemedia/chapterclub-sleep?utm_bmc_source=TTT

Books to share with kids

Invisible Enemies: Stories of Infectious Disease by Jeanette Farrell

This book was written for readers age 12 to 18, but it’s awesome as an adult who wants to know more about themselves or want a book to read to their younger kids, say 7 and up. This book shares short stories about the history of fighting infectious diseases — overcoming some, such as Smallpox — and learning to decrease the impact of other diseases, such as cholera and Leprosy.

Invisible Allies: Microbes That Shape Our Lives by Jeanette Farrell

This is another book my family has thoroughly enjoyed by Farrell. It was also written for young readers but works for many ages.

“Although we are accustomed to equating the presence of microbes with disease, in fact most microbes play a vital “friendly” role in shaping our lives. ...Jeanette Farrell considers the invisible bugs essential to an everyday event: the eating of a light lunch consisting of a cheese sandwich and a chocolate bar.”



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.maineadulthood.org

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