



# LYNX TRACKS

The Newsletter of the Lincolville Central School

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

SEPTEMBER 30, 2022

## Dates to Remember

Monday, October 3rd  
Open Playground 3-4

Monday, October 3rd  
LCS Soccer Game @ Avs

Wednesday, October 5th  
LCS Soccer VS St. George

Thursday, October 6th - Cross  
Country meet @ Lincolville  
Girls run @ 4:00  
Boys run @ 4:45

Friday, October 7th  
K, 1 & 2 will be traveling to the  
Botanical Garden for the day.  
This event is sponsored by Partners for  
Enrichment.

Monday, October 10<sup>th</sup> –  
NO SCHOOL  
Indigenous Peoples Day



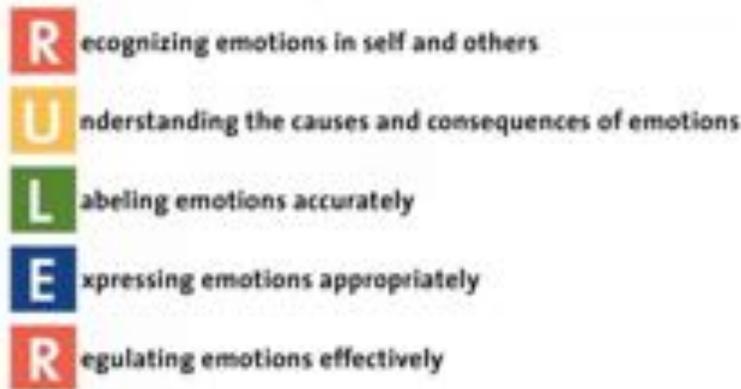
Our Kindergarten and first grade students had a fun visit to Hardy Farms Orchards in Hope this morning.

## RULER & Social Emotional Learning

### *What is RULER? Social & Emotional Learning*

RULER is an evidence-based approach for integrating social and emotional learning into schools that was developed at the Yale Center for Emotional Intelligence. RULER teaches the skills of emotional intelligence — those associated with recognizing, understanding, labeling, expressing, and regulating emotion. Decades of research show that these skills are essential to effective teaching and learning, sound decision making, physical and mental health, and success in school and beyond. Our goal in implementing RULER is to create a school that our children truly, feel safe in.

### Social Emotional Learning Initiatives at LCS



At LCS we strive to prepare students beyond academics, athletics, and the arts. We have a responsibility to make sure our young people have the social and emotional life skills to navigate their world inside and outside of the classroom, so that they continue developing into healthy adults. Our staff is committed to helping our school community incorporate social and emotional practices into the school experience throughout our school.

## XC Teams Win at Home

Congratulations to the XC team for an outstanding showing on the home trail yesterday. Both the boys' and girls' teams won their meets in impressive fashion.

The girls recorded a perfect score of 15 points, taking the first five spots and a total of 9 out of the top 10 finishers were LCS runners. Elise Talty was the first-place finisher with a winning time of 16:43. She was followed closely by Esme Tobiaz (2<sup>nd</sup>), Isla Tobiaz (3<sup>rd</sup>), Maddy Place(4<sup>th</sup>), and Anneka Egeland (5<sup>th</sup>) who all added to the scoring. Catherine Leadbetter(6<sup>th</sup>), Silvia Talty(7<sup>th</sup>), Piper Brenton(9<sup>th</sup>), and Christiana Webber (10<sup>th</sup>), also recorded top ten finishes.

In the boys' race Cole Nowell racked up his first win of the season with a time of 14:46. Oliver Wight (3rd), Zach Egeland (4th), Grant Morrison (6th), and Kergan Thomann (7th) all scored for LCS as the top five team finishers. Oliver Nowak (9<sup>th</sup>) also finished in the top ten for the race.

**The next meet, which was originally scheduled for Searsport, has been moved to Lincolville, so we will host another meet on October 6th.**



# Two more coursed

**5TH & 6TH  
GRADERS**

After school outdoor adventure

**Rock Climbing**

**October 10, 11, 12, 13 & 16**

**Hiking the Hills**

**October 17, 18, 19, 20 & 22**

**\$175**

full & part scholarships available

**We get kids:**

**outside  
off screens  
being challenged  
making friends  
having fun**

Guided by MountainGeaExpeditions  
and  
Equinox Guiding Services



[www.sundog.com/fall2022-expeditions](http://www.sundog.com/fall2022-expeditions)





SCREEN  
AGERS

TECH TALK TUESDAYS

FILMMAKER BLOG

WITH  
DELANEY  
RUSTON, MD

## Euphoria And My Unusual Request

The [HBO show Euphoria](#) has attracted a massive following of young adults and teens and tells the story of Rue and her high school classmates dealing with drug use, relationships, addiction, loss, and much more. 17-year-old Rue, in particular, is struggling with an opioid use disorder. The series started streaming in June 2019 and is filled with many hard-hitting scenes of drug use and sexual violence. I find the show incredibly disturbing, though I know many of its viewers would defend it vigorously.

Over the three years since Euphoria's release (while speaking at schools about the [Screenagers movies](#)) I've talked with youth about Euphoria. I have asked many 12 and 13-year-olds if they have seen the show, and over half have said yes. These teens tell me their parents are unaware they have watched it. Many parents have not discussed the show with their kids because they don't know much about it.

I've even heard about Euphoria parties, where teens dress up in makeup and outfits inspired by the show's characters.

What is particularly concerning about the show's influence is that kids get flooded with ads, and video clips of Euphoria on their social media feeds all the time. These ongoing posts also increase the pull and pressure on younger audiences to watch the show.

I struggle to find much published research about the show and its impact on youth's attitudes and behaviors regarding risky sex and substance-related choices. There is one paper [that analyzes comments posted on Reddit](#) about the show, and there are some papers that discuss and analyze [the portrayal of transgender people](#) in the show, but I haven't found any deep dives into how Euphoria impacts how teens choose to experiment with things like sex and drugs.

Euphoria is [the second-most-watched HBO show](#) in 18 years (Game of Thrones is the first), and millions of youth have watched it. I've found that so many adults and I cannot stomach an entire episode, let alone two whole seasons (with a third one on the way).

My unusual request is to ask if you would invite any youth in your life to answer a few questions about the show so that we, adults, can glean more insight. I will be sharing their insights at a later date. And, of course, asking youth questions gets them to think more critically about the show just by answering the questions.

Also, as the adult, it can be helpful if you ask them these questions directly and try to hold your tongue about any concerns you have as they answer (such as if you just find out on the spot that they have seen it and you did not know, etc.).

Please ask at least one young person in your life if they would answer five [brief questions](#). You can use this linked form to take notes from your conversation or just hand them the survey to fill out themselves. Their answers will be completely anonymous.

You might say, "A physician, Dr. Delaney Ruston, is trying to collect input from tweens and teens on the HBO show Euphoria. Can I read you Ruston's five questions and get your input? This is an anonymous survey."

It's important to note that these survey results are not being used for a true research project and will never get published in an official research paper.

[HERE IS WHERE YOU CLICK TO FILL IN THE SURVEY](#) (the survey is not collecting emails and is completely anonymous). They do not have to have watched Euphoria to fill out the survey.

If you prefer not to do the survey, the questions are below, and you can email your kids' responses to me at [delaney@screenagersmovie.com](mailto:delaney@screenagersmovie.com).

1. What age are you? And if more than one youth, what are their ages?
2. How often do you see clips, memes, ads, references, or promotional materials for Euphoria in your social media feeds?
3. While it is true that the show has scenes that inspire positive emotions, there are many scenes with drugs and sexual violence that bring up strong uncomfortable emotions such as anger, disgust, anxiety, fear, etc. Why do so many people still want to watch the show?
4. Why is it so much harder for adults to stomach watching the show than it seems to be for teens?



# EARN CASH FOR YOUR SCHOOL

LITTLE BY LITTLE WE CAN MAKE A BIG DIFFERENCE.

The Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to your school's earnings online.

LOOK FOR THE LABEL:

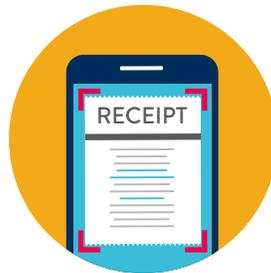


## HERE'S HOW IT WORKS:



### BUY BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.



### SCAN YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



### EARN CASH FOR YOUR SCHOOL

Box Tops earnings are identified and automatically updated online.

## SHOPPING FOR GROCERIES ONLINE?

You can still earn Box Tops for your school with your e-receipt!  
See how at [BTFE.com/emailgroceryreceipts](https://www.btfec.com/emailgroceryreceipts)



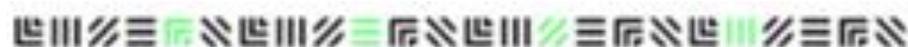
## BOX TOPS CLIPS

You may occasionally find an old Box Tops clip on packages in stores. **You can still clip them and send them to school**, as long as each clip has a valid expiration date.

SEE PRODUCTS & LEARN MORE ABOUT THE BOX TOPS APP AT [BTFE.COM](https://www.btfec.com)

DON'T HAVE THE BOX TOPS APP YET? DOWNLOAD IT NOW:





**Could YOU be the Site Coordinator for  
the Big Brothers Big Sisters program  
at Lincolnville Central School?**

**If you are...**

- Friendly, caring, and want to see ALL kids realize their full potential
- Committed, responsible, and ready to have FUN for 2 hours per week
- Over 18 and have transportation

**...we want to talk to you!**

**\*\*change the lives of youth in your community  
in just a few hours per week!\*\***

Contact Elizabeth Bushnell at BBBS for more info:  
[elizabeth@bbbsmidmaine.org](mailto:elizabeth@bbbsmidmaine.org) | 207-370-8716

\*Estimated program start date: September 2023; recruiting now\*!



 **Big Brothers Big Sisters.**  
OF MID-MAINE