



# Hawk's Eye

Weekly News from Hope Elementary School

[hes.fivetowns.net](http://hes.fivetowns.net)

Phone: 785-4081 Fax: 785-2671

[Hope Elementary School Facebook](#)



## Upcoming Events for Your Calendar

**April 19<sup>th</sup> – 23<sup>rd</sup>: No school (April vacation)**

May 10<sup>th</sup> – HES School Committee meeting (6PM - Zoom)

**May 31 – No school (Memorial Day)**

June 14 – HES School Committee meeting (6PM - Zoom)

June 17 – Last day of school

***“The only secret  
behind a good  
day is a good  
attitude.”***

## ENJOY VACATION WEEK!

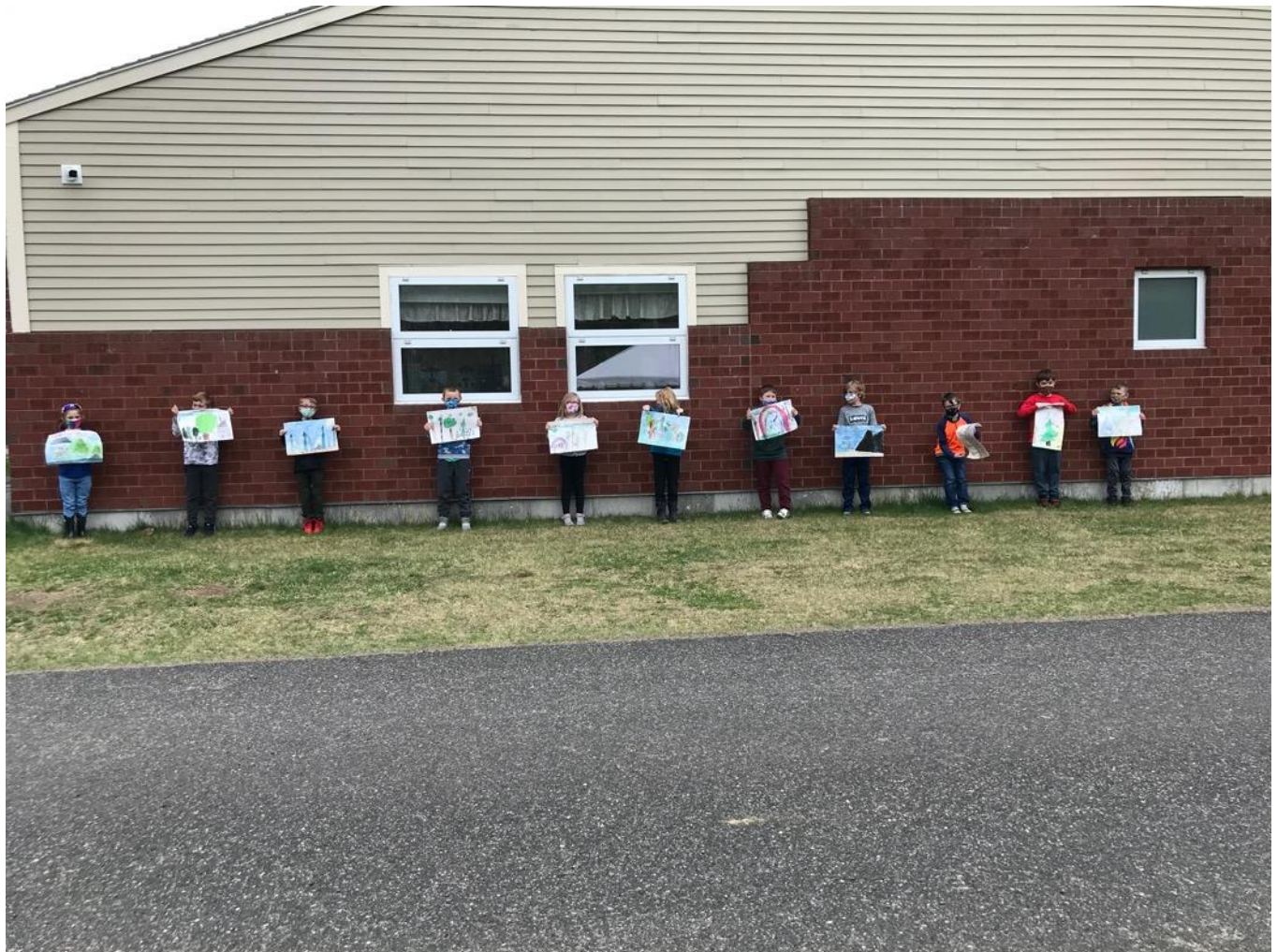
### Pre-K Art Show!

In recognition of the 50th anniversary of *The Week of the Young Child*, Hope Pre-K students are having an art show at Jensen's Pharmacy on Commercial Street in Rockland. The show will run through the month of May. Please come take a look and celebrate young children and their creative works.



HES will hold spots for Hope residents for our full day Pre-K program for next fall (2021-22) until May 10th. After that date, registration will be open to students from all qualifying towns. Your child must be 4 years old on or before 10/15/21 to be eligible. The class is limited to 16 students. Please call the school at 785-4081 (after break week) to reserve a spot.

Second graders participated in the Knox-Lincoln Soil and Water Conservation District poster contest. The theme this year was *Healthy Forests, Healthy Trees*. Each student did an amazing job! Class First place winner was Ivy, Second Place winner was Ben, and Third Place winner was Hunter. Congratulations!





## Travel Guidance for Schools

### 04/08/2021

The current guidance from the Governor is to avoid non-essential travel. However, if families (**adults and children 12 months and older**) do travel during vacation, the following table provides a quick reference. Maine travel questions can be answered on the [Keep ME Healthy FAQs](#) or [MeCDC FAQs](#) pages.

Travel Destination	Testing Requirement	Quarantine Timeline	Release from Quarantine	Special Considerations
<b>International Travel</b> (Canada and Mexico included) <a href="#">US International Travel Guidance</a>				For individuals who arrive in Maine more than 7 days after travel, follow guidelines for domestic travelers arriving in Maine.
Fully Vaccinated travelers arriving in Maine (at least 14 days after Covid-19 vaccine series completed)	3-5 days after arrival in Maine; IF positive, isolate for 10 days	Not required unless experiencing symptoms	Not required	Avoid being around anyone who is at increased risk of severe COVID-19 illness for 14 days following arrival in the US, regardless of COVID-19 test results.
NOT fully vaccinated travelers arriving in Maine within 7 days of arriving in the United States	3-5 days after arriving in Maine; IF positive, isolate for 10 days	7 days with testing  10 days if not tested	Complete 7-day quarantine even if tested negative. If test is positive, isolate for 10 days from test date or symptom onset date whichever is earlier.	Avoid being around anyone who is at increased risk of severe COVID-19 illness for 14 days following arrival in the US, regardless of COVID-19 test results.
<b>Domestic Travel</b> (Within the 50 United States and US Territories: Guam, US Virgin Islands, Puerto Rico)				
<b>Non-Exempt States or territories</b> See list for non-exempt states at: <a href="https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-planner/index.html">https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-planner/index.html</a>	Test within 72 hours prior to travel into Maine to forgo the 10-day quarantine or immediately upon return to Maine	Without test, 10 days of quarantine and monitor for four more days	Test is negative, forgo the quarantine.  No testing or quarantine needed once fully vaccinated (14 days post final dose of vaccine)	Quarantine must be maintained until negative test results are completed.  If traveler has tested positive for Covid-19 within 90 days (3 months), no quarantine restriction. Continue to follow state PPE guidelines.
<b>Exempt States or territories</b>	Exempted from testing	No quarantine time	May immediately return to normal activities but must continue to follow PPE guidelines.	Continue to follow state PPE guidelines.



## Five Town **BABE RUTH TRYOUTS**

**MAY 1, 2021  
1:00-3:00 PM  
AT THE PITCH**

Register@  
<http://fivetownbaberuth.website.sportssignup.com/>  
click on login (top left)  
[FMI:barrett@cedarworks.com](mailto:FMI:barrett@cedarworks.com)



## TICK TAKE HOME FACTS

### Tick identification: *What do ticks look like?*



<b>Deer Tick</b> <ul style="list-style-type: none"> <li>• Dark scutum (dot/shield behind the head)</li> <li>• More common in spring/fall</li> <li>• <b>Carries Lyme disease</b></li> </ul>	<b>Dog Tick</b> <ul style="list-style-type: none"> <li>• White scutum (looks like racing stripes)</li> <li>• More common in summer</li> </ul>
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### Habitat and Travel: *Where do ticks live? How do they travel?*

- Prefer leafy, tree or bush covered areas
- Ticks dislike sunny, dry places because they can dry out, so open and dry habitats will reduce the number of ticks
- Ticks cannot jump or fly; ticks grab onto people, clothing, and fur as they walk by and then crawl until they find a feeding area on the skin

### Diseases carried by ticks: *Can ticks carry diseases?*

Yes, ticks carry diseases. The most common tick-borne diseases in Maine are:

- Lyme disease
  - Most common in Maine
- Anaplasmosis
  - 2<sup>nd</sup> most common in Maine
- Babesiosis
  - Emerging in Maine

### Symptoms of Lyme disease: *How will I know if I have Lyme disease?*

Not all people exhibit these symptoms. If you do experience these symptoms, see a medical provider.

- Erythema migrans ("bull's-eye" rash)
- Muscle and joint pain
- Fatigue
- Chills, fever, and headache
- Swollen lymph nodes

### Tick Removal: *What if I find a tick on me?*

- Scoop off using tick spoon or use tweezers to grasp tick as close to skin as possible and pull *gently* without twisting
- Put tick in a sealed container of rubbing alcohol to kill it and preserve it in case it needs to be tested

# MOUNTAINSEA EXPEDITIONS

## SUMMER PROGRAMS 2021



BEST of the MIDCOAST: rising 5TH & 7TH graders



SEA KAYAKING EXPEDITION: rising 8-10th graders



SAILING EXPEDITION: rising 9TH graders



EXPLORERS CLUB: 1-2 graders + 3-4 graders

FOR MORE INFO: [MOUNTAINSEAEXP.COM](http://MOUNTAINSEAEXP.COM)

## Annual Plant Sale at Camden Hills Regional High School



Last year our regular plant sale did not take place, but we were able to get plants to lots of people and donated lots of money to great organizations that are working to build a strong food system. This year we are back to our somewhat normal plant sale. We have had a small but awesome crew of students hard at work to have as many different types of plants available for sale.

The Horticulture & Gardening class's annual sale will take place Saturday, May 15 and Sunday, May 16 at the greenhouse on campus. The sale always takes place the weekend after Mother's Day. The greenhouse is located in back near the loading dock area of the school. Please be aware that we will be limiting the number of people in the greenhouse and masks will be required so you may want to factor in a little extra time for your visit.

We will have lots of vegetable and herb seedlings as well as a wide variety of annuals and perennials. All plants are grown using organic practices and do really well once planted. There are always new varieties, including heirlooms. In addition to plants, we hope to have bags of compost for sale. We are currently assessing whether it is ready for distribution. Each bag is about 40lbs, is high quality, organic compost and sell for \$6 each.

Sale takes place Saturday, May 15 from 8am – 1 pm and on Sunday, May 16 from 9am - noon. All containers are \$3 each. Buy 3 and get a 4<sup>th</sup> for free. On Sunday everything is buy one, get one free from 9-11 and the last hour everything is \$1.

All proceeds support the Horticulture/ Gardening & Sustainability programs at CHRHS!!

We hope to see you there!

## Food Insecurity in Our Community



Is food insecurity a problem in your house? The Camden Area Christian Food Pantry is open for all families in Camden, Rockport, Appleton, Hope Lincolnville, Union, Searsmont, Washington, and Isleboro two days a week to provide families with a healthy supply of nutritious food. Thanks to the generosity of Good Shepherd Food Bank, Hannaford's, and many local donors, we have meat, eggs, milk, canned goods, bread and pastries, produce, personal necessities, and other goods available each week. The

pantry is open on Tuesdays from 8AM-11AM and on Thursdays from 4PM-6PM. The pantry is located at 128 Mt. Battie Street in Camden (phone: 236-9790).





**Outdoor, masked, socially distanced live storytime in the amphitheatre! Wednesdays at 10:00 with Miss Amy.**  
*If there is precipitation, snow, sleet, or rain, it will be canceled.*  
**Bundle up! Bring a blanket or chair and enjoy several stories together.**

ZOOM chat with Miss Amy every Tuesday morning from 10-11. Email for info on joining in.  
[alhand@librarycamden.org](mailto:alhand@librarycamden.org)

**Follow Miss Amy on**  
**miss\_amy\_h**



**YA Book Lovers Book Club- meets the 4th Tuesday of every month via ZOOM! email to join in.**

#### **Maine Student Book Award Club**

4th-8th graders are welcome to join in our weekly ZOOM book group where we chat books on and off the list.

1st Mondays at 5:00. Email [alhand@librarycamden.org](mailto:alhand@librarycamden.org) to join in the chat. <https://msba.umeedu.maine.edu/>

April is Poetry Month, Maritime Month, and Autism Awareness Month  
 & National Library Week is April 4th-10th

Join Miss Amy for weekly Creative Art Afternoons on Thursdays at 4:00 via ZOOM.  
 Email to be added to the group. We'll use simple supplies you have at home, and I'll lead you step-by-step through a fun project!

April 1st Sock Bunnies  
 April 8th Flower Baskets  
 April 15th TP roll owls  
 April 22nd Fish Mobiles

**APRIL 22ND IS EARTH DAY!**  
 Tune in for special stories, crafts & activity ideas!



[www.youtube.com/user/MissAmyHand](https://www.youtube.com/user/MissAmyHand)  
 Follow or subscribe to Miss Amy on YouTube or find links to videos on our Facebook page daily.

**Storytime every weekday morning**

**Crafting every weekday afternoon**

**S.T.E.A.M. programs**

**Booktime for Babies Wednesday mornings**

**Booktalks for teens & tweens on Thursday afternoons**

**Unboxing New Books through-out the month**

## Department of Health and Human Services Office of Child and Family Services (OCFS) Child Care Subsidy Program

### What is the Child Care Subsidy Program?

The Child Care Subsidy Program (CCSP) helps eligible families to pay for child care so they can work, go to school or participate in a job training program.

### Who is eligible to receive Child Care Subsidy?

Eligible families must meet the [income guidelines \(Word\)](#)  
And

At least one of the following activities:

- ☐ Work
- ☐ School
- ☐ Job Training Program

### Who can I choose as my child care provider?

- ☐ Licensed child care centers
- ☐ Licensed family child care homes
- ☐ Adults who provide care in their own homes
- ☐ Adults who come to your home to provide care
- ☐ Relatives over the age of 18

For help with locating child care visit: [Child Care Choices](#)

### How do I apply?

- ☐ <https://www.maine.gov/dhhs/ocfs/ec/occhs/step.htm> for printable application. Several languages available.
- ☐ By email [CCSP.DHHS@maine.gov](mailto:CCSP.DHHS@maine.gov)
- ☐ Call: 1-877-680-5866 or (207) 624-7999 Monday - Friday 8:00 a.m. to 5:00 p.m.; or
- ☐ Visit your local DHHS Office to receive a printed application. To find your local DHHS Office visit: <https://www.maine.gov/dhhs/dhhs-addresses> or call: 1-877-680-5866 or (207) 624-7900

### What are the rules of the Child Care Subsidy Program?

[Child Care Subsidy Program Rules](#)



## Maine's Child Care Subsidy Program



### Child Care Subsidy Program

2 Anthony Ave.  
11 State House Station  
Augusta, ME 04333  
1-877-680-5866







## 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 programs. 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](http://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  
[adulted@fivetowns.net](mailto:adulted@fivetowns.net)  
[www.fivetowns.maineadulted.org](http://www.fivetowns.maineadulted.org)

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