

Hawk's Eye

Weekly News from Hope Elementary School



hes.fivetowns.net

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Upcoming Events for Your Calendar

- Feb. 5 - Puberty Education Night (5-6PM)
- Feb. 7 - Dance (grades 6-8)
- Feb. 10 - School Committee Meeting
- Feb. 10-14 - Spirit Week
- Feb. 12 - PFE activity Bay Chamber (grades 5-8)
- Feb. 13 - Students vs. Staff basketball game
- Feb. 17-21 - School vacation week
- Feb. 27 - PFE event: Katie Urey (grades 3-5)
- March 2 - Read Across America Day

HES has used three snow days.

Quote of the week:

“The expert in anything was once a beginner.”

~ Helen Hayes



Congrats to our Hope Hawks basketball teams! Good luck this weekend in the Championships!! Both games are this Saturday (Feb. 1) at Searsport High School. Admission is \$1 for students, \$2 for adults, and \$5 per family.

Girls vs. St. George @ 11AM
Boys vs. Nobleboro @ 1PM

GO HAWKS!!

PLEASE REMEMBER TO SEND YOUR CHILD TO SCHOOL WITH SNOW PANTS! STUDENTS GO OUTSIDE EVERY DAY FOR RECESS.

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Pre-K Fun

Afternoon Pre-K students had fun and worked on fine motor skills making penguins. Here they are showing off their work and calling out "SNOW!"

**Hope Elementary School 8th Grade Class Trip****2020 Valentine's Day Raffle**

\$5 each or 5 for \$20

1st Prize: \$100 gift card to Franny's Bistro in Camden

2nd Prize: Kris Dube's famous *Death by Chocolate* cheesecake

3rd Prize: One dozen roses

Buy tickets in the office or from any 8th grade student!



Poster Contest

Many HES classes are participating in the NACD (National Association of Conservation Districts) Poster Contest. They have been working carefully to make their posters eye-catching and informative. The theme this year is: Where would we BEE without pollinators? Posters are due February 5th...Good luck contestants!!



Middle School Island Project



Maine has many ocean islands, which means that a good number of Maine residents live a life that is different from those who live on the mainland. Twelve middle school students have undertaken a project to study a Maine island that is not connected by a bridge or causeway. The students are doing research on their own at home and meeting as a group to share information and continue their investigations once a month. They are getting information together to share in a conference for their families and the rest of the middle school in June. All of the islands have a smaller number of year-round residents with a boost in population in the summer. Some students have pen pals (email pals), others are interviewing island residents, and some are reading books written about their island. The overall purpose is to understand the benefits and potential difficulties of island life. If anyone in the Hope community is connected to any of the following islands please contact Dr. Tee at christine.neville@fivetowns.net and she will put you in contact with the student studying that island: Cliff, Chebeague, Frenchboro, Great Cranberry, Isle au Haut, Islesboro, Islesford-Little Cranberry, Matinicus, Monhegan, North Haven, Roque, Smutty Nose, Swans, and Vinalhaven.

Spirit Week is February 10th - 14th

Monday: Team Madness Monday

- Show your love for your favorite professional, college, or school sports team by wearing team gear.

Tuesday: Wacky Tacky Tuesday

- Crazy hairstyles, wild socks, mismatching outfits.

Wednesday: Hope Hawks Day

- Wear blue and white.

Thursday: Pajama Day

- Wear your coziest jammies and a fuzzy robe! *Shoes are required.*

Friday: Famous Friday

- Dress as your favorite celebrity, professional athlete, historical figure, or as a character from your favorite book or movie.



There will be a prize for the Homeroom or Crew with the highest percentage of participation for the entire week!

Puberty Education for grades 5-8

The week of February 10th will mark the start of the Puberty Education units for students in grades 5-8.

These units are geared toward each specific grade level and will be co-taught by Mr. Payson and Ms.

Cochran. Lessons will be taught during each class's Guidance/Health block. Please note that we will be

hosting a Parent Information Night on Wednesday, February 5th, from 5-6PM. This will be a time for us to answer any questions you may have and provide you with an overview of the curriculum that will be taught to your student. We look forward to seeing you then!

Mrs. Cochran

Mr. Payson

School Guidance Counselor

Health/Physical Education



AROUND OUR COMMUNITY

Lasagna Dinner Fundraiser
High School Basketball Boosters
Saturday, February 1st, 4:30 - 8 pm

6 pm DINNER | 6-8 pm OPEN GYM

BASKETBALL CLINIC* | 4:30 - 6 PM
 3 POINT CONTEST - \$5 FOR 12 SHOTS | PLAYER MEET & GREET

Cost: \$10 adults / \$5 children under 12
\$25 family of 4 or more

Location: Camden Hills Regional High School

*The clinic is being run by Camden Hills Boys & Girls Varsity players and is open to all Five Towns Elementary and Middle School students.
 ** Bring a camera for photo-op with the players




The Story of Hope's Solar

With the flip of a switch, on the bright, cold morning of January 9, 2020 - the town of Hope joined the growing list of Maine municipalities using solar energy to power town facilities. Hope's solar array is located in a field adjacent to True Park. A total of 120 panels capable of an annual output of 54,600 kwh will power Hope's town office, salt shed and two fire stations. It will also provide a substantial portion of the power used by the town's new high-efficiency heat pumps which will also cool the buildings, as needed. It is calculated that the solar array and heat pumps will save the town hundreds of thousands of dollars over the life span of the system. The array will provide clean power for approximately 30 years and will offset approximately 54,500 pounds of carbon dioxide (CO₂) every year. The Maine Public Utilities Commission notes that CO₂ is a greenhouse gas that is "a major contributor to global warming."



The installation of the Town's solar array required the efforts of many Hope residents to come to fruition. Back in 2018, Elsie and Cameron Pinchbeck, children of Lindsay and Chris Pinchbeck, began gathering signatures to present to Hope's Board of Selectmen in support of a municipal solar project. In November of that year the Board of Selectmen appointed the Hope Solar Committee to investigate the solar option. Chris Pinchbeck chaired the committee which also included Bill Jones, Ron Smith, David Hall, Rick Bresnahan and Thom Ingraham. Architect Tim Lock, a Hope resident, served as a consultant. The Committee's work over the coming months involved contacting towns already having solar arrays – to learn of their experiences with their projects. The committee analyzed the financial benefits of "going solar" and Requests for Proposals were developed seeking bids from solar contractors. Throughout the process the support of Hope residents proved to be absolutely essential - through attendance at Select Board meetings and especially, turning out in record numbers at the March 2019 Special Town Meeting where a 165-16 vote helped move the project forward by approving an energy audit and authorizing the selectmen to proceed. Resident Ellie Goldberg was instrumental in communicating information to town residents as things progressed.

Another very important step towards Hope's solar project came when members of the True family - heirs to William True who gifted the land for True Park to benefit the citizens of Hope - submitted a letter to the Selectmen in support of siting the array in its eventual location. This letter was pivotal in the town's decision to move forward. The letter, plus the energy audit, a subsequent meeting with ReVision Energy engineers, and a final review of finances following Hope Solar's generous proposed

Power Purchase Agreement (PPA) led to the Selectmen approving the project and forwarding the proposal to Hope's Planning Board. The Board held a number of meetings, a site visit, and a hearing before approving the solar array contingent on Maine's Department of Environmental Protection approval. That final step was completed when the DEP signed off on the project in late October 2019. The terms of the PPA stipulate that Hope Solar will provide electricity to the town at a reduced rate for five years and will then sell the array to the Town for 44% of the system's original cost. Hope Solar, LLC owned by Hope resident Rick Bresnahan, also provided the heat pumps to the town through a nominal capital equipment lease. Much of the work in the last phase of moving Hope solar array forward depended upon the unwavering efforts of Town Administrator Samantha Mank, engineers Gartley and Dorsky, ReVision Energy's staff, and Hope Solar's Rick Bresnahan.

The solar array was installed by ReVision Energy in conjunction with a PPA between the Town of Hope and Hope Solar, LLC. Fittingly, Elsie and Cameron had the honor of flipping the switch connecting the array to the grid on January 9.



So, it seems evident in this extended history, the path from collecting signatures in 2018 through January 2020's connection of the array to the grid depended upon many good people's ideas, work, generosity and persistence. Nothing was guaranteed and yet if you drive out of the center of town on Rt. 105 towards Camden and look off to your left, there it is: Hope's solar array in place now, and for the next 30 years, positively impacting our town and our environment.

JAMMER WINTER FLAG

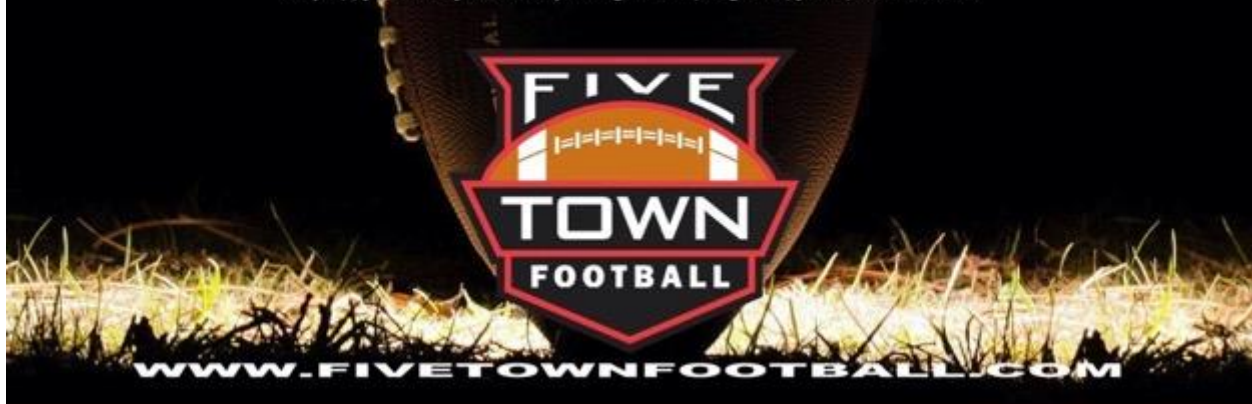
Registration is now open for Five Town Football Winter Flag. The program runs on 6 consecutive Monday evenings from 5:30-6:30 at The Pitch. The program is open to all Five Town students currently enrolled in grades Kindergarten through 8th. During each session participants will be divided into age and skill level appropriate groups to work on football skills, drills and of course flag football games.

Cost: \$50 (covers all 6 sessions) **Dates:** Mondays, 2/24/20—3/30/20 **Time:** 5:30—6:30pm

Location: The Pitch, 2606 Camden Rd, Warren, ME

Registration must be complete online in advance of the first session attended. Find the registration link at www.fivetownfootball.com or go directly to the registration page at:

<https://fivetownfootball.sportngin.com/register/form/202154916>



WWW.FIVETOWNFOOTBALL.COM



Saturday, February 1, 11:00 am to 2:00 pm

Camden Public Library Amphitheatre & Harbor Park

- ❄ Watch eight teams create frozen masterpieces with the theme: The Dog Days of Winter.
- ❄ 11:00 am – Winterfest begins with music indoors and out, food and hot drinks, crafts, and face painting. Mascot Petey from P.A.W.S. will be there too!
- ❄ 12:00 pm – Bring your dog to participate in a winter wear fashion show! First 60 pups to strut the catwalk will receive a free dog toy donated by The Maine Dog. Participants can enter a free raffle to win a basket of doggie goodies donated by Loyal Biscuit and a tote of gourmet dog food donated by Fromm Family Foods. No pre-registration required. Participants should arrive by 11:45 am to line up.
- ❄ 2:00 pm – Polar Plunge into Camden Harbor with SunDog Outdoor Expeditions!

Generous support provided by:



Winterfest Week

Tuesday, February 4, 6:00 pm: Free Family Film Night at the Camden Public Library - "Balto"

Wednesday, February 5, 6:00 pm: Free Family Film Night at the Camden Opera House - "Ice Age"

Thursday, February 6, 7:30 pm: Rustic Overtones with opening act Drive By Todd at the Camden Opera House \$20 in advance, \$25 day-of-show

Friday, Saturday, & Sunday, February 7 - 9: Toboggan National Championships, at the Snow Bowl

Winterfest partners:





Polar Plunge

Saturday, February 1, 2:00 pm

Camden Harbor Park

The Polar Plunge is a wild & crazy part of Camden's annual Winterfest!

Come out for your community and be a part of this fun-draiser!
Whether you are taking the frigid dip in the North Atlantic,
or a volunteer serving up hot cocoa, please come out to support

SUNDOG OUTDOOR EXPEDITIONS!

Visit www.sundogoe.com to register!

This year you can participate as an individual or a team!

PRIZES FOR ALL PARTICIPANTS!

Please complete the registration form, print our pledge form, and start gathering your support! A minimum of \$25 in pledges for each plunger!
Thanks to all you brave souls for plunging and for supporting Sundog OE!



EQUINOX
GUIDING SERVICE



CEDARWORKS

Monthly Substance Use Prevention Update:

Underage Drinking – Myths versus Facts

You probably see and hear a lot about alcohol – from TV, movies, music, social media, and your friends. But what are the real facts? Here are some common myths and facts about alcohol use.

Myth: All of the other kids drink alcohol. You need to drink to fit in.

Fact: Don't believe the hype: Most young people don't drink alcohol! Research shows that almost 80 percent of 12 to 20-year olds haven't had a drink in the past month.

Myth: Drinking alcohol will make people like you.

Fact: There's nothing likeable about stumbling around, passing out, or puking on yourself. Drinking alcohol can also make your breath smell bad and cause you to gain weight.

Myth: Drinking is a good way to loosen up at parties.

Fact: Drinking is a dumb way to loosen up. It can make you act foolish, say things you shouldn't say, and do things you wouldn't normally do. In fact, drinking can increase the likelihood of fights and sexual assaults.

Myth: Alcohol isn't as harmful as other drugs.

Fact: Your brain doesn't stop growing until about age 25, and drinking can affect how it develops. Plus, alcohol increases your risk for many diseases, such as cancer. It can also cause you to have accidents and get injured, sending you to the emergency room.

Myth: Beer and wine are safer than liquor.

Fact: Alcohol is alcohol. A 12-ounce beer, a 5-ounce glass of wine and a shot of liquor (1.5 ounces) all have the same amount of alcohol.

Myth: You can sober up quickly by taking a cold shower or drinking coffee.

Fact: There's no magic cure to help sober up. On average, it takes 2 to 3 hours for a single drink to make it through your body. And there's nothing you can do to make that happen quicker.

Myth: There's no reason to wait until you're 21 to drink.

Fact: When you're young, drinking alcohol can make learning new things more difficult. Also, people who begin drinking before they turn 15 are more likely to develop a drinking problem at some point in their lives than those who begin drinking at age 21 or older, when it is legal to drink in all states and Washington, D.C.

Myth: You can drink alcohol and you won't get into trouble.

Fact: All states and Washington D.C., have 21-year-old minimum drinking age laws. If you get caught drinking, you might have to pay a fine, do community service, take alcohol awareness classes, or even spend time in jail.

(HHS Pub SMA-18-4299 – Revised 2018- Substance Abuse and Mental Health Association (SAMHSA))

To learn more, go to www.maineparents.net, sponsored by the Maine Office of Substance Abuse and Mental Health Services or stopalcoholabuse.gov, web portal for the Interagency Coordinating Committee on the Prevention of Underage Drinking (ICCPUD).

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.