

Windjammer News

CAMDEN HILLS REGIONAL HIGH SCHOOL

THE PRINCIPAL POINT OF VIEW
JAMES ANASTASIO, PRINCIPAL

Attention: Parents of Graduating Seniors

Please take the time to review all the articles, calendars, and notes regarding the Class of 2004 in this month's newsletter. The Schedule of Commencement Activities is on page 9.

Seating for the Senior Banquet will become available on April 5. There is limited seating for this special event, so please make your arrangements early.

Event:	Senior Banquet
Time:	Tuesday, June 8, 6-9pm
Place:	Samoset Resort, State of Maine Hall
Price:	\$18.00 per ticket, checks payable to CHRHS
Tickets:	Available all lunch periods April 5-30, in Ms. Ryan's office (265)
Limit:	4 tickets available for purchase per senior (senior plus 3 guests max) No reservations without purchase.

It is our goal that all seniors and guests are able to attend this event. Please don't wait and risk not getting seats. The Senior Class has an informational meeting scheduled for April 2 during seminar. We are including all details from the meeting in this month's newsletter. If you have questions about the banquet, please call Ms. Ryan (ext. 265) or Mr. Moro (ext. 122), or by e-mail: kathy_ryan@fivetowns.net or steve_moro@fivetowns.net.



**DISTRICT WEB SITE AND E-MAIL INFORMATION:
ALL STAFF MEMBERS CAN BE ACCESSED ON E-MAIL BY
USING: FIRSTNAME_LASTNAME@FIVETOWNS.NET
OR VISIT OUR WEB SITE: [HTTP://WWW.FIVETOWNS.NET/](http://www.fivetowns.net/)**

APRIL
2004

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VICA Winners

Congratulations to the following students for their outstanding accomplishments during the VICA competition on March 12th. Many schools from across the state of Maine participated:

First Place, Gold Medal:

Craig Knowlton, motorcycle repair division

Third Place, Bronze Medals:

Ben Wade, automobile mechanics

Zac Robinson, welding

Tyler Ludwig, small engines

Wrestling History

Chris Remsen, our 4 time state champion, wrestling at 145 pounds, won the New England championship in New Haven, CT. This is the first time ever a wrestler from either the Camden Hills Regional or the Camden-Rockport High School program has accomplished this incredible feat. We are very proud of you, Chris. Congratulations.

MATH TEAM WINNERS

The math team finished up yet another extremely successful regular season in March. After all 5 regular season meets were completed, CHRHS placed 3rd among large schools in the Central Maine Math League and 4th overall in CMML. When compared to all 85 schools competing throughout the state, CHRHS placed 20th overall, and 6th in class B.

Individuals winning awards for their performance in the regular season were: Charlie Ash, who was the fifth highest scoring junior in Central Maine, Joey Michalakes, who was the top scorer among all Sophomores in CMML, and Kyle Murdock, who was the second highest scoring freshman in the league.

This was a solid season for the math team, despite having many conflicts that caused several key members to miss some of the meets. The team will next compete in the State of Maine Math Meet at the Cumberland County Civic Center in Portland on April 13th.

Attention Parents

Do you want to be more in the know regarding life at CHRHS? The High School Parent Group meets monthly. Check the calendar inside for dates and times. Feel free to drop in for conversation, informative speakers and ways to participate in school life. Too busy for another meeting? Get on our e-mail list and stay informed that way :
parentgroup@fivetowns.net

Bryce A. McAvoy Receives MPA Principals' Award

Bryce Andrew McAvoy of Rockport, a senior at Camden Hills Regional High School, has been selected to receive the 2004 Principal's Award, announced Principal James Anastasio. The award, sponsored by the Maine Principals' Association, is given in recognition of a high school senior's academic achievement and outstanding school citizenship.

Bryce is an outstanding citizen of the school and community. He was selected as a representative from CHRHS to attend both the Hugh O'Brien Youth Leadership Seminar (sponsored by the Camden Women's Club) as a sophomore, and the World Affairs Seminar (sponsored by West Bay Rotary) in Wisconsin as a Junior. He has been, or is currently, a participant in Student Council, the Golf team, National Honor Society, Study Circles, Amnesty International, PEERS, and a variety of community service events and activities. He was selected by his senior class as the male student who "did the most for CHRHS." Bryce is employed at the Samoset Resort Hotel.

"Mr. McAvoy has been a quiet and consistent leader throughout his high school years. He has been committed to improving his school and community and is an outstanding citizen of both. He has been able to balance the many demands that result from his challenging academic program, his desire to serve, his involvement in co-curricular activities, and his commitment to family. Bryce is a fine example for others to emulate and he exemplified the two criteria for this special award; academic excellence and outstanding school citizenship" Mr. Anastasio noted in making this award.

Bryce is the son of Michael and Lynne McAvoy, Rockport.

Award winners and their principals will attend an Honors Luncheon at the Bangor Civic Center on Saturday, April 3, 2004 at 1:00 p.m.

The Honors Luncheon recognizes these outstanding students with the presentation of an individual plaque and the awarding of five \$1,000 scholarships in the name of Horace O. McGowan and Richard W. Tyler. Mr. McGowan and Mr. Tyler were former Maine principals and executive directions of the Association.

The Principal's Award is presented in more than 141 Maine public and private high schools by member principals of the MPA, the professional association which represents Maine's school administrators.

From the Nurse's Desk

Judy Clossey, RN judy_clossey@fivetowns.net

Water Vs. Coca-Cola

WATER:

1. We all know that water is important, but I've never seen it written down like this before.

2. 85% of Americans are chronically dehydrated. (Likely applies to half the World).

3. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. Even mild Dehydration will slow down one's metabolism as much as 3%.

4. One glass of water shuts down the midnight hunger pangs for almost 100% of the dieters studied in a U. Washington study.

5. Lack of water is the #1 trigger of daytime fatigue.

6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

7. A mere 2% drop in body water can trigger short term memory loss, trouble with math, and difficulty focusing on the computer screen or a printed page.

8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?

COKE:

No wonder coke tastes soooo good:

1. In many states (in the USA) the highway patrol carries two gallons of coke on the trunk to remove blood from the highway after a car accident.

2. You can put a T-Bone steak in a bowl of coke and it will be gone in 2 days.

3. To clean a toilet: pour a can of coca cola into the toilet bowl and.....let the "real thing" sit for one hour. Flush clean. The citric acid in coke removes stains from the vitreous china.

4. To remove rust spots from chrome bumpers: rub the bumper with a crumpled-up piece of aluminum foil dipped in Coca-Cola.

5. To clean corrosion from car battery terminals: pour a can of coca-cola over the terminals to bubble away the corrosion.

6. To loosen a rusted bolt: Apply a cloth soaked in coca-cola to the rusted bolt for several minutes.

7. To bake a moist ham: Empty a can of coca-cola into the baking pan, wrap the ham in aluminum foil, allowing the drippings to mix with the coke for a sumptuous brown gravy.

8. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The coca-cola will help loosen grease stains. It will also clean road haze from your windshield.

FYI-

A. The active ingredient in coke is phosphoric acid. Its Ph is 2.8. It will dissolve a nail in about 4 days.

B. To carry coca-cola syrup(the concentrate) the commercial truck must use the hazardous material placards reserved for highly corrosive materials.

C. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

STILL WANT TO DRINK UP?????????

High School Conservation Teacher of the Year

Congratulations, Mr. Lovell!! The Knox-Lincoln Soil & Water Conservation District has chosen to honor, Robert Lovell, as their 2004 High School Conservation Teacher of the Year.

Mr. Lovell will receive a full scholarship to the Maine Association of Conservation Convention Districts' Natural Resources Institute, a week long course for educators held in late July of this year, and he will be invited to attend the Knox-Lincoln County SWCD annual meeting in November to accept his award.

Parent Group

Greetings to Faculty and Staff,

The CHRHS's Parent Group warmly welcomes you to it's next monthly meeting on Monday, April 5th, from 2:30-3:30PM. When we established our group in January 2002, one of our goals was to help foster communication among parents, administration, staff and students. We meet regularly with administration, see one another at our monthly meetings, live with the students and communicate from time to time with some of you. We realize that your perspectives are perhaps the least well known to us, hence, we would like to devote this meeting to tuning in to the voices of faculty and staff. We are eager to hear your thoughts on life at CHRHS. We'd love to hear ways in which we can support you in working with our kids.

We have moved our usual evening meeting to an afternoon slot of 2:30-3:30PM. We hope this might be better for you. Refreshments will be provided, of course!! We look forward to seeing you on Monday afternoon, April 5th in Rm 232. Thanks so much.

Class of 2007

Freshmen

All CHRHS Students Are Invited!

The Class of 2007 is sponsoring an 80's Dance for all CHRHS students on Friday, April 2 from 8-11pm in the Wave Café. Tickets will be sold at the door for \$5.00. Beverages and snacks will be available for purchase. You don't have to dress 80's style, but you might win a prize if you do. Cash prizes of \$5, \$10 and \$15 will be awarded to the 3rd, 2nd and 1st place winners. We hope you'll come to the 80's Dance and have fun.

Dance rules

Arrive no earlier than 7:45 and no later than 9pm.

Have your ride waiting for you at 11 sharp when the dance ends.

Follow school rules for dress and behavior.

Stay in the Wave Café during the dance. If you leave you will not be readmitted.

You must fill out a guest form by first period on the day of the dance if you are bringing a student from another high school.

Parents will be called to pick up students who do not behave appropriately.

Class of 2007 Parents: Did your student bring home the letter about this dance and about class dues? If you can supply snacks for the dance please contact Jenn Brassbridge (Ext. 318) or Lynne Taylor (Ext. 235). Also, thank you to those who have sent in their \$10.00 checks for Freshman dues. We hope to hear from everyone else soon.

Evann Perry, President

Kyle Murdock, Vice-President

Jessi Fossett, Secretary

Miles Davee, Treasurer

Mrs. Brassbridge and Mrs. Taylor, Co-Advisors

Robinson Ballet

Join the Robinson Ballet for an exciting and versatile evening of dance with pieces performed to music ranging from Ravel's classic Bolero to the sassy Easy Winners of Scott Joplin! Saturday, April 10 at 7:30pm in the Strom Auditorium Tickets are available at the Grasshopper Shop in Rockland and at the door:

\$14.00 Adults

\$10.00 Senior Citizens

\$8.00 for students under 18

For further information, please call Karen Hartnagle at 947-0366, ext. 451, or e-mail Hartdance@aol.com

APRIL IS MATH MONTH

The month of April is recognized nationally as Math Month. To celebrate this, the math department here at CHRHS will be running many activities in an attempt to further foster an appreciation of mathematics. There will be individual, class, and school wide activities and competitions with a variety of valuable and tasty prizes. Activities will include Guess the Candy in the Jar Contest, Mathematician of the Day Contest, House of Cards Competition, Problem of the Day Contest, Chess Tournament, and a Tallest Bean Competition. Prizes will include movie passes, chocolate cakes, candy, as well as other sought after goodies.

Schedule – Early Release

Days

4/6/04, 5/28/04

Dismissing at 10:50 am

5 minute passing

40 minute periods

7:35 am

Warning

7:40 am – 8:20 am

Period 1

Students with Late Arrival need to be here no later than 8:20a.m.

8:20 am – 8:25 am

Passing

8:25 am – 9:05 am

Period 2

9:05 am – 9:25 am

Passing/Break

9:25 am – 10:05 am

Period 3

10:05 am – 10:10 am

Passing

10:10 am – 10:50 am

Period 4

Announcements immediately

at the beginning of period 4

** Morning Region 8/Zenith students will attend MCST/Zenith, and will be absent from their 3rd and 4th period classes at CHRHS. This is NOT to be counted as a class absence.

*** Afternoon Region 8/Zenith students will not have any class at MCST/Zenith, and may be dismissed from CHRHS after Period 2 is over.

Maine Drama Festival State Finals Results

The Division 1 State Finals of the Maine Drama Festival on March 19-20 were a huge success. 425 people came together to present twelve plays for the possibility of being named State Champions.

Hermon and Lawrence High Schools received top honors and Yarmouth was selected as runner up.

Camden Hills' Ubu Roi was very well received by the judges and was honored with the following awards.

All-Festival Cast Nominations

George Eisenhower for his role as King Ubu

Leah Shrier for her role as Mrs. Ubu

Sam Lipman for his role as the Captain

Special Commendations

Excellence in set, costume, and lighting design - Brandon Koons, Saima Sidik, Melly Ford, Emma Sampson, Kelly Dishner, Simone Fürst

Excellence in Video Design - Brandon Koons

Many staff, parents and students helped make the Festival a success. Thanks and congratulations to all!

Counseling Department News

Change in Administrative Software: Impact on Course Registration

We have begun the process of switching our administrative software (with which, in essence, the entire school is run) from MacSchool to Powerschool. While this is certain to have many implications, there is an immediate one of which we need to advise you.

Students are in the process of choosing their courses for the 2004-2005 school year. In the past, they have been able to do so keeping in mind that--should they change their mind during the summer months--it would be relatively easy to make changes before school actually began. Not so this year.

The School Counseling Department staff will be returning on August 19, 2004. Our first order of business will be to learn how to use this system. However, as with any new software application, it takes time and practice to develop the level of skill necessary for proficient use. The expectation that we will do so in two days, and then embark on three days of scheduling changes (as we have in the past), is unrealistic at best.

As such, we are advising students to choose their courses bearing in mind that they may not have an opportunity to change courses until school has actually begun; they need to plan to sit in the classes in September that they sign up for now in March. Please help us emphasize the importance of thoughtful course selection.

Available for a fee...

Students have recently begun receiving letters of invitation from College Partnership. Please be advised that this is NOT an organization with which we have any affiliation. Quite frankly, it has "scam" written all over it, particularly the "additional services...made available for a fee for those families needing more personal assistance."

For now and henceforth forever, unless you are working with an IECA (Independent Educational Consultants Association) affiliated advisor, NEVER reach for your wallet for college or scholarship advising. This information is provided free both through the School Counseling Department and myriad other legitimate organizations. Please don't hesitate to contact us in the future if you receive any unsolicited invitations such as this.

School-Based Advocate

Casey Heard, School-Based Advocate at New Hope, is available to meet with students one-on-one and in small groups every Thursday from 7:30-12:30 in the conference room next to the Guidance Department. Casey can talk with students about relationship issues and questions they have. She can talk with students about friendships, dating relationships, and family relationships. If Thursdays are not convenient, students can schedule another time to meet with Casey. Casey can be reached at 594-2128 or 800-522-3304, or at: cheard@newhopeforwomen.org.

ATTENTION SENIORS

There are still many seniors who have not yet passed in two photos to the Counseling Office. One photo will be used for graduation announcements in the newspaper and the other will be used to post the student's future plans. Seniors are encouraged to pass in their photos by Friday, April 16th.

April - June 2004

Events

April 1	CRMS Band Strom, 7pm	May 8	Band Yard Sale Cafe, 7am
April 2	80's Dance Cafe, 8pm	May 7-8, 14-15	Spring Play Our Town Strom, Black Box
April 3	MBDA Festival - Bands TBA	May 11	CHRHS Spring Chorus Concert Strom, 7:30pm
April 5	Parent Group meeting Room 232, 2:30-3:30pm	May 18	CRMS Spring Chorus Concert Strom, 7pm
April 6	Early Release 10:50am	May 19	Celebration Assembly 9am
April 13	State Math Meet at Portland, 9:00am	May 20-22	All-State Music Festival U Maine
April 7	Blood Drive Wrestling room, 7am-3:30pm	May 22	Bay Chamber Strom, 7:30pm
April 7	CSD School Board Meeting Lincolnville Elementary, 7pm	May 25	New Hope for Teens event Strom, 7pm
April 12	CHRHS Spring Band Concert Strom, 7:30pm	May 26	LCS Band & Choral Strom, 6:30pm
April 9,10	Robinson Ballet Strom	May 28	Early Release 10:50am
April 12	CHRHS Spring Band Concert Strom, 7:30pm	May 28-29	Senior Whitewater Rafting Trip away
April 13	State Math Meet at Portland, 9:00am	May 31	Memorial Day Parade - Band Downtown Camden
April 17	Earth Day Benefit Concert Strom, 7pm	June 1	Step-Up Night (8th graders and parents) Café (pot luck) 6pm, Strom, classrooms 7pm
April 17-24	Latin students to Italy Italy	June 2	Arts Night All School, 6:30pm
April 19	Patriots Day No school	June 2	CSD School Board Meeting Appleton Village School, 7pm
April 20-23	Vacation Break No school	June 3	Parent Group Meeting Room 232, 6:30pm
April 24	Bay Chamber, Pilobolus Dance Theatre Strom, 7:30pm	June 5	Prom Ginley Hall, 8pm
April 26-30	Spirit Week School	June 7	Baccalaureate Congregational Church, 5pm
May 1	MCHT Conference Strom, Lecture, classrooms, Cafe	June 8	Senior Banquet Samoset, 6pm
May 3-14	AP Exams Lecture Hall	June 8	Elm St. School event Strom, 6:30pm
May 4	Parent Group Meeting Room 232, 6:30pm	June 10	Awards Night Strom, 7:30pm
May 5	Wellness Day school	June 11	Graduation Gym, 8pm
May 5	CSD School Board Meeting Chorus room, 7pm	June 19-25	Washington Trip - Juniors Depart 6:30am, return 10pm
		June 19	Bay Chamber Strom, 7:30pm

Cell Phones In School or Not

Kip Bickford, kip_bickford@fivetowns.net

The following article is taken in part from “The Resource” the Official Publication of the National Association of School Resource Officers.

During a critical incident, are cell phones a blessing or a nightmare? Increasingly, parents and students are asking school officials around the country to allow students to have cell phones in school, based on safety reasons. Unfortunately, convenience is typically the real reason driving this request. Yet there are a number of reasons suggesting that cells not only disrupt the educational environment, but also detract from school safety in a crisis situation.

Perhaps this is why 81 percent of the officers in the NASRO survey indicated that their schools do not allow students to use cell phones, and 78 percent of the officers did not feel that student use of a cell phone improved school security.

Under this guise of improved school safety, some parents are urging school boards and administrators to let their children carry cell phones, even if the phones can be distracting in class. But rather than help, cell phones can actually detract from school safety in a number of ways.

- ◊ Cell phones can be used to call in bomb threats or even to detonate a bomb
- ◊ Cell phone use by students can hamper rumor control and disrupt and delay effective response by public safety personnel
- ◊ Students using cell phones can impede public safety measures by summoning parents to the scene of an emergency when officials might be trying to evacuate students to another site to meet their parents
- ◊ Cell phone systems typically overload during a major crisis, as they did during the Columbine and World Trade Center attacks. Used by a large number of students at once you could knock cell phone systems and hamper communication among school administrators and crisis team members

In addition, an Associated Press story dated November 14, 2003, is titled, “FBI: Rigged cell phone might trigger bombs.” The story stated that cell phones, modified so they could destroy bombs, were found by investigators probing the recent Saudi Arabia bombings, raising concern that such methods could be used in the United States by terrorists. The FBI warned law enforcement agencies to be alert to potential use of such devices and incorporate awareness into their counter terrorism preventative measures. Terrorists have used pagers and radio systems to detonate bombs by remote control, the FBI said.

A cell phone was used in the July 2002 bombing at a cafeteria at Hebrew University in Jerusalem that killed seven people,

including five Americans. The bomb, filled with nails and metal, was hidden in a bag left on a table in the crowded room and was detonated by call from another cell phone.

Even though experts agree you have to have a lot of technological ability and electronic training to rig a cell phone to detonate a bomb, are we will to take this chance in our school? At the very least, cell phones could prove to be a major disruption in a school during a crisis situation.

At Camden Hills Regional High School, we currently allow our students to carry cell phones while in school. Our policy reads as follows:

Cell Phones and Pagers

Due to interruptions to classes and to the instructional process, students who bring cell phones and/or pagers to school are asked to turn them off and not use them during the school day. Failure to comply will result in the communication device being seized. It may be picked up after school is dismissed. The second incident will result in the parent/guardian being called to pick up the device. Parents who need to contact their student during the school day may do so through the school office.

If your student or you have been affected by this rule or are affected in the future, please remember education and safety go hand in hand. You must have an educational environment that is conducive to learning in order to learn.

Matchmaker: The Zenith Community Connections Program

by kaley noonan

Blind dates. Everyone has had at least one. A friend says, “Oh wait until you meet so and so, you’ll be a perfect match!” And you think to yourself, hmmm, maybe, maybe not.

This is, no doubt, what the Zenith students were thinking, when the “Community Connections” program was first explained to them last year. The idea arose out of a widely felt need to pair alternative high school students with adult mentors in the community. The goal was to offer students out-of-school experiences with a trusted adult that would build on the way they tended to learn best, hands on.

In January of 2003, the program found MBNA funding and initially launched in the final quarter of the semester, with only enough time to introduce 12 out of 24 students to new mentors- -but with only two months to meet before school ended. Studies show that to be effective, a mentor and a student must

meet at least four hours a month and be involved for more than a year.

For that reason, the Community Connections program began practically all over again the next school year, as it built up a bank of reliable mentors. The initial goal of this program was simply to find a good match between Zenith students and mentors and see how well they connected. Over the long haul, the idea was for students and mentors to spend more time together and foster a trusting relationship so that students could investigate different career paths and hobbies.

Ideally, (like a blind date), two people meet, hit it off and foster an instant trusting relationship. In reality, however, particularly with many students who were having difficulty staying in the mainstream of education, this year has been a delicate dance in pairing the right people together. In the second year of Community Connections, the program has been like a roller coaster chugging up the track, on the verge of rounding the corner.

At first, 13 out of 23 Zenith students made initial contact with a variety of community mentors in social work, massage therapy, restaurants, music and art. And while this was a promising start, an adjustment period followed, in which the majority of the students re-evaluated their interests. Take Cory LaForge, 18, a Zenith junior who initially had an interest in oil painting, but kept finding that time was an obstacle in meeting with his mentor. Now, refocused on what he likes best-music and the expression of it--he'll be meeting with Nathaniel Bernier, owner of Wild Rufus, on a regular basis to study the roots of music and write music reviews for the store.

YOUTH ARTS TO HOST THEIR
SECOND ANNUAL DINNER DANCE

Celebration of the Arts An Evening In Tuscany

SATURDAY, MAY 8 AT 6PM
GINLEY HALL, NORTHPORT

AN ABUNDANT TUSCAN FEAST
LIVE DANCE MUSIC BY THE TONY BOFFA BAND
COMPLIMENTARY WINE/CASH BAR
LIVE AUCTION AND DOOR PRIZES
TRIP TO TUSCANY RAFFLE DRAWING

THIS GRAND EVENT IS YOUTH ARTS'
BIGGEST FUNDRAISER OF THE YEAR.
TICKETS ARE \$100 AND ARE AVAILABLE FROM
ANY YOUTH ARTS BOARD MEMBER,
HAV AND PLANET OR ONLINE AT
WWW.VILLAGESOUP.COM/CLICKTIX. FOR
MORE INFORMATION PLEASE CALL: 236-9792.

HELP SUPPORT YOUTH ARTS TRAVEL RAFFLE TICKETS BEING SOLD

The "Tuscany by the Sea" vacation raffle is in full swing. Youth Arts board and program members are busy selling tickets for a ten day, all inclusive trip for two to explore the Tuscan seaside by bicycle on a deluxe VBT (Vermont Bicycle Tours) tour. This trip has been graciously donated by Grand Circle Travel.

Get swept away by the beauty and grace of the southern Tuscan coast. Here, life is simple in this undiscovered and authentic corner of Tuscany. Cycle through storybook scenery of olive trees, vineyards, poppy fields, historic hill towns, and glistening white sand beaches. Explore the medieval villages of Capalbio and Pitigliano, perched high on a cliff. Stroll the streets and browse the shops in the charming fishing village of Porto Santo Stefano. Discover the sleepy Island of Giglio with its more than 700 different species of plants and flowers. Learn to make an authentic Tuscan meal during an included cooking class. Taste the wines and take in the ambiance of this magical region. Two bilingual guides will lead you and the group through the region; all accommodations are in top rated hotels and most meals are included.

The \$6700 valued trip includes all transfers and roundtrip airfare to Rome for two people and can be claimed in the next twelve months during any of the set tour dates from May to October. Their newest tour, VBT's "Tuscany by the Sea" has been noted as an easy trip, perfect for the novice and the winner has the option to explore on their own if they prefer not to bicycle during the day.

By purchasing a raffle ticket, teachers, administrators and students can help to support the volunteer efforts of Youth Arts staff to continue bringing residencies and performances into the curriculum. Tickets are \$10 each or 12 for \$100. Tickets can be purchased on line at: www.villagesoup.com/clicktix or at Harbor Audio Video and Planet or from any Youth Arts Board or Program member. The drawing will be held during the second annual dinner dance, "Celebration of the Arts - an evening in Tuscany" on Saturday, May 8. For more information on any of these fundraisers please call 236-9792.

Youth Arts is a private, non-profit, all volunteer organization which provides arts enrichment in the public schools of Camden, Rockport and the 5-town CSD through art residencies and performances. This is Youth Arts biggest fundraiser of the year. Proceeds from the raffle and dinner dance will directly benefit all students by creating funding to continue to support these programs.



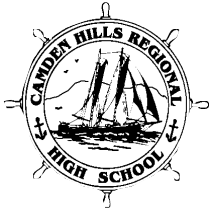
Class of 2004 Schedule of Commencement Activities

March	Graduation Information Meeting	TBA in Senior Seminars
April 5, Monday	Senior Banquet tickets go on sale during all lunch periods in Ms. Ryan's Office.	
June 1, Tuesday	1st Marching Practice	White 2, 9:35 - Gym
June 2, Wednesday	2nd Marching Practice	Red 2, 9:35 - Gym
June 4, Friday	3rd Marching Practice Caps, gowns and tickets are given out on Red 4; class dues must be fully paid prior to Red 3.	Red 4, 12:50 - Gym & Auditorium
June 5, Saturday	JUNIOR/SENIOR PROM	8pm Ginley Hall, Northport
June 7 Monday	BACCALAUREATE SERVICE 5-6 pm Congregational Church, Camden. This event is optional; participating seniors should arrive at the CR Middle School gym apron by 4:15 pm on Knowlton Street. Semi formal dress attire is required, along with caps/gowns. Seniors can park behind the middle school prior to the event. Baccalaureate lasts one hour.	
June 8, Tuesday	4th Marching Practice, with Symphonic Band Red 3, 11:40-12:47 (Eat lunch A)	
June 8, Tuesday	PARENT-SENIOR BANQUET at the Samoset Resort 6-9pm Purchase seats from Ms. Ryan in Room # 265 at \$18 apiece. Table reservations with full payment are required. Tickets go on sale starting Monday, April 5. Make checks payable to "CHRHS - Senior Banquet." Semi-formal attire is required. Limited seating is available on a first come, first served basis. Only 4 tickets per senior will be sold.	
June 9, Wednesday	No marching practice today, Senior Final Exams, White day	
June 10, Thursday	5th marching Practice , with Symphonic Band Red 3, 11:40-12:47 (Eat lunch A)	
June 10, Thursday	SENIOR FINAL EXAMS, Red DAY	
June 10, Thursday	AWARDS NIGHT	7:30-9:00 pm, Strom Auditorium Seniors Arrive by 7:00, meet in the Wrestling Room.
June 11, Friday	PARENT/SENIOR BREAKFAST	Wave Cafe, 7:45-8:45 am
June 11, Friday	Final Marching Practice with Symphonic Band White 2, 9:35-10:45 Attendance is mandatory if you expect to participate in the graduation ceremony.	
June 11, Friday	GRADUATION	8-9 pm, Gym Seniors arrive by 7:15pm, meet in the Wrestling Room. A RECEPTION in the Wave Cafe will follow the graduation ceremony

CHRHS Spring Sports 2004

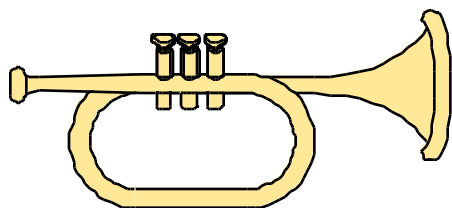
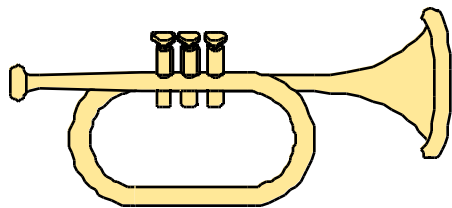
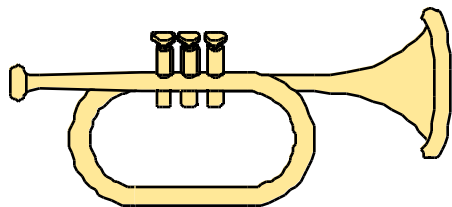
Day	Date	Opponent	Time	Place	Depart
Boys' & Girls' Track					
Thursday	4/15/04	Winslow/Water/Mt. View/Isleboro	3:30 PM	CHRHS	
Thursday	4/22/04	Mar/Law/Morse/Mt. A	1:00 PM	Readfield	11:00 AM
Tuesday	4/27/04	EA/Mor/Medomak/Roc	3:30 PM	CHRHS	
Saturday	5/1/04	Irving Relays	9:00 AM	Winslow	7:00 AM
Friday	5/7/04	Leav/Mt.B/MCI	3:30 PM	Turner	1:30 PM
Friday	5/14/04	Belfast/Rock/Medomak/Isleboro	3:30 PM	CHRHS	
FridaY	5/21/04	Brun/Leav/MtB/Skow	3:30 PM	Brunswick	1:30 PM
Saturday	5/29/04	KVAC Meet	9:30 AM	Bath	7:45 AM
Saturday	6/5/04	State Meet		TBA	
Boys' Lacrosse					
Tuesday	4/20/04	Lincoln Academy	1:00 PM	PointLookout	
Wednesday	4/21/04	Edward Little	12:00 PM	Auburn	10:00 AM
Tuesday	5/4/04	Mt. Blue	5:30 PM	Farmington	3:00 PM
Monday	5/10/04	Cony	4:30 PM	CHRHS	
Thursday	5/20/04	Mt. Ararat	4:30 PM	CHRHS	
Saturday	5/29/04	Yarmouth Tournament		Yarmouth	
Boys' Tennis					
Tuesday	4/13/04	Maranacook	4:00 PM	Readfiled	2:10 AM
Thursday	4/15/04	Oak Hill	4:00 PM	CHRHS	
Friday	4/16/04	Rockland	3:30 PM	Rockland	2:30 PM
Thursday	4/22/04	MCI	1:00 PM	CHRHS	
Tuesday	4/27/04	Lincoln Acd.	4:00 PM	Newcastle	2:30 PM
Friday	4/30/04	Erskine Acd.	4:00 PM	CHRHS	
Tuesday	5/4/04	Belfast	4:00 PM	Belfast	2:45 PM
Thursday	5/6/04	Maranacook	4:00 PM	CHRHS	
Saturday	5/8/04	Doubles	9:00 AM	Waterville	7:00 AM
Tuesday	5/11/04	Oak Hill	4:00 PM	Sabatus	2:10 PM
Thursday	5/13/04	Rockland	4:00 PM	CHRHS	
Saturday	5/14/04	Singles Tournament	9:00 AM	Lewiston	7:15 AM
Tuesday	5/18/04	MCI	4:00 PM	Pittsfield	2:00 PM
Thursday	5/20/04	Lincoln Acd.	4:00 PM	CHRHS	
Saturday	5/22/04	Singles Round of 40		TBA	
Tuesday	5/25/04	KVAC Championship	4:00 PM	TBA	
Wednesday	6/2/04	Regional 1/4 Finals		TBA	
Saturday	6/5/04	Regional Semi Finals		TBA	
Wednesday	6/9/04	Regional Finals		UMO	
Saturday	6/12/04	State Finals		TBA	
Girls' Lacrosse					
Wednesday	4/28/04	Mt. Ararat	5:15 PM	Topsham	3:00 PM
Wednesday	5/5/04	Morse	5:30 PM	Bath	3:30 PM
Thursday	5/13/04	Edward Little	5:00 PM	CHRHS	
Tuesday	5/25/04	Morse	4:00 PM	CHRHS	
Saturday	5/29/04	Yarmouth Tournament		Yarmouth	
Girls' Tennis					
Tuesday	4/13/04	Maranacook	4:00 PM	CHRHS	
Thursday	4/15/04	Oak Hill	4:00 PM	Sabatus	2:10 PM
Friday	4/16/04	Rockland	3:30 PM	CHRHS	
Thursday	4/22/04	MCI	1:00 PM	Pittsfileld	11:00 AM
Tuesday	4/27/04	Lincoln Acd.	4:00 PM	CHRHS	
Friday	4/30/04	Erskine Academy	4:00 PM	S. China	2:30 PM
Tuesday	5/4/04	Belfast	4:00 PM	CHRHS	
Thursday	5/6/04	Maranacook	4:00 PM	Readfiled	2:10 PM
Saturday	5/8/04	KVAC Doubles	9:00 AM	Topsham	7:00 AM
Tuesday	5/11/04	Oak Hill	4:00 PM	CHRHS	

Day	Date	Opponent	Time	Place	Depart
Thursday	5/13/04	Rockland	4:00 PM	Rockland	3:00 PM
Saturday	5/15/04	Singles Tournament	9:00 AM	Brunswick	7:00 AM
Tuesday	5/18/04	MCI	4:00 PM	CHRHS	
Thursday	5/20/04	Lincoln Acd.	4:00 PM	Newcastle	3:00 PM
Saturday	5/22/04	Singles Round of 40		TBA	
Tuesday	5/25/04	KVAC Championship		TBA	
Thursday	5/27/04	Singles Final		TBA	
Wednesday	6/2/04	Regional 1/4 Final		TBA	
Saturday	6/5/04	Regional 1/2 Final		TBA	
Wednesday	6/9/04	Eastern Final		U. of Maine	
Saturday	6/12/04	State Final		Bates College	
JV Baseball/Softball					
Monday	4/19/04	Rockland	1:00 PM	Rockland	11:45 AM
Wednesday	4/21/04	Mt. View	1:15 PM	CHRHS	
Friday	4/23/04	Erskine Acd.	1:00 PM	S. China	11:00 AM
Tuesday	4/27/04	Maranacook	4:15 PM	Readfield	1:40 PM
Thursday	4/29/04	Georges Valley	4:15 PM	CHRHS	
Friday	4/30/04	Winslow	4:15 PM	Winslow	1:45 PM
Monday	5/3/04	Belfast	4:15 PM	CHRHS	
Wednesday	5/5/04	Lincoln Acd.	4:15 PM	CHRHS	
Friday	5/7/04	Oak Hill	4:15 PM	Sabattus	1:40 PM
Monday	5/10/04	Rockland	4:15 PM	CHRHS	
Wednesday	5/12/04	Mt. View	4:15 PM	Thorndike	2:10 PM
Thursday	5/13/04	Erskine Acd.	4:15 PM	CHRHS	
Tuesday	5/18/04	Maranacook	4:15 PM	CHRHS	
Thursday	5/20/04	Georges Valley	4:00 PM	Thomaston	2:30 PM
Monday	5/24/04	Winslow	4:15 PM	CHRHS	
Wednesday	5/26/04	Belfast	4:15 PM	Belfast	2:20 PM
Var Baseball/Softball					
Tuesday	4/6/04	Georges Valley Ex. (S)	4:00 PM	Thomaston	2:30 PM
Friday	4/9/04	Bangor (Ex.)	4:00 PM	Bangor	1:40 PM
Saturday	4/10/04	Medomak Valley Ex. (B)	11:00 AM	Waldoboro	9:15 AM
Tuesday	4/13/04	Georges Valley Ex. (S)	4:15 PM	Thomaston	2:10 PM
Saturday	4/17/04	Ellsworth (Ex.)	1:00 PM	CHRHS	
Monday	4/19/04	Rockland	4:15 PM	CHRHS	
Wednesday	4/21/04	Mt. View	1:15 PM	Thorndike	11:00 AM
Friday	4/23/04	Erskine Academy	1:00 PM	CHRHS	
Monday	4/27/04	Maranacook	4:15 PM	CHRHS	
Wednesday	4/28/04	MCI	4:15 PM	Pittsfield	1:30 PM
Friday	4/30/04	Winslow	4:15 PM	CHRHS	
Monday	5/3/04	Belfast	4:15 PM	Belfast	2:20 PM
Wednesday	5/5/04	Lincoln Acd.	4:15 PM	Lincoln Acd.	2:20 PM
Friday	5/7/04	Oak Hill	4:15 PM	CHRHS	
Monday	5/10/04	Rockland	4:15 PM	Rockland	2:40 PM
Wednesday	5/12/04	Mt. View	4:15 PM	CHRHS	
Friday	5/14/04	Erskine Acd.	4:15 PM	S. China	2:10 PM
Monday	5/17/04	Maranacook	4:15 PM	Readfield	1:40 PM
Wednesday	5/19/04	MCI	4:15 PM	CHRHS	
Monday	5/24/04	Winslow	4:15 PM	Winslow	1:40 PM
Wednesday	5/26/04	Belfast	4:15 PM	CHRHS	
Friday	5/28/04	KVAC "B" Semifinals	4:15 PM	TBA	
Saturday	5/29/04	KVAC Champ.		CHRHS	
Tuesday	6/1/04	Regional Prelim		TBA	
Thursday	6/3/04	Regional 1/4 Final		TBA	
Saturday	6/5/04	Regional 1/2 Finals		TBA	
Tuesday	6/8/04	Regional Finals		Bangor/Brewer	
Saturday	6/12/04	State Finals		Bangor/Brewer	



Camden Hills Regional High School
25 Keelson Drive
Rockport, ME 04856

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*Mark your Calendars
for the Annual
CHRS
Spring Band
Concert*

*Monday, April 12, 7:30pm
Strom Auditorium*