



November 2015



Volume 4, Number 2

Shead soccer teams finish successful seasons

The Shead boys and girls soccer teams both finished their seasons strong, with only one loss between them during regular-season play. In addition, both teams became Downeast Athletic Conference (DAC) champions and both boys coach Ben Brigham and girls coach Dana Bowen were named DAC Coaches of the Year.

Tigerettes finish in 5th place in Eastern Maine Class D

After a tough 0-5 loss to the Fort Fairfield Lady Tigers in post-season quarterfinal play, the girls ended their season at 12-2, their only regular-season loss dealt by the Hodgdon Lady Hawks, 2-1, early in the season. In their second meeting, the Tigerettes shut out Hodgdon 1-0. In the DAC Championship game, they won a decisive victory over the Narraguagus Lady Knights of Harrington, 8-3. In the Eastern Maine Class D prelim game, the Tigerettes defeated the Bangor Christian Patriots, 5-2, to earn their place in the quarterfinals.

About the Tigerettes, Coach Bowen said, "They had a great season and I'm very proud of them. They worked hard all season long." Five girls, four seniors and a junior, were named to the 2015 DAC All-Star roster: Taylah Kilby, Dynesha Lank, Cierra Seeley, Samantha Wilder, and Holly Preston.

Tigers undefeated in regular-season play

The Shead boys finished their regular season 13-0-1 and met the Schenck Wolverines in the Eastern Maine Class D prelim game, which they won, 4-3, securing them a quarterfinal game against the Central Aroostook Panthers of Mars Hill. The Tigers' tie came in a shutout game against the Machias Bulldogs, but the Tigers went on to win their other two matchups with the Bulldogs 3-0 and 1-0. At Eastport, in their quarterfinal game, the Tigers were defeated 5-1 by the Central Aroostook Panthers.

Four boys, all seniors, were named to the 2015 DAC All-Star roster: Ryan Elylar, Drew Greenlaw, Philip Farrell, and Michael Moores. Coach Brigham said, "Our team slogan this year was Sun Tzu's 'Victorious warriors win first, then go to war,' and our team did a great job of living up to the slogan. In addition to going undefeated in the regular season and amassing 14 wins, the young men on this team showed a tremendous amount of growth as individuals and a team. I will truly miss this year's seniors and wish them the best as they move forward."

Senior night held at girls DAC game

On Wednesday, October 21, senior night was held to honor soccer players from the Class of 2016 and their parents. In all, eight Tigerettes and five Tigers have played their last soccer game for Shead, and ended their high school careers with an outstanding season.



The 2015 DAC Champion Shead Tigerettes soccer team and DAC Coach of the Year, Dana Bowen.



DAC 2015 Coach of the Year, Ben Brigham, and the DAC Champion Shead Tigers soccer team.

Team photos by Don Dunbar
of Eastern Maine Images.
Thank you, Don, for your
support of Shead's athletic
programs!

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EES students interview garden volunteers

Ms. Parsloe's seventh- and eighth-graders interviewed Connie Knight and Amy Zipperer about their interest in gardening. Students came up with their own questions. Following are some excerpts from those interviews.

Interview with Connie Knight

When did you start doing the school garden?

Seven or eight years ago. We started with [seventh/eighth grade teacher] Trudy Newcomb. Linda Sisson and I both had taken Master Gardener training at the University of Maine Cooperative Extension. In exchange for learning all this awesome stuff, you're expected to share it.

How old were you when you started gardening?

When I was little and I visited my grandmother. I didn't start gardening on my own until I was nineteen.

What benefits do you get from gardening?

I know my family is eating good food. Gardening makes me happy. If I've had a bad day, I can go weed.

What is your favorite flower and herb?

Oriental lilies. My favorite herb is basil because I love pesto.

How big is your garden at home?

25 feet by 50. I have a big greenhouse, too. Right now I'm into Mexican cooking so I'm making food with serrano peppers. It's delicious.

What are some of your favorite things to plant?

I really like peas. I don't like them cooked, but I like to go into the garden and eat them. I like to grow carrots and broccoli. If you ever have broccoli from the garden and then get it from the store, it's not as good.

When did you first start to think about gardening?

I had a chance to eat fresh vegetables growing up and just liked them better. My father-in-law has a big perennial garden and he would share the flowers with us.

Why were you willing to become a volunteer?

I think it's important for everyone to volunteer in their community. Gardening is something everyone can do and should do. Anything that's home grown or homemade is better.

Interview with Amy Zipperer

How long have you been gardening at the school?

I think it's been three years. This is the third year.

What inspired you to garden at the school?

I've been interested in gardening forever. I thought it would be nice if students and parents and schools were connected to the landscape, which includes growing food, but also herbs and flowers and making it beautiful. Making it a place where people wanted to hang out, and making it useful.

What is your favorite plant to grow?

I really love growing herbs, like lemonbalm, anisette, and catnip, because they are so easy to grow and the deer don't eat them. It's satisfying to have herbs you grow to make teas and to make things fancy. I also have a real fondness for fruit trees and fruiting shrubs. I love perennials. Food plants are exciting to me, too.

What is your favorite herb?

There are so many, and it changes all the time. I love growing lavender and chamomile. I started a flat and then it got flooded.

Can you tell us about your training in gardening?

Initially, much of my training came from apprenticing at an herb-gardening farm. Last year I took a class on permaculture, which is about learning to develop our living spaces in a gentler way. There are so many ways to do things, like building beds in layers instead of digging into the earth.

What do you think will happen in the future?

I would hope every inch of the landscape would be filled with things.



Shead golf team goes to state finals

The Shead golf team ended its regular season on a high note at Calais's St. Croix Country Club, winning the Downeast Athletic Conference (DAC) Championship against Machias and Narraguagus of Harrington. The Shead golfers also qualified for the state finals, which were held on Saturday, October 10, at Natanis Golf Course in Vassalboro, Maine.

Shead junior Matt Harris won the DAC Individual Championship, edging out his teammate, senior Drew Greenlaw, by two shots. Harris, Greenlaw, and senior Stephen Morrison were named DAC All-Stars.

The team's only loss this season was at the state finals, with Class D Shead competing in Class C against eleven other teams. Teacher and Athletic Administrator Josh McGuire said of the state championship competition, "I received compliments all day about how well-mannered the Shead team was."



The Shead golf team at the state championship in Vassalboro, Maine.

Spaghetti and student performances at EES

On Tuesday, October 27, the eighth-graders under the guidance of advisor Heidi Parsloe held a public spaghetti supper with a variety show organized by music teacher Robert Sanchez and his band students. The event was a successful fundraiser for both groups, with a very good turnout and a great diversity of performances by EES students, from magic tricks to ballroom dancing.



EES celebrates Halloween

Students and staff at Eastport Elementary dressed in costumes, played penny arcade games, ate snacks, and had an all-around good time at their Halloween party on the afternoon of Friday, October 30. Third- and fourth-grade teacher Rachel McNally was the chief organizer of the event, which saw the teachers dressed as Minions and Principal Paul Theriault as villain Felonus Gru. A parade around the school started the festivities and was followed by games and activities in the gym.



MELMAC NEWS

EDUCATION FOUNDATION

Students attend college fairs

Thanks to the MELMAC Education Foundation's ongoing "Connect Aspirations to a Plan" grant and the new Partnership grant received this year, Shead students and upper level students at Eastport Elementary have had the opportunity to visit area college fairs.

On Tuesday, September 29, a group of Shead sophomores, juniors, and seniors attended the New England Association of College Admissions Counselors (NEACAC) College Fair at the University of Maine at Orono with their chaperones, guidance counselor Leah McLean, teacher and parent Chrissy Greenlaw, and bus driver Robert Patterson. Because of high interest and a number of student requests, McLean also arranged for the students to visit the engineering department at the University.

During the visit, the students saw a presentation by Dr. Mohamad Musabi, the Associate Dean of the UM College of Engineering and Sheila Pendse, Project Development Associate. Students toured the chemical engineering, bioengineering, computer engineering, and electrical engineering departments. They were given hands-on experiences in each department and then visited the engineering composite center for a presentation about bridges, windpower, and tidal projects. Lunch was provided by the University.

Shead guidance counselor Leah McLean reported that "It was an outstanding presentation and the students enjoyed it. Many of them returned to Shead and talked to their teachers about their experiences."

On Wednesday, September 30, younger students also had a chance to look at colleges at the NEACAC college fair held at Washington County Community College in Calais. Shead's freshman class and Eastport Elementary seventh- and eighth-graders, accompanied by their chaperones, seventh- and eighth-grade teacher Heidi Parsloe and teacher and parent Chrissy Greenlaw, spent time talking to a variety of college representatives about their programs.

Each student was required to visit three schools with a list of at least three questions. Students enjoyed the visit and interacting with the college presenters. Most of the students, even the seventh-graders, seemed to have a clear career path in mind and chose to explore colleges relating to their goals.

Two grants provided to Shead High School by the non-profit MELMAC Education Foundation are used to support post-secondary planning for all students. According to the MELMAC website, "College Access programs help students to achieve economic prosperity by raising their aspirations and by showing them ways to connect those aspirations to a plan which leads to a successful transition from high school to college. The Foundation defines college broadly to include four-year colleges, two-year colleges, certificate programs and the military."

Over \$5.8 million in grants have been awarded since the program began in 2003. Currently, 69 high schools and technical centers in Maine are recipients of MELMAC grant for programs in aspirations and post-secondary planning. In 2015, one hundred percent of Shead graduates completed a plan for the next step in life after high school, including four-year colleges, community colleges, various branches of the military, and apprenticeships/workforce.



Shead students gather on the MMA campus with the funnel of the State of Maine training ship in the background.

MMA trip a success

Shead students interested in engineering, marine sciences, and the seafaring life traveled to Maine Maritime Academy (MMA) in Castine to learn more about furthering their educations in those fields. On Tuesday, October 6, twenty-five students and their chaperones, guidance counselor Leah McLean, Shead teacher and parent Chrissy Greenlaw, and bus driver Wayne Seeley were given a tour of MMA by Jeff Wright, the Director of Admissions.

During the tour, students met student midshipmen who gave them an overview of the MMA experience from the student perspective. They also toured the training ship State of Maine and were able to run a virtual ship by trying out the bridge simulator.

Because the visit's timing put the Shead group at MMA a few days after the loss of the cargo ship *El Faro* near the Bahamas during Hurricane Joaquin, McLean reported that the environment at the college was "somber but still welcoming." Five crew members of the *El Faro*, including the ship's captain and the second mate, were MMA graduates.

Partnership grant awarded

Eastport School Department guidance counselor Leah McLean has been notified by the MELMAC Education Foundation that the Partnership Grant has been approved. This grant extends to area seventh- and eighth-graders some of the activities supported by Shead's "Connect Aspirations to a Plan" grant.

For this school year and next, the \$5000 per year funding will be used to provide Eastport, Perry, Pembroke, and Charlotte elementary schools with a variety of trips and activities exclusively for upper elementary students. They will participate in experiential learning in the trades through the St. Croix Regional Technical Center in Calais, and visit Maine colleges and workplaces to investigate potential careers.

McLean will also be visiting each of the four partnership elementary schools once per month in order to guide students in high-school and post-high-school planning.

MELMAC NEWS

EDUCATION FOUNDATION

Girl power rules at Totally Trades

Empowerment was the theme of the day at the Totally Trades Conference held at Washington County Community College (WCCC) on Friday, October 23. Eight seventh- and eighth-grade girls from Eastport Elementary and seven from Shead attended with their chaperones, Heidi Parsloe, Lisa Morrison, and Catherine Lee.

Presented by WiTT, Women and Girls in Trades and Technology, the conference offered students a chance to explore thirteen non-traditional careers for women, including culinary arts, carpentry, blacksmithing, electrical, automotive, plumbing and heating, heavy equipment operation, firefighting and EMT, video production, criminal justice, computer technology, computer-assisted drafting, and small engine repair. Each girl chose two hour-long workshops to attend.

The conference's major sponsors included the Maine Department of Transportation, the Maine Department of Education, and the Cynthia McMullin Fund for Women of the Maine Community Foundation. Event t-shirts were provided by Cianbro, Lane Construction, and conference organizer New Ventures Maine. Time-Warner Cable of Maine provided canvas tote bags for the chaperones.

Shead's MELMAC grants funded the trip.

WCCC President Joe Cassidy welcomed students and chaperones to the conference. Maine State Representative Joyce Maker of Calais was the keynote speaker. In talking about empowerment and achievement, she referred to a World War II poster of "Rosie the Riveter," asking the girls to shout the poster slogan, "We can do it," each time Maker mentioned Rosie's name.

A large-group activity in which attendees were invited to speak about what they learned during the conference closed the event. EES eighth-grader Alyssa Malloch was the only speaker who received a round of applause from the entire room when she said, "I learned that girls can do anything we want to do."

Shead sophomore Michelle Cook said she learned this at the conference: "Women can actually do a lot of things that men do." Proving that students can sometimes teach teachers as well, Shead senior Sierra Hodgdon reported that she taught the carpentry presenter, Jon Charters, how to take a selfie, which he had never done before.



EES seventh- and eighth-graders and their teacher, Ms. Parsloe, strike Rosie the Riveter's "We can do it" pose.

Post-secondary planning at Shead

The following college representatives have visited Shead this fall to talk to seniors about college planning, career planning, and financial aid:

- the University of Southern Maine, Portland-Gorham;
- Washington County Community College, College;
- the University of New England, Biddeford;
- the Maine College of Art, Portland;
- Thomas College, Waterville;
- Husson University, Bangor; and
- the University of Maine at Machias.

Janie Small, Machias Career Center consultant for the Maine Department of Labor, also visited to talk about the financial aid process. Upcoming visits to Shead will include:

- the University of Maine at Presque Isle;
- Empire Beauty School, Bangor; and
- the New England School of Communications, Bangor.

To assist in financial planning, representatives from the Finance Authority of Maine and Bangor Savings Bank will visit to discuss the financial aid process and student loans.

Sophomores and juniors recently took the PSAT standardized test. National scholarships are available for students who perform exceptionally well. Juniors and seniors traveled to the University of Maine at Machias recently to take the Accuplacer exam that identifies the level of math and English college courses students are prepared for, with remediation available at Shead if necessary to avoid paying for remedial courses at the college level. The Armed Services Vocational Aptitude Battery (ASVAB) will be given at Shead November 5.



Some of the Shead students who attended Totally Trades.

You're invited!

Shead and Eastport Elementary parents and students are invited to attend the annual MELMAC dinner on Thursday, November 12, at 5:00 pm in the EES cafeteria.

Parent-teacher conferences will be held from 2:45 - 7:00 pm.

Please email for an appointment:

Shead High School: pacook@shead.org or

Eastport Elementary: llord@eespanthers.org



Singer-songwriter Sid Whelan discusses performance techniques with some of the members of the Shead band.

Band students attend master class

On Friday, October 2, Shead and Eastport Elementary band members had the privilege of working with Sid Whelan, a nationally-known, blues-influenced Americana guitarist and songwriter, who appeared that evening in concert at the Eastport Arts Center. Whelan has an Eastport connection, as his sister is *Quoddy Tides* reporter Lora Whelan.

Whelan's workshop group included Scotty Young, Maurice Gardner, and John Henry Mills, guitarists; Laura Lane and George Mills, bassists; Elijah Brice, keyboardist; and Donnie Laviollet, drummer. They concentrated on two songs, Willie Dixon's "Spoonful," which Whelan regards as not just a blues but the first rock'n'roll song, and "Born Under a Bad Sign," first recorded by blues guitarist Albert King. Whelan discussed the origins of the blues from African roots music, gospel, and country, and said it was originally a nameless song form before being called "the blues" because of identification of the color blue with sadness.

After playing a recorded version of each song to acquaint the students with it, Whelan led them in playing the songs, with opportunities for improvised solos for those who wanted them. The students received valuable performance tips, as Whelan explained techniques such as how to pace a solo so as not to "give it all away" at once, how to embellish a bass line, and how to bring a song to closure.

Shead senior Scott-E Young, an accomplished guitarist and seasoned performer in his own right, said of Sid Whelan, "He had lots of good stories and good tips."



At the first Spirit Night, Shead and EES students show off their pumpkins and posters supporting the Shead soccer teams.

2016 Turkey-a-thon a success

Shead students spent a recent Friday at Raye's Mustard Mill raising money for the eleventh annual Turkey-a-thon sponsored by WQDY's Classic Hits Radio 92.7 FM/95.3 FM and Healthy Acadia. With each \$12 raised purchasing one turkey, this year's goal was to raise enough money to provide 2,500 turkeys for families in need in Washington County. County-wide, the Turkey-a-thon exceeded expectations, with enough money raised to purchase 2,601 turkeys.

Several groups of Shead students, including members of the Jobs for Maine Graduates program, the boys and girls soccer teams, and the National Honor Society, along with their advisors and coaches, braved the chilly wind to collect money from passing cars and pedestrians. Federal Marine Terminals and the Eastport Port Authority issued challenges to each other as to which could raise the most money. At the end of the day, over \$2800 had been collected through the generosity of area residents, which was enough to purchase 238 turkeys. Throughout the day, Gerald Greenlaw updated WQDY on funds collected by Shead students. 100% of all donations received will be used to purchase turkey gift certificates from local grocery stores.



National Honor Society students and their advisor, Bobbie Mitchell, at the Turkey-a-thon.

Spirit Night at Shead has excellent turnout

The day before the girls soccer quarterfinals in Fort Fairfield, teacher Chrissy Greenlaw had an idea for a Spirit Night. According to the email she sent to parents, students, and staff, the event was for "anyone interested in making posters for the upcoming soccer playoff games." However, she didn't stop there—she also organized FIFA 2016 video soccer gaming, soccer and basketball in the gym, pumpkin carving, and plenty of snacks.

In all, 51 students, family members, and staff attended Spirit Night, carving pumpkins (and toasting pumpkin seeds), eating English muffin pizzas and chips, and celebrating Shead soccer with poster paint and glitter. Afterwards, Greenlaw said, "We couldn't have asked for a better group of kids to share the evening with. The kids are already making plans for the next one."

The next day, on his Facebook page, boys soccer coach Ben Brigham commented on the event by posting that at Shead, "We make it personal, and I love the Shead High School family."

Freshman Reception welcomes ninth-graders

The annual Freshman Reception was held on Friday, October 16, in the Shead gym, which prom coordinator Tara Poole and her crew decorated in black, orange, silver, and white. The march, which included Principal Theriault's introduction of each freshman to the audience, was led by the Freshman King and Queen of the Class of 2016, Ryan Eylar and Heaven Auger. For the Class of 2019, Madison Greenlaw of Eastport and Johnny Cox of Edmunds were crowned King and Queen.



Ninth-graders who marched at the Freshman Reception pose for their prom-group photo.

Students set up forest inventory

Seven students in Stephanie Allard's "Natural History of Maine Ecosystems" course at Shead spent two days during the last week in October setting up forest inventory and growth (FIG) plots on a tenth of an acre on High Street between the old superintendent's office and the new water tower. The students worked with Colin Brown, former Shead education technician and current Education and Outreach Manager for the Downeast Lakes Land Trust (DLLT) in Grand Lake Stream, Maine.

Eliminating the necessity of counting every tree, FIG plots provide forestry specialists with snapshots of tree populations and their health, including the presence of disease and insect damage. In addition, FIG plots allow foresters to survey animal and plant diversity in the understory.

The FIG plots set up in Eastport will be monitored in fall and spring. Brown will be back in the spring of 2016 to work with students on the next inventory. In addition learning how to set up and monitor the FIG plots, students learned how to use forestry equipment, including the clinometer to measure tree height and the increment borer to take core samples from tree trunks.

The DLLT offers K-12 programs based on the award-winning Project Learning Tree and Project Wild Curricula. These programs are designed to provide authentic hands-on learning experiences in the forests and waters of the Downeast Lakes region. DLLT school programs are tied to STEM and Core Curriculum standards so that they can easily be integrated into school schedules.



**Downeast Lakes
LAND TRUST**

and waters of the Downeast Lakes region. DLLT school programs are tied to STEM and Core Curriculum standards so that they can easily be integrated into school schedules.



Shead JMG students participate in an activity identifying qualities that leaders should possess.

JMG students attend conference

On Monday and Tuesday, October 19 and 20, six of Shead's Jobs for Maine Graduates (JMG) students visited Goodwill-Hinckley Charter School in Hinckley, Maine, for the Leadership Education Conference. They were accompanied by Shead JMG specialist Tara Poole. The students were chosen by their peers in Shead's JMG classes to compete in a full day of events supporting their leadership abilities, social skills, and civic engagement with over 150 other JMG students.

Students competed in boat-building activities, shared community service ideas, attended workshops that showcased what it means to be proud of who you are, and participated in ice breakers that forced students to jump out of their comfort zones and make new friends from other schools. Shead students brought back several great ideas for fundraising and community service projects, and are eager to further their leadership skills throughout the year.

Attending this year's conference were seniors Samantha Wilder and Taylah Kilby; juniors Nikee Mitchell, and Dalton Theriault; and sophomores Hailey Lee and Cassidy Wilder.



Colin Brown of the DLLT shows Natural History students how to calculate tree height using a clinometer.

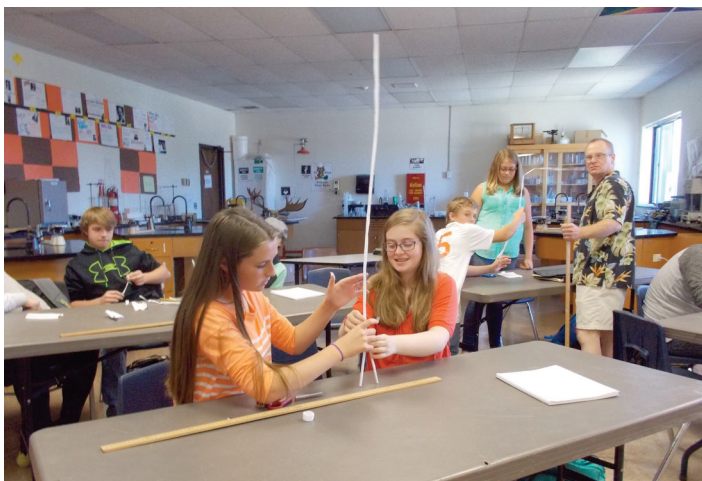
Eastport Elementary calendar

November

- 6 *First quarter grades close*
- 8 PeeWee basketball, time TBA
- 11 Veterans' Day, No SCHOOL
- 12 MELMAC student/parent dinner at EES, 5:00 pm
Parent-teacher conferences, 2:45 - 7:00 pm
- 13 Early release day, students and staff
- 15 PeeWee basketball, time TBA
- 18 School committee meeting, Shead Library, 6:00 pm
- 20 School photo retakes, Lifetouch Photography
- 20-21 District basketball tournament in Machias
- 22 PeeWee basketball, time TBA
- 24 Thanksgiving dinner at EES for all students and staff
- 25 Early release day, students and staff
- 26-27 Thanksgiving break, NO SCHOOL
- 29 PeeWee basketball, time TBA

December

- 2 Early release day for students
- 11 *Second quarter progress reports close*



Freshmen in Mr. Patterson's physical science class work on their paper tower engineering projects.

Shead High calendar

November

- 5 ASVAB tests for juniors and seniors
(date change from November 20)
- 6 *First quarter grades close*
- 11 Veterans' Day, NO SCHOOL
- 12 Parent-teacher conferences, 2:45 - 7:00 pm
MELMAC student/parent dinner at EES, 5:00 pm
Senior planning meeting for all seniors/parents, 7:00 pm
- 13 Early release day, students and staff
- 18 School committee meeting, Shead Library, 6:00 pm
- 20 School photo retakes, Lifetouch Photography
- 24 Thanksgiving dinner at EES for all students and staff
- 25 Early release day, students and staff
- 26-27 Thanksgiving break, NO SCHOOL
- Dates/times for open gym for basketball TBA
- Dates/times for basketball tryouts TBA

December

- 2 Early release day for students
- 11 *Second quarter progress reports close*



The View From the Hill is published monthly by the Shead High School Leadership Team.
For more information, contact Principal Paul Theriault at ptheriault@shead.org or call EES at 853-6252 or Shead at 853-6254.
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