This is the second number of the PEAKS ISLAND STAR - did you see the first? Many people did not because it was an experimental edition and only 100 copies were printed in attempting to reach different elements of the community, such as one per family in school, Day Care, a few at the Library and each store, etc. It apparently was not nearly enough to cover the island. Good comments from those who did see it have served to encourage the repeat of the initial cover editorial in a more formal way.

GOAL: To contribute to a sense of community on Peaks Island through increased communication between agencies, organizations and individuals.

OBJECTIVES:
1. Winter printing - 300 copies
   Summer printing - 500 copies
2. To fund printing costs by soliciting various island groups, agencies, businesses, organizations and individuals, so that distribution may be made to all segments of the population through school, Senior Citizens, organizations, stores.
3. Format: To solicit information and news from groups and organizations to serve as a calendar of events and recent news items. It will be printed under group headings in the words of the contributors.

If you can contribute money, time or suggestions, they will be much appreciated. Call or drop in at the Peaks Island Library with materials. (766-5540).

The Casco Bay Lines problem continues to be a very serious issue for all Peaks Islanders—and all the Islands. Meetings on Saturday morning, Jan. 17 and Wed., Jan. 21, were held for information and discussion of the future of their lifeline to the mainland. Another exploratory meeting will be held this Sat., Jan. 24 in Portland.

A very key hearing will be held in Bangor on Feb. 5th, to which as many islanders as possible should go. Contact Russ Edwards (766-5509) Irene Murray (766-5591) or Donna Gilbeau about rides.

Materials on CBL financial status have been placed in the Peaks Island Library. Drop in and be informed. Explanation of the total Casco Bay Lines financial fiasco is currently appearing as a series of three articles in the Portland Evening Express.
In February the Peaks Island Library will be celebrating its third year as an island library. We are very proud of it!

We started out in the Legion Hall on Welch St. and stayed there until Dec. of 1979. We closed our doors there, packed most of our collection into the Fifth Maine Building and set up a Bookmobile until the middle of February.

The new library was supposed to open the first of March in the new Community Building; but because of the city cuts in the library budget we were ordered to close our doors. Not until the end of May were we able to let people into our beautiful new headquarters.

Everyone caught on quickly to our reduced hours and new location. In late October we received our new furniture and shelving so when you come in to the Library now, it look SO different from the old Legion Hall days.

To celebrate this wonderful event - our third birthday - the library is having a party on Wednesday, Feb. 4th from 7 - 9 p.m. in the Community Room. We will have food, punch and TWO movies. They will be "Living the Good Life" and "Ruth Stout's Garden". It will help us all to get in shape for our summer gardens. Please come and celebrate with us ! 7 - 9. It will be a great time.

Here are some of our newest adult titles.

**FICTION**

- Chains - Gerald Green
- Come Pour the Wine - Cynthia Freeman
- Covenant - James Michener
- Falut Lines - James Carroll
- Heart of War - John Masters
- Horn of Africa - P. Caputo
- Music for Chameleon - Truman Capote
- The Old Neighborhood - Avery Corman
- The Origin - Irving Stone

**NON-FICTION**

- All My Patients are Under the Bed - Dr. L. Camuti
- Be Alive as Long as You Live - Older Person's Guide to Exercise
- Complete Book of Ballroom Dancing
- Gold Dust - Story of the Forty Niners
- Helen & Teacher - J. Lash
- My Story - Ingrid Gergman
- Saga America - Berry Fell
- A Thousand Sundays - Ed Sullivan Show

**NEW TITLES FOR CHILDREN**

Books to Read to Kindergarten & Younger. Listeners -

- Why the Tide Ebbs and Flows
- Leopard and the Noisy Monkeys
- Yesterday's Snowman
- Everyone is Good for Something
- The Little Goat
- People - Peter Spier
- Lullaby
- Prince of the Dolomites
- And so many more for all ages.

Come and browse with the whole family

- Tuesday 12 - 8
- Wednesday 9 - 6
- Saturday 9 - 1

Our branch library is nearly three years old and our patronage is increasing. We are tremendously thankful for our growth here. Please try to show appreciation for this service by returning our books promptly so that our fellow islanders will not have to wait for their choices.
NEWS FROM THE PEAKS ISLAND CHILD DEVELOPMENT CENTER

Life at the Center has been very busy this month. The Community Christmas was attended by many and enjoyed by all. The children at the Center were delighted to see Santa two times on Dec. 24 - at the center with Mrs. Claus delivering much needed games and sleds and at the Legion Hall passing out treats.

We will be having a staff change at the end of February. After more than three years with the Center, Angie Kelso will be leaving. We are in the process of searching for and hiring a person to fill the position of Family Home Provider. This entails developmental care of children between the ages of 18 months and 3+ years in the provider's home. We will all miss Angie very much. Her loving care, patience and skill have made daycare a pleasant and valuable experience for many children, their families, and other staff members. We wish her success and happiness as she moves further afield.

The children have found 'sliding' (sledding) to be their favorite outdoors pastime this winter. We have enjoyed many runs down the Ivers and Polk's hills! Indoors activities also abound: colors, shapes, murals, monsters, stories, ships, dinosaurs, etc. They keep their feathered friends in mind and put out treats for the birds and the ducks. The kindergarten group has been making a snack on Fridays for everyone. We are trying a new project at the moment - plaster of paris printing blocks - if they work we may use some for making Valentine's Day cards.

Thanks to the support of our Advisory Board, January 5th was the first in a series of 'first Monday of the month' staff times at the center. Jeanne Dinsmore, Pat Kossuth, Paula Mills, and Pam Turbovsky volunteered time between 8 and 12 a.m. to care for the children at the center while staff members met to hold a workshop and spend some joint planning time. Ellen Zimmerman from the Therapeutic Nursery came to talk with us about lunch and nap times - two daily periods when staff need to be most skillful in handling individual crises and group concerns. The staff all felt the time spent to be most beneficial. We appreciate deeply the interest of parents and board members in the need to continually maintain high standards of training and program planning for staff. Our sincere thanks to our volunteers, our parents, and the board. The next staff time will be on February 2, 1981.

Saturday, February 7 is scheduled to be a potluck supper and country dance at the center to raise funds for the program. Tickets should be on sale this week. Watch for posters announcing time, etc. Please come and have a lively time as you show your support for the center.

Have a good month!

BETH MATTHEWS

Please Note: Project Co-Step is holding a three part workshop for parents and daycare people on Living and Working With Preschool Children: Emotional and Behavior Problems. The workshop leaders are two child development specialists from the Maine Children's Resource Center. They are both very good. The sessions are free from 1-4 p.m. at 204 Payson Smith Hall at the Portland campus of USM on Wed., Jan. 28; Wed. Feb. 11; and Wed. March 11. If you are interested, send your name and phone # to Project Co-Step, 716 Stevens Ave., Portland, Me 04103 or call 797-5770. Child care is usually provided. Call Beth at the Daycare Center, 766-2854, if you are interested and want to know who else is going.
SENIOR CITIZEN NOTES

The Senior Citizen Center is the core of so many good programs but one of the most useful and popular - and appreciated is the TAXI service. It is supplied by the Peaks Island Taxi Company. It is a part of the Regional Transportation Program and is funded in part (25 per ride) by the Southern Maine Senior Citizens through the federal "Older Americans Act" funds. It costs each Senior only 25 cents to get to the boat, church, laundry, or wherever they wish or need to go. The taxi absorbs the balance of the cost. It is a great way to have Seniors more mobile and independent. Senior Citizens not already using this program should drop in at the Center and sign up.

Other Island citizens often benefit, since a call by one of these older people often brings the taxi to meet an evening boat, or Sundays or holidays when others forget to call or unexpectedly find themselves too weary to walk.

The Peaks Island taxi is a fine service from first boat in the morning to the last boat at night. Owner, Charlie Trynor offers a few tips that would help you and Marilyn Trynor, the nice voice that answers your call, as well as our capable driver, Alan Mills.

1. Call 766-2777 well in advance of the time you need to go - Remember the taxi may be way on the other side of the island and unable to get to you on time.

2. If you wish another destination than the boat, try to plan your trip between boat times.

3. Be sure to call from Portland to insure that the taxi meets you on any boat after the 5:30 p.m. and on Sundays and holidays.

4. Try not to call at mealtimes (12:30 - 1:30; 6 - 7) unless it is an emergency. Driver may not be easy to reach at those times.

SUGGESTIONS FROM THE PUBLIC SAFETY

During the recent frigid weather, many people have had problems with pipes freezing and bursting. Following are a few things to remember throughout the cold weather season:

First of all be sure all furnaces and stoves are in good repair and working order. Hand in hand with this, keep the oil tanks full and have on hand enough coal or wood for stoves. Any pipes that are away from heated areas or against outside walls should be insulated.

If planning to be away from home for an extended period, drain all water pipes. Anyone unfamiliar with this procedure can contact any of the plumbers on the island.

If all of the above fails and water pipes do freeze but do not burst, contact a plumber for service, or instruction on how to thaw pipes properly.
PUBLIC SAFETY - CPR CLASSES

In response to several inquiries regarding CPR (Cardiopulmonary Resuscitation Instruction) classes, Officer Peter Fulton of the Portland Public Safety has set up two programs to be starting this month. The dates are:

The classes will be run for three consecutive weeks and will start at 7 p.m. Classes will be held at the Public Safety Building. Anyone interested can register by calling 775-6361, Ext. 379 and leave your name, telephone number and the night you are interested in attending.

TIPS FROM THE HEALTH CENTER
Marge Erico RN, FNA

The cold/sore throat/cough/flu season is here! Most discomforts can easily be cared for at home. The following are some simple things you can do:

1. Get enough rest - don't overdo.
2. Increase fluid intake.
3. Avoid crowds
4. For colds - coughs - sore throats
   a. Adequate fluids
   b. Aspirin or tylenol every three or four hours according to instructions.
   c. Saline sniffs often - luke warm tap water into which some salt has been shaken. Pour some into palm of hand and sniff it.
   d. Saline gargles often for sore throats.
   e. Decongestants as needed.
   f. Cough syrup. May use brand names or make your own.
      3 Tbsp. honey, 1 1/2 Tbsp lemon juice. Mix well with small amount of hot water. Take 1 - 2 Tbsp often.
   g. Vaporizer. Cool mist better than steam.
5. If temperature increases or lingers and aspirin does not reduce it, check with your physician.
6. If coughing up green phlegm or blowing green nasal discharge, seek medical help!
7. For those with nausea/vomiting:
   a. Ice chips or clear fluids 24-48 hours, then advance diet as tolerated.
   b. If vomiting is severe, medical help should be obtained.
8. For diarrhea - clear liquids at room temperature - gingerale, boullion, jello. NO FRUIT JUICES OR MILK PRODUCTS.
   Infants may use Pedilyte. Advance diet to normal as tolerated.
   Pepto Bismal or Kaopectate as directed on label.
   Prescription medication may be necessary, so consult your physician if diarrhea lasts longer than 2-3 days.
   Be sure to get enough fluids - especially infants, elderly and chronically ill.

Help in the printing costs of this issue of the Peaks Island Star:
Feeney's Market
Port Island Realty
NOTES FROM THE CHURCHES

These will be brief this month. Father Conley and Rev. Linda both report that this is a season of little formal activity - a chance to take a long breath for another busy year.

BRACKETT MEMORIAL UNITED METHODIST CHURCH
Come and worship. 10:30 a.m. Every Sunday

You are a child of God. You, the Senior Citizen; you are a naive and innocent child in need of maturity in Christ.
You the schoolchild, are wise and giving as God's child.
You, the Wanderer; you left the faith years ago - you are God's child. Come, grow in maturity and experience all the rewards and challenges of being part of the community of faith. We are here for you - whatever your need.

CYO Notes
Officers:
Mike Marcello - President Renee Watson - Vice President
John Gorham and Joe Galope - Deanery delegates
Connie Dennison - Secretary Phil Daigle - Treasurer

The organization meets every other Monday evening at 6:45 p.m. at St. Christopher's. All teen-agers are welcome to join and participate in the activities. Next event is a CYO High School Dance on Friday, Feb. 27.

A YEAR'S ENDING - Sister Ann Augusta, St. Joseph's.
Dec. 21st will be a day that will remain for a long time in the memory of both old and young on Peaks Island. On that Saturday afternoon the CYO there invited all the elderly who make their home on Peaks to dinner, which they thoroughly enjoyed. In fact it was hard to judge who was getting the most out of the day, those who planned the project or those who came to lend their support.

Entertainment followed the meal. The young ladies directed Christmas carols, which all sang joyously. Not to be outdone, the gentlemen supplied many laughs with their funny stories. The highlight was the appearance of Santa who gave each guest a candy cane along with a kiss. He readily doffed his hat and beard so that the lady who wanted to know who kissed her could make identification. Before closing, all were given two Beano cards and the boys certainly took pleasure in calling the numbers for the game and awarding the prizes. There were six lovely prizes in all. The climax of the day came in the drawing for the door prize - a five dollar gift certificate from Porteous.

The young adults will never know how much joy they brought to the elderly on Peaks Island that special day.

TOWN MEETING COMMITTEE - Sunday, Feb. 1. 6-8 p.m.
Agenda - Plan for March Town Meeting on March 8. All members asked to attend. Other citizens and suggestions welcome.

FIFTH MAINE COMMUNITY CENTER A SPECIAL MIDWINTER EVENT

Sunday afternoon, Jan. 25 3-4 p.m. Dedication of Historic Plaque by Greater Portlandmarks.
4:30 - 6 Community PRE-SUPERBOWL BUFFET! Come all!
Call Peggy Harmon. (TV will be on hand for pre-game watchers.)
766-2734 for kind of food contribution needed.

PEAKS ISLAND STAR - Deadline for next issue - Feb. 17th Please...