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Service Agencies of the Island

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It is TOWN MEETING time in New England. The second Sunday in March is the date for annual spring PEAKS ISLAND TOWN MEETING, March 8. Put it on your calendar!

It is recognized that this is not an official governing body - no real power or money. However, it is a Forum, established in 1978 by a group of island citizens, especially for PEAKS ISLAND people to discuss PEAKS ISLAND problems. Through its regular and special meetings, it has invited speakers - city and state officials, candidates for office, held discussions, debates and informational talks on current concerns and issues - a means of two-way communication that is essential to an island community within a city government.

This upcoming Town Meeting has an agenda of special interest to ALL Peaks Islanders. It is YOUR opportunity to come and question and be informed.

PLACE: Peaks Island Community Building
DATE: Sunday, March 8 TIME: 2-4 p.m.
AGENDA: Future of Casco Bay Lines (See article on CBL on Pg.1)
Speakers - William Furbur, Public Utilities Commission
David Lourie and Karen Marchetti, City Corporation Counsel
Discussion of Alternatives by other officials and Islanders
Portland Harbor
Speaker - Allan McKinnon, Chairman, Board of Harbor Commissioners
Other Issues and Committee reports

ISLAND EVENTS CALENDAR
Feb. 21 Fifth Maine Center-Baked Bean and Ham Supper 5:30-6:30
Feb. 27 CYO Dance - St. Christopher's Hall 7:30 - 11:30
March 7 Pot-Luck Supper at the Day Care Center (St. Christopher's Hall) 5 - 7
March 8 Town Meeting Peaks Island Community Building 2-4
March 21 Brackett Methodist Church Pot-Luck Supper, Casseroles and Salad-Just for fun!
March 28 A Benefit - Coffee House style with local entertainers for the Peaks Island Development Center at the Center.
The Peaks Island Child Development Center is known "in-house" as The Center, or to the public as the "Day Care". Until recently it was known to me mostly as the latter. However, that was before I was asked to serve on the Board as a member of the Community Relations Committee and I began to realize the serious planning and careful attention that the Staff and Board give to the care and development of the program, which makes the Center such an asset to the life of the Peaks Island Community.

Through a complicated formula of funding sources - the Diocesan Human Relations Services, the United Fund, Community Development Funds, Title 20 and a lot of work by helpful island citizens, it can serve all kinds of young families. On a sliding scale formula, the families contribute too - families where both parents must work, single parent families, families where there is stress or the child needs social orientation and all the good ways that the Center can serve.

Drop into the Center when they are making ice cream, or coming in from sliding with rosy cheeks, or just going to the Library for books, stories, and films. Good lunches and a quiet time afterwards in the darkened room where you could hear a pin drop! All the good health habits, nutrition and naps I had to struggle with when my child was growing up - all taken as a matter of course by these little ones! I've been there myself to do "Storytime" or work with film making for the After-School group.

The funding for the Center becomes harder to come by each year and it needs all the support it can get from the Island citizens. We, of the Community Relations Committee, are looking for ways to insure the continuation of the Peaks Island Child Development Center. Drop in and talk to them. Perhaps there is something you can do!

Marianna H. Rowe
Board Member

Notes from Beth:
Thanks to Jane McDermott for the "Hats" for dress-up! The children have enjoyed them... and for the rolling-pin for John and the kitchen.

Thanks to Pat Kossuth for the lovely lime green curtains and Jim Kossuth for helping the hanging of them. Naptime is like sleeping in the forest or camping out!

We are starting a coupon exchange and putting a box for them on top of the purple "cubbies". They are free for the 'taking and putting' for anybody in the community.

Upcoming events: March 7 is the Pot-Luck from 5-7. If you are tired of disco or ballroom, come dance old-fashioned country style - Contra dancing, after the supper.

CASCO BAY HEALTH CENTER NEWS

Let's Be Healthy

In my role as health provider I see many people who are carrying too much weight; including yours truly. Adults know better - but what about the children? They eat
what is fed to them as infants and toddlers. Then as they grow older, especially nowadays with television in every home, they ask for, receive and eat whatever is advertised. Most of what is shown is not good for our young people. Cereals with high sugar content or worse - sugarcoated; all kinds of sweets – sodas- loaded with sugar.

I see many youngsters snacking on potato chips, gum, candy bars, regular sodas, munching on Twinkies, cookies, Ring-Dings, Whoopee Pies. You name it, they'll eat it! Junk food means EMPTY CALORIES.

And who is to blame?
We are - you - me - society - permissive society! Let's take a good look at what we put into our mouths. Isn't it about time we got off the merry-go-round and think seriously about good nutrition in order to have healthier bodies?

I think it is. We are what we eat. If we consume more than our body requires we can become obese and candidates for hypertension, heart disease and stroke. What can you do about it?

First of all, know what your four food groups are.
I. Beans, grains, nuts. 3-4 servings daily.
   Whole grain breads, cereals, refined and unsweetened oatmeal, granola cereal, macaroni and cheese, white and brown rice, tofu, peanut butter, soybeans, cornbread, lentils are all examples.

II. Fruits and vegetables. 3-4 servings daily
   All fruits and vegetables in their ownjuices. NOT HEAVY SYRUP. Unsalted vegetable juices. Fresh vegetables are best - frozen next, and canned last. If canned, rinse thoroughly as salt is always added. READ THE LABELS. 1/2 c. of any vegetable is sufficient for a serving.

III. Milk Products. 3-4 servings daily for children; 2 for adults.
   Buttermilk, lowfat cottage cheese, lowfat or skim milk, skim milk cheeses, frozen yogurt, ice milk, cocoa with skim milk, plain yogurt. Regular cheeses-hard and processed-contain a good amount of salt so again, read your labels.
   Whole milk is not necessary for normally growing children, A mixture of instant dry milk and whole is just as nutritious - served cold.

IV. Poultry - fish - meat - eggs. 2 servings per day.
   Whole eggs, limit 3 per week.
   Fish - cod, flounder, haddock, halibut, shellfish, sole, waterpacked tuna, salmon or shrimp.
   Poultry - chicken, turkey.
   Meats - beef only 3-4 times a week. This includes hamburgers, steaks, roasts.
   Liver should be eaten weekly. Lamb, pork, veal in moderation; some pork products. Ham, for an example, is high in salt content as is corned beef. Bologna, hot dogs, salami, liverwurst are also 'salty'. Bacon is high in fat and salt, as is sausage. All meat should be boiled, broiled, or baked. Watch that Fried Chicken and all fried foods. A No No!

The above food groups give you an idea of what to eat. Natural foods are great!

Why not have a family conference and have each member tell what they had to eat that day. You really will be surprised!

The schools are doing their best to do away with junk food. Now it is the home’s turn. Check what your children are eating - what you are giving them.

Substitute carrots, fruits, juices, a small salad, diet soda in moderation. Or better yet - research some recipes for good nutritious inbetween meal snacks. Many are simple to make and delicious. Some recipes will be offered next month. Watch what you put into your mouth. Make your food work for you.

Marge Erica RNFEA
CBHC
One of our interesting newcomers, Emily Brocius from Washington, D.C., is willing to share the benefits of her 29 years in governmental financing work. She will provide assistance to Senior Citizens in making out their Income Tax Forms - free of charge!

Call her at 766-2778 for an appointment.

NEWS FROM THE PEAKS ISLAND LIBRARY - Branch of Portland Public Library

To everyone who came to the Library and helped celebrate our Third Anniversary - we thank you! It was a very special evening for us. Thank you once again for coming.

The movies we had on Feb. 4th were about two different methods of gardening. One method is used by Helen and Scott Nearing. The other was used by the late Ruth Stout. If you are interested in learning more about the philosophies of these gardeners - we do have some of their books on hand. Plus many more to help you plan your garden this spring.

On March 18th at 7 p.m. we will be having our March Series of Movies MOVIES - MOVIES....We will be showing 'Whistle for Willie' and 'Tillie's Punctured Romance'. Both very humorous movies. People need a laugh nowadays. Don't you? Be sure to come out for an evening of movie entertainment.

Do you have a child who loves to read? For many years children's librarians have been voting nationally on what they consider the best children's books of each year. Caldecott Award is given for outstanding art and design which usually makes the books of interest to younger children as Picture Books and Folk Legends.

Newbury Medal is given for what the librarians consider the outstanding book published during the year for ages 10 and up. If you would like to take a look at some of these award books; they are now on display in the Peaks Island Library.

Titles for Winners from 1977 - 1980:

CALDECOTT AWARDS
1977 - Spier Noah's Ark
1978 - Lobie Girl Who Loved Horses
1979 - Hall Oxcart Man
1980 - Lobel Fables

NEWBURY AWARDS
1977 - Paterson Bridge to Terabithia
1978 - Raskin Westing Game
1979 - Blos A Gathering of Days
1980 - Paterson Jacob Have I Loved
(on order. Not yet received)

Honor Books are equally good reading and available. Such as 'Charlotte's Web' by E.B. White

Please take time to STOP in and look at these books. You may be surprised at some of the winners. Your child has probably already grown to love them.

Hours
Tues. 12 - 8 p.m.
Wed. 9 - 6
Sat. 9 - 1

CASCO BAY LINES - A Public Utility in Bankruptcy

On Jan. 17th a meeting was held on Peaks Island to discuss the ferry line's situation and to hear from both the CBIDA attorney, Peter Murray, and the Assistant Corporation Counsel for the City of Portland, Karin Marchetti. During the meeting
several islanders expressed an interest in meeting to discuss ways in which the residents might be able to organize their own investment group. The following Wednesday a follow-up meeting was held. Several representatives from other islands were present and about twenty Peaks Island residents. The discussion covered a wide range of alternative mechanisms for running the ferry service. The three major areas were: a private corporation, a public ferry district, and a cooperative. A decision was made to ask CBIDA as an existing organization to establish a task force to study the feasibility of forming a public ferry district.

On Saturday, Jan. 23, at a special Steering Committee meeting of CBIDA, such a task force was formed. The Chairperson of the task force is Irene Murray of Peaks Island and the Treasurer is Ann Romanyshyn also of Peaks Island. The task force has broad representations from all islands and was charged with contracting for and completing the ferry district feasibility study. The study includes a history and current situation of CBL, a financial analysis, the potential legislation that would be required to launch the ferry district.

WHAT IS A FERRY DISTRICT AND WHAT IS REQUIRED TO ESTABLISH ONE?

A ferry district would operate as a quasi-municipal organization. What that means is that it is a public corporation run by elected Trustees. Peaks Island would elect one trustee, and the remaining seats would be filled by two at-large trustees and one appointed by the Portland City Council and the Maine Department of Transportation. Money for the lines would be raised by issuing tax-exempt bonds. So long as the bonds were kept current, the Trustees would formulate policy and run the district. If the bonds were in default, the bondholders would have the right to vote as stockholders. The bonds would be secured by the assets of the Line - that means by a mortgage on the boats. To begin a ferry district, special legislation would have to be passed allowing the establishment of the district.

Negotiations would have to occur between the present owners, the creditors of the Line, and the PUC. Elections would have to be held for the Trustees, and the bonds issued. So far, major creditors have indicated an interest in exploring the concept. The Portland City Council is expected to address the issue and a meeting has been scheduled with members of the Governor's Staff and the Maine Department of Transportation to request the submission of the special piece of legislation drafted.

The time frame for launching the district includes a May 4th election date. You can see this is not a lengthy period of time to accomplish what must be done. The issues involved are complex and you may have questions that remain unanswered. Please feel free to call Task Force members to ask those questions, offer suggestions, offer assistance or clarification. YOUR PARTICIPATION IS WELCOME AND IMPORTANT.

FERRY TASK FORCE
Irene Murray, Chairperson 766-5591  Paul Husted, Peaks Is. 766-2942
Ann Romanyshyn, Treasurer 766-2550  Robert Jordan, Long Is. 766-3396
Jean Dyer, Chebeague Is. 846-4188  Stuart Laughlin, Great Diamond 772-4103
Jerry Garmen, Peaks Is. 883-6724  Philip Lee, Little Diamond 772-5739
Donna Gilbeau, Peaks Is. 766-2600  Johanna von Tiling, Cliff Is. 766-2741
Bob Buttrick, Cliff Is. (Alternate) 766-?600  Sister Nola, Little Diamond (Alternate)
LENT AT SAINT CHRISTOPHER'S

Lent is a time for conversion and faith. The people of Peaks Island are most welcome to join the parishioners of Saint Christopher's Church in their Lenten Program. Lent begins on Ash Wednesday, March 4, 1981.

It is hoped that this will be truly a time of renewal for the entire Parish Family. Lent is that special time of the year when we reach out to all Catholics especially those who for some reason might have been turned off by the Church in the past. In the next few weeks we want to continue to build our local church into a covenant people of faith and prayer. Through our celebration of Lent and Holy Week we can experience the heart of the Christian mystery, the death and resurrection of the Lord.

1981 LENTEN SCHEDULE

ASH WEDNESDAY March 4, 1981
Ashes will be blessed and distributed at our Ash Wednesday Liturgy at 7:00PM. We will also have an extra Mass on Ash Wednesday at 9:00AM.

DAILY MASSES
The greatest way Catholics can grow spiritually during Lent is by participating in Daily Mass during the weekdays of Lent. We will announce the time of the daily Masses each Sunday in the Parish bulletin.

WEEKEND MASSES
Each weekend during the holy season of Lent we will have special Liturgies at our weekend celebrations at 7:00PM on Saturday and at 10:00AM on Sundays.

STATIONS OF THE CROSS AND BENEDICTION
Each Friday during Lent we will have the Way of the Cross Devotion in our Church. All are welcome!

PARISH MISSION AND RENEWAL
Plans are underway for a Parish Mission to be held toward the end of March.

SACRAMENT OF PENANCE
The Sacrament of Penance will be celebrated on Saturdays at 6:00PM and also on Sundays at 9:15AM. It is also available before or after and of our Daily Masses. We will again have a Communal Celebration of the Sacrament of Penance during Holy Week.

OPERATION RICE BOWL
Lent is a time for all of us to help the poor. Operation Rice Bowl provides a way for the individual to respond directly to the immediate needs of the poor...to experience solidarity with all the human family...and to dramatize how the root causes of world poverty can be attacked and eliminated by a concentration of individual actions. Once a week our families gather for prayer and a simple meal.
SENIOR CITIZEN NOTES

One of the greatest services performed on the Island - a longtime proven service of the Senior Citizen Center - almost 4 years old, is the Meals-On-Wheels Program. Running Monday through Friday, it provides 18 hot meals a day at present. Under the direction of Mrs. Ruth Woodbury, a large number of volunteers cook the meals and deliver them. This issue of the STAR lists those who at present and through the month of January do the delivery and the driving.

The drivers are Betty Kilday (2 days weekly) Howard Gallagher (2 days) and Bill Paine. Bud Perry and George Alexander often drive. Millard Watson drove in January.

Runners (those who assist the delivery) are Lorraine Spear, Theresa Latham, Sue Gallagher, Ruth Woodbury and Trudy Watson (Jan.)

The meals go out from the Center at 11:30 and it takes about an hour to complete the deliveries. It is strictly a volunteer job; the only compensation is 20 cents per mile for gas and the satisfaction of checking up on the people they serve to make sure that all is well. They could use another driver and runner. If you would like the opportunity of serving, call Ruth Woodbury at the Senior Citizen Center 766-2545. Next issue - - the COOKS!

PUBLIC SAFETY DEPARTMENT

As you have probably noticed, it's been relatively dry and windy this month. Anyone planning any outside burning - don't forget to drop by the Public Safety Building for a permit. All that's necessary is recording your name, phone number, location of the fire, and when you will be burning. If conditions are such that burning is hazardous, the officers on duty will advise you of this. Any fires burning that are not recorded will be put out.

Along the ein of fires - the girls' volleyball team is assisting the Call Department in selling smoke detectors. If anyone is interested in buying one of these, contact any member of the Volleyball Team or leave your name with Officer Chase. The cost is $12.99. Once the detectors are sold the Call Department is going to donate money to the team for uniforms. If you buy a detector and need help installing it, give us a call.

We've been having problems with dogs again. Recently, several people have been bitten. Please remember to keep your dog under your control at all times!

The heavy equipment near the dock is to be used in construction of the new waiting room. Remember to use caution going to and from the boats and - - - Have a Happy St. Patrick's Day!!