Service Agencies of the Island
ANNUAL SPRING TOWN MEETING
SUNDAY, MARCH 10th 2 - 4 P.M.
PUBLIC SAFETY BUILDING

The Peaks Island Town Meeting will cover some issues vital to our lifestyle:

-- Federal Aviation Administration Report:
   The results of the noise test and recommendations for changes in flight plans.

-- Public Safety Report:
   How prepared are the police and call men for emergency situations?

-- Island Rezoning:
   Report on City vs. Islander's position.

-- Solid Waste Report:
   Update on solid waste disposal and recycling for Peaks in the Spring.

-- Casco Bay Island Transit District:
   New boat, new terminal and the future of the boat line.

-- Cable T.V.:
   Is Cable really coming to the Islands?

Various City, Council of Government and Transit officials will be on hand to provide information and answer questions. ALL ISLANDERS COME!

NOTE THE NEW "STAR"! Thanks to Leslie Kaynor, who volunteered us a new heading and you see the result of her fine calligraphy and art work! We decided, too, that now was the time to use different colors each month for the first page to identify the issues. Thanks, too to Maria Lombard for contribution to the fund for printing. It now goes to help pay for the Star's part of the new copier's service contract.
February has been a short but busy month. We've been involved in lots of interesting indoor projects as we try to make it through the winter without developing cabin fever. The Valentine's Day holiday provided a good focus for many creations. The children made various types of cards as well as containers for the Valentines they would receive by tracing hearts, painting and coloring pictures and glueing hearts together. We also did a wall size mural of heart-shaped potato prints along with individual potato print paintings. Some of the older children made lovely bouquets of flowers using tissue paper and pipe cleaners. Finally, on Valentine's Day itself we exchanged cards and made some delicious heart-shaped cookies. We would also like to thank the staff of the library for taking the time to make the children some unusual valentines.

We are happy to have Janine back from her vacation in Australia. Jon and Angie Kelso will be leaving on Feb. 22 for their vacation to Costa Rica where they will stay for three weeks. We look forward to hearing about their experiences when they return.

We would like to remind everyone that the Parent Workshops will be starting Feb. 28. If you need more information or have not returned your sign up slip please contact Janine at 766-2854.

A FAMILY LIFE WORKSHOP—made possible through sponsorship by United Way of Greater Portland.

A workshop for family members be they single, coupled, parents of one child or of eight children. All are invited to attend the Peaks Island Child Development Workshop on Family Life. Family members will learn what, why, and how relationships develop and work within families. Focus will be placed on child development and what parents can expect of children at various ages and stages of development. Special attention will be devoted to the development of skills to cope more effectively with existing family issues. Sessions will be held on Thursday evenings at the Moonshell Inn from 7 to 9 p.m. starting February 28. Admission is free. All family members beyond the age of ten are encouraged to attend if at all possible as a family group. The workshop will run for twelve consecutive weeks. Workshop leaders will be Laurent Roy, ACSW and Nancy Dix, ACSW from Community Counseling Services.

FIRST SESSION: Feb. 28

"Getting acquainted as families and as participants."

"To what extent has my birth order influenced my marriage or my parenting approach?" A look at birth order factors as a major influence on personality development.

SECOND SESSION: March 7

"The marital bond."

"A look at various coping styles couples develop prior to the arrival of the first child." Also, a focus on the infant stage of development.

THIRD SESSION: March 14

"Early childhood, the child from age two to five."

"How does the young child develop a sense of belonging in the family?"
FOURTH SESSION:
March 21
The family as a working unit: what makes it tick?
"An exploration into the role and tasks of various family members. Filmstrip on Late Childhood, the child from six to eleven.

FIFTH SESSION:
March 28
Reviewing your childhood: was it better or was it worse then?
"An examination of what was, what was avoided, and what was yearned for in one's family of origin." A look at how parents strive to improve upon their own family experience.

SIXTH SESSION:
April 4
Choices, changes, and creativity in family life.
"Looking at new options and creative approaches parents and children can use to achieve greater satisfaction within family life." Filmstrip on Adolescence.

SEVENTH SESSION:
April 11
Parenting: expectations, roles and our family history.
"Where did we learn what we are now doing?"

EIGHTH SESSION:
April 18
Building self-esteem: yours and your children's.

NINTH SESSION:
April 25
Communication skills: The art of Listening, Part I

TENTH SESSION:
May 2
Communication skills: Talking, Part II

ELEVENTH SESSION:
May 9
Problem Solving: Examination of the function of discipline and logical consequences.

TWELFTH SESSION:
May 16
Handling adolescence: A look at the separation process each child goes through to achieve his autonomy from parents.

If you are interested in any or all of these sessions and subjects, for more information call Peaks Island Child Development Center, 766-2854.

NEWS FROM THE LIBRARY

Library hours
Tues 12-8
Wed 10-4
Thurs 5-8
Sat 10-1
PHONE 766-5540

Pre-school story hour is every Wednesday at 10:15. Any child who can sit still and listen to a story is welcome.

After school movies are every Tuesday at 3:30 p.m.

Remember that we have a typewriter available to the public for use in the Library. Our two computers are getting a lot of use. The children come after school and use the TRS-80 and the Day Care has been checking out the VIC-20, setting it up at the Center for the children to use. After using it at the Center the children then encourage their parents to come in and check it out for home use.
LIBRARY NEWS CONTINUED

Our copier is doing well. We encourage everyone to come in and use it. It is still 5¢ per copy.

Some new titles available.

1. Fly Away Home - Marge Piercy
3. Talismen - King & Straub
4. Hotel Du Lac - Brookner
5. Beans of Egypt, Me. - Chute
6. Maia - Richard Adams

Plus many more old and new titles. If we don't have them we can get them for you with no trouble. Just let us know.

Until next month-
Louise Capizzo, Librarian

FROM THE PEAKS ISLAND SCHOOL

DENTAL HEALTH PROGRAM, Cathy Hoag, Dental Hygienist

February is National Children's Dental Health Month. This year's theme is "Join Kermit's Tooth S-L-E-U-T-H-S." Dental Health month contests were held in the Portland schools. There were many creative entries from all of the schools.

The students at Peaks Island School participated in the Dental Health Month contests. Each grade level had a different contest. The Grade Level winners from Peaks Island School are as follows:

Grade 1 - Ernie Roper - Draw Your Own Smile
Grade 2 - Lauren Hayden - Draw Bruce the Dental Health Moose
Grade 3 - Meagan Niles-Shane - Puppets
Grade 4 - Dareth Clemens - Dental Health Poem
Grade 5 - David Kirby - Dental Safety Poster

The grade level winners received a complimentary pass for free skating at the new Portland Ice Arena. Congratulations winners for a job well done!

All grade level winners competed city-wide with the other schools. Peaks Island School produced a Grand Prize Winner! LAUREN HAYDEN from Pat Whitney's classroom was the GRAND PRIZE WINNER for the second grade. Lauren has received a pair of Ice Capades tickets for the super job she did drawing Bruce the Dental Health Moose. Congratulations Lauren!

The winning entries from Peaks Island School are being displayed during the month of February in the Rotunda at City Hall. Please come to City Hall to see the display.

ST. PATRICK'S DANCE

Saturday evening, March 16th at St. Christopher's Hall for the benefit of the Peaks Island School playground fund.
PUBLIC SAFETY REQUEST

"Where am I?"

With new people coming to the island it has been a concern of the members of the call department and the police department that in a time of an emergency when time is very critical the people of the island have to be able to tell somebody from the mainland where they live.

Keep in mind that when you dial 911 for an emergency, which you should, you will be talking to a person who knows little about the island. The following is a list of landmarks to aid in finding you in your time of need. Also there is a form to be filled out to keep by your telephone to help you.

LANDMARKS

<table>
<thead>
<tr>
<th>Down Front</th>
<th>City Point</th>
<th>School</th>
<th>Trefethen</th>
<th>Evergreen</th>
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</thead>
<tbody>
<tr>
<td>Reed Ave.</td>
<td>Tolman Heights</td>
<td>Spar Cove</td>
<td>Back Shore</td>
<td>Winding Way</td>
</tr>
<tr>
<td>Whitehead</td>
<td>Hadlock's Cove</td>
<td>Torrington</td>
<td>Water Tower</td>
<td>Ball Field</td>
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<tr>
<td>Fire Barn</td>
<td>Jones' Landing</td>
<td>8th Maine</td>
<td>5th Maine</td>
<td>Dump</td>
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<tr>
<td>Battery Steel</td>
<td>Big Daddy</td>
<td>Ice Pond</td>
<td>Trout Pond</td>
<td>Convent</td>
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<tr>
<td>Public Works</td>
<td>CMP Plant</td>
<td>Health Center</td>
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These are some of the landmarks on the island. There are more. If you feel you need help in filling out your telephone card, please call the fire barn or a member of the call department.

Mike Barter

PEAKS ISLAND HOUSEHOLDER SAFETY CARD

DIAL 911

911 calls Public Safety on the mainland. They are in radio contact at all times.

SAY: This is an emergency. I am calling from PEAKS ISLAND. The emergency is: FIRE, MEDICAL EMERGENCY, ACCIDENT, POLICE MATTER.

My name is ____________________________

The phone number I am calling from is _______________________

The location is in the area called: ___________________________

Directions from Public Safety Building: ___________________________

Nearby landmarks: ___________________________________________

Color and distinctions of house, or building: _______________________

Include owner's name or name of cottage: ________________________

Special considerations (children, elderly, handicapped, etc.) ___________

Directions to nearest fire alarm box: ___________________________

In any emergency when you do not have access to a phone, pull the alarm on the nearest box. The Public Safety whistle will sound with the code for that box's location. Have someone stay near the fire alarm box to direct them to the emergency location.
MEETING OF ISLAND BUSINESSES

There will be a meeting of Peaks Island businesses on Wednesday, Feb. 27 at 7:30 p.m. to talk about cooperative advertising. Anyone interested is invited to attend. It will be held at Moonshell Inn, Island Ave. Please call Bunny Clark at 766-2331 if you plan to attend.

BALLETT CLASSES

Barbara Goelman, a graduate of the School of American Ballet, New York City, announces second semester ballet classes beginning Friday, March 1, in the Community room at the Public Safety Building. Pre-ballet for 4 and 5 year olds. Ballet for six year olds and up. Adult ballet classes. To register call 766-2857.

STAR FOUNDATION

YOU ARE INVITED TO STAR'S WINTER PARTY ! ! The STAR Foundation is planning for summer programs, and the STAR people are getting the winter itchies, so this seems like reason enough for a winter party to be held March 2nd at Sue Serasway's house on Crescent Ave. (next to Carol Fexa's house). We want to share ideas for a "Be gentle With Our Island" program (intended to support the recycling experiment and address other issues important to the continued well-being of the Island). Also, we will fill you in on other ideas brewing for the STAR turf this summer, including an "Island Garden Party" series.

The party is from 7p.m. to about 9 or 10, and we ask only that you RSVP...We've got to know how many people are coming well in advance, out of consideration for Sue and Danny! Share a toast with others who want to help preserve and enhance the quality of life on the Island. RSVP ASAP: 766-2747 or try 766-2392 (Jenny).

SENIOR CITIZEN REPORT

The February monthly meeting and luncheon will be held on Wednesday, the 27th at the Senior Center (not as previously reported in the January Star as going to be held in the Community Room).

Ruth Woodbury reports there is still surplus food waiting at the Senior Center. Would eligible persons please pick it up as soon as possible.

COMMUNITY CENTER NEWS

Congressman John McKernan will be at the Community Center on Tuesday, February 26th from 10:30 - 12:00. He will be answering questions, receiving suggestions or complaints. All Island citizens are invited to come, listen and express their opinions.

The Community Room is available for any non-profit EVENT OR ACTIVITY for organizations and individuals. There is no charge for this type of use.

SPECIAL ITEM

Peaks Island notes with sadness the loss of two older well-known residents. We will miss Edith Thurrell's cheerful, courageous greeting on her regular walks to the doctor, the vet and the store.

Katherine Stewart, who has not gotten out much in the last few years, gave us the good "Peaks Island as it was" history and other Island writings.
PEAKS ISLAND TAXI REPEAT FROM TIM

The cab will not be running between 12:30 p.m. and 2:30 p.m. daily. Also, it will not be running on the first and third Tuesday of the month between 8:30 a.m. and 2:50 p.m. nor any Tuesday evening between 6:30 and 8:30 p.m.

Also, you can by-pass the answering service by dialing the 'voice beeper' yourself. Just call 7613088, wait for the beep and then give me your message.

BRACKETT MEMORIAL UNITED METHODIST CHURCH NEWS

In addition to encouraging people to remember the RENEW program, Rev. Phyllis Dodd adds the following notices:

Friday, March 1st at 1:30 a World Day of Prayer service will be held in the sanctuary, sponsored by the United Methodist Women. Everyone is invited.

Confirmation classes continue Saturday afternoons at the parsonage at 4:00. Persons interested in joining the church should contact Rev. Dodd.

The Clark Memorial United Methodist Church on Pleasant Ave. in Portland is holding a series of sessions on Death and Dying with representatives from the clergy, undertakers and medical profession taking part. For further information contact Rev. Dodd or Rev. Robert Webster of the Clark Memorial Church.

ST. CHRISTOPHER'S CHURCH REMINDERS

Remember the RENEW program.

Beano is every Wednesday evening in St. Christopher's Hall. Give yourself a fun evening. Everyone is welcome!

THE RENEW PROGRAM

The second semester of RENEW began Monday, February 18th and will continue for six weeks. The theme is the Response to the call of Jesus.

Renewal is an ongoing process. It calls for constant dying to our selfishness. Lent provides a wonderful time for us to respond to the Lord's call, to open our hearts in response to any interior change the Lord may ask of us. It is a time of challenge, a time to take risks.

Small groups meet daily at various times. Contact Kay Godet or Father Lange to join these groups. Other groups meet once a week for an hour or so to discuss and relate the theme to our lives through scripture. Rosary for RENEW is said Monday evenings at 6:45 p.m. in the Church Hall.

SPECIAL EVENT

Denise and Benny Reeh/ of BUCKFIELD LATHER AND LEATHER will be performing at the Peaks Island School Saturday, March 23rd. At 3 p.m. they will give a performance geared for family and children. At 7:30 the performance is geared to the adult audience. Dessert will be served at the evening performance. It is a kind of vaudeville revival group with especially coastal Maine interests. Appeal for all ages. Prices: Adults- 2.50; Seniors and Children - 1.00. Family - 6.00 in afternoon. The proceeds will go for the benefit of the Day Care Center.
THE ISLANDS HEALTH CENTER

For nearly three years now the Health Center has been staffed by Osteopathic Physicians, and it occurs to us that probably most people do not really know what this type of practice encompasses. If you, like most people, are not quite sure what a D. O. or Doctor of Osteopathy really is, you may even think an osteopathic physician is someone to see only when you have a problem with your bones or back.

That's a common mistake. Actually, D. O.'s are fully trained and licensed to practice all phases of medicine in all 50 states. They are complete doctors who offer their patients something extra.

Osteopathic physicians perform surgery, deliver babies, treat patients and prescribe medicine in hospitals and offices across the country and in all branches of the armed services, and these D. O. general practitioners, surgeons, and other specialists use all the tools of modern medicine to detect and treat disease.

Furthermore, there is an additional facet to osteopathic medicine. They are especially trained to perform osteopathic manipulation. That is a technique in which osteopathic physicians use their hands to diagnose illness and treat patients. They pay particular attention to your joints, bones, muscles and nerves. As a result of manipulation, your circulation is often improved, and a normal blood and nerve supply help your body to heal itself.

Osteopathic physicians treat patients in a special way, too. They look at the whole person, not just the part that is sick, such as your arm or leg. They are concerned about all of you. They know that what happens in one part of your body affects other parts too. That's why most D. O.'s are family doctors. They care for the whole person and treat them in a special way.

Our physicians at the Health Center are Family Practitioners whose training and experience qualifies them to practice in the field of medicine and surgery and are able to accept the total continuing responsibility of the patient and/or the family as a whole as their physician and medical advisor. As such, the Family Practitioner assumes the responsibility of the patient's comprehensive and continued health care and acts as coordinator of their patients' health services. Also, one of the most important aspects of a Family Practice is that the physician recognizes the need for and uses qualified consultants when the medical or surgical conditions warrant their professional expertise.

If anyone has any further questions, please free to call 766-2929 and we will try to answer them. Remember, this phone is covered 24 hours a day.

Our office hours are as follows:
Office open 9:00 to 5:00 daily except Thursday, when we open at Noon and see patients until 7 p.m. There is a physician here on Monday, Wednesday and Friday mornings and Tuesday and Thursday afternoons.