Your Peaks Island Post #142 was originally named for Lieutenant Earle MacNeil Randall, United States Marine Corps.

Lt. Randall was born at Peaks Island, Maine December 9, 1896. He attended the grammar school here. Later the family moved to Dorchester, Mass. He attended Mechanical Arts High School in Boston and was graduated from Somerville High School at Somerville, Mass., in the Class of 1913. He furthered his education at Massachusetts Agricultural College from which he was graduated in 1917.

The same year he enlisted in the U.S. Marine Corps. He was commissioned a Lieutenant and sent overseas in 1918. After having served with the occupation forces in Germany, he was later stationed to Haiti after a short return home.

Lt. Randall transferred into the aviation branch of the Service and eventually was stationed at Quantico, Virginia. While on maneuvers near Quantico on April 17, 1922, he was killed.

Lt. Randall is buried in Pine Grove Cemetery here at Peaks Island, Maine.

The location of the first meeting held by the Legion members is not noted. It may have been "Island Hall" which at the time was located beside the Peaks Island Fire Station or the meeting could have been held at the "Peaks Island House" which is mentioned on a couple occasions as "winter quarters". (Best conclusion is "Island Hall") The meeting to select officers was held at the home of Comrade "Gus" Carlson.

Regardless, the first meeting recorded of the Earl MacNeil Randall Post #142 was April, 1931.
Peaks Island School is a busy, busy place these days. In addition to the regular curriculum, here's some of the extras the students and teachers and parents are working on:

1. Fourth Grade testing occurs the last week of January with make-up tests the following week. This is the second year of statewide testing for 4th, 8th and 11th graders.

2. The Peaks Island School Third Annual Family Talent Show is happening on Thursday, February 12, 7:00 pm at the school gym. This year the emphasis is on family; we hope to involve younger children more! And we know that parents enjoy applause too!! Family, friends in the neighborhood and former Peaks Island School students are all welcome to join the fun! Call 766-2528 for details.

3. Books & Beyond is a reading incentive program which has begun recently at the school. Children and adults are invited to join a start-to-finish race (or voyage) through five stages. These stages are five 'worlds' of characters and scenes; the reader rides in a "hot air balloon" and passes over each scene.

   As readers reach certain goals (every 15 books for some readers and every 300 pages for others), they pass through these worlds. The reader earns a gold 'medal' for ending his/her voyage...and may begin another! We are excited with this opportunity to motivate reading and enjoyment in the pleasures of books. We extend our thanks and respect to Kathy Reed and Shar Siswick for attending a Books & Beyond Workshop and add admiration for Shar Siswick's drawing and painting of the wonderful mural on which these voyages are made. You are welcome to stop in and see it!!

4. The students from Cliff and Long Island Schools will join the Peaks Island students for a day long "Celebration Theatre" on Tuesday, February 10. This experience in mime will be a delightful learning experience for all.

Prior to the holidays, a number of community friends were working in our classrooms as volunteers. It was an especially valuable experience for the children to work with older community members; and the staff enjoyed the connection to community members who otherwise uninvolved with the school. Unfortunately, other commitments have come up which have caused these volunteers to cancel their commitments to Peaks Island School.

We would like to recruit new volunteers to begin their work
at the school after the February vacation (Feb. 14-22). Those members of the island community who are able to commit to a schedule (of their choosing) and are interested in easing the struggle for some children or speeding up the process for others are welcomed to stop in for a visit or call at 766-2528 for discussion and more information. Thank you.

NEWS FROM ST. CHRISTOPHER'S CHURCH

Mass Saturday 4:00 p.m. and Sunday at 9:30 a.m.

PEAKS ISLAND FRIENDS WORSHIP

Every Sunday at 10:45 a.m. at the home of Beyty Van Wyck's

NEWS FROM THE BRACKETT MEMORIAL UNITED METHODIST CHURCH

Sunday School for older children (grades 2-6) starts at 9:00 a.m. Worship, child care and Sunday School for children 3 years to grade 1 starts at 10:00 a.m. Coffee fellowship follows service.

ALCOHOLICS ANONYMOUS MEETING

Every Sunday 3:00 p.m. – 4:30 p.m. at St. Christopher's Hall. A.A. 24-Hour "Help-Line" : 774-4335.

STAR OF THE SEA THEATER

1987 is here! We are excited with our new seasons program. We are working on a new original script from our own island talent.

The Dance Classes will resume on February 2 & 3. Registered students will be notified, new students should call the studio for placement, 766-2727. A new Adult Class has been added on Tuesday at 5 p.m. We welcome back our excellent teachers Connie Cooley & Joan Woodman. Also joining us this new season will be Maryjoe Thurston. We are fortunate to have such good dancers. We are excited to have the superb talents of Neil Tyson, our music director. Neil Tyson is very busy with our chorus production. He is also our assistant producer.

We welcome any new members to our chorus, there is no fee. Just hearing a song or seeing a smile will give you a terrific feeling.

Our first chorus rehearsal will be on Tuesday February 27 at 7:15 p.m. in the studio on Greenwood Street.

The Aerobic Classes are underway Monday 6:30 p.m., Tuesday 10:30 a.m., Wednesday 6:30 p.m. are all held in the Studio the Thursday class at 1:30 p.m. is held in the Community Room.

The winner of the big doll from the Star of the Sea Boutique at Christmas was Christine Litchfield. Our Boutique is open anytime on call. VHS tapes are available from 1986 shows of My Fair Lady & the Christmas Babes in Toyland. $10.00 each. All proceeds from the Theater & Boutique will benefit our Education and Music Scholarships Happy New Year to all

Musically Yours, Doreen McCann

DO YOU ENJOY MUSIC?? If so, why not try making some of your own? If you've never sung with others, you've missed the joy and satisfaction of creating that unique sound. The blending of just average voices can produce a very pleasing effect. If you have sung, you know that singing has been proven to be beneficial to ones health and sense of well-being. Church choir, singing is a terrific way to regularly exercise that opportunity. Try it!

Thursday Evening Rehearsal - 7:00 p.m. and Sunday Rehearsal - 9:00 a.m. Service is at 10:00 Brackett Memorial Methodist Church welcomes you. Call the Choir Director for more informAT: at 766-3393.
Happy New Year to everyone! We hope everyone had an enjoyable holiday season. We were able to enjoy Portland's festivities - the week before Christmas we went on a hayride around Portland, saw the Monument Square Christmas tree, and did some window shopping. Our Christmas party was very pleasant, as well. There were songs, snacks, a crepe paper tree, and the big hit was a pinata, made by staff and children. Natty Adams was the lucky one to break it open, but all shared the surprises inside. We would like to thank an anonymous little elf for the stockings and chalk that filled our pinata.

Also thanks go to Alison Markwood for bringing in a box of wonderful Portland Coloring Books. They were enjoyed by us all, young and old.

Thanks also to Kevin Butler and his Scout Troop 8 for the wonderful handmade workbenches. They are very handy.

Now that the hills are covered with snow, snow, and more snow, you may hear our happy cheers as we slide down the hills around the Island. (Now, if only staff had snowsuits!)

As we shiver in the snow, we will be thinking of Jack and Eleanor Villforth, who along with Mom and Dad, have embarked on a trip to Singapore. We hope they enjoy their time there, and look forward to hearing about their adventures.

The Peaks Island Child Development Center, in collaboration with Designer/Artist Roger Richmond, is in the process of renovating our Island Avenue playground. We all know this playground is an invaluable resource for all of us. These renovations are necessary to maintain the area for quality play. We hope that you may be interested in areas of fundraising and/or construction. We would greatly appreciate your support at our first meeting February 11, 1987, 7 p.m. at the Child Development Center on Central Avenue.

We would like to welcome Jenny Jackson to our preschool program.

One last note...we will be closed Monday, January 19th in observance of Martin Luther King's birthday.

Till next month, The Staff

Our cook would like to share this delectable recipe with you.....

Blueberry Muffins

20 minutes to prepare. 30-35 minutes to bake.

Butter 12 muffin cups. Preheat oven to 350 F.

1½ cups fresh or frozen blueberries (clean & set aside)
1½ cups unbleached white flour 1/3 cup light honey
½ tsp. baking soda 1/4 cup butter
1 tsp baking powder 1/3 cup milk
½ tsp. salt 1 large egg
½ tsp. fresh lemon or lime rind 2 Tbs. fresh lemon or lime juice

(1) Sift together the 4 dry ingredients into a mixing bowl. Make a well in the center.
(2) Beat together the remaining ingredients (except the berries). Pour this into the well, and stir gently until just-blended, gradually adding the berries. Fill the muffin cups 2/3-full.
(3) Bake 30-35 minutes. Cool in pans 5-10 minutes before removing and devouring.

from The Enchanted Broccoli Forest
Since February is the month most associated with hearts, I thought a few tips on how to get the most important muscle in our body in shape would be somehow fitting. Here are a few bits of information I've gathered from American Heart Association Leaflets...

If someone in your family has heart disease it is likely the risk of early heart disease runs in your family. Here's what to look for.

The High Risk Family
If someone in your family under the age of 53 has had a heart attack suffers from angina or has had bypass surgery, it is very likely that the risk of premature coronary heart disease runs in your family. Just as they have inherited blue eyes or hair, many people who develop coronary disease have inherited a major coronary risk factor from their parents and may well pass it on to their children.

Practical steps to cut down on cholesterol and saturated fat include:

• Choose more vegetables, fruits, cereal grains, and starches.
• Choose fish, poultry, and lean cuts of meat, and serve moderate portions.
• Trim fat from meats and skin from chicken before cooking.
• Eat less or avoid organ meats such as liver, brain, and kidney.
• Eat less commercial baked goods made with lard, coconut oil, palm oil, or shortening.
• Eat less sausage, bacon, and processed luncheon meats.
• Use skim or low fat milk.
• Choose low fat cheeses.
• Eat less cream, ice cream, and butter.
• Use low fat yogurt.
• Eat less food fried in animal fats or shortening.
• Eat fewer eggs, or eat fewer egg yolks.

Having Your Blood Cholesterol Measured
The most common of these risk factors is the tendency of some people toward an imbalance in the blood to build up on the inside of the coronary arteries. This restricts the blood flow to the heart muscle and may cause angina or a heart attack at an early age.

Eliminating Smoking
Smoking is another risk factor. If a person has had a major risk factor like high blood pressure, the chance of developing heart disease is three times that of anyone who has coronary disease and is a smoker. Smoking is one habit to start quitting now.

Teaching Young Family Members
In high risk families, it is best to begin in early childhood. It is very important to teach the children to eat and avoid all fats regularly and regulate heart disease. The importance of healthy eating habits and regular exercise cannot be overstated. The smoking habit can be harmful, and if overweight and stressed can also be harmful.

CLINIC HOURS-24 hour telephone 766-2929

Monday- Office open 9-5, Dr. Radis on call
Tuesday- Dr. Radis here 9-2, office open 9-5
Wednesday- Office open 9-5
Thursday- Dr. Radis here 4-8, office open 12:30-8
Friday- Office open 9-4:30, Dr. Radis available in the AM

AND FOR THOSE OF YOU WITH CABIN FEVER.............. a few suggestions...

1. Wear brighter colors, you might feel better!
2. Start a new project you're really excited about
3. Rearrange a few pieces of furniture or hang a new picture, preferably with uplifting scenes.
4. Spend 15min/day visualizing yourself on a beach relaxing and basking in warm sunshine...Ohhhhh