SLEEP TOHNI NEETING

There will be a TOWN MEETING on SUNDAY, APRIL 26, from 2 - 4 p.m. at the Peaks Island Community Center. The items on the agenda include:

1. Alternative government - Russ Edwards report
2. Army Government Whar - Pat Gardner report
3. Casco Bay Island Transit District
4. Youth - Concerns /Ideas

Representatives from various city departments will be in attendance to answer any questions.

IMPORTANT NOTICE

APRIL 13-17
7:30 AM - 3:00 PM

KINDERGARTEN REGISTRATION
children 5 yrs. old by Oct. 15
birth certificate + immunization records

A large number of Kindergarteners will require expansion of our program.
PLEASE register at this time.

PEAKS ISLAND SCHOOL 766-2528
News from Peaks Island School

Early K and Kindergarten shared a cold, windy walk to the Holiday Inn for a Kinderkoncert. We also celebrated spring's arrival (by date, only) yes, we were the ones responsible for all the flower fliers!

The first grade class has completed units on Penquins & Whales. We plan a field trip to the Maine Aquarium of Saco in June. We are now studying about Pandas.

March was Women's History Month. The 2nd & 3rd grade have observed the celebration with a Famous Women Parade. After studying lives of women who have made history, students created shoe-box floats depicting the lives of the women. They entertained (& informed) the 4th & 5th grader with a parade. YOU may see the floats on display in the school library. In April, the class will apply what they observed on a trip to Norlands to life during the Constitutional Convention. They will supply details on dress, lifestyle and games to the writing of an Operetta to be presented in June.

The 4th & 5th grades completed a map-sap/maple syrup science project as the ending activity of our study of photosynthesis. Invited & shared our homemade maple syrup with our friends, at a school St. Patrick's Day Breakfast. Planning to collect returnable cans & bottles to help raise money for our upcoming field trips. After the April vacation we plan to hatch baby chicks at school. Our fifth grade sent a math team to the Portland Math Meet.

Since January, the students of Peaks Island School have been participating in a reading incentive program. The schoolchildren keep record of the number of books or number of pages they have read. As they fill a record sheet, they move from one stage to another stage on our Books & Beyond mural. There are five stages. At completing a "journey" through the stages, children are to be awarded a commendation. Late in March, we had an assembly to confer the first awards.

Receiving a bronze medal and certificate for their achievement, were Jennifer Hall (Kindergarten) Diana Hayden (Gr. 2) and Jocquelyn Dorais (Gr. 4). All these girls are already traveling the mural toward their second medal. Bravo!

*Help Wanted*Help Wanted*Help Wanted*Help Wanted*Help Wanted*

The students of Peaks Island School need your help. At the beginning of the school year, many volunteers were working in the classrooms. Most of these volunteers have been called to other commitments. But the children's needs are still present.

You are needed for an hour or two hours; once a week or several days a week.

You are needed to listen to children read.

You are needed to write stories for Kindergarteners.
You are needed to help early Kindergarteners—Kindergarten during their Friday cooking activity.

You are needed to help a student with math.

You are needed to ease the strain on a student during independent worktime.

You are needed to be some child's special person to look for during the week.

School volunteers may not realize the important role they play in the life of a schoolchild. You can make a difference.

We need volunteers who are free to commit to a set time each week. If you think you can help and can commit some of your time each week, please call Pat Whitney at the school 766-2528. Thank you.

The Great Peace March Revisited

At 7 PM on April 11th at the Brackett Memorial Church, The Great Peace March for Global Nuclear Disarmament will be revisited by four Maine individuals who were a part of it. Rob Tiffany and Dixie Searway of Peaks Island, Monica Caulfield of Lincolnvilie and Dan Turvey from Boulder, Colorado now living on the Island will present pictures, newspaper articles, videos and their own impressions about the March.

Between March 1 and November 15, 1986 over five hundred individuals from all fifty states and ten foreign nations walked from Los Angeles, California to Washington, D.C. to talk, sing, act, write, chant and simply illustrate by their walking the need to live life without nuclear weapons.

Come learn about this March, the experiences it generated and the changes it made on April 11th. Good, old folk music will follow provided by Bob Comeau and Half Moon Hotel. A great way to celebrate the return of Spring.

SENIOR CITIZENS NEWS

Monthly luncheon will be on April 15 at noon in the Senior Center.

We would also like to thank the Day Care Fathers for sending out the delicious spaghetti suppers to the meals on wheels recipients.

ST. CHRISTOPHER'S NEWS

MASS Every Saturday at 4:00 p.m. and Sunday at 9:30 a.m.
On Easter Sunday, April 19, mass will be for the children.

Easter Triduum will be on Thursday, April 16, Friday, April 17 & Saturday, April 18 at 7:00 p.m.

NEWS FROM 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.

Starting March and every Tuesday and Sunday until Easter for all age groups there will be Lenten Bible study. On Tuesday it will be at the home of Mary Dennison at 10:00 - 1:00 am. On Sundays it will be held at the church from 3:00 - 5:00 p.m.
Tuesday after school movies are at 3:15 p.m. Wednesday story-hour starts at 10:15 a.m. Children age 3 up who can sit quietly are welcome to attend.

I would like to thank the people who took time to help us "straightening-up" at the Library. Thank you to Mardianne Green, Lisa Chute, Maiki Jennesse, and Pat Gardner. Every little bit helps us to keep our library looking good. We will still be straightening up in April so if you'd like to give a few hours each week or whatever come on in.

Our big news this month is we have a new copier at the library. After much thought and lots of looking around we purchased a Sharp SF8100. It is much bigger than our Canon and will do more copies per month. Our Canon had served us well but couldn't keep up with the volume of copying we put it through each month.

Because of its larger size we will need to raise the price of copying to 10¢. If you are going to copy over 50 copies we will lower the price to 8¢.

We still ask that no copying be done during the Tuesday movies, 3:15-4 p.m. and on Wednesday during story hour, 10:15-11:00 a.m. Thank you.

Get a jump on

Get a jump on summer by starting to plan your garden. We have many books available on vegetable and flower gardens. Stop in and browse.

Until next month. Louise Capizzo

PEAKS ISLAND CHILD DEVELOPMENT CENTER
P.O. Box 7 • Central Avenue • Peaks Island, Maine 04108 • 207-766-2854

CHILD DEVELOPMENT CENTER NEWS

Welcome Spring! Now is the time to plan for the warm days of summer. The children have just planted some seeds indoors, with hopes of transplanting before July. We are also currently working on major playground renovation. A small committee met with Roger Richmond at our last meeting. He revealed an exciting new design, on display at the Center. In order to please everyone, we need community input and involvement; we encourage all interested parents and community members to attend our next meeting 6:00 p.m., April 9th at St. Christopher's Hall. Coffee and tea will be served.

We shook off winter by dancing. A spaghetti supper and contra dance was held on March 21. We would like to thank the "daycare fathers" for hosting a great event, and Ellen and the Sea Slugs for providing the music. Thanks to all those who attended.

Some of our preschoolers and staff ventured to Portland for a Kinderconcert at the Holiday Inn. They all enjoyed the music by some Portland Symphony Orchestra members, and especially the big Kangaroo!

Other trips are planned this month, some mini field trips to town, and a trip to the Maine Aquarium. With the weather warming up, trips to the beach are becoming more frequent. Many scallop shells, old bottles, sea glass, and other treasures have been washed in after the winter storms.

- Child Development Center Staff
Every Sunday at 10:45 z.m. at the home of Betty Van Wyck's.

ALCOHOLICS ANONYMOUS MEETING

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

Charles D. Radis D.O.
Cynthia Garner-Wiseman R.N.

ISLAND HEALTH CENTER
24 hour phone-766-2929

With Spring on its way, the health center is due for some "spring cleaning" and reorganization. We would like to try a few new ideas to help Cynthia's time and energy more efficient for the clinic...

1. Prescriptions from Rosemont—We would like to ask folks to pick them up between the hours of 2-4:30 only. Also, if refills are needed to be phoned in by the clinic, we would ask if you would have the bottle or information in hand to save time. The distribution of medicines from Rosemont is a free service that the clinic offers and is pleased to do so, but it can be very time consuming. Any help from those who use this service would be greatly appreciated.

2. Who's that hiding behind that curtain? Soon there will be a closed curtain at the reception area on Wednesdays. No, that is not Cynthia's antisocial day, but since the dentist is in that day it might help decrease the level of distraction down so the much needed bookwork time can be found. Please also note the change in hours at the clinic on Wednesdays.

Spring also reminds us that it won't be too long before we start shedding our heavy winter attire for lighter clothing and then...SWIMSUITs!!!

For the would-be dieter, here are a few helpful tips...

* Stay away from crash diet programs with extreme reduction of calories or very limited selection of foods. These can take a toll on you physically by robbing you of much needed nutrients and also can slow your metabolism down so that when you go off that particular diet you will probably regain your weight and more!

* If you are a person that enjoys being involved with groups, join a class. (Several persons are now in process of getting a weight-watcher group together on the island). For the compulsive overeater, anorexic or bulimic—Overeater's Anonymous could be an invaluable contact—it is a program designed after AA to help those who suffer with food compulsions and related anxieties.

* In all my reading, study and personal experience—EXERCISE is the shining factor in losing weight, getting physically fit and most important—feeling good! Find an activity that you personally like, read a book on how to measure aerobic heart rates (FIT OR FAT is a good one) and then stick to it until you are completely hooked!

* The most important factor in weight control is often overlooked. Don't expect yourself to be perfect. Love yourself no matter what. Give yourself pats on the back and hold the criticism. If you do more of this, then it will be harder to feel sorry for yourself and deprived, so that you won't be as apt to hide in the closet eating that gallon of Ben and Jerry's of whatever...

* GOOD LUCK!!!
ISLAND HEALTH CENTER CLINIC HOURS

MONDAY- Office open 9-5, Cynthia here

TUESDAY- Dr. Radis here 9-2, Office open 9-5

WEDNESDAY- Office open 1-5, Cynthia here *please note new hours

THURSDAY- Dr. Radis here 4-8 pm, Office open 12:30-8 pm

FRIDAY- Office open 9:30-4:30, Dr. Radis by prior appoint. only in am

VOLUNTEER OPPORTUNITIES ON PEAKS ISLAND !!!

The Dial for the Deaf Program of Ingraham Volunteers, Inc. offers a unique opportunity. If you have some available time that you would like to use in your home in a truly helpful way, please read on.

Ingraham Volunteers is a small, Portland based agency which provides a variety of telephone based services to the community. In the Dial for the Deaf program, sophisticated telecommunication equipment and trained volunteers are the link enabling deaf and hearing people to communicate with each other. This is done by the use of a portable machine called a TDD (Telecommunication Device for the Deaf) and a telephone with a standard (fashioned) receiver. Although a TDD is a sophisticated piece of equipment, its use is simple and easily learned.

IV (Ingraham Volunteers) provides training, professional supervision and the use of a TDD machine to each volunteer. Volunteers work from their homes on shifts between 7:00 a.m. and 10:00 p.m., 7 days a week. Shifts are 3½ or 4½ hours long. Each volunteer is asked to take 1 shift each week and usually 1 additional shift in a 4-6 week period. A 12 hour training program can be done either individually or with a small group of other new volunteers.

The total Dial for the Deaf program answers calls 24 hours a day, 365 days a year, on a local telephone line serving Cumberland County. A state-wide 800 number offers TDD services during office hours. This 800 number is staffed by IV office personnel. After hours, this toll-free number provides a telephone newsletter, giving news, sports, weather, and other items of interest to the Deaf Community.

The Dial for the Deaf program is used by both hearing and deaf people who need (or want) to communicate with each other. This service is offered free through donations of volunteer time and through state, local and private funds. Actual telephone charges (i.e. tolls) are the responsibility of the users of the service.

If you are interested in learning more about Dial for the Deaf and volunteer opportunities with that program, you can call the IV office at 874-1055, or, if you would like to talk with a Peaks Island person who is a Dial for the Deaf volunteer, call Martha McCain at 766-333.

Peggy Wolfe
Case Manager, Ingraham Volunteers 766-2227

STAR OF THE SEA THEATER

Plans are going well for this season. We have expanded our chorus. Some members have joined our "Star of the Sea Players". They will be performing in the June show.

We have extended our theatrical activity to our young students. Three of them will be making their debut in the next show along with our dancers and chorus. We hope to work more theatrics this summer, especially with our youth.

This theater workshop will be open to all residents on the Island, young and old. Not all are actors. We also need workers for scenery, costumes, fundraising etc. Fun for all.

All the proceeds from the Star of The Sea Theater will be used for our education, scholarships and community projects. April vacation week, we will have a bottle drive.

We appreciate your support. Musically yours  Doreen McCann