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Service Agencies of the Island

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Peaks Island is a wonderful place to live! A small closeknit community ready and willing to rally around a friend in need, or a worthy cause. A lovely place for a walk— until you reach the dump.

The Peaks Island dump can no longer accommodate the needs of this Island. The contractors fill it up as they build and renovate houses; the influx of summer people and the increase of year-round residents has pushed the dump passed its useful life. Technically, the dump is closed! The site is now a storage and transfer facility for recyclable and other solid wastes.

What are solid wastes? They consist of everything from newspaper, glass bottles, cans, grass clippings to old tires, rugs, washing machines, etc.

The City of Portland found itself in trouble last summer ('84) when the state Department of Environmental Protection investigated the dump and found it in violation of state regulations. Adequate supplies of cover material are not available and suitable space is nearly used up. Island residents who depend on wells for water supplies can be in for serious problems if uncleansed water "leachate" is traveling through the ground contaminating the groundwater.

A Council of Government (COG) report prepared in 1984, recommended closing the existing Island landfill and suggested three (3) ways to handle the problem:
1.) Build an incinerator and burn it;
2.) Truck it off the Island; and,
3.) Develop an effective recycling program.

The City has also identified cost factors for each alternative. Obviously, it will cost a lot to deal with the problem.

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The Cei report recommended a modular incinerator on Peaks and possible on Long Island to reduce the number of boat trips to town required for pickup (thus reducing costs). Wastes from Cliff Island, Little Diamond and Great Diamond Islands would be transported to Peaks Island rather than the mainland. To further reduce costs, the door-to-door trash collection on Peaks Island would be terminated.

What's the alternative? An effective and efficient recycling program of solid wastes! How will it work on Peaks Island? The first (1st) Tuesday of each month the Department of Public Works crew will go around the Island to collect:

1.) Paper  
2.) Glass (green and clear)

Newspaper must be bound and include no magazines nor glossy print paper. The bottles must be cleaned and all labels soaked off. There will also be bins downfront and at the dump designated for newspaper or glass only.

Sure it's hard work - but how much do you love this Island? How much are you willing to do to maintain the lifestyle we have now? Have you seen the dump lately? Have you seen the devastation and destruction of a beautiful piece of land off of Upper A Street to provide ground cover for the dump?

The children have been hearing all about the recycling program from Jenny Yasi (a STAR employee). They have also been busy designing posters to promote the recycling effort. The winners are:

Grade 1: Lauren Hayden  
Grade 2: Eran Hoffman  
Grade 3: Craig Howitt  
Grade 4: Jerusha Murray  
Grade 5: Matt Sarapas & Neil O'Gane

Winning designs will be on display at MacDermott's Store. Posters will also be displayed at the library.

PEAKS ISLAND NEEDS YOU! Look for flyers and more information to come about the program. If you are interested in helping, please call Jenny Yasi at 766-2747.

LIBRARY NEWS

Hours at the Library until July 4 weekend.  
Tues. 12 – 8  
Thurs. 5 – 8  
Wed. 10 – 4  
Sat. 10 – 1.

On display in the children's section are posters made by the 4 and 5 graders of the Peaks Island School. In March each child was given a book to read to "challenge" them. After reading the story they made a poster that represents a part of the story and wrote a small paragraph explaining what the story was about in their own words. The posters are delightful and very imaginative.

In the next week I will be borrowing more books from the Portland Publick Library for summer reading. Any authors or subjects you might be interested in seeing more of please give us a call and let us know.
LIBRARY NEWS CONTINUED.

When you come in to see what we have to read you can always be sure we will have most of the titles on the Best Sellers list from the New York Times Book Review. But be prepared that they might not be on our shelves. Just ask at the desk and your name can be placed on the waiting list.

As of this week some titles that we have are:

- Bachman
- Clancy
- Segal
- Sheldon
- Bradford
- Thinner
- Hunt for Red October
- Shevchenko: Breaking with Moscow
- Feynman: Surely you’re Joking.
- The Class
- If Tomorrow Comes
- Hold the Dream

And many, many more.

Until next month
Louise Capizzo, Librarian

NEWS FROM DOREEN McCANN

The 1985 Season of the Doreen McCann Dancers is well underway. Our show "Little Bit of Tap--Little Bit of Jazz.", will be in St. Christophers Church Hall, on Sunday June 30 at 7:30 pm. Proceeds benefit St. Christophers Church. Anyone wishing to participate in our chorus, contact Doreen at the studio, 766-2727.

Our Aerobic Exercise class has been extended to four nights a week, for your convenience, Sunday, Monday, Wednesday and Friday at 7:00 pm. $14 per month, sign up for THREE and get one night FREE. Shape up for Summer.
Happy Dancing
Doreen McCann

ART ASSOCIATION OPENING MEETING

The Art Association will meet Sunday, May 26 at St. Joseph's at 2:00 pm. All interested in art are invited to attend.

St. CHRISTOPHER'S - NEWS AND DATES

- Masses:
  - Saturdays 7 p.m.
  - Sundays 9 a.m.

The Women's Council of St. Christopher's will meet in the parish hall Tuesday evening, May 28 at 7:30 p.m.

FIFTH MAINE starts again... There will be a rehearsal for the 5th Maine concert at St. Joseph' Sunday evening, May 26 at 7:00 p.m.
Civil War Memories in Song will be presented at the 5th Maine June 16 at 3:00 p.m. The tickets are $2.00. The proceeds will to towards protector glass for the memorial windows.

BRACKETT MEMORIAL UNITED METHODIST CHURCH

Services on Sunday at 10:00 a.m.
DAY CARE DOINGS

May has been a month of change and surprises for us here at the Center. So much has been happening that it is hard to know where to start. I have decided to start with the comings and goings.

One departure was very sad for us. Lisa has left to rest and take it easy before the birth of her baby. She had expected to be able to work until May fifteenth. However, she had to leave us a week early—Surprise! We send Lisa our best wishes for the impending birth of her child.

This brings us to the addition of our new staff, Diane Burrill, I am from Freeport and, yes, I am commuting. I am enjoying the children and your island very much.

That covers the staff—now for the children. We had a May Basket hunt on the first of May, which all the children enjoyed.

We have taken two groups of children to the dental clinic in Portland and others are planned so all the children will have a chance to go.

The children attended a band concert at the elementary school given by the King Middle School band. Although the children thought it was too loud, they seemed to enjoy the music.

We have quite a few thank-yous to send out this month—first to the Senior Citizen Center for the lovely May baskets—next, to Torr Kelso for his help in the afternoons during Sally’s vacation—finally, to Maureen Salisbury, a heartfelt thank-you for filling the gap after Lisa’s unexpected departure.

PEAKS ISLAND SCHOOL NEWS

The end of the school year is exactly one month away! The last day is June 12 with dismissal at noon. The students will participate in field day games and an awards assembly, with special recognition for the fifth graders, as they prepare to go on to Middle School.

This last month is a busy one:
1. A bus trip to the Boston Aquarium topped a study of oceanography and sea creatures.
2. The T.V. Turn-off is in full swing, with results not quite as good last year, but certainly commendable.
3. Arbor Week is May 19 - 25. School children will be planting Sugar Maples. If you have a suitable place and would like to have a seedling (3 ft. tall), please call the school. Trees are available on a first come, first serve basis. (766-2528)
4. STAR Foundation - Recycling Project. Students have been designing posters for encouraging this new island project. The STAR Foundation people will choose posters which best encourage the project’s ideas and will be used as the official poster. All entries will be exhibited on the Island soon.
5. International Week, May 28 - 31. A few people have called us with ways in which they can contribute to this sharing of the experience of living in a foreign land. An exciting schedule is being planned. It’s not too late to be part of this sharing. Please call 766-2528.
6. Spring Program - Spring Festival -- Friday, May 31 -- 6:00-8:00 p.m.
   All are welcome to view displays of students’ work at 6:00 and enjoy a program of music and dance, beginning at 7:00 p.m.
PUBLIC SAFETY NEWS

It has come to our attention that several new residents of Peaks Island are unaware of the registration requirements of vehicles.

Vehicles that are driven both intown and on the island require the normal registration procedures (a $20 registration fee for the proper tags). Vehicles operated exclusively on the island, may apply for island registrations (a $2 registration fee). Motor Vehicle Laws, Title 29, Subchapter 2, Subsection 242.

Island registered vehicles do not require an inspection sticker, but must be road safe. Non-island vehicles still must comply with state inspection code and provide a valid certificate of inspection. Motor Vehicle Laws, Title 29, Chapter 22, Subsection 2506.

Those people operating a vehicle in violation of registration laws will be summoned to court. Make sure your vehicle is properly registered to avoid any potential court costs.

Any questions regarding registrations can be directed to the Peaks Island Public Safety Building, Portland Public Safety Building (Traffic Division), or State of Maine Motor Vehicle Registry (Washington Ave., Portland).

CITY OF PORTLAND DENTAL HEALTH PROGRAM

Unhealthy tooth habits can start at a very early age - even before the teeth erupt fully into the mouth. Parents who give their children a baby bottle at bedtime risk having children suffer from Nursing Bottle Syndrome. This syndrome is caused by liquid constantly bathing the teeth in a "pool" of sugar, juice, tea and sugar, kool-aid, or even milk. Milk does not cause a problem normally if it is swallowed immediately. The problem arises as the child is drifting off to sleep sucking on the bottle. The child does not swallow as quickly as he should, causing a constant acid attack on the teeth. This will result in a great number of very obvious decayed teeth, usually in the front of the mouth. This syndrome is totally preventable. DO NOT give your child a bottle at night, unless it is filled with plain water. We want children to have a pleasant first experience at the dental office. If the child has a mouth full of cavities by age 3, that child will only remember the pain of visiting the dentist.

For further information on Nursing Bottle Syndrome, or if you are interested in learning more about the preventive services offered by the City of Portland's Dental Health Program, please contact Mary Ellen Deschenes, or Denise Macaronas, at 775-5451, x369.

ST. CHRISTOPHER'S TRADING POST will open June 1.

DONATIONS FOR THE STAR

PEAKS ISLAND POST OFFICE REMINDER

REMEMBER... to insure that you receive your mail, make sure all correspondences have your correct STREET or Box Number address. Letters addressed just name and Peaks Island will more than likely end up in a dead letter file. With substitutes and new people working in the Post Office and so many new people moving to the Island they can't keep track of where everyone is. It will help you get your mail faster. Thank you.

THE ISLANDS HEALTH CENTER

The Glaucoma, Hypertension, and Diabetes Free Screening Clinic which was held on Saturday, May 4, was a great chance for island residents to be checked for these diseases. We are all grateful to the Peaks Island Lions Club who sponsored this clinic in cooperation with The Islands Health Center and to those who worked for this clinic for the time they donated. While it was well attended, we should really have had a much greater number of people come and take advantage of this opportunity. These are all very serious and oftentimes asymptomatic diseases, and it is an excellent idea to take the few minutes it took to find out whether or not you have a problem with them.

For those people who are suffering from hypertension we have the following hints for dietary help, particularly avoiding the use and misuse of salt:

1. Learn to read food labels and learn to recognize ingredients that contain sodium.
2. Be aware of processed foods that are particularly high in sodium.
3. Reduce the salt added to foods during cooking and baking.
4. Substitute herbs, spices and lemon juice for salt.
5. Taste food before you salt it, and if you must salt it, try one shake instead of two or three.
6. Try and herb blend in your salt shaker instead of salt.
7. Rinse high sodium canned food under running water for a few minutes to greatly reduce the sodium content.

STAYING YOUNG

Youth is not a time of life, it is a state of mind, a product of the imagination, a vision of the emotions, a predominance of courage over timidity, an appetite for adventure. Nobody grows old by being alive a number of years. People grow old when they desert their ideas. Years wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, self doubt, and anxiety - these are the culprits that bow the head and break the spirit. You are as young as your faith and as old as your doubts. So long as your heart receives messages that reflect beauty, courage, joy and excitement, you are young. When your thinking becomes clouded with pessimism and prevents you from taking risks, then you are old.

Remember our 24 hour emergency telephone 766-2929