News from Peaks Island School

The entire school is looking forward to Edie Doughty's "Songs of Liberty" on September 28. A musical production and sing-along of songs about the Constitution.

The Cliff Island and Long Island Schools will be joining us that day.

The Kindergarten-Early Kindergarten celebrated the 200th Birthday of the Constitution by writing their own. Everyone signed it, as a promise to try to obey it; so our year will be a good one. We also had a special birthday cake which we made.

In Grade one/two our class project for this month is a Friendship Cake, where every child in the room brings one ingredient. It involves stirring a "starter" for 30 days. Loretta Voyer and her daughter Christine, are in charge of stirring the starter.

Grade two/three is looking forward to a walking tour of the Old Port with Landmarks on October 2. The children have been doing a great job writing stories and learning to work in the Math Lab.

Grade four/five has taken three walking field trips on the island. The students are looking forward to writing a school newspaper. In science we've dissected seeds, cooked spinach and sea weed and planted lima beans. All students enjoy working on the computer. Thanks Gayl for all of your creative ideas.

DONATIONS TO THE printing of this month's STAR 1: Bea Minott, Helen Wallace, Virginia Paton and Anon 1, II, III. Thank you to St. Christopher's for their generous donation. Thank You.
NEWS FROM THE PEAKS ISLAND CHILD DEVELOPMENT CENTER

We would like to thank everyone involved in the anything goes Boat Race. The proceeds were donated to our center and we have then targeted for our new playground. Thank you all!

We have a few exciting projects developing at the center. One is a homemade shadow puppet screen, for creative shadow play. Another is a video camera unit available to us. for the next few weeks we will be videotaping the children working and playing together. The tape will be shown at our Open House which will be held Monday, November 9 from 6:00 - 7:30 p.m. We welcome anyone who is interested in our daycare facility to attend.

Fall is an exciting time of year to explore and discover the many changes of nature. We are watching, and learning more about animals and plants as they prepare and change for the winter season.

We will be closed Monday, October 12 in observance of Columbus Day.

NEWS FROM THE SENIOR CENTER

There was a fine attendance at our monthly meeting in September. The food was in abundance and delicious! The next meeting is October 21. Meeting is at 12 noon, with pot luck luncheon to follow. Do plan to join us on the 21. Dues are now due.

Sr. Ann Augusta's card club is meeting at the Center on Monday afternoons for a few card games.

A few of the islands artists are meeting on Thursday mornings for painting. If you would like to bring your painting, do join the group for few hours of socializing.

Friday afternoons, from 1 - 4, we have BINGO for anyone who would like to break up their day.

The food sale on September 19 was very sucessful - lots of luscious food and many buyers. Thank you all - ones who baked for us and ones who patronized our project. Thank you.

Beginning Tuesday, October 13 at 1:00 p.m. - the ladies will be meeting on Tuesdays to work on items for the fair. We would enjoy having your helping hand and presence.

The Center will be holding a clothing sale on October 24 at the Senior Center from 10:00 a.m. to time things are gone.

Watch for posted activities on the Senior Center windows, or feel free to call 766-2545 if interested.

NEWS FROM THE STAR OF THE SEA THEATER

The Little Shoemaker will be the theme for our next show on Sunday December 6 at St. Christopher's Parish Hall. Proceeds to benefit the parish.

We are happy to say the response to our new play "A Threepenny Christmas" was overwhelming. Many newcomers to the island have joined our new "Starlight Players". We welcome them, also our own residents that are participating in our drama activities.

We are very excited with this production, It is a classic musical comedy drama. All the proceeds from this show will be given to the Peaks Island Health Center for the much needed Whirlpool Fund. The island community will benefit from this machine, sports burns, muscles and many other uses. If anyone would like to be a patron or sponsor for this show it would be much appreciated and help to defray the cost of this production. Please call the Studio at 766-2727.

Musically yours. Boreen McCann
NEWS FROM THE PEAKS ISLAND LIBRARY

Hours

<table>
<thead>
<tr>
<th></th>
<th>Tuesday 12 - 8</th>
<th>Thursday 5 - 8</th>
<th>Phone 766-5540</th>
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<tr>
<td>Wed</td>
<td>10 - 4</td>
<td></td>
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<tr>
<td>Sat</td>
<td>10 - 1</td>
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Afterschool films Tuesday at 3:15. Preschool story hour is every Wednesday 10:15 a.m.

The Friends of the Library have suggested that we make some adjustments in our hours to provide an additional open afternoon for kids to come in after school to work on their homework. We've also given some thought to increasing our Saturday hours a little, since it's the busiest day. And we're considering giving up the 7:00 - 8:00 p.m. period on Tuesday and Thursdays since we rarely see anyone then. So the schedule changes we're contemplating are as follows:

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<thead>
<tr>
<th>PRESENT SCHEDULE</th>
<th>PROPOSED SCHEDULE</th>
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<tbody>
<tr>
<td>Tues: 12:00 - 8:00</td>
<td>Tues: 2:00 - 7:00</td>
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<tr>
<td>Wed: 10:00 - 4:00</td>
<td>Wed: 10:00 - 4:00</td>
</tr>
<tr>
<td>Thurs: 5:00 - 8:00</td>
<td>Thurs: 2:00 - 7:00</td>
</tr>
<tr>
<td>Sat: 10:00 - 1:00</td>
<td>Sat: 9:00 - 1:00</td>
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We'd like to get your reaction, pro or con, over the next month so we can make a decision that will result in the best service for the most people.

New at the Library:

Magazines to take home and enjoy:
The New Yorker
Motor Boating and Sailing
Rodale's Children
Runner's World
Mothering
Prevention
Walking

New Adult Books:
Siegel, Bernard S. Love Medicine and Miracles
Peck, Scott. Different Drum: Community Making & Peace
James, M.R. Penguin complete Ghost Stories
Grimes, Martha. five Bells and Bladebone
Cosby, Bill Time flies
Hepburn, Katherine. The Making of "the African Queen" or How I went to Africa with Bogart, Bacall 7 Huston and Almost Lost My Mind"
Niedetch, Jean T. Weight Watchers Quick Start Plus Program Cookbook
Wessel, Morris. Parents Book for Raising a Healthy Child
Bettelheim, Bruno. A Good Enough Parent
Ulene, Art. Bringing out the Best in Your Baby
Michener, James A. Legacy

New CHILDREN'S BOOKS
McPhail, David. Pig Pig goes to camp
Galdone, Paul. Three billy Goats Gruff
Titherington, Jeanne. Pumpkin, pumpkin
Viorst, Judith. Tenth good thing about Barney
Dr. Seuss. Horton Hatches the Egg
McMillan, Bruce. Here a Chick, There a Chick
Griffith, Helen. Georgia Music
Mayer, Mercer. There's an Alligator Under My Bed
Children's books cont.

Lindgren, Barbro Sam's Potty
Broun, Laurence Dinosaurs Divorce

New Records
Hornbook for Witches (Vincent Price)
Graveyard of Ghost Tales (Vincent Price)
Babar and Father Christmas
Cricket in Times Square
Sleeping Beauty
Velveteen Rabbit

The Library would like to have 2 copies of the book An Island Speaks by Ansel B. Sterling. Does anyone on the Island have a copy they would like to donate to the Library? If so, please bring it on in.

CABLE T.V. is now available on Peaks island. Free installation for limited time. Call Public Cable Co. for more information 775-0327.

NEWS FROM ST. CHRISTOPHER'S

Sunday Mass 9:00 a.m. Saturday Mass 7:00 p.m.

RCIA meeting Tuesdays 7:30 p.m. in Rectory. WEDNESDAY Workshops in preparation for Christmas Notes N Needles, December 6 are at the Erice home 1:30 p.m. - 4:00 p.m. The workshops will start October 14 until Nov 16. Weekly Prayer Group, 9:45 a.m. Thursdays at the Erice home. A Bloodpressure/Cholesterol Screening clinic will be held 9:30 -1:00p.m. Sunday, November 1 in Parish Hall. This is sponsored by OHM Community AEducation Team and St. Christopher's Action Team.(small fee may be necessary) Volunteers are needed as drivers for the elderly and to assist the health personnel. If you can help call Sandy Boyd at 766-2480. Monthly follow up of Blood Pressure checks second Sunday in Parish Hall after Mass. Registration for religion Education Classes. Classes are Mondays after school at Pat Rockwell's house on Welch St. For more information call Sr. Rosina at 766-2284. Religious Education Committee Meeting on October 19. if interested call Pat Rockwell 766-2421.

Youth Drop In Center has started each Tuesday and Thursday from 6:00 - 9:00 p.m. Volunteers are needed. Contact Patty Kamp 766-2791.

School Gym Evening Program open, Mixed Monday, Tuesday nights 6:30 - 8:30 p.m. Adult Wednesday evenings 6:30 - 8:30p.m. For more information call Sue Benner 766-2925.

Coal available from Hillside Lumber Co. call 766-2926 for more information.

NEWS FROM BRACKETT MEMORIAL CHURCH

Sunday school for older children is before worship service, 9:00 a.m.
Worship service and sunday school for younger children(preschool) starts at 10:00 a.m.
Child care is provided. Coffee hour and fellowship follows service.
ISLANDS HEALTH CENTER
24 hour hone (766-2929)
CHARLES D. RADIS D.O.
Cynthia Corner-Wiseman RN

PLEASE MAKE NOTE: The Health Center will be closed from T. 19-23 While Dr. Radis is away. Dr. Stephen Gefvert covering for Dr. Radis in town and prescriptions and questions can be answered at 797-7497. The dental clinic will be open for its usual hours that week.

OLDER WEATHER and the smell of Woodstoves reminds us to prepare ourselves for this question: IS IT THE COLD OR THE FLU ???

<table>
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<tr>
<th>SYMPTOMS</th>
<th>COLD</th>
<th>FLU</th>
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<tr>
<td>Fever</td>
<td>Rare</td>
<td>Characteristic, High (102-104°F) Sudden onset, lasts 3-4 days.</td>
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<tr>
<td>Headache</td>
<td>Rare</td>
<td>Prominent</td>
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<tr>
<td>General Aches &amp; Pains</td>
<td>Slight</td>
<td>Usual; often quite severe.</td>
</tr>
<tr>
<td>Fatigue &amp; Weakness</td>
<td>Quite mild</td>
<td>Extreme; can last up to 2-3 weeks.</td>
</tr>
<tr>
<td>Prostration (Exhaustion)</td>
<td>Never</td>
<td>Early and prominent.</td>
</tr>
<tr>
<td>Runny, Stuffy Nose</td>
<td>Common</td>
<td>Sometimes.</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Usual</td>
<td>Sometimes.</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Common</td>
<td>Sometimes.</td>
</tr>
<tr>
<td>Chest Discomfort, Cough</td>
<td>Mild to moderate hacking cough</td>
<td>Common; can become severe.</td>
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<tr>
<th>COMPLICATIONS</th>
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<tr>
<td>Sinus congestion on earache.</td>
<td>Bronchitis, pneumonia; can be life threatening.</td>
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<th>PREVENTION AND TREATMENT</th>
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<tbody>
<tr>
<td>Prevention</td>
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<tr>
<td>Treatment</td>
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There is effective treatment for influenza available. The old adage "it's only the flu, nothing can be done" is no longer true. Those particularly at risk, the elderly or younger patients with underlying cardiac or respiratory disease can be effectively treated with the antiviral medication Amantadine.

FREE FLU IMMUNIZATIONS are available at the ISLANDS HEALTH CENTER now and throughout the season. No appointment is necessary. Please come between 3-4pm any day or until 7:30 on Thursdays.

This service is supplied by DR. RADIS and THE CASCO BAY HEALTH CENTER BOARD.
HEALTH CENTER SURVEY

Many thanks to the thirty-five people who took time this summer to fill out our survey. It was designed to obtain information concerning the health needs of Peaks Island residents as well as their response to the services now offered.

About two-thirds of those who responded are year-round residents; over half of the family wage-earners regularly commute to the mainland, and nearly half of the adults in the responding households are over sixty years old. All except one household had used the Islands Health Center, and we were pleased to learn that everyone had received the kind of consideration and treatment that would encourage them to return.

All suggestions were appreciated and will be taken into consideration. A portable X-Ray machine was suggested but because of the expense and the special licensing required for a technician, it is not presently feasible. However, with the help of island residents, we hope to be able to raise money for other much-needed equipment such as a whirlpool, new microscope, pulmonary function machine and an indirect laryngoscope (an instrument used to visualize the vocal cords).

We are aware that transportation to the Health Center is a problem for older residents and will become more acute as winter sets in. Plans are under way to set up a network of available drivers. Several people requested more hours when the doctor is available on the island. We were fortunate to have Dr. Charles O'Brien to ease the load this summer but he is no longer with us and Dr. Radis is working all the hours he can, dividing his time between Peaks, the other islands and the mainland.

THE CASCO BAY HEALTH CENTER BOARD

ISLANDS HEALTH CENTER
CHARLES D. RADIS D.O.
Cynthia Garner-Wiseman RN

phone 766-2929

Monday: Clinic Open 9-5pm
Tuesday: Clinic open 9-5pm
   Dr. Radis 9-2pm
Wednesday: Clinic open 1-5pm
Thursday: Clinic open 12:30-8pm
   Dr. Radis 4-8pm
Friday: Clinic open 9-4:30pm
   Dr. Radis 9-11am

FAMILY DENTISTRY HOURS
ROBERT LUNDIN DMD
Ellie Goodwin RDH
Marie Kilday

phone 766-3343

Monday: dental hygiene cleaning by appointment
Wednesday: Dr. Lundin 10:30-6pm