Service Agencies of the Island
CALENDAR OF EVENTS FOR SUMMER

DATE     EVENT                                                                                                                                     TIME

July 1   Pancake Breakfast at Fifth Maine                                                                                                         7:30 - 11 am
July 3   Legion Dance at Greenwood Garden                                                                                                       
July 7   St. Christopher's Annual Fair (In case of rain all events will be held in the Parish Hall)                                               10 - 3
July 8   Lions Club Family Day Greenwood Garden                                                                                                  1 - 5
July 11  Music Association at the Fifth Maine Building featuring Star Demitre and young performer                                          8 pm
July 12  PINA Steering Committee meeting at Senior Citizens Center                                                                              7:30 pm
July 14  Third MAINE Regiment at Greenwood Garden                                                                                               9 am - 3:30
July 14  MAINE Ballet performance with Tony Montanaro and Karen Hurll Greenwood Garden                                                          8:00 pm
July 16  Stamp Show at Community Center                                                                                                           Donation is $1. - Children .50
July 19  Meeting to discuss proposed Waste Treatment Plant at Community Center                                                                  7:45 pm
July 18  Luncheon at Fifth Maine followed by Bridge/cards                                                                                       12:00 noon
July 21  Brackett Church Fair and Luncheon                                                                                                       11 am
July 21  Friends of the Library Book Sale                                                                                                       9 - 1
July 22  Arts and Crafts Show at the Fifth Maine                                                                                                 11 - 4 pm
July 25  Music Association Performance - Fifth Maine Suzanna Adams and chorus                                                                    8:00 pm
July 26  Annual PINA Meeting at Community Center                                                                                                  7:45 pm
July 28  Bazaar at Fifth Maine 10 am Luncheon at noon                                                                                           
July 28  Peaks Island Lions Club Five Mile Peaks Island Run                                                                                     
Aug. 5   Flea Market at Fifth Maine (Rent a Table)                                                                                            12 - 4
Aug. 7   Penny Auction at St. Christophers Parish Hall                                                                                           
Treatment Plant Update

Since the May 19 informational meeting sponsored by the Portland Water District on Peaks, a group of concerned Peaks Island residents led primarily by owners of property adjacent to or near the parking lot, has organized in opposition to the currently proposed location of the waste treatment plant. The increased possibility of occasional odor emission is the primary objection; they also concur with Friends of Casco Bay that the proposed plant has no capacity for septage removal and thus fails to address a problem which affects the 80% of the Island not served by the sewer.

As a result of two special meetings set up by Mayor Peter O'Donnell at City Hall (6/18 and 6/21) to discuss the problem with City officials, the Water District and Peaks Islanders (an officer attended from the Neighborhood Association), the treatment plant has been "put on hold" so that other options can be given serious consideration. These will be presented at a public meeting on the Island with Mayor O'Donnell, George Flaherty of the Public Works Dept. and officials of the Portland Water District. Mark your calendars:

Meeting to discuss proposed Treatment Plant
THURSDAY EVENING, JULY 19 7:45 PM
Peaks Island Community Center

NOTE: Previous to this recent activity, the PINA Steering Committee had written to the City and to the Water District voicing similar concerns regarding the septage issue and the unfortunate location of the secondary plant (which is somewhat larger than the originally proposed primary plant and involves a different wastewater cleaning process). We suggested that the best solution might be to pump (or vacuum) the sewage to Portland, to be treated there. However, the Neighborhood Association membership has not voted on this issue. It may become necessary to do so, so please attend the meetings and become informed.

PINA Meetings

There will be a PINA Steering Committee Meeting at the Senior Citizens Center on July 12 at 7:30 PM and the :

Annual PINA Membership Meeting
THURSDAY EVENING, JULY 26 7:45 PM
Peaks Island Community Center

Three seats on the PINA Steering Committee are up for election at the July meeting. If you are interested in serving, please call Larry Walden (2185), chairman of the Nominating Committee. A slate will be drawn up and posted prior to the meeting.

Plan to renew your membership at the meeting or JOIN, if you haven't already done so. We would particularly like to encourage the participation of summer residents. Dues are still only one dollar.
Our summer program is in full swing, even the weather is cooperating. The preschool program has been enjoying some summer activities—picking wildflowers, feeding the ducks, having picnics, and Friday Beach days. As of June 25, last year's kindergarteners moved up into our school age group. This group is with us for full days during the summer—much time is spent outdoors exploring the wonderful things our island has to offer—beaches, woods, marshes, forts, etc. Mondays have been designated as field trip days for off island adventures. We have a canoe for boating and we're hoping to put out a Schoolage Summer Newspaper to fill everyone in on our activities.

We have some new faces added to our staff this summer...Jim Mahoney has joined us for eight weeks as part of a intern program from the University of Notre Dame...he will be working with our schoolage program and we hope he enjoys our island. We also welcome Pauline Cody as our new "foster grandparent". She lives in Portland and works mornings with our preschool program and is a wonderful addition to our center.

We welcome Robin Flynn and Priscilla Webster as members of our Advisory Board. Board members act as advocates of our program, consult with the director concerning programmatic and fiscal issues, and actively fundraise each year. If you'd like to know more about becoming involved with our center as an Advisory Board member, please call Janine Blatt, Program Director.

A DATE TO REMEMBER ******SUNDAY AUGUST 19***Eleventh Annual PEAKS ISLAND CHILDREN'S FESTIVAL************************************
...at Greenwood Gardens, our BIG FUNDRAISER and a day to celebrate the child in all of us...there will be lots of games, entertainment, food and FUN. Please come and participate and help support your island's childcare center. Also, keep a lookout for our raffle board, coming soon to the front of Bayview Market on weekends. Raffle drawings will happen at the festival.

INFANT/TODDLER/Parent/Caregiver PLAYGROUP: Wednesdays 10:15-11 AM Come and enjoy our playspace. Everyone welcome...no cost involved.

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SUMMER SCHOOL AGE WORKSHOPS (7-9 Year olds)

AUGUST 2...The Wet and Wild World of Water...How does a frog breathe? What do salamanders eat? Do fish go to sleep? Why is water important to us? We'll answer these questions by exploring the wet spots on the island. We'll investigate the much at the bottom of a pond, watch the barnacles feed, and discover the plants and animals that live in Peaks Island waters. Remember to wear "wet" clothes and sneakers.

AUGUST 16...TYE DYE and WINDSOCKS....We will spend the morning creating tye dye fashions and windsocks to blow in the breeze...bandanas will be provided to tye dye..participants are also welcome to bring any other white articles. All materials will be provided for the windsocks.

TIME: 9:30 AM-12 Noon  COST: $15 per workshop..call 766-2854 to register.
SUMMER SCHOOLAGE PROGRAM...geared toward youth 7-9 years old.
HOURS: 9AM-3PM Monday through Friday
ACTIVITIES: Swimming, Boating, Island Exploration, Arts and Crafts, Sports Activities, Field Trips

We find ourselves with a few openings in this program. Participants may choose to come for one or more weeks during July through August 17. Group size will remain small... maximum of twelve participants with two adult staff members.

Cost: $60-90/week..sliding fee scale, dependent on family size and income.

YEAR ROUND PRESCHOOL CHILDCARE PROGRAM...for children 3-6..a developmental, hands on, play oriented childcare environment. Either full or part time care (minimum of two mornings a week.) Immediate openings.
HOURS: Center is open from 7AM til 6PM.. a schedule will be set at time of enrollment.

Cost: $5-90/week..sliding fee scale, dependent upon schedule, family size, income.

NURSERY SCHOOL EXPERIENCE...for older three's and four and five year olds...
SEPTEMBER through MAY...two or three mornings per week.
Cost: $10 per morning..limited openings available..apply now for fall!

For more information about any of our programs please call Janine Blatt, Program Director, or Jon Kelso, Team Leader. If you have a child who will be turning three over the next year and anticipate using our center, please apply now as it will help us in our planning. We sponsor a Community Open House each November and we welcome visitors at any time.

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HAPPY SUMMER TO EVERYONE. THE BOUTIQUE WILL BE OPEN EVERY DAY DURING THE NEXT FEW MONTHS. STORE HOURS ARE LISTED ON THE DOOR.
SO MANY NEW CRAFT ITEMS HAVE BEEN ADDED; WOOD CRAFTS, TILES BASKETS, NEEDLE POINTS,quilts,ALL ALONG WITH OUR REGULAR STOCK, HAND KNITTS, TOYS AND GIFTS. OUR WEEKEND BAKE SALE IS VERY POPULAR ESPECIALLY OUR HOME MADE APPLE PIES, ALONG WITH BROWNIES, MUFFINS AND BREAD.

THE SUMMER DANCE WORKSHOP IS UNDER WAY. WE WOULD WELCOME OUR SUMMER VISITERS TO JOIN US,IF NOT FOR THE DANCE PROGRAM , PERHAPS TO BE AN EXTRA IN THE THEATER GROUP.91.IS ALL THATS REQUIRED TO BE A JUNIOR MEMBER, NO EXPERINCE NESSASARY, JUST COME AND HAVE FUN AND LEARN AS YOU PARTICIPATE. THE SUMMER PROGRAM THEME WILL BE " A PLAYGROUND FANTASY" THE DANCE PROGRAM IS $15 FOR 6 TO 8 WEEKS. TUES. BOYS 9:30am GIRLS 10 am, 5yrs to 10yrs. ADULTS BEGINNERS THRU INTERMEDIATE WED. 6 pm. AEROBICS EXERCISES EVERY MONDAY AND THURSDAY MORNINGS 10 am. easy low impact. evenings 6.30pm. YOUR CHOISE_ INTERM_ ADVANCE. ANY DROP IN CLASS $2 or $12 MON.(2WEEKLY CLASSES.

THE LIONS VARIETY SHOW IS LOOKING FOR SOME PERFORMERS WHO WISH TO PARTICIPATE IN THE ANNUAL EVENT. THE DATES ARE: SUNDAY MATTINEE 3:30pm AUGUST 12th AND MONDAY EVENING AUG. 13th. ANYONE WISHING TO PERFORM WATCH FOR REHERSAL TIMES POSTED, OR STOP IN THE STAR BOUTIQUE AND SEE DOREEN.
" FORTY FIVE MINUETES FROM BROADWAY" IS IN REHERSALS,THE MUSICAL BY THE STAR OF THE SEA PLAYERS WILL BE PRESENTED ON SUN. AUG. 26th IN GREENWOOD GARDENS PLAYHOUSE.
LOOKS LIKE A BUSY HAPPY SUMMER FOR ALL. HOPE YOU WILL JOIN US.
MUSICALY YOURS DOREEN
Thank you to Friends

The Friends of the Peaks Island Branch Library contributed to offerings at the library this year in some very special ways.

Preschoolers coming to story hour had new carpet squares to sit on. At Halloween, older children enjoyed the pumpkins they had to decorate at a special program. And in December the children enjoyed Hannukah gelt and a dreidel for playing games at a holiday program.

Another project is planned to enliven the children's area - a brightly painted, wooden display rack. A volunteer has offered to construct it, and the Friends have offered to pay for materials.

Having this extra money available gives the library staff the impetus to think of extra things to do - the things that make the library here on Peaks a special place.

So, thank you to Laurie Cox, president, and all who work with her. It's nice to have Friends!

Summer Library Hours
(July and August)
Tuesday 2-8 pm Thursday 2-8 pm
Wednesday 10 am - 2 pm Friday 10 am - 2 pm
Story time for preschoolers, Wednesdays at 10:15
Movies for six and over, Wednesdays at 12:30
Story and craft for six and over, Thursdays at 7

New Books*

Fiction
COOKSON, Black Candle
GRAFTON, G Is for Gumshoe
IZZI, King of the Hustlers
JAFFE, An American Love Story

Nonfiction
BOLLES, 1990 What Color Is Your Parachute
BRYSON, Mother Tongue: English & How It Got That Way
CARD, Ms. Money Book
GIBSON, Fifty Hikes in Southern Maine
PAUL, Chairing a Meeting With Confidence
RHODES, Farm: A Year in the life of an American Farmer

* A complete, annotated list of new books is available at the library. Ask for it if you do not see it.

Summer Reading Program

The Summer Reading Program, "Raisin' the Roof With Reading," is underway. Over 50 children have signed up to read either a certain number of books or a certain number of hours during the eight weeks of the program.

This year there will be an ending party at the main library, on Congress Street in Portland, on August 11.

To carry out the theme, there is a large jar of raisins at the library, and a "Guess How Many Raisins Are In This Jar" contest is underway. Also each week that children in the program come into the library, they receive a small item with California Raisins on it - a bookmark, a cool card, stickers, etc.

Peaks Island School children just cannot seem to read enough this year. Following on the heels of the reading competition at school this spring, the summer reading program is a great way to keep their enthusiasm going - and to help them form the lifelong habit of reading.

Parents wanting more information about the program may call or come into the library.

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NEWS FLASH... The baby seal from Peaks Island that was sent to the New England Aquarium was seen recently by Ryan Abrams, a summer resident. Ryan was on a school field trip and reports that our baby seal was in a nursery tank and looked just fine.
News from Brackett Memorial United Methodist Church

Sunday morning worship at 10 a.m. Refreshments following the service in Brackett Memorial Hall.

Tues. Evenings at 7 p.m. Choir rehearsal. All who like to sing are welcome.

Wed. 9 a.m. Bible Study at the Sr. Citizens Center (no study on the 4th of July).

United Methodist Women's Fair July 21st 11a.m.

Chicken/Lobster Salad Luncheon, 11a.m.

Gifts, Candy, Food, Treasures.

For Further information call Rev. Ted Poland

News from St. Christopher's

Peaks Island Saturday 7pm and Sunday 9am

Summer Mass Schedule: Long Island Saturday 4pm

Great Diamond Sunday 11am

Trading Post II open Wednesday 10 – 2pm in Parish Hall.

Beano is Wed. 7:30 pm in Parish Hall. Prayer Group is Thursday 9:45 am in Erico Home.


July 15--Father Joseph Lange will depart for his next assignment in Mexico, Me. Good Luck Father Lange. We will miss you.

July 16- Rev. Donald Grady will begin his duties as Pastor at St. Christopliers. Father Grady will be on the island 3 days a week. Welcome aboard Father Grady.

Holy Trinity Chapel

Episcopal Eucharists. Sundays 10:15am in St. Christopher's Roman Catholic Church, Central Avenue--During July and August.

Peaks Island Friends Worship (Quakers).

Every Sunday at 11am at Betty VanWycka home on Adam Street. For more information call 766-2959

ANNOUNCEMENT: The Sunday Night Community Center Bible Study will meet from 7-8pm Sunday, June 24. The SNCCBS is brought to you courtesy of the Northeast Christian Church, otherwise locater at 539 Sawyer Street in South Portland. The Northeast Christian Church is a non-denominational church non-aligned with the Greater Eastern Non-Synod of Non-Denominational Churches, sometimes known as Some Guys Who Go To Church. For further information, contact Bill and/or Lisa Cutlip at 766-2115, or Bruce and/or Cathy Southerland at 854-8585. Come for a good time of singing and fellowship and a lively look at a great book!

Donations to the printing of this months Star were received from PINA and Anon I, II, III. Thank you very much....
About the only event we have held this month was the hobby show held on the 18th of June. Donald Wilder had a display of Mason Stamps with typewritten information on each stamp; Sister Ann Augusta had display of some of her stamps of First Ladies and stamps that have come out in 1990; Gretchen Hall had on display Adult coloring books and displayed her collection of books, colored pencils and the talent of producing a beautiful picture; Ruth Sargent had many of her books on display -- all about island living and the history of the island and some of the people; Lisa Cutlip displayed her talents which are numerous -- she is an artist, a sculptor, also had a display of her carving abilities, which I dearly loved. Lisa is talented. Barbara Tonnissen had a small collection of the beautiful quilts that she produces. There are many talented people with us. If we should have another showing, I do hope that we can see some of your talents.

Now is the time to remind you that dues are now due. The cost is only $2.00 yearly.

Bible Study is held each Wednesday morning at 9 AM, held at the Senior Center.
Art Classes are held at the Senior Center on Thursday mornings from 8 - 10 AM.

If anyone is interested in a trip for two to Disney World in Orlando, do stop in at the Center for further details.

Coming events.

July 9 - Trip to Quincy Market (we are joining in with group from Cumming Center)
July 16 - Trip to Boothbay Harber
July 18 - Children's Stamp Club display at the Community Center from 1 - 4 PM
July 18 - Senior Center monthly pot luck luncheon and meeting.
July 26 - Trip down Bay and luncheon
July 28 - Sidewalk display of children's painting
July 30 - Trip to Camden
August 4 - Mystery trip - more details later
August 7 - Lobster Bake
August 16 - Field Day at Thornton Academy in Saco, sponsored by Southern Maine Area Agency on Aging
August 11 - George's Sidewalk Sale -- sale should start around 8 AM

For all the above mentioned events, please check at the Senior Center for further details. You must sign up in advance if you wish to participate in these events. Do let us hear from you if you are interested.

STAMP SHOW

On Monday July 16, there will be a STAMP SHOW at the Community Center. It is for both Adults and Children. There will be a FIVE DOLLAR DOOR PRIZE AND EVERY YOUNGSTER WHO COMES WILL RECEIVE A FOLDER OF STAMP ARRANGEMENTS TO START A STAMP COLLECTION. The donation is one dollar for adults and fifty cents for children.

There will also a Five dollar prize for the youngsters who take part that is who give the best description of their display. This will be voted on by those in attendance. There will also be refreshments.

We promise that it will be very worth your while and we guarantee you will find out something about stamps you never knew before.

Stamps are HISTORY, STAMPS ARE GEOGRAPHY, THEY ARE ART, THEY ARE AMERICA AND THEY ARE FUN. Come and support the collectors because they are anxious for you to see their display.
Eating Your Way to Lower Blood Cholesterol

The following guidelines can help you to choose a diet lower in fat, saturated fat, and cholesterol, and higher in complex carbohydrate. Your physician or a Registered Dietitian can be a big help in guiding you on the way to keep your blood cholesterol at healthy levels for your heart.

<table>
<thead>
<tr>
<th>Food Category</th>
<th>Choose More Often</th>
<th>Choose Less Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish, poultry, meat</td>
<td>Fish; skinless poultry; lean cuts of beef, lamb, pork, or veal; shellfish</td>
<td>Fatty cuts of beef, lamb, or pork; chicken with skin; spare ribs, organ meats (eg, liver); regular cold cuts, sausage, hot dogs, bacon; sardines, roe</td>
</tr>
<tr>
<td>Dairy products</td>
<td>Skim or low-fat milk, buttermilk; non-fat or low-fat yogurt; low-fat cottage cheese; Farmers cheese, pot cheese; sherbet, sorbet, ice milk</td>
<td>Whole milk; cream, half and half, and most nondairy creams; whipped toppings; whole milk cottage cheese; natural cheeses (eg, blue, cheddar, Swiss); cream cheese; sour cream; ice cream</td>
</tr>
<tr>
<td>Eggs</td>
<td>Egg whites (2 whites = 1 whole egg in recipes); cholesterol-free egg substitutes</td>
<td>Egg yolks</td>
</tr>
<tr>
<td>Fruit and vegetables</td>
<td>Fresh, frozen, canned, or dried, especially dark-green and deep-yellow vegetables and citrus fruit</td>
<td>Vegetables prepared in butter, cream, or other fatty sauces</td>
</tr>
<tr>
<td>Breads and cereals</td>
<td>Cookies and crackers made with the unsaturated oils listed below; rice, pasta; whole grain cereals and breads (eg, oatmeal, whole wheat, rye); angel food cake; homemade baked goods, muffins, biscuits (prepared with small amounts of primarily unsaturated oils [see below]); air-popped popcorn</td>
<td>Pies, cakes, doughnuts; pastries, croissants; cookies and crackers made with coconut, palm or palm kernel oil; egg noodles; egg-based breads; granola; microwave popcorn</td>
</tr>
<tr>
<td>Fats and oils</td>
<td>Baking cocoa; primarily unsaturated vegetable oils (canola, corn, olive, safflower, soybean, sesame, sunflower); margarine, shortenings, mayonnaise, or salad dressings made with oils listed above; low-fat dressings; seeds and nuts</td>
<td>Chocolate; butter; coconut, palm, and palm kernel oils; lard; bacon fat; dressings made with egg yolks</td>
</tr>
</tbody>
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More information about the Peaks Island Little League T-Ball and Farm teams. The season is moving right along with players on both teams having a good time and improving their skills. The Farm League team plays Thursday evenings at 4:30 at the Eastern Prom by the playground. The T-Ball team plays on Saturday morning at Douglas Field at 9:00. As of this writing the Farm League had four more games, hopefully one of which will be played on Peaks Island.

We also wish to thank Joe Alves and Chris Vail for being Assistant Coaches. They are doing a great job and we appreciate their efforts. Thanks to Kattie Klopp for mowing the entire ballfield area. Keep your eyes open for information about games to be played on the Island and family games we hope to organize.

THE FIFTH MAINE REGIMENT COMMUNITY CENTER

The Fifth Maine started its 1990 season with an Open House on Friday, June 29th. Extensive renovations to the dining room were completed this Spring and the open house provided members and prospective members an opportunity to view the results.

Our next renovation project will be to renovate the kitchen. So, all proceeds, after expenses, from our events will be earmarked for this renovation.

We are very excited about co-sponsoring with the Lions Club the visit of the Third Maine Volunteer Regiment, Co. A. This group of men and their families reenact life during the Civil War. They will be in authentic costumes. The affair is to be held at Greenwood Gardens on Saturday, July 14th from 9:00 a.m. to 3:30 p.m. There will be no admission charge, although donations will be appreciated to offset the expenses of this event. Refreshments will be on sale by both organizations. MARK YOUR CALENDAR. THIS SHOULD BE A FUN DAY FOR OLD AND YOUNG ALIKE.

We will again have an Arts and Craft Show (July 22nd) and Flea Market (August 5th). These events last year were very popular and financially successful to the exhibitors. If you are interested in renting a table for either event, please call Barbara Whitney at 766-2005 for details.
Health Center Board Plans Fundraising Campaign

At the June 27th meeting, the Board reviewed reports from three committees on (1) Planning, (2) Financial Operations, and (3) Fundraising. There was a general conclusion that:

...the elderly and families with small children, in particular, need a physician practicing on the Island;
...income from medical practice is inadequate; (both Dr. Radis and Dr. Collins earned an income lower than the national poverty level);
...a fundraising campaign is needed to help cover the expenses needed to operate the Health Center.

Board President Jill Tiffany appointed a Campaign Committee to organize and implement the campaign. This committee will first meet July fifth to start the campaign which will probably run through the end of the year.

For information or to join the committee, call Jill Tiffany at -2875.

FRIENDS OF THE PEAKS ISLAND LIBRARY

***ANNUAL BOOK SALE SATURDAY, JULY 21, 1990, 9 AM-NOON COMMUNITY ROOM***

Volunteers are needed to help with the book sale, please sign-up at the library or call Laurie Cox, 766-5588.

The Friends are seeking people who would be willing to serve on the Board of Directors of the Friends for 1990-91 year. If you are interested or would like to suggest the name of someone else who might be, please talk with Priscilla Webster at the Library or call Laurie Cox, 766-5588.

It is once again time to renew your membership in The Friends of the Peaks Island Library. Each year many islanders become Library Friends, we ask that you and your family demonstrate your support of our Library by becoming a Friend of the Peaks Island Library for 1990-91. Please take a few minutes to fill out and return the membership form below. With your help the Friends of the Peaks Island Library will work to ensure that our Library continues to have the resources to serve our community from "tots to shut-ins".

Please return this form and membership dues in a sealed envelope by mail or in person to: Friends of the Peaks Island Library, c/o Peaks Island Library, 45 Island Avenue, Peaks Island 04108. Thank you!

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FRIENDS OF THE PEAKS ISLAND LIBRARY MEMBERSHIP 1990-91

NAME__________________________________________

PEAKS ISLAND ADDRESS_____________________________________

WINTER ADDRESS_________________________________________

MEMBERSHIP DUES: _____ INDIVIDUAL $1.00  _____ FAMILY $3.00  How many people in your family?_
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