

"People Plus supports an engaged, healthy and independent life for older adults, while joining others to build community for all ages."

Restaurants

Byrnes' Irish Pub
Back Street Bistro
Big Top Deli
Bowdoin College Dining Services
111 Maine Catering
Captain Mike's Restaurant
Clementine's Restaurant
Cook's Lobster House
El Camino/Flipside
The Great Impasta
Henry Marty Restaurant
Inn at Brunswick Station
Kennebec Tavern
Lilee's Public House
Pedro O'Hara's
Richard's Restaurant
Run with Soup
Scarlet Begonias
Trattoria Athena
Region 10 Culinary Program
Wild Oats Bakery
Wicked Joe Coffee

It's time for Music In April!

The 10th annual Music In April gala opens April 12, beginning promptly at 5 p.m., in Brunswick's spectacularly transformed Knight's of Columbus Ballroom.

This landmark annual benefit for the People Plus Center once again features a unique and sumptuous buffet, offered by nearly two dozen leading area restaurants, two great music headliners, a live and a silent auction and other "surprise activities." Lennie Burke, general co-chairperson of the event with board member Allison Harris, predicted another "huge and wonderful event, a recordbreaker, brought to you by the hundreds of people, businesses and organizations who believe in People Plus, and

want to see our organization succeed."

Downeast Energy for the 10th consecutive year, is our "Fortissimo," or event sponsor.

By press time, 21 area business and organizations had signed on as "Forte," or table sponsors. Three Mezzoforte, or activity sponsors, are also on board.

There are 23 exceptional restaurants or food service organizations on the buffet line this season, all offering their specialties as hors d'oeuvre, entrees, appetizers and desserts, most staffing the tables in person and ready to answer your questions and comments about their business-

Please see **MUSIC**, Page 7

List of Sponsors

Fortissimo: Downeast Energy

Forte

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Corie Washow, right, shows Megan Rosenberg how to use an ergonomically correct shovel during a pain free gardening class last month at the Center. Washow, co-owner of Shift, a sustainable home goods store in Brunswick, will return to the Center this month with classes on spring plant preparations.

Thank you, Jordan!

Jordan Cardone, who for nearly four years has led the Brunswick Teen Center as its program coordinator, has submitted her resignation.

She has described her departure as, "flexible" and says, "It's time to focus on what's next. There are lots of other people out there who want more of my time, so I intend to share some of it with them."

Cardone joined the Teen Center when it was housed in an old church basement off Noble Street, and led its transition to

the upper story of the People Plus Center during the move to Union Street.

She has developed a reputation as a "fierce" advocate for teens.

She said she will remain at the Center to oversee the annual gelato fundraiser on April 5, and the SAT college prep courses being offered next month, saying her departure depends on when a replacement is hired. She expects to "volunteer" at the Center in the future "as time allows."



Jordan Cardone

Lunch & Connections

Shrimp wiggle is a New England favorite

Our Thursday, April 19, luncheon will feature that grand old New England tradition, Shrimp Wiggle, "just like the one's your mother used to make," according to Frank Connors, the Center's chef and chief "wiggler." Shrimp, peas, hard boiled and chipped eggs in a rich white sauce was a staple of Maine fishing families not that long ago, we did this last year with great success so we're back at it again.

"Shrimp wiggle will be served on a bed of rich noodles," Connors added, "and we'll craft a deep-dish macaroni and cheese casserole for our vegetarian friends." Our wonderful whole wheat breads always come from Wild Oats Bakery and our able kitchen staff will be baking fresh cornbread. Dessert will be fresh baked applesauce cake, with a healthy scoop of whipped cream on top. Coffee, tea, milk and fruit juices are on the list of drinks.

Of course there will always be a fresh, lightly-dressed green salad available, and volunteer extraordinaire and Write On! member Gladys Szabo reminds us that April is Poetry month in Maine, and several members of the Center's Write On! group will be guests and sharing their work.

Our monthly Lunch & Connections meals are underwritten by Spectrum Generations, and focus of the gathering is nutrition, information and variety. A CHANS Home Health care professional is on hand in the cafe to offer a free blood pressure check.

Come at 11:30 a.m. to get a good seat and to purchase your 50/50 raffle ticket, and to register free of charge for one of several door prizes. Reservations for seating are encouraged, and obtained by calling the People Plus information desk at 729-0757. Seating is limited to 60, and meals are open to the public. Members still pay only \$5, and nonmembers pay \$7.50. Lunch is served at noon.

Part of Hutchins' "chat" will focus on the rewards, and pitfalls, of self-publishing books.

Copies will be available to purchase at the meeting. Reserve a seat by calling 729-0757.

Children's author Margaret Hutchins to 'Chat' on April 18

Margaret Hutchins, a California native who has self-published two children's books, will offer selected readings when she leads a People Plus Author's Chat on Wednesday, April 18, beginning at 2 p.m.

Hutchins is a self-described "Navy wife" who has taught school in the primary grades and junior high. She said the inspiration for her first book, "The Sunflower Promise," came from a desire to discuss advancing time, and when she might see

her granddaughter again.

Her second book, "The Who Surprise," grew from her experiences in the host family program at Bowdoin College, as well as her teaching adults from other cultures to adjust to our culture.

Roski Kasai Hutchins, one of Hutchins' daughters-in-laws, illustrates her books.

Her volunteer work includes Habitat for Humanity, Respite Care and the First Paris Church. She says her "most rewarding

job," has been to successfully raise three well-adjusted healthy children to adulthood, who in turn blessed her and her husband, John, with "six terrific granddaughters."

Part of Hutchins' "chat" will focus on the rewards, and pitfalls, of self-publishing books.

Copies will be available to purchase at the meeting. Reserve a seat by calling 729-0757.

People Plus News

The official monthly newspaper of People Plus, serving residents of the Brunswick/Topsham-Harpswell area. Editorial submissions and advertising queries should be e-mailed to:

frank@peopleplustaine.org

Questions, comments and written contributions should be sent by the 15th of the month to:

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People Plus: not too big, not too small, it's just right!

The longer I am in this job, the more I love it. I've had big jobs at small companies and small jobs at big companies and this one is just right.

I was so proud yesterday to stand outside Wild Oats with volunteers telling passers-by about People Plus and our wonderful programming that serves youth and older adults and home-bound citizens in our area.

Some people had never heard of People Plus. Some people knew all about it. And some thought it sounded just right for them, or their parents, or their teenager, or their neighbor. With all the activities going on these days there really is something offered for everyone.

The days at the center have fallen into a smooth and predictably comfortable pattern. Beginning at 8 a.m. and running until 3 p.m. or so, the Center is full (to the brim!) with retired adults coming in for exercise, playing cards, doing crafts, writing stories, creating works of art, having a meal, sharing social time

and learning all sorts of new things like computer skills, gardening tips, cooking secrets and more.

Then the afternoons are filled with "youth" ranging in age from 12 months to 12th grade. We offer math tutoring to school age children, a drop in teen center for grades 6-12 and a teen-parenting class; where teen parents can bring their babies and get instruction on topics ranging from balancing a check book, making a meal, and coupon clipping.

And the evenings are packed with adults taking classes in Ballet, Choreo-lab, Line Dancing, Belly Dancing, Civil War Book Club and much more.

I'm so pleased that we fill the Center (that the town of Brunswick generously loans us) for almost 12 hours every day. But none of it would be possible without our fundraising efforts. Our annual appeal (including a new business campaign) and the upcoming Music in April are what keep all of the programs going.

On April 12, we will host our 10th

From the Executive Director

STACY V. FRITZLE



annual Music in April fundraiser which generates almost \$30,000 a year for People Plus. Money that is used to run the building, pay the hard-working staff and create those well-loved and well-attended programs.

I hope that you'll buy a ticket and join us for the premier fundraising event in town, which features food from more than 22 restaurants, several musical acts, and a plethora of auction items.

Funds from this event allow the Center to offer all of its various programs — from a daily "Good Morning" call for our home-bound elders who also rely on rides from our Volunteer Transportation Network to exercise and wellness activities.

Join your friends there. Who would want to miss an opportunity to have a great time while giving back to an organization that gives so much. Not too much, not too little, but just the right amount.

Comcast Cares coming to People Plus

On Saturday, April 21, more than 50 local Comcast employees and their families and friends plan to volunteer to improve People Plus as part of Comcast's "Comcast Cares Day."

Since its inception in 2001, Comcast Cares Day has become one of the largest single days of corporate volunteering in the country. More than 67,000 Comcast volunteers will participate in this annual day of service.

Over the previous 10 Comcast Cares Days volunteers have dedicated more than 2.1 million hours of service. The company has also contributed more than \$10.5 million in grants to organizations nationwide.

The People Plus to-do list includes:

- Cleaning windows
- Kitchen re-organization, including building storage shelves.
- Yard work, such as raking, yard cleanup, cutting down old bushes, sweeping parking lot, weeding.
- General cleaning of the basement and the Center.

We invite all people interested in volunteering to join us on April 21 for a fun-filled day of community service. To sign-up or for more information, call Rebecca Banks at 729-0757.



An early draft of a new Topsham Fair heritage print sketched by John Gable. Limited signed and numbered prints are expected to be available through the People Plus Center this summer.

New print will feature Topsham Fair

Noted Woolwich muralist John Gable has commenced work on a painting that will become the latest in a series of heritage prints to be commissioned for the People Plus Center.

The 48 inch by 36 inch mural will focus on the rich history of more than 150 Topsham Fairs. Gable expects to finish the work in June. Artist-signed prints will be available on a numbered, limited-edition basis in early summer. Topsham businessman Jim Howard is paying the commissioning fees, and is "very excited" about the potential for the new image, which will offer a sweeping, nostalgic view of the annual agri-

cultural fair, from the vantage point of the old grandstand.

Since commissioning and selling prints of Jack Deopp's "Last Christmas at Gurnet" in 2002, the Center has self-published two other prints with Gable, "Chuting the Androscoggin" and "High Noon, High Tide." The fourth heritage print image, a water-color by Brunswick's Bev Bevilacqua, featured an impression of the old "Merrymeeting Park" in Brunswick.

Howard has a long relationship with People Plus, and is the owner of the original "Chuting the Androscoggin" mural.

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"Apple Blossoms," hand-colored photograph by Jane Page-Conway

Page-Conway exhibit continues

The unique, hand-colored photographs of Jane Page-Conway remain on exhibit in our Union Street Gallery through April. A professional photographer for 35 years, she is well-known in the area for her hand-colored photographic images.

From Bowdoinham, Page-Conway has worked with many forms of traditional and alternative photography. Most of the work in this show was printed in a traditional, wet darkroom, though most of her current work is done in a digital process.

Page-Conway uses a fiber-based paper that is toned sepia, uses Marshall photo oils, peerless water colors and Lyra wax-

colored pencils to create many of her vintage-styled pictures. Her current interests include relief painting, where she artistically alters an ink jet printed photograph by bathing it in waxes, which she can either leave smooth or create textures.

She has taught photography in several area schools, and as an instructor for the Merrymeeting Adult Education program. She has exhibited in a number of local galleries including the Merrymeeting Arts Center, the Bowdoin College Museum and the Topsham Library.

The show is free and available for review at the Center during regular business hours.

The Rhythm of the Rain By P.K. ALLEN

The rhythm of the rain, like a dancer's feet, clatters on the roof, tapping out a beat.

Thunder joins the solo, like two kettle drums, rumbles in the background, beating distant hums.

Wind accompanies the melody, like voices in a choir,

whistles through the trees, singing with desire.

Bolts of lightning arc, blinding with a flash, like cymbals in a band, ringing as they clash.

Playing its sweet rhapsody that doesn't have a name, like an orchestra without musicians, that's the rhythm of the rain.

A Rainbow By P.K. ALLEN

A multicolored spectrum of light arched far away, that signifies the end of rain and foretells another day.

It's said there is a pot of gold beneath the end of the arc,

and though many try to reach it, it proves too far a mark.

So just enjoy and be satisfied seeing colors that are true. For where the treasure really lies is in the beauty of the view.

He Understood! By CHARLOTTE HART

I wrote my poem. I found the perfect words. I chose a pure white page and lettered them. I framed my poem with yellow daffodils. Each blossom crowned a curving slender stem.

I showed my poem and flowers to Great Aunt Jane. She scrubs and cleans and plans and sews and bakes. Aunt Jane would not look at my treasured page. I'll find a peer no matter what it takes.

At school, my teacher smiled and said, "How sweet." She did not get the things I tried to say. Nor sense the hope proclaimed by daf-

fodils I sighed; I smiled to hide my deep dismay.

Said Ricky K. as we were strolling home Beside the tumbling falls of Ossipee Brook "May I look at your poem, your lovely flowers?"

I'd like to read, to take a careful look. These words! These thoughts! These feelings that I feel! Do paint! Do write! Create lots more of these!"

As Ricky smiled, spring's softest sun came out, And scented tall pines whispered in the breeze.

The Flying Lesson

By RUTH FOEHRING

Summer approached! A time to rest up, catch up and be with family and friends. It was also a time to take a class to improve my skills, learn, and inspire. I began to read information about many courses that promised to give me knowledge and add color and wisdom to my class that fall. Finally I picked one. I knew it would be challenging but I was up to a challenge.

Learn to fly a plane! Make rockets to blast off in the playground and meet a lady astronaut. This all sounded exciting to me. This program was presented by NASA and its aim was to inspire students to want to learn more about space. I signed up.

Making the rockets was easy; getting them to blast off was not. This is where I hoped the lady astronaut would blast them off on her visit. She did visit and inspired the entire class with her snappy uniform and high boots. I was ready to become one too. She did not blast a single rocket however.

The flying lesson was unforgettable. We had become familiar with the controls by sitting in planes and practicing on the ground, and were ready for our big lesson in the air. The class met at the airport and the pilot told us to pick a partner and be ready when it was our time to fly the plane.

I picked my friend Neal, who was a teacher and also was a pilot. He had had three heart attacks and his license was denied him but he just wanted to feel a plane around him again. He looked doubtful when I picked him and had a "Why ME?" look on his face but when we were called he hopped in the pilot seat. I sat in the pilot seat and the pilot sat to my right.

The cockpit was so small that the windshield seemed to touch my nose. The plane was a Cessna 140 and it looked mighty tiny to me.

"Relax, place your foot on the brake, put your hands on the steering wheel, and turn on the ignition. Now we will speed up the engine and taxi to the runway. Easy, do not panic. I am now going to speed up the engine some more," said the pilot.

I was digesting all this when next I heard, "Release the brake, let it roll faster. Wait a minute and now pull up." I pulled the steering mechanism upward and we left the ground.

I then heard, "Where would you like to go?"

I replied, "HOME!" I did hear some directions but I was frozen in time by then. I somehow followed what I was told to do and flew straight along above all the cars heading toward my destination, then took a right and drove up the Mountain Road and then a left up out on our country road. I do remember hearing that I should bank gently using the steering wheel when turning with the rudder or the plane would turn upside down.

"Where and what was the rudder?" I learned fast as it seemed important enough and maybe life or death at this moment.

Then I saw my house. My husband was outside, behind the barn and was vacuuming our above ground pool. I got so excited and wanted him to notice that his wife was flying a plane right over him and so I began dive bombing right toward him. Suddenly the pilot flew into action and steered us right up again. My husband later told me that he indeed did see me and it was the scariest moment in his life and it was a plane heading right for him.

"I think we better fly over water," said the pilot. "We would get a softer landing if it was needed."

Not comforting words for a woman who had just flown over a busy highway, up a mountain and over a country road filled with trees.

So, I flew to Lake Champlain and I knew I did not want to ever be a pilot again. That water below did not look soft to me. And I had enough of my flying lesson. Poor Neal in the back seemed too quiet to me and I hoped he did not have another heart attack. Nope, he was still alive.

I flew back to where we had started and now came the thrill of landing. I came in slow and easy but still we bumped a few times before the plane came to rest. I did it. I was back on the ground where I knew I belonged.

Now that was a lesson.

Coffee Cup Beeper

By BONNIE WHEELER

He lost it again? driving me nuts. He needs a beeper for his coffee cup. He forgets he puts it in the microwave. Then hunts around half the day. It's left in the car or on a garage shelf. He frets and storms boring me to

death. So please, somebody, for his sake and mine Invent a coffee cup beeper in record time. I promise I'll gladly pay any price. Whatever the cost, I'll be first in line.

Make every day Earth Day.



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Will we see you at Music In April?

spectrum generations

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Live Healthy

Healing Arts

Spectrum Generations is pleased to have Harpswell Healing Arts available twice a week at our center. April Joy Purinton is an ABMP certified, licensed Massage Therapist and Polarity practitioner.



We are very pleased to have April offering her services here at the center. She is running a special—\$39 for an hour long massage. Call for an appointment. 729-0475

Chair Yoga class

Next six-week class starting May 7th. No matter what your age or level of physical fitness, you can receive the health benefits of Yoga without getting down on the floor! Build your flexibility and strength safely, all sitting in a chair. Instructor: Shannon Elliott Registered Yoga Teacher Certified Chair Yoga Teacher. \$48 for the six-week class. Call to register 729-0475

Monday Morning Games

Drop by on Monday's at 9 for coffee and games. A lively group that is always looking for more people to share the fun laughs.

Play Bridge Tuesday

At 9:30 a friendly group gets together to play bridge. Mostly novices they enjoy talking about the hands and helping each other gain experience. Call for more information 719-0475



Learn Italian

Starting May 1st we will be offering a beginners, conversational, Italian class. Easy and fun for all levels. This class is limited and will fill up fast so reserve your spot. The starting date is Tuesday May 1st at the Highlands Maine Lodge. Six week class, \$38. 10—11:00 am



Public Notice

Spectrum Generations invites the public to attend an Area Plan public hearing to discuss plans to serve older and disabled adults in the next four years. There will be a public hearing on Monday, April 23rd from 1:30-3:30pm at the Muskie Center in Waterville. A second hearing will be held on Tuesday, April 24th from 2:00-4:00pm at the Cohen Center in Hallowell. Draft copies of the Area Plan document will be available beginning April 6th by calling 622-9212 or 1-800-639-1553 or by visiting www.spectrumgenerations.org

Get Connected

Carefree Café This wonderful restaurant style meal is for people with progressive memory loss and their caregivers. Relax in our elegant environment, quiet jazz music by the fireplace with exceptional food choices provided by volunteers. Carefree Café answers the need of caregivers who wish to enjoy a special outing with their loved one. Lunch is free but reservations are required so that we may keep it an intimate affair. March 28th at 12 noon. Call 729-0475 for more information.



Fireside Luncheon Spectrum Generations serves lunch on Fridays.

Call 729-0475 and reserve your spot as seating is limited. The cost is \$5.00 for those under 60 and for those 60 and older a suggested donation of \$4.00.

Live Well

Laughter Club If you are still in the winter doldrums, you're not alone. "We don't laugh because we feel good; we feel good because we laugh." Come as you are. The more the merrier so bring a friend. Thursday mornings at 10:30.



Don't forget our Cyber-Café.

We have several computers with printers that can be used free. We also have free Wi-Fi available throughout the building. Visit us while you visit the web and get connected!



Still time to File for 2010 Property Tax and Rent Refund

You still have time to apply for a Tax and Rent refund for taxes assessed and/or rent paid on your primary residence in 2010 if you file by May 31, 2012. All Maine residents, not just seniors, who qualify could receive a partial refund, with the maximum benefits for the general program for this year being \$1,600.

Low-income seniors 62 or older in 2010 (55 or older if disabled), may qualify even if their rent or property taxes are not high.

For more information, or help filling out the application, call Spectrum Generations at 1-800-639-1553. Or call the Maine Revenue Services at 207-624-7894. Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote life-long learning, health, wellness, nutrition, community engagement and the social well-being of all older and disabled adults. www.spectrumgenerations.org

Time for Spring Cleaning

Spring is a good time to do some basic updating and clearing out. Here are a few projects to consider.

- Go through your wallet or purse and get rid of all the old cards you no longer use. These should be shredded or cut finely.
- Take your old or unused medications to your local police station in Richmond, Topsham, Brunswick, or Bath.
- Update your medication list so it is current.
- Complete and display a current File of Life on your refrigerator. File of Life is a magnetic pouch that holds your healthcare information and contact numbers. Call us to get one.
- Complete or review an Advance Directive (a Living Will).
- Go through your pantry, cupboards, and freezer and discard old items.

If you need help with or suggestions on how to complete any of these chores, or for more information about Spectrum Generations programs, services, and center activities, give Spectrum Generations a call at 1-800-639-1553 or visit us online at www.spectrumgenerations.org. Like us on Facebook.



Get Answers

Veterans Benefits Assistance Are you a veteran who deserves benefits from the VA? Do you know what VA benefits you are eligible for? Are you a dependent who might be eligible for VA benefits? Have you had trouble getting in touch with the VA. On the third Tuesday of each month we will have a representative of the Veterans Administration here at the center. Call 729-0475 for appointment.

Consumer Information

Do you have questions about what services are available for you or your loved ones? Karen Crum is available to help you obtain information on benefits and savings programs. Call 729-0475 for an appointment.

Meals on Wheels

Do you know someone who is homebound and doesn't have a support system to regularly eat? If so, we have the answer. We deliver nutritious meals to shut in seniors 60 and older and to disabled adults. We Sustain Maine, our new award winning senior nutrition program, has begun using locally grown products from the fields of Maine farms. Call 729-0475 today for more information.

Welcome to Medicare

If you are turning 65 soon, or have recently turned 65, or know someone who is, attend this seminar and learn how to enroll, and what Medicare means for you. **Thursday April 5 at 10 am and Tuesday April 17th at 1 pm.** Please call to register. Free



Spectrum Generations is a designated Aging and Disability Resource Center (ADRC) that promotes independence and dignity for individuals. If you need answers on aging and disability issues we are here for you. We provide easy access to information to assist consumers in exploring a full range of long-term support options plus provide resources and services that support caregivers.

AARP Tax Assistance February, March, and April Spectrum Generations is hosting AARP in their tax preparation service. This is a free service that just requires an appointment. Call 729-0475 for more information and to make your appointment. Ends April 9th, Free



PROUD TO PARTNER WITH PEOPLE PLUS

APRIL 2012 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM Yoga 9:00 AM Crafters 10:00 AM Chair yoga 10:00 AM Table Tennis 12:00 PM Pilates for Crownups 12:00 PM Bridge 1:15 PM Laughter Club 6:00 PM Belly dancing - free demo class	8:30 AM AARP Tax Help 9:00 AM Loosen UP! 10:00 AM Table Tennis 10:00 AM Computer Tutor 10:00 AM Art I 1:00 PM Quilting Club 3:00 PM Teens First 4:30 PM Math Enrichment 6:15 PM Int. Modern dance	8:45 AM Inter. Cribbage 9:00 AM Table Tennis 9:45 AM Teen Tutors for Technology 12:00 PM Choreo Lab 1:00 PM Writer's Group 1:30 PM Tai Chi 4:30 PM Math Enrichment 6:30 PM VA benefits talk	9:00 AM Loosen UP! 10:00 AM Table Tennis 10:00 AM Art II 10:00 AM Computer Tutor 11:00 AM Scoop-a-thon 5:00 PM Yoga 6:00 PM Beg. line dancing 6:00 PM Course in Miracles 7:15 PM Adv. line dancing	9:00 AM Loosen UP! 10:00 AM Table Tennis 1:30 PM Qigong	10:00 AM Bridge 12:00 PM SAT prep class
9:00 AM Yoga 9:00 AM Crafters 10:00 AM Chair yoga 10:00 AM Table Tennis 12:00 PM Bridge 12:00 PM Pilates for Crownups 1:15 PM Laughter Club 6:00 PM Belly dancing	8:30 AM AARP Tax Help 9:00 AM Loosen UP! 9:45 AM Teen Tutors for 10:00 AM Art I 10:00 AM Table Tennis 10:00 AM Computer Tutor 12:00 PM LUNCH OUT 1:00 PM Living Well with 3:00 PM Teens First 4:30 PM Math Enrichment 6:15 PM Int. Modern dance	8:00 AM MEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Table Tennis 10:00 AM Computer Tutor 12:00 PM Choreo Lab 1:00 PM Writer's Group 1:30 PM Tai Chi 4:30 PM Math Enrichment	9:00 AM Loosen UP! 10:00 AM Table Tennis 10:00 AM Art II 3:00 PM Game On! 5:00 PM MUSIC IN APRIL GALA 6:00 PM Yoga 6:00 PM Course in Miracles 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Loosen UP! 10:00 AM Table Tennis 1:30 PM Qigong	10:00 AM Bridge
16 PATRIOT'S DAY Center is closed 6:00 PM Belly dancing	9:00 AM Loosen UP! 10:00 AM Art I 10:00 AM Table Tennis 1:00 PM Quilting Club 3:00 PM Teens First 6:15 PM Int. Modern dance	8:45 AM Inter. Cribbage 9:00 AM Table Tennis 11:00 AM Growing Seeds 12:00 PM Choreo Lab 1:00 PM Writer's Group 1:30 PM Tai Chi 2:00 PM Author's Chat	9:00 AM Loosen UP! 10:00 AM Art II 11:30 AM CHANS BP clinic 12:00 PM LUNCH & CONNECTIONS 5:00 PM Yoga 6:00 PM Beg. line dancing 6:00 PM Course in Miracles 7:15 PM Adv. line dancing	9:00 AM Loosen UP! 10:00 AM Table Tennis 1:30 PM Qigong	9:00 AM COMCAST CARES VOLUNTEER DAY 10:00 AM BRIDGE
9:00 AM Crafters 9:00 AM Yoga 10:00 AM Table Tennis 10:00 AM Chair yoga 12:00 PM Pilates for Crownups 12:00 PM Bridge 1:00 PM Balance and falls 1:15 PM Laughter Club 6:00 PM Belly dancing 6:30 PM Civil War Book	9:00 AM Loosen UP! 10:00 AM Table Tennis 10:00 AM Art I 10:00 AM Computer Tutor 2:30 PM Café en Français 3:00 PM Teens First 6:15 PM Int. Modern dance	8:30 AM WOMEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Table Tennis 10:00 AM Computer Tutor 12:00 PM Choreo Lab 1:00 PM Writer's Group 1:30 PM Tai Chi	9:00 AM Loosen UP! 10:00 AM Table Tennis 10:00 AM Art II 3:00 PM Game On! 5:00 PM Yoga 6:00 PM Beg. line dancing 6:00 PM Course in Miracles 7:15 PM Adv. line dancing	9:00 AM Loosen UP! 10:00 AM Table Tennis 1:30 PM Qigong	10:00 AM Bridge 12:00 PM SAT prep class
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Teen Center

Monday to Wednesday, 2:30-5:30 PM

PEOPLE PLUS NEWS & VIEWS

FEATURING

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Disposing of your unused, unwanted or expired meds

By CHRISTOPHER TRIPP
LINE MSW Intern

On April 28 there will be a statewide community medication collection. Since 2005, Merrymeeting Bay TRIAD has supported local collections to remove unwanted and unused medications from disposal in landfills or from diversion onto the street for illegal use.

The group has also worked to raise public awareness about the impact of prescription medicines on our health and well-being. The group has long since touted the dangerous levels of medications found in our water supply, which has been caused by the once common practice of "flushing" medications as a means of disposal. TRIAD also highlights the dangers of keeping unneeded narcotic medications in the home, which have been identified as one of the reasons for the increase in home invasions, where medications and other goods of

value have been forcefully taken from elders' homes.

Additionally, the group identifies that improper administration of medications is one of the leading causes for hospital admissions. By removing unneeded medications from the home there is a decreased likelihood that someone will make a careless error that could lead to an unnecessary hospitalization or death.

The community medication collection in Brunswick will be located at Bowdoin College's McClellan Building on Union Street between 10 a.m. and 2 p.m. Other sites are available throughout Maine. Contact local law enforcement for collection sites.

The Midcoast area is fortunate to have local permanent medication collection drop boxes located at area law enforcement offices. These boxes are located at police departments in Brunswick, Bath, Richmond and Topsham, as well as the Sagadahoc County Sheriff's Depart-

ment. Organizers note that medication collections are one way for people to do their part to support wellness and safety.

The following are acceptable medications for drop-off: prescriptions, over-the-counter medications, vitamins, sample medications, pet medications, lotions, liquid medication in glass or leak resistant containers, and inhalers. Needles, or other "sharps" as well as medical equipment (thermometers, hearing aids, blood pressure cuffs and the like) cannot be accepted.

MCREA meeting set

BATH — On Tuesday, April 10, the Mid-Coast Retired Educators Association will gather at 11 a.m. at the Bath Vocational Center, 836 High St., for their monthly meeting.

The agenda includes a business meeting and luncheon. Author Janet Freeman Baribeau will present a book talk on her new book, "A Bailey Island Girl Remembers." This month's internal fundraiser will be a silent auction mystery bag and net gains will be donated to the MCREA scholarship fund.

For more information, contact Jane Gott at 721-0659.

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www.stetsonfuneralhome.com
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apurinton@gwi.net

Anthony B. Purinton • Funeral Director

'Up to the minute' list of Music In April auction items

FOOD

FAT BOY DRIVE-IN gift certificate (1 of 3) (\$50)

FOUR DOZEN Frosty's doughnuts, to be ordered one (1) dozen at a time (\$40)

GIFT BASKET of homemade and homegrown foods from Patchwork Gardens

HOME-BAKED PIE from Amanda Similien, winning bidder to select kind of pie and make arrangements for pick-up, good until April 12, 2013 (1 of 2)

ONE DOZEN DECADE COCONUT CUP-CAKES, huge, yummy "special occasion" cupcakes, frosted & topped with flaked coconut, baked by Suzan Wilson, good until April 12, 2013. Winning bidder to make arrangements with Suzan. (1 of 2)

ONE QUART OF SOUP a week for a month prepared by Charlene Tulpin at Run with Soup and delivered to you. Soup to be chosen from weekly selection, good until April 12, 2013. Call or e-mail Charlene to make arrangements." (\$50)

TRIPLE CHOCOLATE DELIGHT 10" CHEESE-CAKE (feeds 12-15) by Susie Sharp — gorgeous and delicious. Made to order with 2 weeks notice, good until April 12, 2013. Call or e-mail Susie to make arrangements." (\$50)

FOUR DOZEN COOKIES (one dozen each of four varieties) in a decorative tin, baked by Mary "the cookie lady" Biette, good until April 12, 2013 (\$50)

GOURMET CHINESE MEAL FOR 6, prepared in your home by Mike Feldman, menu to be negotiated with the chef from extensive list of Chinese delicacies, good until April 12, 2013

HORS D'OEUVRE TRAY FOR PARTY of 16 by Simply Elegant Catering, make selections from list of appetizers; winner to arrange pick-up, good until April 12, 2013." (\$250)

JANE'S FRUIT PIES — 6 homemade deep-dish fruit pies, tenderly crafted by Jane "that pie lady" Connors, good until April 15, 2013. (\$120 to \$150)

TRADITIONAL NEW ENGLAND CLAMBAKE for 20 on mutually agreed-upon date at the home of Frank & Jane Connors in Brunswick; lobsters, clams, corn on the cob, eggs, hot dogs, roast chicken, salads (green & pasta), blueberry cake & coffee. Good until November 1, 2012. (\$800-900)

SPORTS, ENTERTAINMENT AND OUTINGS

CANOE TRIP for 3-4 hours Bowdoinham's Cathance River (or route to be negotiated), entertained by mosquitoes and snapping turtles, with basket lunch after, for 1 non-paddler, or 1 paddler + 1 more person, good until Oct. 15, 2012.

OVERNIGHT AT THE HARPSWELL INN B&B — includes breakfast for two, reservation subject to availability July & August excluded, transferable only with prior approval, good until April 12, 2013" (\$150)

GUIDED TOUR OF THE NIGHT SKIES with Rob Burgess and other members of the Southern Maine Astronomers, wine & cheese party for eight to twelve, at Starburst Meadows Observatory in Brunswick at location of your choosing using traveling telescope, good until April 12, 2013.

ONE-HOUR AIRPLANE RIDE in a Cessna 183 with an experienced pilot and Maine native, Jim Gallagher. Call Jim to schedule flight. Good until April 12, 2013, but not available May 20 to mid-July, 2012." (\$250)

MOOSEHEAD LAKE 4-day long weekend, Camp Chenango, sleeps eight (8), beach, boat launch, sailboats, canoes, kayaks, generally available June 1-Oct. 15.

ONE-WEEK STAY AT HARBOR RIDGE RESORT in Southwest Harbor, Maine's first 5-star resort; 2-bedroom, 2+ bath, 3-floor condo; sleeps 6 with pull-out sofa in living room; full kitchen; washer/dryer; available Sept. 22-29. (\$1,000).

BOAT RIDE (donor to be determined) Good until April 12, 2013.

\$25 GIFT CERTIFICATE for Eveningstar Cinema (\$25)

MAINE EASTERN RAILROAD, 2 coach seats for round-trip travel between Brunswick and Rockland during 2012 season (Memorial Day into October). (\$96)

MAINE MARITIME MUSEUM, behind-the-scenes collection vault tour with the curator for a party of 10, includes admission to the museum (good until Aug. 31, 2012)" (\$200)

SAGADAHOC PRESERVATION INC., package: one-year family membership, two (2) tickets for 10th Annual Music & Garden tour on June 16, Cat's Meow figure of York

Hall, Christmas ornament or Winter Street Center." (\$130)

INN AT BRUNSWICK STATION overnight stay (\$214)

MIDCOAST SYMPHONY ORCHESTRA with John Ferrillo, oboist, two (2) tickets, Orion Performing Arts Center, Topsham, on Sunday, May 13 at 2:30 PM (1 of 2 pair)" (\$34)

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PORTLAND SYMPHONY ORCHESTRA, two (2) tickets to "Magic of Christmas" to be performed between Dec. 14 and 23. (Voucher must be redeemed between May 1 and Dec. 21, 2012). (\$90)

FOUR ROUNDS OF GOLF at the Brunswick Golf Club (gift certificate to come) (\$200)

PASSES FOR THREE free games at Spare Time Bowling for 4 people (\$52)

PORTLAND SEA DOGS vs. New Britain Rock Cats tickets, 4 for Memorial Day, Monday, May 28, at 1 p.m., Section 103, Row J (\$50)

SOMETHING FROM HARRIS GOLF (Highland Green and/or Mere Point)

TWO 2 TICKETS to Portland Sea Dogs vs Reading Phillies, box seats right beside the visitors' dugout, Wednesday, July 18, at noon" (\$20)

TWO (2) \$10 GIFT CERTIFICATES for merchandise or track rental from Slot Car Junction & Fascination Station Toys in the Tontine Mall (\$20)

TWO ROUND-TRIP VOUCHERS on the Downeaster between Portland and Boston North Station; good through Feb. 25, 2013 (\$96)

VINTAGE OUIJA, "The Mystifying Oracle Wonder Talking Board," by William Will in original box, pre-Parker Brothers." (\$25)

HANDMADE "PATHWAYS" SCRAPPY QUILT with matching knife-edge 16" pillow from the People Plus Tuesday Quilters, multi-colored, hand-tied, machine-quilted, queen size (90" x 104")" (\$150)

LINOLEUM BLOCK PRINT DIPPYCH, "Sun & Moon" by artist Judith Long, 11"x18" (\$150)

ORIGINAL PAPER BATIK ARTWORK by Con-suete G. Bailey, "Lookout Point, Harpswell, ME," matted & framed (19-1/2" x 10-1/12")" (\$75)

ORIGINAL WATERCOLOR, "The Mill, Brunswick" by artist Frances Caswell, framed to 20"x16" (\$100)

COILED COTTON BASKET, multi-colored, 8" diameter x 7" high, handmade by J. Burg/Creations in Cloth (\$25)

QUILTED TOTE BAG, purples & blues, washable (with insert removed), 12" w x 13" h x 5" deep, handmade by Beverly LaPointe (\$50)

WOODEN BOWL, SUGAR MAPLE, 10" x 3", handcrafted & signed by Bob Morrell" (\$100)

"COMPASS ROSE" sterling pendant with 18" sterling white chain (\$90)

"MEMORIES IN VERSE AND PROSE" of Brunswick and the author's family written & illustrated by Claude Bonang (\$20)

"SKATING ON THE HALL" poster, "1991 photo (25" x 18") (\$15)

4D CITYSCAPE TIME PUZZLE, "London," winner of the 2010 "Gift of the Year, for ages 8+" (\$40)

BISQUE DOLL WITH DOLL-HOUSE FURNITURE: upholstered sofa, two wooden chairs, brass clock, brass fireplace fan & tool set" (\$75)

HAND-TURNED WOOD-EN BOWL created from 60 pieces of maple & mahogany in checkerboard pattern (7-1/2" x 3-1/2" tall), handcrafted & signed by Bob Biette" (\$135)

SPRING WREATH, handmade by Michelle Koshing of Michelle's Primitives (\$40)

WOODEN BOWL, pine, 10" x 3-1/2", hand-crafted & signed by Bob Morrell (\$90)

\$20 GIFT CERTIFICATE for Gulf of Maine Books (\$20)

SHAKER MEDLEY: Three (3) books ("Simple Girls," "Shaker for Your Plate," & "Simple Prayers") CD of hymns & dance tunes; greeting card & 3 small posters"

SIX BLUEBERRY WOOD-BLOCK print notecards by artist Susan Levine (\$20)

SIX NOTECARDS WITH SCENES of Brunswick by artist Frances Pratt Caswell (\$20)

SIX WOOD-BLOCK PRINT NOTECARDS, mixed coastal scenes, by artist Susan Levine (\$20)



Your bid please

A view of Camp Chenango on Moosehead Lake. A four-day long weekend is available during the live auction.

FUNK FISH, assemblage of Maine driftwood and found and repurposed items, 23" long, created by Jay Banfield.

FRAMED OIL PAINTING of sailing ships by artist J. Reynolds, purchased in Boothbay Harbor c. 1972 (44" x 32")

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ORIGINAL WATERCOLOR, "Lighthouse" at Sebasco Harbor Estate by artist Lisa Paige, custom framed by Gallery Framing, 16-1/2" w x 15" h (\$150)

WOODEN BOWL, SUGAR MAPLE, 10" x 3", handcrafted & signed by Bob Morrell" (\$100)

"COMPASS ROSE" sterling pendant with 18" sterling white chain (\$90)

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CHILD'S KNITTED HAT, white chenille, wash-able, dry on low heat" (\$25)

ADULT'S SCANDINAVIAN MITTENS, blue and white, hand-knit by Elaine Eschholz" (\$25)

ADULT'S SCANDINAVIAN MITTENS, red & white, hand-knit by Elaine Eschholz (\$25)

BICYCLE HELMET, Align model by Specialized, adult, adjustable, white (\$40)

LADIES' KNITTED HAT, lavender tweed, washable, dry on low heat, handmade by Bridgette Brewer" (\$15)

LADIES' SIOUX MOX SLIPPERS, pink suede leather with white fur collar, size 7 (with box) (\$25)

MEN'S WOOLRICH NYLON JACKET with gray polyester fleece lining, size medium, navy blue (no exchanges, please) (\$80)

NECKLACE with blue & silver beads (\$16)

NECKLACE with cream & green stone pendant (\$19)

NECKLACE with tan & black stone pendant (\$19)

RUFFLED SCARF, BLUE TWEED, hand-knit by Brenda Richards (\$20)

RUFFLED SCARF, BROWN TWEED, hand-knit by Brenda Richards (\$20)

SCARF OF GOLD-COLORED BABY ALPACA YARN, hand-woven, 58"x9", from Winters Gone" (\$28)

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\$25 GIFT CERTIFICATE from Before & After Photo Restoration (\$25)

\$25 GIFT CERTIFICATE from Summer Island Studio in the Tontine Mall (\$25)

Raffle items

ORIGINAL PHOTOGRAPH, "The Old Rocker" by photographer Priscilla Sargent, framed to 12"x16" (\$125)

WOODEN BOWL, spalted maple, 8" x 2-1/2", handcrafted & signed by Bob Morrell (\$65)

GIFT BASKET FROM TESS' MARKET (contents to be determined) (\$50)

will return to the gala for their fifth presentation in as many years.

Lighting and interior design work by Robyn Allen of Maine Event Design & Decor routinely transform the K of C Hall into an unforgettable ballroom for this evening event, and John Bottero of Thomaston place galleries will once again lead the live auction.

Last year's sold-out event was attended by more than 250 people and raised nearly \$30,000 for the People Plus Center.

A few individual tickets remained at press time, and still cost only \$50. Former People Plus board member O'Jeanne d'Arc Mayo, whose leadership and imagination over the past five years has led to a series of sold out shows and record-setting income, has added her magic touch to this season's program.

"Our goal is simply to make sure this Music in April is the best one yet," she pointed out at a recent planning meeting.

MUSIC

From Page 1

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PLACE YOUR BIDS!

Can't make the event? Now, people NOT attending our Music In April gala may bid on live and silent auction items.

LIST ITEM(s)	Your Bid
_____	\$ _____
_____	\$ _____
_____	\$ _____

Name: _____ Phone: _____

Address: _____

Mail or deliver this form (no money now), to: People Plus Center, ATTN: Frank Connors, 35 Union St., Brunswick, ME 04011.

12th Annual Barbershop Concert

AND Silent Auction

FEATURING

NOR'EASTERS

MAINE-LY HARMONY

O'MIGOSH QUARTET

BACK BAY FOUR

HEART & SOUL

SATURDAY, APRIL 21ST

AT THE UNION METHODIST CHURCH
320 CHURCH RD BRUNSWICK

SILENT AUCTION DOORS OPEN 6:00PM
CONCERT BEGINS 7:00PM

Benefiting
BRUNSWICK AREA RESPITE CARE
CELEBRATING OUR 23RD ANNIVERSARY
SERVING THE MIDCOAST

Advance Tickets: \$8.00
Door Tickets: \$10.00
Under 12 Free

Call 729-8571 For Tickets

HANDICAPPED ACCESSIBLE

Respite Care

Benefits of membership increase

Show your card and save

We are grateful to the following businesses in the greater Brunswick area who offer special discounts to patrons showing a People Plus membership card:

Beauty Salons/Skin Care

Reflections: 10%, Monday-Friday
2 Center St., Brunswick
729-8028, www.reflectionsbylucie.com

Candy

Wilbur's of Maine: 10%, Anytime
43 Maine St., Brunswick; 729-4442

Chiropractor

Augat Chiropractic: Free consultation and cursory exam
9 Pleasant St., Brunswick; 725-7177

Dry Cleaning

J.&J. Cleaners: 10% Pickups, Wednesdays (customers over 55)
Maine Street, Brunswick; 729-0176

Florist

Pauline's Bloomers: 10%, Anytime
49 Maine St., Brunswick; 725-5952
www.paulinesbloomers.com

Auto Service

Autometrics: 10% Anytime
21 Bath Road, Brunswick; 729-0842

Bill Dodge Auto Group: 10% off parts and service
262 Bath Rd., Brunswick; 888-378-1404
118 Pleasant St., Brunswick; 729-6653
www.billdodgeautogroup.com

Brunswick Ford: 10% off on Parts and Service
157 Pleasant St., Brunswick; 725-1228

Lee's Tire & Service: 10% on Parts (excludes Tires)
35 Gurnet Road, Brunswick; 729-4131
27 Monument Place, Topsham; 729-1676

Tire Warehouse: 20% on Labor
24 Topsham Fair Road, Topsham
725-7020, www.tirewarehouse.net

PEOPLE PLUS 2012 MEMBERSHIP Date _____

PLEASE PRINT

1. Name _____ (LAST) (FIRST) Phone _____ Birthdate _____

2. Name _____ (LAST) (FIRST) Phone _____ Birthdate _____

Mailing Address _____ City _____

State _____ ZIP _____

New Member Renewal

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Total \$ _____

Credit Card # _____ Exp. Date _____

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Call your friends or build a Center group: Groups of 15 or more save 20% to a Maine State Music Theater matinee when ordered before May 2.



"Green" Living

Shift: 10% on Wednesdays
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6 Maine St., Brunswick
725-5111, www.berriesopticians.com

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82 Maine St., Brunswick; 729-8474
www.maineoptometry.com

Nickerson Optical & Hearing Aid Center: 15% Optical, 10% Hearing
82 Baribeau Drive, Brunswick
725-1110, www.nickersonoptical.com

Recreation/Entertainment

Eveningstar Cinema: Free bag of popcorn at evening shows
149 Maine St., Brunswick; 729-5486
www.eveningstarcinema.com

Maine State Music Theatre: 10% off Season Pass
22 Elm St., Brunswick; 725-8769
www.msmt.org

Play It Again Sports: 10% Anytime
124 Maine St., Brunswick; 729-3900
www.playitagainsports.com

Spare Time Bowling: \$1.85/String, 7 days a week, 9 a.m.-5 p.m.
276 Bath Road, Brunswick; 725-2963
www.sparetimebrunswick.com

Restaurants

Arby's: 10%, Anytime, excluding coupons
Topsham Fair Mall Road, Topsham
729-8244, www.arbys.com

Big Top Deli: 10%, Anytime
70 Maine St., Brunswick
721-8900, www.bigtopdeli.com

Fairground Café: 10%, Anytime
Topsham Fair Mall
729-5386

McDonald's: Free Dessert with Purchase
11 Gurnet Road (Route 24), Cook's Corner, Brunswick; 729-4416
www.mcmaine.com/1080

Sam's Italian Foods: 10%, Except for Specials (Patrons over 60)
Cook's Corner, Brunswick; 725-4444

Tavern at Brunswick Station: Buy one entrée, get one half off
4 Noble St., Brunswick; 443-3538
www.innatabrunswickstation.com/tavern_dining/

The Great Impasta: 15% off Wednesday lunch(foot only)
42 Maine St., Brunswick; 729-5858
www.thegreatimpasta.com

Stores

Bowdoin College Store: 10%, Anytime
Station Avenue, Brunswick; 798-4344
www.bowdoin.edu/bookstore

Indriani's: 10% on Non-sale Items, Mondays
Tontine Mall, Brunswick; 729-6448

Portland Glass: 10% on Materials (\$50 max)
61 Bath Road; 729-9971
www.portlandglass.com

Hearing loss talk set

Do you live with someone with hearing loss? Do you have difficulty hearing exactly what people say?

Robin Galleher, director of audiology at the Pine Tree Society, will share practical information and communication strategies during a free "Living Well with Hearing Loss" talk on April 10 from 12 p.m.

This talk will focus on strategies, NOT hearing aids.

Please contact People Plus at 729-0757 to sign up today.

The Wellness Connection

As a chiropractor I often encounter people that don't understand what I do or why I do it. In this segment of the wellness connection, I will share 4 simple but sensible principles that keep us leading providers of wellness health care.

First, I know that you may have heard that chiropractors are back and neck pain doctors, but I need you to know that that is like calling an icebergs a sliver of ice floating above the water.

First, each of us is born with an innate intelligence that keeps us functioning every minute of our lives. It's that animating force that controls and regulates all tissues, cells, and organs. We don't have to know how a liver works for it to work. It just does what it was designed to do. This innate intelligence is far superior than our educated minds will ever be.

Second, the nervous system is the master system of the body. It allows the brain and the body to continuously communicate and adapt to our external environment while maintaining balance to our internal environment.

Third, misalignments of the spine can interfere with the nervous system and compromise the body's ability to adapt to stress. In chiropractic we call this condition a vertebral subluxation complex often shortened to subluxation.

Fourth, the job of the chiropractor is to detect and remove these subluxations with an adjustment to the spine. This restores proper spinal function and removes the stress to the nervous system which allows the body to return to a state of ease and adaptability.

When this happens, we see miraculous things happen! In fact, 19 years of experience has allowed me to witness thousands of people just like you return to health from a wide variety of health problems. I have witnessed children with chronic ear infections no longer needing antibiotics, headache and migraine sufferers that suffer no longer, and chronic pain sufferers return to active and vital lives without pain and suffering. In all these cases, I did not treat their condition. I simply found the areas of spinal stress and nerve interference, removed it, and then stood back and watched as the person/body healed naturally. Oh yeah, let's not forget the best part, when it is all said and done, the practice member and I celebrate health freedom and a vision for a new future!

If you want to know if chiropractic can help you achieve optimal health call the doctors of Slocum Chiropractic at 725-4222.



Dr. Jeffrey S. Slocum

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April offerings reflect Spring

Unless otherwise noted, sign up for all classes by calling the Center at 729-0757.

Food and flowers from seeds

Growing food and flowers from seed is the cheapest way to feed your family and beautify your yard — and it's easy! Join us on Wednesday, April 18, from 11 a.m. to noon to learn how to get your seeds off to a strong, healthy start.

In class, we'll also cover some very low cost methods for DIY projects that help create thriving seedlings, such as a homemade seedling stand and heat mat. Participants will even plant a few of their own seeds and take them home.

Our instructor, Corie Washow, co-owns Shift, a sustainable home goods store on Maine Street in Brunswick that provides products and educational offerings that decrease our impact on the planet. Corie enjoys practicing and learning about sustainable living with an emphasis on growing and preserving food, minimizing consumption and self-sufficiency.

She has a master's degree in environmental education and has worked in a variety of nonprofit and educational settings. Before buying Shift, she worked at the University of Maine Cooperative Extension coordinating Maine AgrAbility, a program that helps farmers and gardeners figure out how to continue to grow productively even when their bodies offer challenges to their success.

The class is free to the public, but there will be a \$5 materials charge.

Computer tutor classes

Jack Hudson ushers in April at People Plus as the computer tutor. Each week, Jack's classes help people get the most out of their computer.

This month's classes are:

— "More on Word": April 3 and 5 at 10 a.m.

— "Downloading Pictures and Managing Files": April 10 and 11 at 10 a.m.

— "Navigating the Internet and Your Email": April 24 and 25 at 10 a.m.

These classes are free and open only to People Plus members. There is a maximum of five people per class (unless you bring your own laptop.)

Intermediate Modern Dance and Choreo Lab

People Plus is now offering an array of dance classes, open to students of all ages and dance interests. Come join the fun and dance through mud season with dance professional Peg Brightman, who is offering Intermediate Modern dance and a Choreo Lab.

Intermediate Modern dance, which meets on Tuesdays at 6:15 p.m. is a contemporary dance class drawing from Limon, Evans and Cunningham dance

styles. Together you will work on correct placement, expressive musicality and dynamic use of space. The first 15 minutes of class is an optional floor barre, focused on gentle stretching. Students can also join the class later at 6:30 p.m. for the hour-long technique class starting with a center barre and ending with across-the-floor dance phrases set to classical, folk, pop or jazz music. Following class is an hour-long open rehearsal — a unique opportunity to observe how original dances are created and prepared for upcoming performances. Moving Spirit Dancers are working toward several spring performances in the Mid-coast area. Occasionally there are opportunities to understand and perform with Moving Spirit.

Choreo Lab is an informal, supportive workshop exploring movement with an eye to making original dances, of any personal style preference. Some prior dance study is suggested; beginner and experienced choreographers share feedback and creative energy to create solo and small group dances. The last class of the session is open to the public, providing an opportunity to perform new work for audiences.

For specific questions regarding the class, please contact instructor Peg Brightman at pbr16@aol.com directly. Classes by the month are \$10 per class; single classes are \$15 per class.

Belly dancing series opens with demo

Curious about belly dancing... Now you can try it out with a free demonstration class on Monday, April 2, at 6 p.m.

Authentic Belly Dance, or raks sharqi, is an ancient form of dance. Raks sharqi means "dance of the east" in Arabic. Belly dance celebrates every body type

and every stage of life. The dance is proud and powerful and soft and sinewy with elegant and isolating movements emanating from the core. It's the Pilates of dance and so much fun.

Join us as Merrymeeting Adult Education offers Belly Dancing with Josephina Gasca at People Plus. Please wear comfortable clothing, similar to what you might wear to a yoga class that will allow for free movement and the ability to see your movement. Hip scarves make it even more fun. You can dance barefoot or in a pair of comfortable dance shoes. Zils (finger cymbals) will be used in class and are available from the instructor.

The class runs for eight weeks on Mondays, April 9 to June 4, from 6 to 7 p.m. Merrymeeting Adult Education's belly dancing class offers a discounted fee for People Plus members of \$86. Call Merrymeeting Adult Education at 729-7323 to register.

Beginner's line dancing

Are you looking for exercise that is fun? Do you like moving to music with a choreographed dance? Line dancing, a dance with a repeated sequence of steps done with a group, could be just what you are looking for.

People Plus is offering a beginner line dance class to be taught by Janice McLaughlin, a local instructor who has taught for more than 18 years. The class will be held at the People Plus Center on Thursdays evenings at 6 p.m. This class begins April 5 and costs \$20 per month.

For class specific questions, contact Janice McLaughlin at 729-6945.

PLEASE NOTE: Yoga with Ruth Vogel has been moved to Thursday evenings at 5 p.m. Intermediate/advanced line dancing will continue to be held at 7:15 p.m. on Thursdays.



Congrats!

Millie Ackley, left, and Eleanor Grate won the People's Choice Award during last month's Bath Senior Center talent show, "Seniors have Talent?"



Monday-Saturday Bridge

Feb. 25: Bill Washington, Bill Buermeyer

Feb. 27: Lorraine LaRoche, Vince McDermott

March 3: Donna Burch, Bill Washington

March 5: Marian Schneider, Vince McDermott

March 10: Richard Totten, Bill Buermeyer, Bill Washington

March 12: Anne Brautigam, Gladys Totten, Bill Buermeyer

March 17: Cecil Eldredge, Lorraine LaRoche

Intermediate Cribbage

Feb. 22: Linda Paisley, 710; Harry Higgins, 706; Mike Linkovich, 696; Joseph Tonely, 694; Pamela Frampton, 690.

Feb. 29: Andrew DeBiasio, 725; Darryl Wood, 717; Richard LaPointe, 711; Harry Higgins, 704.

March 7: Harry Higgins, 726 (Perfect score); Cecile Eldredge, 724; Priscilla Sargent, 723; Harold Cain, 707; Pamela Frampton, 690.

March 14: Robert King, 722; Harry Higgins & Darryl Wood, 717 (tie); Robert Poehring, 716; Lois Fournier, 713.

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Free healing clinic serves 80

People Plus was transformed on Friday, March 16, as Greater Brunswick Physical Therapy created a warm, inviting environment to welcome more than 80 individuals seeking care at the Light Body Free Healing Clinic.

The Light Body Free Healing clinics are Greater Brunswick PT's way of providing a sampling of free care for people who might not realize how therapeutic and helpful different modalities for healing can be. More than a dozen bodywork professionals donated care including physical therapists and staff from Greater Brunswick Physical Therapy, massage therapists and Reiki masters — all to benefit Mid Coast Hunger Prevention Program and People Plus.

People Plus would like to thank physical therapist Donna Maria Bordeaux, co-owner of Greater Brunswick Physical Therapy, who was one of the professionals offering half-hour healing sessions at the clinic. Donna Maria's goal for

Greater Brunswick PT has always been "to treat individuals with a greater depth of caring, to honor the interconnectedness of the body, mind, and spirit and to touch the hearts of those who come here for help."

This Light Body Free Healing Clinic was very successful, reaching people of all ages, from all walks of life, with a wide range of health issues. More than 80 half-hour sessions of care were given, raising close to \$100 dollars for both People Plus and Mid Coast Hunger Prevention.

Mark your calendars for future healing clinics on June 15, Aug. 17 and Nov. 9 and plan to improve your health and support People Plus and Mid Coast Hunger Prevention Program.

People Plus is a regular stop on the Brunswick Explorer bus line.

Questions? Call People Plus at 729-0757, or Greater Brunswick Physical Therapy at 729-1164.



Free healing clinic practitioners offered massage, physical therapy, Reiki and healing touch treatments on March 16 during the season's first Light Body Free Healing Clinic.

Six Tips for Achieving Financial Fitness

You may be focused on getting in shape for swimsuit season, but take a break from the gym this spring and spend some time on your financial fitness. Here are six tips to help get your investment portfolio into prime condition.

1. Shed the weight of extra accounts. It's not unusual to acquire multiple retirement accounts over the years, especially if you've changed jobs several times. Consider consolidating them to simplify the management of your investments. If you have retirement assets with a former employer, it could be to your advantage to roll them over to your own IRA and achieve more control over how your money is invested. Consolidating accounts may also make it easier to monitor the performance of your investments and gives you the opportunity to ensure they're properly allocated.

2. Bulk up your retirement savings. Have you given enough weight to what you'll need in savings to retire comfortably? Are you taking full advantage of employer matching contributions and maxing out your IRA each year? In 2012, you have until April 17 to contribute \$5,000 (or \$6,000 if you're over 50) to a traditional IRA. Sock away as much as you can to build your retirement nest egg.

3. Grow stronger. The fluctuating financial markets impact industries and individual investments differently, and often in ways that are difficult to predict. You can strengthen your portfolio by making sure your investment dollars are spread across a variety of investments. With diversified investments, your overall portfolio is more likely to be devalued should one investment topple in value. Rather than trying to pick individual stocks and time the market, consider pacing yourself with systematic investments and think longterm.

4. Achieve the right balance. In light of the fickle nature of financial markets, even a well-



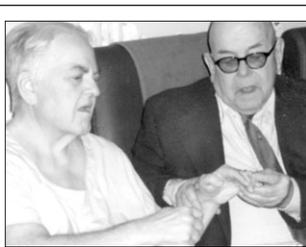
Scott L. Lemieux

balanced portfolio can look different than what you may have expected over time. Therefore, it's wise to periodically assess the volatility of your investments across and within asset classes (stocks, bonds, and so forth) and rebalance your portfolio to achieve the desired asset allocation. A financial advisor can help you apply asset allocation strategies, and may have access to tools that will help you decide what may be a good match for your risk tolerance and goals — see tip No. 6.

5. Trim your waste. The Internet has made it easy to securely monitor your financial affairs while also helping to minimize paper waste. Question every printed piece you receive related to your portfolio. Is it absolutely essential to receive a paper statement? Do you really need to print that 100-page prospectus? Review the options provided by your financial institution and take advantage of their green initiatives if you're comfortable managing your accounts online. With regard to your personal paper trail, keep in mind that your tax records and supporting documents should be maintained for seven years, while credit card statements can be tossed after a year. When disposing of documents, always use a shredder to keep your personal information safe from identity theft. Follow this advice, and your file cabinet will be slimmer in no time.

6. Enlist a personal trainer for your finances. Like many activities, managing investments is more fun — and potentially more productive — when you have a knowledgeable person by your side. A skilled financial advisor can guide you through simple exercises to help improve your investment fitness and cheer you on in pursuit of your financial dreams and goals. Together you can apply disciplined strategies designed to strengthen your investment portfolio and help you get in the best financial shape of your life.

Scott L. Lemieux, MS, Financial Advisor, Ameriprise Financial Services, Inc., 124 Maine Street, Box 7A, Brunswick, ME, 04011. Office: 207-729-0734; Fax: 207-729-2362; Toll-free: 877-330-0734. scott.lemieux@ampf.com. Learn more at ameriprisefinancial.com/Scott.L.Lemieux. Advisor is licensed/registered to do business with U.S. residents only in the states of CT, FL, IA, ME, NH, FL, GA, and TN. Brokerage, investment and financial advisory services are made available through Ameriprise Financial Services, Inc. Member FINRA and SIPC. Some products and services may not be available in all jurisdictions or to all clients. © 2011 Ameriprise Financial, Inc. All rights reserved.



'I still do'

Betty and Richard Tomko of Brunswick renewed their wedding vows last month after 36 years. The couple was married in 1976 by Father Knox at the old St. Charles Church on Noble Street in Brunswick. Father Knox officiated during the renewal ceremony.

Still time for tax, rent relief

Sens. Stanley Gerzofsky, D-District 10, and Seth Goddall, D-District 19, would like to remind their constituents that the deadline to file for property tax relief is May 31.

Applications for the Maine Property Tax and Rent Refund are still available to Maine residents. The program, also known as Circuit Breaker, is designed to ease the property tax burden for qualified homeowners or renters. Anyone may apply to find out if they qualify. However, the deadline to file for the 2011 cycle is May 31.

More than 200,000 households qualify for this program and refunds may be up to \$1,600. In the last application period, nearly \$41.5 million was distributed to 87,918 qualified residents for an average refund check of \$470 in tax relief.

Before filling out an application it is important to note one must have been a Maine resident for all of 2010.

People may qualify for the program if they do not have a spouse or dependents and their 2010 household income was \$84,950 or less; or if they do have a spouse or dependents and their household income was \$86,600 or less.

Additionally the 2010 property tax has to be more than 4 percent of the 2010 household income; or the rent paid in 2010 was more than 20 percent of their household income.

Seniors do not need to meet the requirements when their household income is below \$14,700 for those living alone or below \$18,200 for those living with a spouse or dependent.

Complete guidelines are available with any application.

Applications can be found online and downloaded from the Maine Revenue Services website at www.maine.gov/revenue/taxrelief. To receive an application by mail, call 626-8475 to make a request.

Grief support group forming

A new support group for those who have lost a loved one to death will open a six-week series of meetings on April 10 at the First Parish Church.

Meetings will be held in the church parlor Tuesdays from 1:30-3 p.m., from April 10 until May 15.

The meetings are being led by the Rev. Virginia B. Derr, retired parish pastor and hospital chaplain, who emphasized that group members may come to some or all sessions. The Rev. Derr explained that, "the style of a sharing meeting is

different from a more structured and traditional class. Instead of a professional leader teaching skills," she explained, "it is a group of people sharing the experiences of their loss with each other, and the discussion being facilitated by a group worker."

She added that each person's story contains material that is helpful and useful to others. Everything shared is strictly confidential.

For more information, please contact Virginia Derr, at 725-4147.

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Keep mountains close to your heart

I'm guessing I was about nose high to a juniper bush when my grandfather took me on my first mountain climb. We'd piled into the back of his Chevy sedan, Grammie and a couple sisters and brothers in tow, and we were all off to make it a day.

We did Route One through Brunswick, out past the Deep Cut where he always stopped to let us "exercise." There was a promise of frozen custard, but only when we came back. Grammie was a sly one, telling us those cold, tasty treats would land like a ball in our bellies and make us sick or climb sluggishly. All the while, I think he was counting on our being exhausted and asleep for the run back to Bowdoinham, and he could slide right past the custard stand and save himself a couple bucks.

Freeport was just another sleepy little town in those days, Bean's was a manufacturing plant with the little store up a long, creaking staircase. We went downtown just because we liked to climb on the cannon in the park off Bow Street, and salute the stone soldier. Grammie really knew how to show us kids a good

Speaking Frankly

FRANK CONNORS



time. The road out to Pownal in those days had a dirt section, and we kids always tried to get Grammie to drive faster than his 45 mile 'deliberate' speed. We wanted to see a dust trail in the road, we told him. Riding with him always led to side adventures, mysteries and little talks.

Bradley Mountain was just as tall in those days as it is today. My legs were shorter. I'm not even sure it was yet a state park, but Grammie knew the trail to the top. He was a master of the natural world. He knew how to track a deer through a gravel pit, what leaves to lift to find random bugs, and if he didn't know the given name for that bug, he'd invent one. He showed me how to watch

for broken branches, the occasional scratch on a tree, the tiny hole in the ground where a squirrel or a skunk may have fed. He taught me that the white pine has five needles, the red pine three. He showed me how to walk carefully and quietly in the woods if I wanted or hoped to see animals, and he told me that almost never is it possible to "surprise" an animal in its environment.

Grammie and the girls were usually backed by our side walks, and always at the top of the mountain, blanket spread on that beautiful ledge, when we made it to the top. There would be sandwiches, homemade cookies, lots of water, Kool-aid and juices. Alden and I would look for ants to feed. Grammie would show us where to peek through the trees to see the ocean, and on the good days, there would be the search for that mother of mountains, Mt. Washington.

The last mountain Grammie and I climbed was Mars Hill in Aroostook County. It was in 1966 and just months before he died. He was a potato farmer from The County for much of his life, and that little mountain was close to his

heart. We did most of Mars Hill in a car that day, but when we left the vehicle to crest the summit, there was a real pep to his walk from his tired body. There were tears in his eyes when he put his hand on my shoulder and said, "Boy, keep mountains close to your heart."

My list of favorite mountains includes most of Maine's best. I do Katahdin every chance I can. Katahdin was a birthday present to myself and my son on my 60th, and the mountain and I have a date for my 70th birthday. If the peak has a fire tower on it, I'm game. South Turner, Doubletop, Borestone, Bigelow, Tumbledown, they all bear my mark. Saddleback and Sugarloaf are the winter favorites, I can ride their chair to their summits.

As spring breaks and the ice melts off these barren Maine summits, I catch myself thinking about making another climb. I try to stifle worries about my knee and my back for just one more season, and a chance for THIS grammie to put the kids in a car and go "do" a mountain.

With me luck.

New or returning members — April

*indicates membership donation

BRUNSWICK

- Freda Bernotavicz
- Diane Jewell
- Edward McCartan
- Billie Reynolds
- Shirley West
- Rupert B. White*
- Virginia Zimmerman
- Gail Schen
- Steve Donahue
- Pauline Burgess
- Alex Gadleski
- Josie McDonald
- Claude Bonang
- Mary-Lou Cobb
- Aletta Ricker
- Ann Swanson
- David Swanson
- Donna Burch
- Ronald Stadden*
- William Coonrad
- Clarice Mitchell
- Craig P. Snapp
- Rose-Anne Pinette
- Tina Phillips
- Francis Walls*
- Deborah Gould*
- Linda Knowles
- Kateri Costain*

Dorina C. Morin*

- Joseph Thiboutot
- Gloria Thiboutot
- Jacqueline Drappeau
- Heidi M. Gannon
- William S. Gannon
- Ruth T. Driscoll
- Winnie Silverman
- Richard G. Lewis
- Ruth M. Lewis
- Robert Chase
- Alex Gadleski
- Josie McDonald
- Claude Bonang
- Mary-Lou Cobb
- Aletta Ricker
- Ann Swanson
- David Swanson
- Donna Burch
- Ronald Stadden*
- William Coonrad
- Clarice Mitchell
- Craig P. Snapp
- Rose-Anne Pinette
- Tina Phillips
- Francis Walls*
- Deborah Gould*
- Linda Knowles
- Kateri Costain*

Donna Burch

- Patricia Bergeron
- Mary Cooper
- Dorothy Johnson
- Colleen Wilbur

TOPSHAM

- George McKay
- K Schmidt
- Carleton Pellerin
- Carmella Pellerin
- Sara D. Townsend
- Mary Ann Harty*
- Tom Harty*
- Jane Seese
- Robert Patterson
- Joan Gagnon
- Bonnie Wheeler
- Fred Guptill
- Kay Sutton
- Dave Sutton
- Suzanne O. Atwood
- Janet Callowhill
- Karin Congleton
- June Wilson
- Margaret "Peg" Fearon*

HARPSWELL

- Gerald Deshaies
- Michael Laplante

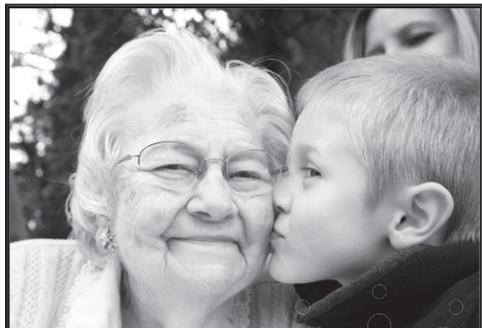
William Sabrowski

- Susan Sabrowski
- Pamela Craig
- Roland Jorgensen
- Timothy Bernard
- Joan Phillips*
- Walter Phillips*
- Ely Cary*
- Charles Cary*

Anne Taft*

OTHER PLACES

- Peggy Hurley, Freeport
- Edward Mackenzie, Richmond
- Rea Turet, Durham
- Runa Mackenzie, Richmond
- Lloyd Jones,* Edgewater, Fla.
- Anne Jones,* Edgewater, Fla.
- Hank Welzel, Freeport
- Richard Totten, West Bath
- Grace Anderson, Bowdoin
- Elizabeth R. Keuffel, Lawrenceville, N.J.



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Tai Chi Easy Practice Leader Training offered

People Plus and Merrymeeting Adult Education are collaborating to present a three-day Tai Chi Easy Practice Leader Training program geared to all levels.

The 25-hour course will be held in People Plus hall May 4-6.

The training is designed to empower individuals to share compelling and fun self-care practices. Tai Chi Easy blends a simple medical qigong technique with carefully chosen tai chi exercises. This practice includes:

- Body practices such as posture alignment and gentle movement
- Breathing practices
- Self-applied massage
- Relaxation and meditation practices

Tai Chi Easy is a carefully developed approach that makes tai chi fun and beneficial right away. The resulting therapeutic practice can be applied in a rehabilitative, medical or healing context, as well as for spas, gyms and social service agencies. Tai Chi Easy is especially suited for those who wish to add tai chi and qigong to their work as professional wellness providers.

For more information, call Merrymeeting Adult Education at 729-0757 or the Center at 729-0757.

VA benefits discussion

Scott Karczewski, director of Togus VA, and Jack Hudson, former veterans service center manager, will lead the first of what could become a series of discussions on VA benefits at the Center.

The free talk will begin at 6:30 p.m. on April 4. For more details, call the Center at 729-0757.

CLASSIFIED ADS

Spring cleanup. Yards raked and debris hauled away. Excellent rates for an excellent job. Call Me & Me at 729-5760.

Portable Commode. Never used! Just place over a toilet or use bedside with the included pan. Only \$25.

Call Winnie at 798-4082, or for photo send e-mail to Silver66779@yahoo.com

Jazzy Select Scooter, like new, valued at \$5,000, looking for a person in need who can make a real offer.

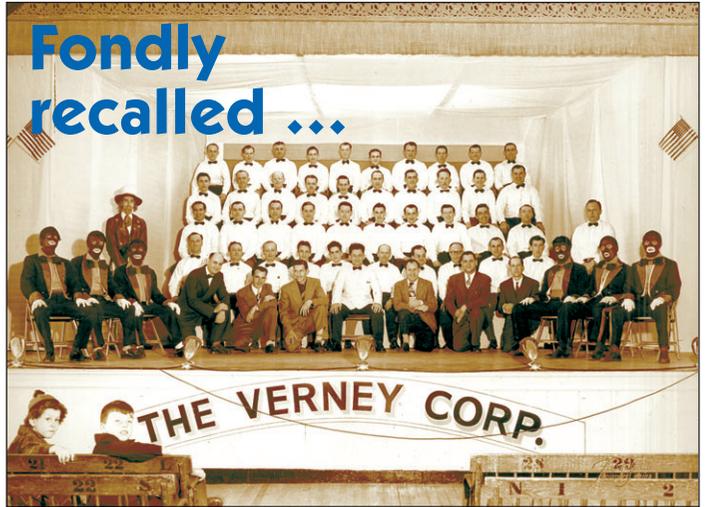
Call Elaine at 721-0966.

Stove for sale. The center is offering its electric kitchen range for sale for only \$300. We paid over \$600 for it just one year ago; we switched to a gas stove. Call 729-0757, ask for Frank.

Michele's Consignments, Union St., is an authorized dealer for People Plus. Buy specially marked items at her shop, and a commission is paid to the Center. Call 837-1801.

Simple Alterations on clothing or household items. Call our "Craft Ladies" at 729-0757.

Items to Sell? Services to offer? Advertise in our Classifieds. The cost is \$10 per inch, per month, paid in advance. Call 729-0757.



This picture features the cast and crew of a Brunswick minstrel show, produced at least once a year, back in the 1950s. There was a master of ceremonies, and the hit of the show was usually the antics of the six end men. Notice that The Verney Corp. was a proud sponsor. If you recognize anyone in the chorus, or have some old minstrel stories to tell, why not drop us a line. Thank you, Alvin Menard, for the loan of your photo. **If you have old pictures from the area to share with readers of the People Plus News, please contact Frank Conors at 729-07567.**

AARP tax-aides handling last-minute returns

Our trained and certified AARP tax-aides remain at the Union Street Center of People Plus each Tuesday and Thursday, and will continue to be at your service through tax day, April 17.

Preparation and reviews of federal

and state tax returns is a free service at the Center, and is sponsored jointly by the AARP foundation and the IRS.

Appointments are made for Tuesdays from 8:30 a.m. until noon, and Thursdays from 12:30 to 4:30 p.m.

Persons using this free tax service should call the information desk at 729-0757 to schedule an appointment. Bring to the appointment a valid photo ID, last season's returns and any tax-related forms you have received.

★ 5-Star Quality.*

★ 5-Star Service.*

Real Medicare Value.

You can have it all!



For more information about our Medicare Advantage Plans, call 1-877-974-2747 (TTY: 711),
 8 am-8 pm, seven days a week from October 1 to February 14, and 8 am-8 pm, Monday through Friday from February 15 to September 30 or visit www.MartinsPoint.org/medicare

Martin's Point Generations, LLC, is a Medicare Advantage organization with a Medicare contract.

*www.Medicare.gov, Medicare's 2012 Plan Quality and Performance Ratings.

GENERATIONS ADVANTAGE



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