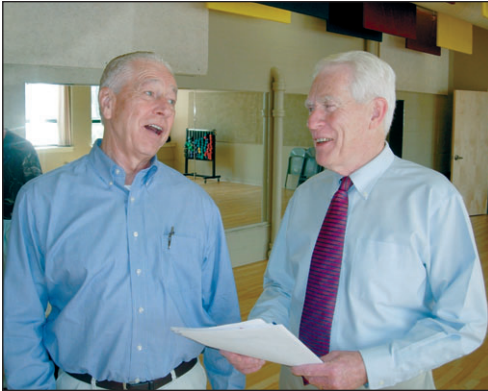




Robert Davis, the incoming People Plus Board of Trustees chairperson, left, chats with Greg Shea, the outgoing chairperson, during the final board meeting of the year, on June 28. The Center also hosted an open house that day.



## Retiring board members feted for service

Retiring People Plus board chairperson Greg Shea, along with members Richard Brautigam and Joan Phillips, were honored last month at the final trustee meeting of the fiscal year.

Collectively, the three had served the Center nearly 40 years. "Certainly longer than the life of this Center," one observance staff member noted.

Shea, of Topsham, joined the

Center at the call of his friend Sig Knudsen, after a career of service with the Tri-County Mental Health Association in Lewiston. Brautigam, of Brunswick, was a professor of social work for 24 years before his retirement in 1965. Phillips, of Harspswell, served two full terms on the board at People Plus, adding credits to a lifetime of service in this area. A coffee and doughnut reception followed the wrap-up meeting.



### Rose Collins voted Volunteer of the Year.

Story on page 7.

#### Lunch & Connections

## Hamburgers, hot dogs and baked beans to mark anniversary

Enjoy high summer with us at Brunswick Landing on July 19 as we proudly mark our 35th year with an exclamation point, and move confidently into the Center's 36th year.

Hamburgers, hot dogs, potato chips, salads and baked beans, watermelon, cookies and ice cream served in the shade of an old Navy P-3 will create an unforgettable afternoon.

The Kevin Gilmore band, offering favorite old hits and "original country rock" will join us, and get everyone's feet stomping.

The Midcoast Regional Redevelopment Authority and Brunswick's Davis Foundation are co-sponsors of this event, which is open to all members

and to the general public. Lunch is still only \$5, and, if you want a T-shirt to commemorate the afternoon, it will cost you just \$ more.

Horseshoes, badminton and a beanbag toss open at 11 a.m., lunch of the flaming grills with Frank and Rebecca cooking opens at noon.

We'll have a couple tents for shade, the old Navy chapel will be available for your inspection, and we hope to have van rides to show people "what's happening" as the former Navy base is converted for civilian uses.

Rain date? Yes, we have a plan. Join us at the Center, service, food and entertainment, will be moved INSIDE.

## Coffin named to lead Teen Center

BY DARREN FISHELL  
Times Record Staff



Harspswell resident Pete Coffin stepped into his new role as director of the Brunswick Teen Center at People Plus on June 18.

With new Teen Center leadership, Stacy Frizzle, executive director of People Plus, said expanded services will be on the way.

"The mission of the Teen Center has undergone a review and overhaul and we're looking to expand the programs to take on more kids," Frizzle said. "We're very hopeful that Pete, with his experience, will be able to lead the charge on that."

Some of the goals on the list are: expand service to students in School Administrative District 75, serving Topsham, Bowdoin, Bowdoinham and Harspswell, with a bus stop between Mt. Ararat High School and Harspswell; hosting off-site programs like dances or roller-skating events; and offering more weekend events on Friday and Saturday nights.

Frizzle said some of the suggestions for the new direction came from a survey of approximately 1,000 teens about what changes they would like to see at the organization.

Frizzle said that the program

Please see **COFFIN**, Page 10

Pete Coffin of Harspswell was hired as the new Brunswick Teen Center coordinator. He began June 18.

## Author's chat to feature 'Luke's Dream'

Luke Coffin is a hardworking lobsterman who asks very little from life and is delighted to fall in love, start a family and fill a home in Harspswell, until a tragic accident at the Gurnet Bridge puts that all in jeopardy.

But was it really an accident?

This delightful, wistful novel by Brian Daniels will have you guessing, have you wondering our area, wanting to see and imagine where the next

chapter will lead you.

Daniels is an avid outdoorsman, a newspaper columnist, musician and songwriter. You'll find his talk as inspirational as it is entertaining. Join us at our next Author's Chat on Wednesday, July 18, at 2 p.m. Copies of "Luke's Dream" will be available for purchase at the meeting.

Reserve your seat by calling the People Plus information desk at 729-0757.

### We need to hear from you.

People Plus is planning its programming for fall and wants your input. Stop by the Center and pick up a survey at the front desk. If we have your email address, look for it in your inbox or print it off from our website at peopleplusmaine.org.

We value your thoughts and want to provide the programming important to you! A copy of the survey can also be found on page 4. Fill one out today!

## 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@peopleplusmaine.org](mailto:frank@peopleplusmaine.org)

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

The Editor, People Plus  
P.O. Box 766

Brunswick, ME 04011-0766  
Office phone (207) 729-0757  
Office fax (207) 729-0672

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## People Plus Staff

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<b>Rebecca Banks</b> Program and outreach coordinator <a href="mailto:rebecca@peopleplusmaine.org">rebecca@peopleplusmaine.org</a>
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<b>Peter Coffin</b> Teen Center coordinator <a href="mailto:pete@peopleplusmaine.org">pete@peopleplusmaine.org</a>

# Board changing, but still moving ‘Onward!’

A decade is a long time. In fact, a decade ago when Greg Shea joined the People Plus Board, I had just moved to Maine and begun my life here. He had embraced the ultimate volunteering role for the agency and I had embraced the cold winters, gorgeous summers and the slower community lifestyle.

Working with Greg as the chair of our board, I saw a man who reads our paper word for word, came to clean the center, coached me on managing an NPO (non-profit organization), attended lunch & connections, made fundraising calls to community leaders, sent thank-you notes daily, and chaired our board for the last year, all while teaching us all what the word “volunteer” really means.

In the past 9 months, I have really learned who Greg is: a man who is willing to do more than his part to help People Plus grow and flourish. His guidance will be missed even as I look toward the new year with Bob Davis as the chair of the People Plus Board.

There are only a couple of people who have been on the board as long as Greg. They are Tom Farrell (who became a board member when I was in grade

## From the Executive Director

STACY V. FRIZZLE



What will we ever do without Greg, Dick and Joan on the development end of things? They are the tireless-threesome. Volunteering obviously comes to them like Ping-Pong balls to a paddle, and they have worked hard to install that same drive and dedication in all of the small. I've been lucky enough to absorb a small fraction of their knowledge and will be a better person for it.

Hearing Greg's signature line of “Onward!” or watching Joan glow with pride over pictures of her daughter in the Arctic, or seeing Dick ride his bike to the Center for a mean game of table tennis, are memories that I will cherish for many decades to come. In fact, getting to know these three board members has been an amazing privilege and has provided me with the opportunity to learn and grow from their wisdom and experience.

I look forward to the new board officers for the 2012-2013 year with anticipation and excitement, yet I know that life at People Plus will not be the same without Greg, Dick and Joan... We all love you.

“Onward!”

## Anticipation

By GLADYS SZABO

Watching his cat at the window,  
Backside quivering,  
Tail rigidly swishing from side to side.  
As she watches a chipmunk  
Right outside the window.  
Itching to lung through the screen!  
Laughing at her antics,  
He grabbed his camera.  
Imagining the cat's  
Anxious thoughts.

## Lunch Out!

July 10 at 11:30 a.m.  
DOLPHIN MARINA AND RESTAURANT  
off Route 123, Harpswell

## Reiki treatments are given at the Center.

Call 729-0757 for appointments.



## Flagging elder scams

Susan Hawkes, security specialist with Fairpoint Communications, discusses phone-based scams with George McCannon during an elder scam program at the Center last month. The talk was sponsored by Merrymeeting TRIAD, Fairpoint Communications and the Brunswick Police Department.

## Memorial Donation

made to People Plus in June

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"Balloon Festival" is one of the photographs and paintings by Merrillyn Tombrinck that will be on exhibit at the Union Street Gallery at People Plus. The artwork will be on view through July.

## A conversation with Darcy

BY ANN ROBINSON

Darcy, come sit with me and I'll scratch your ears and tell you our travel plans for the summer.

No. You are right — you weren't consulted.

In July we are driving with Peggy and Carey to that cultural bastion of the Midwest, Chicago. I know I know. We must be crazy. It's hot, humid, and muggy in July and so not dog friendly. Yes and I know you have a permanent fur coat. And yes you have to share the back seat. No I don't want to go there either. But I swear — it's not my fault. Sally chose Chicago as the topic of this year's history book club. It was her turn, we had no say. It's not my fault.

Where are you staying? Well, no you can't stay in my hotel room. Sally didn't choose a dog friendly hotel. BUT you are a very lucky dog. You get to go to summer camp. You have a reservation at Urban Outsitters in downtown. It is THE premier doggie daycare and pet hotel in Chicago. NO. I did not say "kennel."

You will love it. Urban Outsitters is famous for catering to every canine whim and desire. It is very open — no cages — you can play all day and all night with the other dogs. No it is NOT a kennel. Did you not hear me say "no cages"? And listen carefully they have a webcam. So just keep in mind that if you are bad I will know. No. You are NOT always a good dog. And no I don't think they have couches.

You will have a great time, I promise, and you won't have to follow the four of us around to historical sites that won't let you in, or sit in hot cars for hours waiting for us, or listen to conversations on topics other than yourself, such as the history of the city from a swampy trading site, the world's fair in the 1890s and the serial killer who thrived there, the fall of Al Capone and the subsequent rise of the Outfit, Frank Lloyd Wright, the Genghis Khan exhibit. You will be much happier with your buds. Yes I know you don't have any buds in Chicago. But you will. You're a golden retriever, you ALWAYS have buds.

So, after five days in Chicago we will go visit Carolyn and Mikey the cat in Central Illinois. You remember Mikey. No, I am sure he likes dogs by now. And then, after that, two weeks in Akron with Chuck and Linda, and Cody Cody is too a real dog. Yorkies are just small. You should be more tolerant. And try not to step on him this time. And then, finally back here to the cool northeast. And no you can't have McDonald's everyday. We are both on Weight Watchers now.

## Center Stage Players 'Finding Independence'

Center Stage Players will open their summer outreach program with a return to People Plus for a 45-minute "Reader's Theater," on Tuesday, July 10, beginning at 3 p.m. in the main hall. "Finding Independence," is a popular improvisation segment offering personal stories of independence from the cast. There will be refreshment and lots of stimulating "chit-chat" following the show.

"Our nation celebrates its 236th year of independence on July 4th," observed Millie Ackley, producer of the show. "None of our players have reached that milestone, as yet, but they all have distinctive stories to tell about their own experiences as the find independence."

A suggested donation of \$5 will be accepted at the door. Proceeds benefit The Theater Project and People Plus. Call 729-0757 to reserve a seat.

## Father's Day

BY ADELAIDE GUERNELLI

Father's Day is very important in our country. I learned to respect it since I was a very young girl, in Italy and Puerto Rico, where we respected its profound meaning and value. We never forget Mother's Day, too, but men have been honored by God to take care of the United States of America because it is the land that helps many others.

We also know that men are good fathers, husbands and citizens. Have some of them made a few mistakes? Yes, but we all can do it and apologize. The magic behavior is to respect everyone; the very poor, the rich, the white, the black, and treat people according to the laws and with dignity.

Now, on Father's Day, we must cook what they like and tell them you are always proud of them! Good fathers are good teachers, with their children and friends. We can't forget our soldiers, veterans and the gentleman that would be our president soon. We read that there are some ladies that want to be presidents, but I leave this in the hands of our Creator and his group!

As a widow, I like to respect Father's Day by praying for our dead, like my husband and father, etc. My son and his family bless our day with sincere prayers, too.

## Children At The Beach

By BETTY KING

Little sister runs with wobbly toddler legs

Red plastic shovel in hand,

Brother and cousin running behind. The boys catch up and try to snatch the shovel.

No! Mine! — the boys back off.

She throws the shovel toward them.

Cousin picks it up, makes a playful feint,

Runs off, dodging pursuing. He drops the shovel,

Baby picks it up, and so the game goes on.

Under their feet the smooth hard sand

Slips into shadow — the rising tide

Smoothed into silk by days of offshore winds

Starts to reflect the milky evening sky.

Across the river West Point bathes in light

But the islands now are dark streaks on the horizon.

Mother blanketed in her beach chair calls

"Time to go." Baby weeps and pleads, too small as yet

To know that every afternoon will have an end.

May she, and may we all — have many more

such afternoons — before it's time to go.

## The Twilight of Evening

By P.K. ALLEN

The twilight of evening is a peaceful time of day, As birds settle down and in their nests stay

Bats circle the door yard then fly off in the night, In search of a meal to snare with a bite.

Cows in the pasture nestled down for the day, Can be heard mooing though they're two miles away.

Stars come out from hiding in the sky one by one. It's the twilight of evening brought on by the setting sun.

## A Flower

By P.K. ALLEN

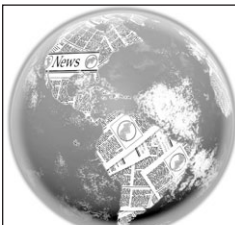
A flower starts life As a seed in the ground That needs lots of water On its little dirt mound

It reaches right out With its roots going down As its stem springs upward All over the town.

With colors that vary From bright yellow to blue And a smell that invites Our noses to browse through

A flower reminds us Of gentler things Like the peace and joy That loving brings

## Summer awaits

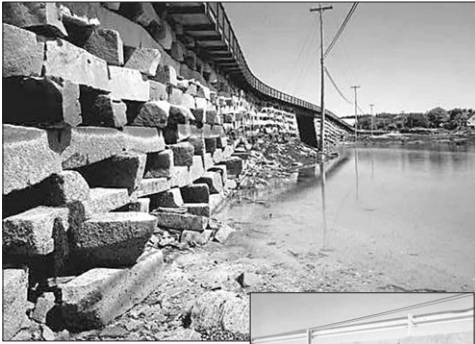


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Enjoy Harpswell's Cribstone Bridge with the People Plus Walking Club on July 11 following the men's breakfast. The bridge's unique stacked stone design allows water to flow through during tide changes.



### Walk the Walk gets out of town

We've moved the July Walk the Walk out of town, hoping to end the string of rain dates that has plagued the event since we started. On July 11, right after the men's breakfast at 9:30 a.m., we'll carpool to Harpswell and walk the unique cribstone bridge. The recently restored bridge is 1,150 feet long, so the over and back walk is "very close" to a half mile.

There is a slight elevation over a delightfully named place called, "Will's Gut," but the walk should be within the capabilities of almost everyone. When the bridge restoration was completed last year, one of the major improvements was a safer sidewalk for pedestri-

ans. If you have not visited this site in the last two years, you will not believe the difference.

Since starting the local Walk the Walk program, People Plus has encouraged members to walk the Androscoggin Riverwalk on the Brunswick-Topsham suspension bridge, the Frank J. Wood bridge and the Brunswick 250th Anniversary Park. Remember, the goal is to get you out this summer, walking with friends, enjoying the many wonderful unique sites we have in this area that we treasure and all call home. Walk the Walks with us, or get out and do them yourself.

## We NEED to know what you think

Help us design our fall programming by completing this brief questionnaire. For your convenience, the same survey is available online and copies are available at the Center.

### Are you a member of People Plus?

Yes No  
If yes, how long? Less than 1 Year  
1-4 Years 5+ Years

### Do you receive our weekly online reminder, the Peek of the Week? Yes No

If you currently do not receive the Peek, would you like to be added to our list?  
Yes No Email: \_\_\_\_\_

### Programming

#### How do you hear of our programs?

- a. Local newspaper b. Website
- c. Peek of the Week d. People Plus News
- e. People Plus News & Views on TV
- f. Word of Mouth g. Other \_\_\_\_\_

### People Plus hosts both one time programs and events and continuing classes. During this past year, have you participated in a People Plus Program or Event? Or taken a class?

Please describe \_\_\_\_\_

Thinking back on the quality of your experience with People Plus, please tell us:

#### What you liked best? (Please circle):

- a. Classes b. Special Programming
- c. Social Events d. Social Environment
- e. The Outreach Services made available
- f. Volunteer Opportunities
- g. Other \_\_\_\_\_

#### What you like least? (Please circle):

- a. Classes b. Special Programming
- c. Social Events d. Social Environment
- e. The Outreach Services made available
- f. Volunteer Opportunities
- g. Other \_\_\_\_\_

### We are considering adding the following classes to our existing program schedule for the fall. Please circle all the classes you would be interested in attending.

- a. A Cappella Singing Group
- b. Apple Computer Class
- c. Beginning Tai Chi d. Camera Club
- e. Folk Dancing f. Guided Film Series
- g. Men's Knitting Club
- h. Middle East Conversation Series
- i. Virtual Gaming j. Wood Carving

### Are there any classes not listed you would like us to consider?

\_\_\_\_\_

### We hope to expand our yoga offerings in the fall. Let us know if you would be interested in any of these:

Early Bird Yoga \_\_\_\_\_ Yes  
No \_\_\_\_\_

This is a rejuvenating yoga practice with warm ups, breathing, a balanced sequence of yoga postures, cool down and deep relaxation.

Yoga Fusion Yes \_\_\_\_\_ No  
Yoga stretches, flexes, relaxes and revives. Pilates strengthens the core. A fusion of the two gives you everything you need to build stronger muscles and increase mobility.

### Yoga for Transitions: Celebrating the Life force Yes No

Gentle yoga body movements, breathing techniques and deep relaxation, along with writing have a profound therapeutic value. In this class, we will apply these techniques to renew and improve one's well being.

### We would like to extend our high tech tutorials. What type of technology class would you like to see at People Plus?

- a. The ABCs of your Mobile Phone
- b. How to use your Apple Computer?
- c. How to use your I-phone?
- d. What to do with your new iPad?
- e. Software class (Please list): \_\_\_\_\_

- f. Digital Camera class
- g. Social Applications (Facebook, Twitter, etc.)
- h. Other: \_\_\_\_\_

### Do you own your own laptop? Yes No

Would you be willing to bring it to a class at People Plus? Yes No

### Do you prefer morning or evening classes?

Morning \_\_\_\_\_ Evening \_\_\_\_\_

Because we pay our instructors, we do charge a fee for our classes. People Plus members receive a discounted rate. What is the maximum amount you feel comfortable paying for an 8 week class?

- a. Less than \$20
- b. Between \$20 and \$40
- c. More than \$40

(Please note, scholarships are available for both classes and membership dues.)

### Volunteer Opportunities

Here are some of the volunteer opportunities at People Plus. Please circle any you are interested in hearing about in more detail.

- a. Volunteer Transportation Network
- b. Good Morning Call c. Reception Staff
- d. Luncheon Crew e. Garden Committee
- f. Music in April Volunteer
- g. Special Projects Volunteer
- h. Teen Center Volunteer
- i. Data Entry/Technology
- j. People Plus Trustee

If you would like more information on any of these opportunities, what is the best way to contact you? \_\_\_\_\_

- ### Do you volunteer elsewhere?
- a. Curtis Memorial Library
  - b. Mid Coast Hunger Prevention Program
  - c. Arts Are Elementary
  - d. Church e. Hospital
  - f. Other: \_\_\_\_\_

Thank you for completing our programming survey. We hope to provide you the services and programs you want as we strive to become the center that builds community.



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# JULY 2012 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM Crafters 9:00 AM Yoga 10:00 AM Table Tennis 10:00 AM Chair yoga 12:00 PM Bridge 1:15 PM Laughter Club	9:00 AM Loosen UP! 10:00 AM Art I & II 10:00 AM Table Tennis 1:00 PM Quilting Club 3:00 PM Teens First	<h2>FOURTH OF JULY</h2> <p>Center is closed.</p>	5:00 PM Yoga 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
9:00 AM Yoga 9:00 AM Crafters 10:00 AM Chair yoga 10:00 AM Table Tennis 12:00 PM Bridge 1:15 PM Laughter Club	9:00 AM Loosen UP! 10:00 AM Art I & II 10:00 AM Table Tennis 11:30 AM LUNCH OUT! 3:00 PM Teens First 4:30 PM Children's Carnival Class  Center Stage Players production: "Finding Independence" at 3 PM	8:00 AM MEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Table Tennis 9:30 AM Walking Club 1:00 PM Writer's Group 1:30 PM Advanced Tai Chi 2:00 PM Author's Chat 4:30 PM Children's Carnival Class	9:00 AM Loosen UP! 10:00 AM Table Tennis 2:00 PM Bowdoin Int'l Music Festival 3:00 PM Game On! 5:00 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 5:00 PM 2nd Friday Art Walk	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 Bridge 1:15 PM Laughter Club	9:00 AM Loosen UP! 10:00 AM Art I & II 10:00 AM Table Tennis 1:00 PM Quilting Club 3:00 PM Teens First 4:30 PM Children's Carnival Class	8:45 AM Inter. Cribbage 9:00 AM Table Tennis 1:00 PM Writer's Group 1:30 PM Advanced Tai Chi 2:00 PM Author's Chat 4:30 PM Children's Carnival Class	9:00 AM Loosen UP! 11:00 AM 35th ANNIVERSARY PICNIC at Brunswick Landing 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
9:00 AM Crafters 9:00 AM Yoga 10:00 AM Chair yoga 10:00 AM Table Tennis 12:00 PM Bridge 1:15 PM Laughter Club 6:30 PM Sage Swingers	9:00 AM Loosen UP! 10:00 AM Art I & II 10:00 AM Table Tennis 2:30 PM Cafe en Français 3:00 PM Teens First 4:30 PM Children's Carnival Class	8:45 AM Inter. Cribbage 9:00 AM Table Tennis 1:00 PM Writer's Group 1:30 PM Advanced Tai Chi 4:30 PM Children's Carnival Class	9:00 AM Loosen UP! 10:00 AM Table Tennis 5:00 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
9:00 AM Yoga 9:00 AM Crafters 10:00 AM Table Tennis 10:00 AM Chair yoga 12:00 PM Bridge 1:15 PM Laughter Club	9:00 AM Loosen UP! 10:00 AM Art I & II 10:00 AM Table Tennis 3:00 PM Teens First 4:30 PM Children's Carnival Class	<h2>Teen Center</h2> <p>Tuesday – Thursday 1:30-4:30 PM</p>			

**PEOPLE PLUS NEWS & VIEWS**

**FEATURING**  
 STACY FRIZZLE AND Frank Connors

Discussing the value of volunteering

Viewed weekly on Cable Channel 3, Brunswick  
 Community TV  
 Monday Afternoon.... 4 P.M.  
 Wednesday Morning.... 7 A.M.  
 Sunday Evening..... 9 P.M.

And on Harpswell Community Television  
 Viewed online, anytime:  
<http://vimeo.com/harp-swelltv>

## Mid Coast Hospital awarded 'A' for 'patient safety'

The Leapfrog Group, an independent national nonprofit run by employers and other large purchasers of health benefits, has honored Mid Coast Hospital in Brunswick with an "A" in hospital safety, according to a news release.

The grade was calculated under the guidance of a Leapfrog Group panel using publicly available data on patient injuries, medical and medication errors, and infections. Hospitals in the United States were assigned an A, B, C, D or F for their safety, using 26 measures to produce a single score representing a hospital's overall capacity to keep patients safe.

"The mission of Mid Coast Hospital is to provide quality health care directed toward improving the health and well being of the patients and communities we serve," said Lois Skilling, president and CEO of Mid Coast Hospital. "As part of that mission, our 2020 Vision specifies

that we will continuously measure and improve everything we do to provide the safest hospital care possible. The Leapfrog Group affirms that we are on the right track. We are pleased to be recognized in the good company of 13 other Maine Hospitals, which have also earned an 'A.' This does not surprise us given the consistent high position in overall quality scores that Maine hospitals receive when compared to the nation."

"It's the Leapfrog Group's goal to give patients the information they need and deserve before even entering a hospital," said Leah Binder, president and CEO of the Leapfrog Group. "We congratulate the hospitals that earned an 'A' and we look forward to the day when all hospitals in the U.S. will earn the highest scores for putting patient safety first."

To see Mid Coast Hospital's scores as they compare nationally and locally, visit [www.hospitalsafetyscore.org](http://www.hospitalsafetyscore.org).

## BIMF to play Center

The Bowdoin International Music Festival will be staging a community concert at People Plus Center on Thursday, July 12, at 2 p.m.

Each summer, the Bowdoin International Music Festival brings renowned artist instructors, performers, soloists and gifted pre-professional classical musicians from around the world to Bowdoin College in Brunswick for six weeks of intensive chamber music study, collaboration and performance.

Musicians from groups such as the

New York Philharmonic, Chicago Symphony and the Ying and Shanghai quartets, as well as major conservatories like Juilliard, Eastman, Indiana, Shanghai and London's Royal College, collaborate with summer study participants and present more than 80 concerts in seven concert series.

These concerts feature a variety of classical repertoire and are typically about 45 minutes in length.

The program will be announced at the concert.

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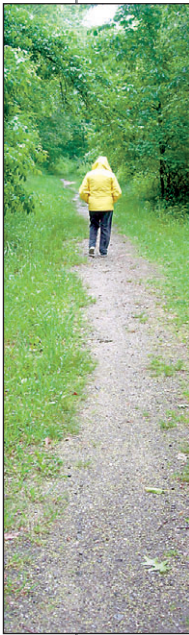
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DAVID SELLECK PHOTO

### Good and bad days on the trail

The Thursday Hikers group, above, enjoys a great mid-June day at Portland Headlight and Fort Williams Park in Cape Elizabeth. Two days later, a solitary hiker, at left, showed up for the Topsham river walk sponsored by the People Plus Walking Club and experienced dismal weather. Undaunted by a string of rainy walks, the Walking Club heads to Harpswell to traverse the world famous Cribstone Bridge on July 11. For more details, see story on page 4.

# Center honors its own

## Collins named Volunteer of the Year

Rose Collins, a Topsham resident valued for her baking ability, sense of humor and kind, quiet attitude, was voted Volunteer of the Year at the People Plus Center last month. Mat Apeseche, a senior at Bowdoin College, was named the Brunswick Teen Center's top volunteer at the same recognition event.

Member services director Frank Connors acknowledged how difficult it was to "choose" a volunteer from the hundreds of dedicated folks who serve the center each week in hundreds of ways.

"Rose was elected by many of her peers," Connors said. "We hope she always values this recognition."

Gladys Szabo, last year's Volunteer of the Year, was given a broken phone for her continued service; Vince McDermott received the first-ever purple paddle award for his organizational skills; Madeline Ashe was given a step stool to acknowledge her efforts with Café en Francais and the Good Morning program; and in-coming board member Jack Hudson was given a golden mouse as a tribute for teaching more than a dozen computer classes last winter and spring.

"The awards are made with an eye towards friendship and humor," Connors explained. "But this Center couldn't exist for a day without volunteers such as these."



Vince McDermott proudly displays his award during the annual ice cream social and volunteer recognition. Below, Madeleine Ashe holds the step-stool she was given. At far left, Rose Collins beams with pride after being named Volunteer of the Year.



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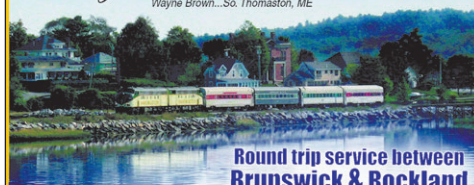
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### Still the best

Mike Lyne, a Brunswick resident and project manager for Maine Street Station, drops by almost every month to produce his brand of home-fried potatoes at the men's breakfast. The July men's breakfast will be July 11 at 8 a.m.



### Grant leads to sound improvements

Jason Brabben and a crew from Design Acoustics Inc., of South Portland worked for two days last month to install nearly 100 free-swinging sound abatement panels in the main hall. Each of the multi-colored, fabric-covered panels measures approximately 24 inches by 48 inches, and is suspended more than a foot below the bare concrete ceiling in the hall, which was constructed in 1941. The crew added several 4 foot by 8 foot stationary panels to the side walls. The addition of the acoustic improvement panels was made possible by a \$3,300 grant from the Maine Community Foundation.



# Garden Party!

Board members and friends of people Plus welcomed summer at the home of David and Margo Knight of Brunswick. Margo Knight, a town councilor, hosted the party to show her support for People Plus.

## 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; 729-4462

### 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; 888-376-1404  
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

## PEOPLE PLUS 2012 MEMBERSHIP Date \_\_\_\_\_

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Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

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Donations above Membership Fees are tax deductible.

(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

### Medical Services

**Augat Chiropractic:** Free consultation and cursory exam  
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**Berrie's Opticians:** 20%, Anytime  
6 Maine St., Brunswick

725-5111, www.berriesopticians.com

**Maine Optometry:** \$370 off complete pair of glasses

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

### Nickerson Optical & Hearing Aid Center:

15% Optical, 10% Hearing  
82 Barbeau 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

**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 Cafe:** 10%, Anytime

Topsham Fair Mall; 729-5366

**McDonald's:** Free Dessert with Purchase

11 Gurnet Road (Route 24), Cook's Corner, Brunswick; 729-4416  
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**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

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www.innattbrunswickstation.com/

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**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

**Shift:** 10% on Wednesdays

56 Maine St., Brunswick; 729-4050

www.shiftofmaine.com

## Your 3 Health Priorities

It is safe to say that nearly every single person has 3 priorities when it comes to health and wellness: to AGE their best, to FEEL their best, and have the capacity to PERFORM their best. With that said, a multi-trillion dollar industry is in place to offer products, services, procedures, and strategies to help people get what they want. So much time, money, energy, and frustration can be spared, however, if people were to become aware of some of the key principles that play the biggest role in determining how they are aging, feeling, and performing at any given moment.

The message that chiropractors have been sharing for over a century is that we are all born with the goods to thrive. Life is an innately intelligent process and all people are programmed with millions of years of wisdom in every cell of our body. Chiropractic emphasizes that nature is programmed for life, not death, and success, not failure. We are constantly in the process of growing, adapting, evolving, and learning and states of illness are merely an extension of those processes, helping us ultimately expand our strength, potential, and lifespan. The bottom line is that we are meant to age slowly (research says our lifespan is 120-140 years), feel our best every day, and have the ability to perform at whatever level we desire.

**Living Congruently:** When it comes to aging, feeling, and performing our best, the key is to LIVE CONGRUENTLY. This means going with the flow, so to speak, instead of fighting the current and swimming upstream. Like any other living thing (take a plant for instance), when conditions are congruent with thriving, it thrives. On the other hand, when conditions are incongruent with thriving, it struggles and its vitality and potential decline.

**Your Structure is Important to Health:** One of the most important, yet most overlooked, conditions that we need to be aware of in order to age, feel, and perform our best is what is happening with our body structure, primarily our spine. There is not a single thing happening in your body that isn't being influenced by the present state of your spine. If you are in a state of increased tension (from emotional stress or fatigue) or your spinal alignment and movement are compromised (from sitting too long, old traumas, etc), you cannot help but be in a defensive physiology; leading to increased cortisol production, energy inefficiency, organ malfunction, immune suppression, accelerated aging, hormone imbalance, and more. With all that said, the absolute worst thing you could do is wait until you have PAIN before you take care of your spine!

Ultimately, you can save a lot of time, money, energy, and frustration by being aware of your innate potential and by being aware of how the structural state of your body is influencing you at any given moment. With this new awareness, you can start to live more congruently, go with the flow, and age, feel, and perform your best every day, just like nature intended!

To find out how you can maximize your health and ability to thrive call the doctors at **Stucom Chiropractic** (807-725-4222) in Brunswick or **Holland Chiropractic** (207-443-2633) in Bath to schedule a comprehensive evaluation of your current needs and long term health goals.



Dr. Jeffrey S. Stucom

## Are you caring for an elderly loved one?



Respite Care provides time-off for caregivers and joyful hours for participants in a group setting.

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1/2 day or full day  
3 hours sessions



# spectrum generations

**Southern Midcoast Community Center**  
**12 Main St., Topsham**  
**Open Monday thru Friday 9am to 3pm**  
**729-0475**



**Fireside Café Luncheons in Topsham are a Great Success**

*Caption: Diners at the Fireside Café at Spectrum Generations Midcoast Community Center in Topsham enjoy a great meal and good company every Friday.*

In just three short months the luncheons prepared and served by Spectrum Generations Southern Midcoast Community Center located at 12 Main Street in Topsham have become very popular and the center is becoming a favorite gathering place for people on Fridays. From meat loaf, to baked fish, to barbecue pork - the menu has been varied and always includes a wonderful salad and a desert.

Shannon Hall, the center's Nutrition Coordinator, initiated these lunches as a way to supplement Spectrum Generations Meals on Wheels program in Sagadahoc County plus Brunswick and Harpswell. The meals are prepared from scratch in the kitchens of Spectrum Generations Cohen Center in Hallowell and delivered fresh and hot, ready for the table.

A series of regulars is developing, as well as new people every week. One of the striking facets of this is the relaxed atmosphere of the dining facility and the congeniality and friendships developing. Most weeks also feature a speaker or special guest who provides a brief talk on a current topic, such as Dr. Sullivan from Sullivan Chiropractic, the Office of Elder Affairs, and CHANS Home Healthcare. Many others are planned, including musical programs.

The monthly lunch menu and program is available in the Southern Midcoast Community Center newsletter, which is available in person at the center located at 12 Main Street in Topsham, or online at [spectrumgenerations.org](http://spectrumgenerations.org). The lunch menu is also available in the PeoplePlus newsletter.

Please call 729-0474 for reservations as space is limited and we look forward to seeing you at the next Fireside Café Luncheon.

**NEVER TOO OLD TO PLAY**  
**Lincoln County Senior Games**  
**August 28, 2012**

The Lincoln County Senior Games are open to all men and women 55 and older. An entrance fee of \$15.00 will enter you into any or all of the six events including tennis, basketball, foul shooting contest, pickleball, 3K walk/run, and swimming. Fee also covers a game day photo, lunch.

For more information or to register contact Marianne Pinkham at 563-1363 or [mpinkham@spectrumgenerations.org](mailto:mpinkham@spectrumgenerations.org), Cathy Cole at 563-5450 or [Cathy.Cole@lchcare.org](mailto:Cathy.Cole@lchcare.org), or Craig Wilson at 563-3477 or [cwilson@clcmca.org](mailto:cwilson@clcmca.org). You can also go to the Central Lincoln County YMCA website [http://www.clcmca.org/Senior\\_Games.html](http://www.clcmca.org/Senior_Games.html) for information and scheduled practice times. Further information about the swimming event at the Boothbay Y will be available soon.



The fourth of July is a day that we celebrate the independence of our country, the United States of America.

Celebrate with family and friend gatherings, barbecues, parties, games, food, festivals, parades, and fireworks -- but it is important not to forget the true meaning of the day!

## Live Healthy

**Fireside Luncheon** Spectrum Generations serves lunch on Fridays at the Southern Midcoast Community Center at 12 Main St in Topsham. Call 729-0475 and reserve your spot as seating is limited. The suggested donation for age 60+ or disabled is \$4.00 Under age 60 the cost is \$6.00

### Menu

**Friday July 6th** - Chinese beef with broccoli, fried rice, vegetable stir fry and salad

**Friday July 13th** - Herb roasted pork loin over garlic mashers, vegetable, and salad. Make your own strawberry shortcake!

**Friday, July 20th**—Baked haddock with béarnaise sauce, rice pilaf, seasonal vegetable and salad.

**Friday, July 27th** - Camp barbecue with cheeseburger, sausages, hot dogs, potato salad and coleslaw. Make your own Ice Cream Sundae!

**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—\$49 for an hour long massage. Call for an appointment. 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. Free

**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, Free

## Guest 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. **Tuesday, July 17th at 11 am and July 24th at 11 am** 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.

**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!



PROUD TO PARTNER WITH PEOPLE PLUS





**Intermediate Cribbage**

- May 16:** Virginia Linkovich, 717; Lois Fournier, 715; tied, Robert Mehlhorn and Daryl Wood, 712; Harold Cain, 706; Robert Frost, 699.
- May 23:** Daryl Wood, 720; Harry Higgins, 712; Germain LaRoche, 710; Robert Foehring, 708; tied, Robert Frost and Cecil Eldredge, 699.
- May 30:** Cecil Eldredge, 717; Daryl Wood, 713; Richard LaPointe, 706; Germain LaRoche, 697; Leah Nelson, 688; Carl Nida, 686.
- June 6:** Daryl Wood, 719; Yvette Dumont, 709; Timothy Owens, 705; Cecil Eldredge, 686; Anita Owens, 684; Barbara Laffoley, 683.
- June 13:** Patricia Johnson, (perfect score) 726; Robert Mehlhorn, 715; Mike Linkovich, 708; tied, Linda Paisley and Daryl Wood, 707; Robert King, 704.

**Monday-Saturday Bridge**

- May 21:** Anne Brautigam, Frank Wicks, Marian Schneider.
- May 28:** Mary O'Connell, Richard Totten.
- May 28:** Bill Buermeyer, Bill Washington, Frank Wicks.
- June 2:** Cecil Eldredge, Bill Buermeyer.
- June 4:** Lorraine LaRoche, Cecil Eldredge, Richard Totten.
- June 9:** Lorraine LaRoche, Bill Washington.
- June 11:** Lloyd Jones, Frank Wicks, Marian Schneider.
- June 16:** June Colby, Bill Washington, Richard Totten.



**Thanks to Tnt Bible Ministry**

Incoming Teen Center Coordinator Pete Coffin, left, and outgoing Coordinator Jordan Cardone, stockpile a recently received delivery of peanut butter from Tnt Bible Ministry in Topsham. The church has been choosing a different local organization each month to bless with a needed item. These donations are made to fulfill their belief that "one person can make one life better with a simple donation of one item." The Brunswick Teen Center program was Tnt's May spotlight organization.

## Teen Center wish list

The Teen Center is on the look out for several items. Among them:

- Duct tape (especially colors/patterns)
- A Playstation 3 controller, new or used
- Paper plates and cups
- Horseshoes or other outside games
- Food items: Jelly, microwave popcorn, crackers, Food drop offs of fruit, milk or other goods are always very welcome.

**"If you think your dog can't count, put three dog biscuits in your pocket and then give him only two of them."**  
— Phil Pastore



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# Sweet summer memories

By JORDAN CARDONE

Change is in the air. School is over, a new Teen Center coordinator is on board, the sun is out and it has stopped raining (at least for now). Thinking about the sun and about summer, and thinking about teens, I am thinking of how I used to spend my summers as a teen.

- Rope swinging into the pond.
- Swimming in the lake with the supposed huge scary snapping turtle that lived in it.
- Annual trip to Rhode Island where we'd go to Scarborough Beach with all the cousins, aunts and uncles from my mother's side of the family (the Italians).
- Annual 4th of July all-day cookout in the park with my father's co-workers

and families (the men had to get to the park at the crack of dawn to "reserve" as many picnic tables as possible).

- A trip to Kennywood Amusement Park in Pennsylvania with the really huge rollercoaster, which I would ride over and over!
- Eating clam cakes and lobsters and french fries with vinegar at "the shore."
- Working on that hole we were digging to China in someone's backyard having

been assured we would eventually reach it.

- Tire swing rides.
- Fireworks.

Peter Coffin, who replaces me as Teen Center coordinator, also shared his own fond memories of summer as a child in the Mid coast area.

- Annual camping trips to Moosehead Lake with the family (barring black fly infestation).
- Summer jobs.

- Mountain biking behind Mt. Ararat High School.
- Mackerel fishing on the skiff with my sister.
- Lobstering.

Not to be outdone, the teens also shared some of their favorite summer activities.

- Swimming in the Androscoggin River.
- Skate boarding.
- Bicycle riding.
- Visiting Funtown/Splashtown USA.
- Going to the movies.
- Swimming at Coffin Pond, White's Beach, Thomas Point Beach and others.
- Riding dirt bikes.
- Summer jobs.
- Visiting Popham and Reed state parks.
- Watching fireworks.

I hope your summer days are filled with as much fun and excitement as they were when you were a teen.

## COFFIN

From Page 1

also look to include daytime excursions on the Brunswick Explorer bus.

Through the summer, Coffin will work with outgoing program director Jordan Cardone, who has been with the Teen Center since its inception and announced her retirement in March.

The Brunswick Teen Center opened in June 2006 in the basement of the former People Plus building on Noble Street. When that building was demolished as part of the Maine Street Station development, People Plus and the Teen Center moved in 2010 to their current location at 35 Union St.

Through the summer, Frizzle said the Teen Center will be open and free for

area teens from 1:30 p.m. to 4:30 p.m. on Tuesdays, Wednesdays and Thursdays. Volunteers from Upward Bound will join Coffin and Cardone to staff the center.

Going into the fall, Frizzle said, the nonprofit organization hopes to hire another staff member as an assistant Teen Center coordinator.

Coffin comes to the new position after three years as an English teacher at the Paton's Municipality Primary School in Phuket, Thailand. Prior to that, Coffin was a sales manager in California for energy drink giant Red Bull and an account manager for Harpoon Brewing Company in Boston.

He holds a degree in economics from Connecticut College.

*Reprinted with permission of The Times Record.*

# Controlling my burning desires

I just know I'm on some fire department's watch list.

It's not that I'm a fire bug, or that I have any history as an arsonist, honestly, none of that stuff. It's just that I do burn things, usually in large piles, and at regular intervals, and I know that does attract attention.

There is the famous family story about Norman once doing a bonfire, and his visiting mother-in-law, Blanche, smelled smoke and called the fire department. I try to avoid a repeat of that incident by always calling our immediate neighbors before I squat in front if that pile of leaves with one match and touch them off. Of course, I always get that online burn permit as well. Did you know Brunswick remains one of a handful of municipalities that makes open burning that easy? Kudos to

the Brunswick Fire Department ... when the website is working!

In Bowdoinham, it used to be lots tougher. You had to meet the chief in person (or his representative) at the fire station and you had to hope he was in a good mood. And usually, he held court for only a half hour in the morning, (early morning, I should add), and when he'd issued a certain number of permits, he put that no permits today sign back in the window. For several years, I think John, the chief, may have been penalizing me, because of my record of chimney fires, but that's another story.

And did you notice I said one match? I have always prided myself as a fire starter. I was a Boy Scout, you know. I have been known to take on the project with one match, saying if I can't get flame with one match, then I probably

won't burn today. Jane just rolls her eyes, and stands around with the match box handy.

This past spring, we had this huge pile of leaves going, and I was soliciting neighbors for more. No reason to waste a permit. Evelyn decided she could do a few bags of dried leaves, and I was eager to accommodate. Tossing the first bag aboard, there was a bit of a flare-up, but I thought nothing of it. I went over and helped Evelyn with her second load. Well, when the two of us returned to the fire site, Jane was bringing up a pile of brush, took a look at me, started to laugh and asked, "what happened to your hair?" I ran a hand over my head, and ended with a hand-filled with singed hair. I was shocked, and almost bald on one side.

Evelyn acknowledged noticing my

## Speaking Frankly

FRANK CONNORS



hair (of course) but I think she worried that if she embarrassed the old fire man, I might not finish helping her. Better to let, she had decided.

So later this spring, Jane and I added a little fire ring down in the field. Home and garden stores have dozens to choose from. I take a bucket of scrap wood from my shop, top it with a few chunks of pine, and we sit around that fire with collected friends and family, chatting, laughing, telling stories. We've done it several times already, and it really is a good thing to do. Try it, but keep your hair under your hat.

\*Indicates membership donation

### New or renewing members — July

#### BRUNSWICK

- Margaret Tripp
- Marilyn Coffin
- Susan White\*
- Charles White\*
- Mary Coleman
- Darryl Wood
- Frieda Wood
- Elizabeth S. Newman
- George T. Croston
- Marilyn Tiemann
- Louise Harding
- Hollis McBride
- Nancy Tucker
- Barbara Laffoley
- George R. Little
- Nancy Laffley
- George Potter

- Barbara Duff
- David Child
- Jo Bouchard
- Ethel M. Crispin\*
- James L. Crispin\*
- Edyth Smith
- Shirley A. Davis
- James Pepper\*
- James Friedlander\*
- Jeannette Staples
- Margaret Dunlop
- Mary McWilliams
- Grant Connors
- Sixta "Cita" Levine
- Judy Collette
- Rod Collette
- Judith Hudson
- Joan Bayer

- Hazel Jane Sobong
- Muriel Knowles

#### TOPSHAM

- Kay Bagwell
- Michael Machacek
- Linda Machacek
- Alice Ponziani\*
- Marie F. Little
- Mary A. O'Connell
- Susan M. Thompson
- Nancy Swinbourne

#### HARPSWELL

- Donald Adams
- Wesley Wood\*
- Vladimir Vladimiroff
- Louise McIntire
- Linda Despres

- Virginia Wright
- Jacqueline Tuttle
- Marjorie Stanley\*

#### OTHER PLACES

- Judith Wilbur, Weare, N.H.\*
- Wendall Kinney, Wiscasset
- Mona Kinney, Wiscasset
- Judith (Zottoli) Floyd\*, North Carolina
- Daryl Madore, Monmouth

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**new or renewing members needed to reach 1,000**



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## Still openings for Children's Carnival class

This July People Plus and teaching veteran Christina Fedolfi are co-hosting a Children's Carnival class at People Plus to change kids' perceptions of math.

This class, open to students entering grades 1-5, will meet for seven Tuesdays or Wednesdays (your choice) from 4:30-5:30 p.m. at People Plus starting the week of July 10.

Students will learn to plan, create and run a real live carnival. The carnival will be held in the parking lot at People Plus and is scheduled for Saturday, Aug. 25, from 11 a.m. - 2 p.m.

This past winter, Fedolfi ran a math enrichment class at People Plus that exposed children to different areas of math besides computation. She wanted to develop children's patience and tolerance for frustration, and help them discover some new math strengths they may not have known they had.

In class, kids explored visual/spatial math through games and puzzles, and learned problem solving strategies through different types of logic problems.

Students will plan carnival games, budget for and purchase supplies, build booths if needed, create advertising, solicit donations and run the actual event—all valuable lifelong skills.

For more information on this program, contact People Plus. Class is limited to 20 students each night and there will be an \$80 class fee per child.

If you register more than two per family, the third and each additional child is \$40.

## Fondly recalled ...



The Skolfield-Whittier House living room, which can be seen during tours of the Pejepscot Historical Society properties in Brunswick. The society is expanding its hours and availability throughout the summer. If you have old area pictures to share with readers of the People Plus News, please contact Frank Connors at 729-0757.

## Pejepscot Historical seeks volunteers

The Skolfield-Whittier House, a museum of the Pejepscot Historical Society, seeks volunteer tour guides with a passion for history and interest in sharing their knowledge. Built between 1858 and 1862, the Skolfield-Whittier House was once home to three generations of a Victorian family. Donated to the society in 1982 by Dr. Alice Whittier, the last living family member, the home remains almost exactly as it was in 1900, complete with furnishings, family papers and countless artifacts.

Volunteers are needed to guide visitors through the house, working in three-hour shifts from 10 a.m.-1 p.m. and 1-4 p.m., Wednesday through Saturday. Tours are provided on the hour, May through October.

This is a great opportunity for history buffs or educators to meet people from all around the world and learn something new.

No experience is necessary, training is provided. Contact Rebecca Roche at 729-6606 for more information.

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