

People Plus! News

The center that builds community



People Plus
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October 2012 Volume 12, No. 10



Serving up the season

Cita Levine offers baked apples during the Women's Breakfast on Sept. 26. This month, the women will have breakfast on Oct. 24. The Men's Breakfast will be Oct. 10.

Flavors of fall features antiques 'Road Show'

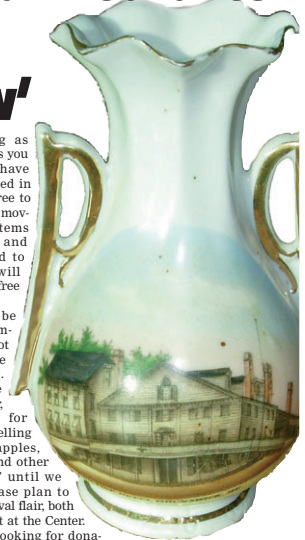
The first ever People Plus Antiques "Road Show," with appraisals and a live auction, will fill our Center's parking lot on Saturday, Oct. 27, from 9 a.m., "until almost dark."

John Bottero, auctioneer and appraiser with the Thomaston Place Galleries, will bring his exceptional skills, limitless enthusiasm and huge van to Brunswick for a day of appraisals, beginning at 9 a.m. and lasting until 2 p.m. A live auction will be indoors in our main hall, commencing at 4 p.m., with a wine and cheese reception. Proceeds benefit the center and its Volunteer Transportation Network.

Bottero, the same auctioneer who has wowed audiences at our Music in April events for the past three years, has been a fixture on the Maine auction/appraisal scene for more than 20 years. His massive, mobile appraisal coach, designed to attract attention wherever it goes, comes fully equipped with its own waiting area and private appraiser's space. An appraisal fee of \$5 per item benefits the center.

Please bring as many items as you want, but have them appraised in groups of three to keep the lines moving. Items appraised and then donated to the auction will be appraised free of charge.

We'll be grilling hamburger and hot dogs for sale all day long. We'll also be pressing cider, dunking for apples, and selling pumpkins, apples, doughnuts and other "fall wares," until we sell out. Please plan to join the carnival fair, both inside and out at the Center. We are still looking for donations of antiques, jewelry art or events for the auction. Please contact Rebecca at the Center, 729-0757, to donate your "treasures" that are just, "too nice for your next yard sale."



What's it worth?

An antique vase, circa 1910, features Brunswick's old Tontine Hotel.

Lunch & Connections

Fall veggies are king at luncheon

The fall harvest is "IN" and our Lunch & Connections harvest meal will feature many local and tasty veggies. "It is the time of year to celebrate the harvest and our growing season," chef Frank Connors said. "It will be another good time."

Scheduled for Thursday, Oct. 18, at noon, the luncheon will include Maine potatoes, yellow squash, beets and carrots. We're roasting pork in brown gravy, and Frank is making a batch of his infamous apple sauce as a treat.

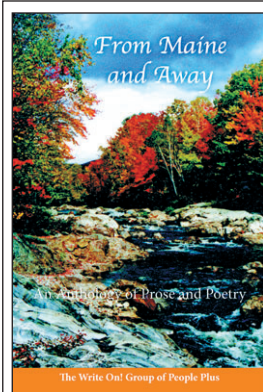
There will be a lightly-dressed, tossed, green garden salad for all, fresh cider, hot coffee, water and milk will be available for drinks. We are always proud to offer an assortment of Wild Oats Bakery breads with our meal. Dessert this month will be a tribute to that time-honored treat, the cupcake, because October actually is National Cupcake Month! Expect our tribute to be

smoothed in frosting, and complimented by a side of fruit cocktail, and maybe a candy or two.

Each monthly Lunch & Connections meal is underwritten by Spectrum Generations, and we focus these gatherings on nutrition, information and variety. A CHANS home health care professional is on hand to offer and record a free blood pressure check, and this month, the CHANS team will be offering flu shots, as well.

Join us at 11:30 a.m. to get your favorite seat and purchase your 50/50 raffle ticket. Everyone is automatically registered to win one of our free door prizes. Seating is limited to 60, so reservations are encouraged, and obtained by calling the People Plus information desk at 729-0757.

Meals are open to the public; members still pay only \$5, and nonmembers pay \$7.50. Lunch is served at noon.



Writing group releases new book

The latest project by the People Plus Write On! group, just released this month, will be reviewed at our Author's Chat on Wednesday, Oct. 17. See story on page 2.

Mideast discussion group forming

Are you serious about wanting to know more about what is happening in the Middle East? Beginning Monday, Oct. 15, at 10 a.m., People Plus and retired history professor Ed Knox are offering an open and exciting venue from which we all can learn.

The free, six-week discussion commences with the group sharing and talking about what is generally known about the area, and what we suspect and fear may be happening, or may happen. There will be a frank discussion of U.S. foreign policy in the area, and finally, a sharing of what we want to know about the present and future of this region. Knox will moderate the discussion.

Knox holds a master's degree in Arabic studies from Harvard and a history doctorate from Michigan State. He has taught European and Mideast History at Boston College, and is the author of a book about the partitioning of Palestine following World War II. During numerous foreign service assignments, it was his job to monitor regional broadcasts and print media.

Classes open promptly at 10 a.m. and will continue for one hour. Call the Center information desk to register.

Flu shots at Center

The CHANS Home Health Care team will be offering flu shots at People Plus on Thursday, Oct. 18, from 11 a.m. to 1 p.m.

People Plus News

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

frank@peopleplusmaine.org

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

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

Putting a value on your treasures helps the Center

Ever wondered how much that vase on the mantel is worth? Or your husband's "favorite" painting of dogs playing poker that he won't part with? Or how about Aunt Minnie's old string of pearls that's been in your jewelry box for ages?

Well, Oct. 27 at the People Plus Center is the time to find out what your treasures are worth!

Staged as a fall festival-style event, People Plus is hosting an Antiques "Road Show," with appraisals and live auction, from 9 a.m. and running all day with "treasure" appraisals for \$5 each, cider doughnuts, hay bales, pumpkins and a live auction to boot!

In fact, Frank told me at the last Women's Breakfast. (BTW, it was a yummy breakfast ladies!) that he is planning on getting an apple press to make FRESH cider that day. (We might even use the apples from my farm!) And there will be doughnuts and muffins in the morning and hotdogs and hamburgers for sale at lunchtime.

Bring your stuff and have three items (per turn) looked at by John Bottero of Thomaston Place Auction Galleries. Then stay for the live "townhall" style open

appraisal hour at 1 p.m. Mr. Bottero will bring back some of the really great items that he has appraised already that day as well as any new ones that come in.

I plan to bring in several antique military swords and rifles that my father passed on to me for the open appraisals. I've also got a dark blue "cap" from the Civil War (Union side of course) as well as my grandmother's brooch and a lovely Spode "Flo" blue china plate. I'm curious how much these things are worth and can't wait to find out! At only \$5 per item I can get several things looked at.

Then as the daylight fades, the wine and cheese will come out and Mr. Bottero will host a live auction benefitting the Center at 4 p.m. We are looking for donations for the auction, so please take a minute to look around your home for something that you really don't need anymore but is worth



'Clynk' go the bottles and cans

The Center continues to benefit from the "Clynk" recyclable bottles and can program sponsored by Hannaford supermarkets.

Simply pick up a green bag at our front desk, take it home and fill it with your returnables. The bags are pre-coded with our bar code number, and when you return the bag to Hannaford, the Center receives the accumulated deposits.

Thank you for recycling, and thank you for supporting our Center!

Memorial Donation

made to People Plus
in September

• In memory of
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from "your friends in the
Cribbage Group"

'From Maine and Away' is focus of Author's Chat

"From Maine and Away," the second anthology of prose and poetry written and produced by the Write On! Group of writers at People Plus, goes public this month at a very special Authors Chat on Wednesday, Oct. 17, beginning at 2 p.m.

A wine and cheese reception will follow the discussion.

The 160 page, soft-bound work, printed by High Point Graphics, features the work of Millie Ackley, Rae Bamberger, Eleanor Chaplin, Sean Donovan, Robert Dow, Ruth Foehring, Jim Friedlander, Adelaide Guernelli, Charlotte Hart, Andrea E. Jones, Paul (P.K. Allen) Karwowski, Wendall B. Kinney, Elizabeth

King, Lynne Kresge, Esther McCandless, Vince McDermott, Richard M. North, George Phipps, David Stuntz, Gladys Szabo, Elaine Emily Varney, Bonnie Wheeler, Kira Wolpov and Judith Zottoli.

Dedicated to William "Bill" Meroff, the book concludes with Betty North's treasure, "Why I like living in Brunswick, Maine." Copies of the work will be available for sale. Reserve your seat by calling 729-0757.

Other publications of the Write On! team include: "Muses and Memories," published in 2008, and two volumes of "Writing for Fun," the first published in 1999 and the second in November 2000.

Genealogists to discuss transcribing cemetery information

Join the members of the Pejepscot Genealogy Society on Sunday, Oct. 14, at 2 p.m. in the Curtis Memorial Library on an excursion into documenting family history in Maine cemeteries with Roland G. Jordan, genealogy archivist for the Jordan Family Foundation.

Also a member of The Maine Old Cemetery Association, Jordan discuss

how to transcribe information about cemeteries and their silent inhabitants.

This information is not called SPOOK 101, but it will provide insight into what information a cemetery can provide.

For more information, contact Brian at 729-4098 or John at 833-5430 or jrwbert85@comcast.net.

From the Executive Director

STACY V. FRIZZLE



too much to sell it at your next yard sale!

Just may have to part with an antique pitcher and washbowl set that I've had since college when I was in my Mary Cassatt phase. It's pretty but just collects dust and I sure don't need it any more... Hopefully it would bring in a nice price at the auction.

We could also use donations of trips or events so if you or someone you know has a nice camp that they would loan out for the weekend or a boat ride (or airplane ride), these things could bring a nice price in the auction. I am planning to offer a four-course dinner for eight cooked by me at my home, The Riverview Farm, as an auction item. Friends crossed that someone will want to buy it.

So please mark your calendars for Oct. 27 and start digging around your attics and closets for treasures! With both appraisals and the live auction it should be a really fun day that supports this wonderful Center — building a community called People Plus.

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Ftu shots will be offered at the Center on Oct. 18



"Garden Shed," pastels, by Hannah N. Dring

Farewell to Summer

By P.K. ALLEN

The days are getting shorter now
And soon the clocks will change
To a time that's more convenient
For our lives to rearrange

There'll be a frost in the morning
And tee times put on hold
Till the sun rises high enough
To warm the nighttime cold

Geese are flying southward
In the formation of a Vee
Honking with excitement
It's quite a sight to see

School buses fill with children
As they rumble down the street
Stopping for eager passengers
To offer them a seat

So we say farewell to Summer
And the good times had by all
As it fades into the sunset
To make way for sister Fall

The First Hosta-Eating Deer

By VINCE McDERMOTT

Which was the first inquisitive deer to inhale the enticing aroma of a hosta plant? Which was the first hungry one to taste the succulent green leaves? Why did this once innocent being turn into a rapacious terror, destroying beds of the vulnerable hostas?

The one which did it spread the word to its fellow deer. Then they and their progeny became the bane of gardeners forever. Fences went up; fragrant soap bars were scattered about; and noxious sprays were used. Still, the deer devoured the plants.

This past summer had been relatively quiet most of the season. A nibble here, a nosh there as the deer traveled along their traditional path through my property. I had only seen one, and that was a quick view of its posterior when I scared it off.

Then something happened. Great swaths of plants had their tops bitten off over a few days time. Luckily, all the blooms had faded, and only leaves remained. Had the one been joined by others? Were the deer preparing for a harsh winter? Only time will tell.

Hello October

By BONNIE WHEELER

The hot humid days are a memory
Mysterious fog swirls in
Leaves began their color transformation
Corn — apples — pumpkins beside the road
Little spooks anticipate costumes
Fall in Maine awakens
Uncertain winter — hovering.

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Student show continues through October

The student art show at our Union Street Gallery continues through October. Members of instructor Connie Bailey's art classes, including Ann Frey, Judy Krok, Wilma Sarna and Karen Giustra, are exhibiting, with additions by artist Hannah N. Dring, of Harpswell.

Bailey teaches Tuesday and Thursday morning classes at

the Center, intentionally exposing all her students to a variety of mediums. This show, with several examples each of scratchboard, pastels, oils and watercolors, offers a "delightful cross-section of mediums," according to Bailey.

The show is free and available for public review during normal business hours.

Kittie

By DOTTIE MOODY

Writing poetry
with a cat on my lap
Guess who's not getting
enough attention,
looks imploringly up at me?

Now I ask you Kittie
which is more important
my poem or
your need for attention?

Do I ever bother you
when you are working away?
What, you don't work?
What do you do?

I rest my case
you can have my attention
as soon as you become
more productive.

In October

By BETTY KING

Sunlight reaches deep into the woods
no longer a solid wall of green.
Patches of ferns glow startling green,
woodland traffic signals signifying "go"
as the rate of seasonal change accelerates.

Gather those acorns! That pollen and nectar!
Put on some fat under your layer of fur
to feed you through the long hibernation!

If only we had the sense to hibernate!
Instead we plunge into a frenzy of holiday-making,
such fun! And then wonder —
why we come down with the midwinter blues in January
Am I planning to curl up sensibly like a caterpillar
or snuggle into my cave like a fox or bear?
You have got to be kidding!

Wedding in the Mountains

By CHARLOTTE HART

We gather by a towering mountain range,
Friends, families with heartfelt joy
impending.
Poems and songs prepare transference,
change.
Air lock of vows leads to a knot unending.
Two single gems combine with mighty rope —
The loves of learning, gardening, pre-serving,

Exploring river, forest, sea — with hope,
They race together, determined and enervating!
Alaskan Malamute Juneau's dignified revue,
A joyous howl echoes! Gentle beast
Frees the throng to find a garden new,
A fine old home, a barbecue style feast.
The rhapsody of singing, celebration,
Warm toasts, and dancing end a day of sweet elation.

Winds of Change

By MARGIE KIVEL

Everything is in the air —
turkey vulture rides the waves,
short tin grasses yield
their silver tufted seeds.

It's a good day to head out,
catch the heady winds
blowing south, join up
flocks heeding the call.

The beginning of harvest —
turkeys gobble acorns,
squirrels bury them,

farmers bring in corn.
Exhausted gardens turn brown,
return to soil
gardeners glad for respite
from summer's frenzy.
Trees begin their change
from green to red, yellow,
cocoa brown and wine,
their glorious swan song.

Spooky Fall

By BETH COMPTON

Fall is all most here, time for trick-or-treaters, ghost, witches, black cats and goblins — scary sounds in the night.

Bang! Boom! Crash!
Screams from afar calling for help.
Bats are flying around, owls going hoot hoot hoot, and things going clang clang clang.
All different shaped pumpkins with all kinds of scary faces, vampires running around scaring people.

The end.

Change is in the air



Sarah Brown, adult services manager at Curtis Memorial Library in Brunswick, was at the Center during the last Lunch & Connections to issue new library membership cards, answer general questions and discuss new collaborations between the library and People Plus.

Falling back into the People Plus habit

Join us for new programs and returning favorites

Wood Carving 101 — Carving a Shore Bird.

Join veteran instructor Jim Wade as he guides us on a carving adventure! This introductory wood carving class will teach participants how to carve a shore bird using only a knife and sandpaper. Should time allow, the project will be painted and or wood burned to finish. Starting Oct. 2, from 1-2:30 p.m., this class meets for five weeks. Costs, including material, are \$40 for People Plus members and \$65 for nonmembers. We must have 5 people registered so reserve your spot today!

Google Calendar — An Online Solution for Managing Life's Hectic Schedule!

Google is EVERYWHERE, not just in our search boxes. Google has tools to help you keep track of your calendar, your friends, your data and your favorite Internet sites.

Join us on Wednesday, Oct. 10, at 10 a.m. as Curtis Memorial Library's Technology Librarian Marian Dalton teaches us about GOOGLE CALENDAR, a great way to keep track of appointments online and share them with your family or teammates.

This class is free and open to People Plus members. Advance registration is appreciated but not required.

Basic Training 101 for Using Your iPhones or iPads.

Do you have an iPhone or iPad, thinking of getting one or just want to learn more about them?

This hands-on class on Thursday, Oct. 11, at 1 p.m. will cover the basics of using an iPhone or iPad including using the touch-based interface, surfing the Internet, downloading applications and more! There will be ample time left for questions. If you already own an iPhone/iPad please feel free to bring it with you, otherwise iPads will be available to use.

Instructor Juli Haugen works in Information Technology at Bowdoin College. Along with finding technologies like the iPad to help support faculty with their teaching and research she does the iPad trainings at Bowdoin, holds a monthly iPad user's group, and publishes a new web feature on the IT website called "App" -tizers!

This program is open to People Plus members only. A \$5 suggested donation is encouraged to help support the People Plus Technology Center. Advanced registration is required and class size is limited.

More Facebook: Photo Sharing with Family & Friends

Sarah Brown from Curtis Library returns to People Plus to teach us "More Facebook: Photo Sharing with Family & Friends!"

This one hour session will cover uploading photos to Facebook, creating albums, tagging and sharing, including how to control your privacy settings!

Join us on Wednesday, Oct. 17, at 11 a.m. at People Plus. Advance registration appreciated, but not necessary.

A Conversation About the Earth's Climate Crisis with Molly Wilcox from Talking Tree

Conversation is the magic that makes deep thought possible. Molly Wilcox from Talking Tree provides us with the opportunity to rediscover compelling Conversation with this free conversation class demonstration.

How does Talking Tree work? The Earth Series involves sitting in a circle and choosing from a basket a thought provoking question about the Earth's crisis and our relationship to it. Using a talking stick, participants are then engaged in focused reflection on that topic for as long as the Conversation holds momentum. When it concludes, we pick another question.

Join us and experience Talking Tree with the FREE demo. For information, contact Talking Tree at www.ortalkingtree.info or call People Plus at 729-0757.

Funeral Options in Maine — A Brown Bag Lunch with Eva Thompson of the Funeral Consumers Alliance of Maine

What is "green burial"? Can I be buried on my own land? What's the difference between cremation and this new Alkaline Hydrolysis I've heard about?

Do I have to use a funeral director, or can we care for our own dead in our own home?

How can I save money on my funeral? Eva Thompson of the Funeral Consumers Alliance of Maine will speak on these topics at noon on Thursday, Oct. 25. She will try to help you understand the range of things that are legal and possible so you can be a better consumer of funeral products and services.

Advance registration is encouraged, but not required. A donation of \$2 is suggested to cover travel expenses for Ms. Thompson who is representing this nonprofit organization.

Computer Tutor Returns with "Never Pay For Computer Software Again!"

Join our Computer Tutor Jack Hudson as he introduces OpenOffice, FREE SOFTWARE that is compatible with other major office suites.

This easy to use software looks and feels familiar and is instantly usable by anyone who has a competitive product. Join us on Tuesday, Oct. 30, and Wednesday, Oct. 31, at 10:30 a.m. for this important discussion!

This class is free and open to People Plus members only. Advance registration is required with a maximum of 12 participants.



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Almost there

Members of the Thursday Hikers group enjoy an early fall climb along one of the trails to the summit of Bradbury Mountain in Pownal.

DAVID SELLECK PHOTO



A Slightly Scary Story for October

By BETTY KING

When I first found out that the weird noises that we had been hearing at night were only herons and seals, we went from being terrified to being thrilled. Herons! Seals! It was our first summer spent in the old farmhouse on the Sasumoa River, and my dear young mother's helper, Laura, and I had been sitting out on the screened porch in the evenings after the children were tucked into bed, listening to night sounds unlike anything we had ever heard in the city.

The house was surely haunted — any house that old had to be — and we were all alone there with the children during the week. Neither of us was about to admit to the other that we were frightened — that would have been twice as scary!

We walked up the road every day to the Leeman's farm next door to get our milk and eggs. I tentatively described to Grandma Ina Leeman those strange noises.

"Oh, child, that's just the herons and the seals you are hearing!"

I knew that we were on the edge of a tidal river, but it had never occurred to me that it would be populated by such exciting wildlife!

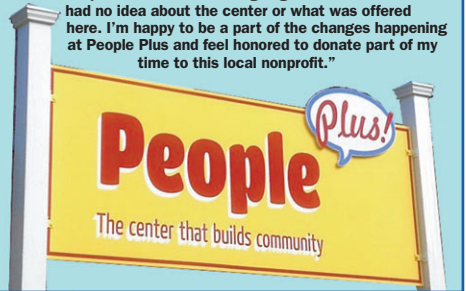
I now know that there is nothing in the forest or the river to be afraid of, and now I am the one to be reassuring nervous visitors from the city.

Those ghosts? They are actually pretty quiet. Only the sound of a door closing upstairs, sometimes, when we are all downstairs sitting around the dinner table.

Freshening our look

Have you noticed the new site sign at People Plus, or seen the new People Plus News masthead and logo? Well, take a look as the Center enters the fall with a fresh new look. Created by Brunswick native David Gillis, the new logo and organization's branding was underwritten by Suzan Wilson, a Brunswick resident, People Plus member and a Brunswick Town Councilor. Despite having no input on the design, Wilson is thrilled to be a part of the new look and said, "I'm happy to impact change in a way that is significant and refreshing for People Plus."

David Gillis Design (www.davidgillisdesign.com) has worked on the look of the new logo and brand identity for the last few months and was surprised to find so much going on at the center. "I had no idea about the center or what was offered here. I'm happy to be a part of the changes happening at People Plus and feel honored to donate part of my time to this local nonprofit."



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Sign me up

John Gable signs another "Topsham Fair" print during a September 2nd Friday ArtWalk in downtown Brunswick at Bayview Gallery. The gallery hosted a wine and cheese reception and displayed several other Gable images. The "Topsham Fair" prints remain available through People Plus Center. Call 729-0757 for details.



Love that shepherd's pie

Lynne Denny, an FHC production employee, was loaned to People Plus for a day last month just in time to participate in the Lunch & Connections dinner. Denny was loaned through a program of the United Way of Mid-Coast Maine.

Volunteer

with The Center That Builds Community!

"We have a place for you!"



- Have fun
- Meet new people
- Enjoy helping others

Volunteer Opportunities include:

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- Mailings
- Food Preparation
- Receptionists
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Celebrating 22 Years!
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Monday-Saturday Bridge

- Aug. 25:** Gladys Totten, Hazel Guyler, Bill Buermeyer, Lorraine LaRoche.
- Aug. 27:** Bill Washington, Tony Monaco, Sherry Watson, Bill Buermeyer.
- Sept. 1:** Gladys Totten, Lorraine Muller, Lorraine LaRoche.
- Sept. 3:** Lorraine LaRoche, Mary, O'Connell, Bill Washington.
- Sept. 8:** Mary Lou Cobb, Cecil Eldredge.
- Sept. 10:** Bill Buermeyer, Marion Schneider, Cecil Eldredge.
- Sept. 15:** Mary O'Connell, Gladys Totten, Lorraine LaRoche, Richard Totten.
- Sept. 17:** Lloyd Jones, Bill Buermeyer, Bill Washington.

Senior Intermediate Cribbage

- Aug. 22:** Colleen Petrin, 726, (perfect score); Mike Linkovich, 725; Lorraine LaRoche, 719; Nancy Laffely, 711; Richard Tomko, 700.
- Aug. 29:** Pamela Frampton, 722; Anita Owens, 705; Leah Nelson, 698; Richard Tomko, 696; Robert Foehring, 695.
- Sept. 5:** Linda Paisley, 726, (perfect score); Richard LaPointe, 720; Robert Mehlhorn, 710; Cecil Eldredge and Leah Nelson (tie), 709; Priscilla Sargent, 703.
- Sept. 12:** Virginia Linkovich, 723; Germaine LaRoche and Darryl Wood (tie), 702; Anne Bouchard, 701; Richard Tomko, 698.
- Sept. 19:** Lorraine LaRoche, 711; Virginia Linkovich, 706; Leah Nelson, Richard Tomko, and Anita Owens (tie) 705; Patricia Johnson, 699.

Beginning Bridge, Cribbage being offered

If you have ever wanted to learn to play either Cribbage or Bridge, the People Plus Center has a deal for you.

David Brown, director of the Spectrum Generations Midcoast Center in Topsham, and a self-admitted "expert and addict" in both games, is coming to the Center, beginning Thursday, Oct. 18, from 10 a.m. until noon to offer introductory classes in both.

This "free to members," six-week class will focus on Bridge for the first hour, and Cribbage for the second.

Books and instructor's guides with rules and regulations will be available to purchase if wanted, but the classes are free, and persons of "all card skills," are welcome.

Please pre-register with the People Plus information desk at 729-0757.

David Brown, standing at right, visits with People Plus intermediate cribbage players Sept. 19. Beginner Bridge and Cribbage classes start later this month.



Back-to-school activities included movie under stars

By PETE COFFIN
TEEN CENTER COORDINATOR

If the number of textbooks in their backpacks is any indication, the teens coming to the center are very busy with the start of the new school year. With this in mind, a major goal of the Brunswick Teen Center last month was



ADVERTISE
in People Plus News.
Call 729-0757 for details.

to provide an oasis for stress relief. Aside from the usual perks and benefits the teen members enjoy when they come to 35 Union St. — including free healthy snacks and milk — the teens were treated to something very special.

To cap off their first week back to school, the Teen Center held its first-ever "Movie Under the Stars" event. Because of the help and equipment provided by Kerry, Billy and Brady McQuaid, the teens were treated to "The Bourne Identity" projected 5 feet high against the People Plus building's brick wall.

The free movie, as well as the free popcorn (donated and made by volunteer Joe Obrin Jr.) was enjoyed by all. With perfect weather, almost a dozen teens,

many adult volunteers and some local residents joining in, the Teen Center's Movie Under the Stars was a great way to wrap up the first week back to school.

Anyone who missed Movie Under the Stars can check it out on Facebook at the Brunswick Teen Center page. There are pictures, information and updates on future events. As with most aspects of the Teen Center, and especially with events such as the Movie Under the Stars, the help from volunteers is key.

Please find us on Facebook to learn more about the Brunswick Teen Center and ways to help provide a fun, safe environment for teens to gather and grow throughout the week. We really need help. Thank you.

Pegging in heaven

(SUBMITTED BY RICHARD TOMKO)

Two veteran peggers were chatting on a park bench and the discussion got around to whether or not there would be any Cribbage in Heaven. Mike said to Andy, "let's make a deal ... if one of us passes away, he will be obligated to return to this bench and report to the other on whether or not they play Cribbage in Heaven."

Andy quickly agreed. Lo and behold and much to Mike's sorrow, a couple weeks later, Andy passed away.

Mike faithfully sat on that bench every day, hoping Andy would fulfill their agreement, but for the first week, nothing happened.

On Tuesday of the second week, much to Michael's amazement, Andy appeared! Wow! Mike excitedly asked Andy about Heaven, and wanted to know if Cribbage was played there. Andy was slow to reply.

"Well," he offered finally, "I have some good news and some bad ... the good news is, yes indeed, Cribbage is played in Heaven." Then a frown crossed Andy's face. "The bad news is, YOU are signed up to play for the High Rollers tomorrow night!"

Your dues make the difference

The annual budget of People Plus includes a \$25,000 line titled "membership." A quick check on our calculator tells us we need 1,000 members to join

(or rejoin) if we are going to meet that item for the coming year.

We have started sending monthly renewal notices on anniversary dates, and each month we do remove names of folks who have not renewed. We hope when you get your notice, you renew quickly, and happily. Your dues are important to us, and we hope your Center is important to YOU!

An apple a day, every day.



Are you caring for an elderly loved one?

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

Open: Monday through Friday 9:30 to 3:30
Sessions scheduled to meet your needs
1/2 day or full day
3 hours sessions

729-8571
A United Way of Mid Coast Maine Agency



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spectrum generations

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

Walk-A-Thon to benefit Meals on Wheels

"Move your Heels for Meals on Wheels!" On October 20th, the Southern Midcoast Community Center, in collaboration with Thornton Oaks Retirement Community, and Crystal Springs Farmer's Market will be having its first annual 5k walk-a-thon to benefit the area meals on wheels program.

We are asking you to participate in this important event that will help us provide meals to those who are shut-in and unable to make their own meals. All ages and abilities are welcome. This is a great opportunity to show your support for Meals on Wheels.

If you have an interest in helping, as a volunteer, as a walker, or as a sponsor, please give Shannon a call (729-0475). More details will follow about this exciting fund-raiser.

Visit our web site and download more information about the walk.
www.spectrumgenerations.org

Integrated Energy Therapy starting in Topsham
 Integrated Energy Therapy® uses a focused healing energy to clear energy blocks. Through the releasing of these blocks, we will begin to feel more self-empowered, spiritually connected and able to move through life easily.

Burton Brewer who is a master at IET will be having sessions here on Thursday's from 1 to 3 pm starting April 5th. Appointments are required and the cost is \$30 per session (1 hour)

AARP Driving Class - AARP is offering its driver safety class to all veterans, regardless of age, for free this fall! Call us for more information and the nearest class.

Med-D Enrollment - Fall is here and that means it's time to review your Med-D enrollment. We have sessions to help you and private counseling. This is a free service. Call us at 729-0475 for an appointment.



Become an Aging Advocate!



It's sometimes hard to keep up with proposed changes to Medicare, Social Security, MaineCare, LIHEAP and state-funded programs. It's often even harder to make sense of what the impact will be on Maine's older and disabled adults long term.

If you want to stay informed and get involved, sign up for Spectrum Generations Advocacy Email Alerts. To sign up, contact Holly at 1.800.282.0764 ext. 146, hcouture@spectrumgenerations.org, or fill out Aging Advocate flyer in your local Spectrum Generations center and leave it with the receptionist.

Live Healthy

Fireside Luncheon Spectrum Generations serves lunch 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—Lunch with us Twice a Week!

Wednesday	October 3 - Ham with maple glaze
Friday	October 5 - Chicken Pot Pie
Wednesday	October 10 - Shepards Pie
Friday	October 12 - American Chop Suey
Wednesday	October 17 - Spaghetti & Meatballs
Friday	October 19 - Chinese Buffet
Wednesday	October 24 - Broccoli cheddar Mac & Cheese
Friday	October 26 - Pork Loin with Mashers

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.

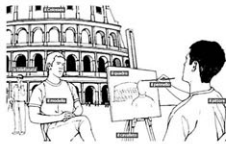
We are very pleased to have April offering her services here at the center. She is running a special—\$49 for an hour long massage. Call for an appointment. 729-0475

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 & Thursday 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 729-0475, Free

Let's learn Italian Our conversational classes on Italy and the Italian language have become so popular we are adding a class. Starting October 12 we will offer a class at the Highlands in Topsham and another at Thornton Oaks in Brunswick.

Beginners and intermediates welcome. Basic grammar and the vocabulary of everyday conversation is introduced and practiced. The goal is for students to gain the familiarity and confidence to speak elementary Italian. Classes will role play, simulating common, everyday interactions. Low key and fun.



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.

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

Enlist a friend

Are you a regular visitor to the Center? Is there one special event or program you use regularly?

Do you have a friend, or two, that you just don't seem to see as much as you'd like? Sharing memberships at People Plus is a great way to visit, stay focused, become more social and engaged. Imagine sharing what you like best about People Plus with one or several of your best friends.

Encourage a friend to join, the cost is still only \$25 per year. They start receiving our great little newspaper; they start calling YOU about going to events. Remember, People Plus is one of the things that makes the Brunswick area one of the very best places to live in Maine.

In August, we enlisted our first "LIFE MEMBER," and last month, we engaged two more! We believe anyone willing to make such an investment (only \$250) understands the value of a dollar, and more importantly, understands the value of our Center.

Remember to show your card proudly at area businesses and accept the opportunity to save, every day! The following businesses are delighted to offer special discounts to members and friends of People Plus.

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

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

Would you like your Newsletter: Mailed E-mailed

E-mail _____

I would like more information about: Services

Volunteer Opportunities Programs & Activities

Membership Fees: \$25 per person **Additional Donation:** \$ _____

Payable to People Plus: Check/Cash Visa Mastercard

Total \$ _____

Credit Card # _____ Exp. Date _____

Signature _____

Donations above Membership Fees are tax deductible.

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 Gum 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
9 Pleasant St., Brunswick; 725-7177

Berrie's Opticians: 20%, Anytime
6 Maine St., Brunswick
725-5111, www.berriesopticians.com

Maine Optometry: \$30 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



Your T-shirt is waiting

We still have about 35 of our 35th anniversary commemorative T-shirts available. It's not too late to order yours as a Christmas present, night shirt or keepsake. Three colors are available (red, green and blue), in a variety of sizes, and all for only \$8. Get yours today!

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

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 (food only)
42 Maine St., Brunswick; 729-5858
www.thegreatimpasta.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
www.bigtopdeli.com

Fairground Cafe: 10%, Anytime
Topsham Fair Mall; 729-5366

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

Sam's Italian Foods: 10%, Except for

Stores

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

Portland Glass: 10% on Non-sale Items, Mondays
Tortine 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

Courage: A Characteristic of Advanced Citizenry

Courage is a state of mind that allows one to act in ways that test our resolve or our willingness to put our moral or ethical principles before our comfort, and other times it involves putting our physical self in harm's way. Everybody from the time we are born and learning to crawl to the time we pass are confronted with moments where we are faced with dilemmas that test our willingness to stand up to or face fear head on. We often hear stories about courageous men and women who stand up to a person or a group of people that are bent on causing harm, hatred or injury to others. There are the people who in inner cities form community watch groups that patrol their streets and chase drug dealers and gangs away. There are stories throughout history of men and women who have made decisions to stand up to oppressive rulers (the American Revolution is a prime example), and then there are stories of children who behaved a quiet or shy child who is being teased by the bullies or "popular" crowd. These are stories of both moral and physical courage. Sometimes the courageous acts have a strong moral stance behind them and sometimes they are defined more by the physical threat or struggle that is being conquered through the act. As a doctor of chiropractic, I am very proud of the fact that the profession I love, the chiropractic profession, has faced many obstacles that have tested the moral and physical courage of generations of doctors and patients. Many don't know that from 1895 to the 1970s chiropractors had to endure the risk of possible jail sentences for the practice of medicine without a license. Without making this a long history of chiropractic, I will tell you that it took many years of courageous acts and many years of legal battles to get to where we are now. Today chiropractic is the second largest health care profession in the world and through the hard work of many dedicated and, yes, courageous chiropractors and the support of our patients, society has more health freedom than ever before. I believe that chiropractic patients are incredibly courageous, not because chiropractic care is dangerous, in fact it is much safer than even the safest of medical interventions. The reason for this feeling is that it takes courage to do something that most others don't do. It takes courage to look outside the box and go where most never go. When we do, we almost always find out something about ourselves that we didn't know before. What makes a chiropractic patient courageous is the willingness to act rationally and spend their time, energy and money to invest in their health and future wellbeing instead of waiting for sickness and disease to show up then reacting in an irrational way through the use of drugs and surgery. Practicing health care is actually less convenient in the short term than sick care, however in the long run the benefits of staying healthy far outweigh the costs of getting sick. Acting in a way that expresses free will and making unconcerned decisions is in and of itself a very courageous act. To all of our patient's — current and future — we say congratulations for thinking outside the box and standing up to mediocrity and taking an ordinary life and creating an extraordinary path to health and wellbeing.



Dr. Jeffrey S. Stocum

If you desire to live your most vibrant life NOW give us a call and we will help show you the way. Just call Stocum Chiropractic Wellness Center (207-725-4222) OR Holland Chiropractic (443-2635) and mention this article and my team will schedule a complimentary consultation at your convenience. To Your Health, Dr. Jeffrey S. Stocum

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Cathy Bagdon and Judy Warren, Owners

A penny for your thoughts

What's a penny worth, anyway?

I mean, last week, I stopped at a local burger place, ordered my customary double-cheeseburger value meal, and the little speaker with the sexy voice told me the cost was \$5.02, and instructed me to drive forward to the window. In the time it took me to move ahead, I got to thinking, and when I got to the window, I smiled at the pretty teenager in headgear, handed her a \$5 bill and said, "Isn't this close enough? Do you really need my pennies?"

"For me," she said, "it's close enough. For the man, I gotta have the two cents."

The man wants every penny." Her smile was wide but the difference, I took two pennies off the tray on my dash and handed them over: "I wish the man well," I added, taking my bag of food.

Jane and I have this big ol' 5 gallon, green-glass bottle, (I think it once held kerosene). We have it three-quarters full of pennies and marbles. (Mostly pennies.) I need to be having a good day, just to pick the thing off the floor. Once in a while on a rainy day, the grandkids and I will pour out a bunch of pennies and roll them, then go to the bank and turn

Speaking Frankly

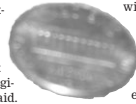
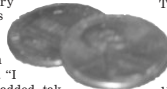
FRANK CONNORS



them in for folding cash. I think of it as part of the kid's thrift education, besides, it's a way to kill an hour or two, and it never costs me more than two or three bucks.

There was a thing on CBS Sunday Morning a few weeks ago about pennies. Basically it suggested pennies have had their day. It said every penny costs the U.S. mint something like two cents (and change) to produce. A numismatist friend of mine dropped a clipping on my desk recently that reported production of the Canadian penny will stop this fall.

"Inflation has eroded the cent's value so much over the years that today, it retains about one-twentieth of its original purchasing power," the article said. It appears Canada is sometimes quicker to act on budget deficits than America.



The report also said Canada had been producing it maple-leaf penny for a cost of only 1.6 cents per coin! Naturally, Canada has completed a number of studies before making this decision. One study said Canadians think of the penny as "pointless," and a "nuisance."

Canadian mint officials said consumers can continue to use pennies indefinitely, but the coins will be, "gradually, and systematically withdrawn from circulation over a period of years." The same officials predicted that, "rounding up," will be required on cash transactions at some point. Canada's Ministry of Finance, according to the same article, did not expect the rounding up to increase inflation. They predicted businesses, "are expected to round up prices in a fair, consistent and transparent manner."

That is Canada, this is America.

I'm guessing gas stations will be the ultimate test of either country's penny principles.

How well do you think these money mongers can be expected to "round UP," fairly? With gasoline selling at \$3.99.9, do you really think

these guys pay any attention to pennies?

I'm still buying my gas in \$20 and \$30 increments. Jane thinks I just like to visit with the gals at the Cigo station, and suggests some weeks, I spend more time with them than I do with her. But the truth is, I consider it a great test of my reflexes, and the only way I can swipe any enjoyment from my frequent visits is by using what I call my, "dead man switch game." I pump my gas at full throttle, and try to shut it off right on the dollar mark. NOT \$20.01, or \$30.02.

Yes Virginia, some of us do look for our entertainment in strange places.

But look at the ads in your paper one night, or check out the price lists next time you're at the market. How many items do you find listed for \$1.99, for \$4.99, for \$49.99? If by principle only the penny still holds a pretty important place in most marketing schemes, I guess I'll continue to hoard my pennies in my jar, even after the government takes away my Lincoln heads. I catch myself wondering, how old will my little grandsons be when this most common of copper coins becomes collectable, and will I live long enough to help them compare a Lincoln penny with an Indian head?

New or renewing members — October

*Indicates membership donation

BRUNSWICK

- Patty Castle
- Joline Pequinn
- Valerie Robbins
- Nancy Garland
- Margaret Wetzel
- Donna Bubar
- Pamela Frampton
- Susan Olds
- Dante Di Edwardo
- Sally Haley
- Agnes Maynard*
- Selma Powers
- Alfred W. Tyrol
- Therese M. Bernier
- Patricia Emerson
- Eric Perreault
- William Perreault
- Cesar Bello
- Andrea Smith
- S. Benjamin Higgins
- Connie Rutter
- John Rivard

Sandra Rivard
Theresa "Terry" Howell

- Larry Hooper
- Joan Henich
- Mike Linkovich
- James Baker
- Josephine "Jo" Baker
- Bruce Bean*
- Rosalie Bean*
- Johan Hansen
- Catherine Lynch
- Paula Kappel

TOPSHAM

- Donald O'Farrell
- Gerard M. Lamarre
- Howard R. Search
- Arestedis Ted
- Demosthenes
- Robert Bouchard
- Gassan "Gus" Akhmedov

HARPSWELL

- Lynne R. Kresge
- Patricia L'Heureux

Kirkhill Gissin
Constance Parsons

OTHER PLACES

- Henry Beltrami, Fredericksburg, Va.
- John Gable, Woolwich
- Bobbi Gable, Woolwich
- Derek Herzog, Bowdoinham
- Richard Jordan, Bowdoinham
- Edward Momm, Cumberland
- Charlene G. Cote, Bowdoinham

LIFETIME MEMBERS

- D. Lloyd Jones, Brunswick
- Helen S. Small, Brunswick

Worth repeating: 'People of Stature'

"... the old were counted as active members of their society. They were deferred to because while leading the same kind of life everyone else did, they had gained in tolerance and wisdom. They took longer to do less, but they were still earning their own way. In fact, old people were stimulating. Their looks, their mentality, work and endurance told such stories that the young thought of them as people of stature."

— Lura Beam, author of "A Maine Hamlet"



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On the Road to the Bridge, Orr's Island, Me.

Fondly recalled ...

Mid-coast travelers at the turn of the 20th century often encountered dirt roads, steep slopes and danger. Locals referred to Orr's Island Road in Harpswell, pictured, as "The Devil's Back." If you have old area photographs to share with readers of People Plus News, contact Frank Connors at 725-0757.

Singing class needs a few voices

Several folks did attend the a capella demo-audition class held at the Center on Sept. 24, but several more are needed if this for-fee class is to continue. The first a capella class is going to begin on Monday, Oct. 15, at 1 p.m. and continue through Dec. 10, (with no class on Veteran's Day). There must be at least six participants for the class to continue, however. Taught by music teacher Patricia Cannon, the eight-week session is \$60 for People Plus members and \$90 for

nonmembers.

No prior singing experience is necessary. Singers of all levels and tone are welcome. Class times are spent developing good singing and voice habits, and you will be supported in singing, "tunefully, and with spirit," according to a class description. The class will end with a community concert. Call the Center information desk at 729-0757 to be added to this choir.

Library features Hitchcock series

Curtis Memorial Library's Friday night film series is back with a lineup of films celebrating the master of suspense, Alfred Hitchcock.

The Hitchcock After Dark Series kicks off on Friday, Oct. 5, at 7 p.m. Enjoy the suspense, watch for the Macguffin and Hitchcock's cameo, and munch popcorn at this free film series held in the Morrell Meeting Room.

Other films will be shown on Oct. 12 and 26 from 7 to 9 p.m.

For more information, check the Curtis Library calendar at www.curtislibrary.com.

The library is located at 23 Pleasant St.

Autumn Notes

By *LYNNE KRESGE*

Tiny leaves — yellow, rust, mauve — like rivers on the road
 Wading, crunching
 Myriad of reds and port wine from the dogwoods
 Stark yellow lace against deep blue sky
 Cattails bursting into white, fuzzy coats
 Pines bragging of their year round company
 Kaleidoscope of colored joy
 Long sleeves, sweaters, jackets
 Green tomatoes, last minute bouquets
 Peepers, artists, cameras
 Smells of wood smoke and musty mums
 Orange of pine needles
 Acorns plummeting
 The sun's fall angle washing all with gold
 Proud color shouting
 Maples' message — goodbye for now
 Autumn notes of another season
 The same, yet never so



Lunch Out!

Oct. 9 at 11:30 a.m.

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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.

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