



Plus! People News

The center that builds community

People Plus
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Brunswick, ME
04011-0766

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December 2012 Volume 12, No. 12

Giving Galore!



Executive Director Stacy V. Frizzle dressed for the occasion while processing some of the food donated to Mid-Coast Hunger Prevention Program and garments for TRIAD's Coats for Seniors drive last month. Both collections have proved very successful this holiday season.

'One can at a time,' food drive on mark

Our holiday food drive to benefit the Mid-Coast Hunger Prevention Program is, "right on target," midway in the effort, and has, "already set a record," according to member services coordinator Frank Connors. "We've already delivered more than 400 pieces and nearly 350 pounds," he added.

In previous years, the effort has never produced more than 450 pounds of food.

Connors said he is, "very confident," that record will be passed, and that by Christmas, "we'll be wicked close or over our goal of 1,000 items and 1,000 pounds."

The little red wheelbarrow

collection center will be available in the lobby until Christmas week, with the final delivery going to MCHPP on Jan. 2.

"We'd love to see members drop off one at a time, each time they visit the Center in the next couple weeks," Connors added. "I'm sure that would put us over the top."

Holiday class offered on 'Tourtières'

If you have ever wondered how to make, "Tourtières" (traditional holiday meat pies), this could be your season. On Wednesday, Dec. 12, from 1:30-3:30 p.m., Madeleine Ashe and her sister Denise Deshaies will lead a "how to" discussion and demonstration that will leave you with your own pie.

Ashe is the same exceptional cook who often creates the gravies, sauces and stuffings for many of our Center luncheons. Program director Rebecca Banks called her, "one of our Center's secret weapons," and predicted the class would sell out fast.

Class participation is limited to six and cost is only \$10. Registration is on a first call basis. Participants should bring their own, nine inch pie plates and rolling pins. To register, call the Center at 729-0757.



Caricature carving coming

Woodcarving with Jim Wade returns to the Center in January. Participants will create their own caricature bear or stylized loon in class.

This 5-week session will run from Jan. 15 to Feb. 12, just in time for Valentine's Day. Class meets at 1 p.m. on Tuesdays and

the fee is \$40 for members and \$65 for nonmembers, with a \$20 materials fee that includes the wood used and knives.

Please sign up in advance. Class size is limited.

Wade said that he can handle people working on different projects at the same time.

Annual Campaign commences

Letters are in the mail and the 2012-13 annual campaign for People Plus is under way. In a letter to selected members and friends of the Center, Executive Director Stacy V. Frizzle called the effort, "tremendously important," and said the drive needs to raise just over 20 percent of the Center's annual budget in just over six months.

Last year's campaign netted the Center \$50,000. This year's goal is, "just over that." Frizzle emphasized the Center receives no funding from the state or federal government and depends on gifts and donations from individuals and businesses in the community to cover operating costs.

The first phase of this effort has letters mailed to some business and community members. The packets include copies of the People Plus News, our annual report from last year, and "other devices" that will familiarize the prospect with the Center.

"We brag a little, too," Frizzle said.

Board members and development committee members follow the mailing with a phone call to encourage the donation. Unsolicited donations to the campaign are always welcome. They should be given to a board member or sent to the Center, clearly marked as an annual campaign donation.

Lunch & Connections

Christmas ham on menu

Roasted ham, smothered in potatoes and other veggies, will be our Lunch & Connections offering for Thursday, Dec. 20. "It is the week before Christmas," chef Frank Connors observed. "What could be more appropriate than a holiday ham?"

The menu includes ham, mounds of mashed Maine potatoes and mashed sweet potatoes, ham in a Madeleine Ashe's sweet raisin glaze, green bean almandine, and carrots. There will be sides of applesauce and spinach casserole.

As usual, there will be a fresh, lightly-dressed green garden salad, and the featured drinks will include coffee, local apple cider, tea and fresh milk. Our bread always comes from

the Wild Oats Bakery. Dessert this month will be a hand baked and decorated holiday sugar cookie, with a small dish of ice cream.

The monthly Lunch & Connections meal, underwritten by Spectrum Generations, focuses on nutrition, information and variety. A CHANS home healthcare professional is always on hand in the cafe area to offer a free blood pressure check.

Come early. Pick up your 50/50 raffle ticket, and register for one of our several door prizes.

Reservations for seating are necessary, as seating is limited to 60 members. Call the People Plus information desk at 729-0757 to register. Lunch is served at noon.

Gift, cookie swaps mark holiday

Join your friends on Tuesday, Dec. 18, beginning at 1 p.m., for a fun and festive afternoon that is sure to kick your holiday into high gear.

Everyone should bring two dozen of your favorite holiday cookies, a swap/joke gift worth \$10 or less, and Frank has promised to make his popular People Plus punch.

We're planning live music for a little caroling singalong, and there may be a couple surprise moments to keep the magic memorable.

"People need to remember the swapping can get a little ruthless, everyone attending

Please see **SWAP**, Page 12

A Christmas gift from
Write On!
writers

Special pull-out section inside

Wishing you and yours a joyous holiday season.

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

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

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STORM POLICY

When Brunswick schools are closed because of weather, all People Plus programs, classes and activities are cancelled for that day. Tune to WGAN-AM radio (560 on the dial) or check www.PeoplePlusMaine.org for announcements.

Much to be thankful for

As I write this, it's very early on Thanksgiving morning. It's pink outside from the sunrise and my house is still and quiet. Soon enough my gaggle of girls will be upon me but for the moment it's just Gertie and me quietly enjoying a cup of tea and the pre-bloom of the day that lies ahead.

The tradition in our family is to go around the table at Thanksgiving and tell what we are thankful for. My life has taken many turns in the last few years, but the one for which I am most thankful is People Plus. The community that is created and shared here at this amazing Center every day truly affects the lives of others. And has affected my life, too. I know that I've grown since taking this job — both professionally and personally. It's impossible to see the faces of the people here every day, hear their laughter, see them chatting, know their stories and to not feel a sense of gratitude to be a part of it all.

But I think even more impactful than

the happy faces and fun things that happen here every day are the people we don't see at the Center. The older or disabled members of our community without access to transportation or a safe way to "check in" every day are the people for whom we really exist. The work that we do here at People Plus to change their lives makes me thankful.

I'm also truly thankful to the staff of this Center, the Board of Trustees and the many volunteers who pitch in as well. They all show up every day with bright, cheery faces ready to do the million little things that make this place what it is.

From the Executive Director

STACY V. FRIZZLE



As we launch our yearly Annual Fund Drive to raise the money necessary to continue our good works, I am especially thankful to those people who support us financially. It is really hard to ask people for money but we just can't get by without it. So I've sent out the letters asking for help and our dutiful board has agreed to follow up with phone calls. I cannot begin to thank them enough for their time and dedication to do this. It is a terrible job and no one likes it!

So it is with an appreciative heart and a grateful mind that I embark upon my second year with People Plus. A year that I know will be filled with new challenges and adventures, stimulating programs, fun classes, thoughtful events and new people.

As I put my turkey in the oven, I wonder how I will have grown by this time next year and the many ways in which I will be thankful. I am sure that this Center that builds community will be at the heart of that gratitude.

Combined breakfasts will celebrate holidays

In what Frank Connors is calling a true gesture of holiday spirit, the men's and women's breakfasts at People Plus will be combined for the month of December.

"It will be a history making adventure," Connors said, "We're all looking forward to it."

The holiday meal is scheduled for Wednesday, Dec. 12, from 8 to 9:30 a.m.

The menu will include quiche and french toast casserole, sausage and home-fried potatoes, orange juice, apple-sauce, coffee, tea and oatmeal.

"Something for everyone," Connors suggested, as he rejected a suggestion from executive director Stacy V. Frizzle that men were looking forward to this premier event because they expected the "food and environment" to improve.

It would be helpful to have advanced registration for this meal, as space will be limited. Call 729-0757 to reserve your place.

Retired teachers to meet

Members of the Mid-coast Retired Educators will meet Tuesday, Dec. 11, at The Highlands of Topsham for a buffet breakfast, starting at 9 a.m.

The highlight of the morning will be an UGLY Yankee Swap, which is always filled with laughter and fun.

Remember, the rule is, "the uglier, the better!"

The FUNdraiser for the high school scholarships given to Morse, Brunswick and Mt. Ararat students will be a bake sale.

The association is open to all retired educators in the area.

For further information or to make a reservation, please contact Corley Anne Byras, president, at 666-3922.

Memorial Donation in Memory of

COLLEEN WILBUR
LOUISE BOUCHER DUMAIS
RAYMOND KEMP

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 befriended 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 strongly 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 uncommon decisions 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.

If you desire to live your most vibrant life NOW give us a call and we will help show you the way. Just call Stacey Frizzle, Executive Director (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



Dr. Jeffrey S. Stocum

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Season's Greetings

from "Write On!"

The People Plus Writers



Spirit of Christmas

BY ANNE ROBINSON

Dog had been chasing Squirrel's family for what seemed like forever. His first memory, once he was old enough to go out on a limb, was looking down at his parent racing across the ground pursued by a large brown barking dog. This was now a familiar daily sight. Dog never gave up and never won either, except once. The Old One had fallen behind one day and was scooped up into the jaws of the beast. Miraculously he survived, spat out onto the ground with a loud dogful "BLECH." Apparently he was not the tasty morsel Dog had hoped for.

Even so, Dog returned day after day. And to what end, Squirrel thought. It was such a waste of time and effort. No other animal would spend so much energy for no gain. Not if they wanted to survive. Not smart, in Squirrel's opinion. But then, he thought, in this case it didn't matter. Dog did not need to forage for food. He lived in the human house

Squirrel could see from his tree, pampered, fed and sheltered. No effort required. So Squirrel supposed dog could afford to chase him and his kin. And, if he was honest, it did keep them on their toes and in shape. Others in the forest were not likely to spit out a slow squirrel. More likely it would be squirrel for lunch. So he supposed he should be grateful to Dog.

Squirrel heard a door open in the human house and saw Dog run out on yet another squirrel hunt. Squirrel picked up an acorn in his jaws and started down the tree just as Dog arrived. Squirrel paused as Dog sniffed round and round the tree as he always did, then looked up, spotting Squirrel. Dog stopped, still as a rock, tail erect, eyes locked on Squirrel. Squirrel slowly descended to the ground, dropped the acorn under Dog's nose, and then scampered back up the tree.
Merry Christmas, Dog.



December 25

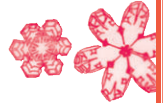
BY DOTIE MOODY

The celebration of Jesus' birth Whether God or man, He made a difference

Why not celebrate? Did He make the world a better place... YES!

Many live their lives by moral precepts Jesus spoke of compassion. Jesus asked more of us.

There is reason for hope Whatever God/god you worship We can all do better At loving and accepting others.



Christmas Presents

BY BONNIE WHEELER

Time for gift giving;
Keep your money in the bank
The perfect gifts are free.
Tis the season to say thanks,
Thanks to my dear friends
You have my deep respect.
Thanks to my enemies,
Tolerance is your bequest.
Thanks to the poor and hurting;
You give me a chance to give.
Thanks to the unloveable;
You push me to forgive.

Thanks to all my family;
You have my unconditional love.
Thanks to the Christ Child.
You gave me life and a home above.



A Christmas Memory

BY GLADYS SZABO

Two huge blue spruce trees
Encased our front screen porch
My dad meticulously dressed them
With garlands of glowing lights
Blue, green, yellow, red and orange,
Each light had a special position
My job was to hold the strings of lights
Preventing any breakage
When dad finished
Mom would join us
To admire their beauty
Each branch glistened with candescent lights
In praise of our Lord's birth.

Silent Journey

BY BOB DOW

Like feathers from the sky they fall,
In no great rush to end it all,
They slowly twirl about, up high
Then silently they pass me by
And vanish in the snow below.



What we can learn on Christmas Day

BY ADELAIDE GUERNELLI

I can be just a teacher that learns to fly with the stars, but ... I don't want to die before
Baby Jesus gets ready to shine on our lives with his delicate eyes! With him on my side, all the sufferings of mankind will become poems to be recited, night after night, in the middle of the page that God wrote before his Son came to the earth. ... that wonderful night! But my hands will be the humble piano that I can use to teach the mystical songs of our human lives...! And I will be able to learn to

fly with the children that are no longer restless or mischievous, 'cause the birds with their wings will allow them to slip out of the dream, and Christmas will really begin in our souls and hearts, and it will be not just a day but a long period of human life devoted to the Son of our Creator, and the crystal flowers, with the golden forgiveness will be dancing with the music of our hearts in our country, the USA, because it is the only place where we have peoples from around the world!

Christmas Day

By BOB DOW

Well, Christmas Day was bright and sunny
When I awoke my head felt funny,
I had a touch of vertigo
Which meant I did not dare to go
To visit with my kids in Mass.
This holiday I'd have to pass.
They did say they would come up here
But I said "no because I fear
The weather won't hold out for long."
So coming up I felt was wrong.
Without the family gathered round
It's just another day, I've found.
So, while your day has gone away
I'll celebrate another day!

Christmas Day Sequel

By BOB DOW

As I explained before, my Christmas was delayed.
I got a call, therefore; another date was made.
Halfway we'd meet, you see. That's twenty miles for them
And eighty miles for me — their math's a little dim.
A bar in Portsmouth town, the Red Hook, it's called.
My father'd certainly frown. My mother'd be appalled.
A pleasant gathering spot, but if the music's loud
A quiet place it's not. That day? A peaceful crowd.
The kids came marching in with arms all full of bags.
Their faces all a grin; I thought I'm in for gags.
It wasn't very long before I realize
That I'd be proven wrong; I really was surprised
A model whirlybird my daughter's engines use.
A laptop too — my word — and that I won't refuse!
A mess when we were done — remarks good for a laugh.
It was a lot of fun for us — the bar room staff?
It was a rainy night; I drove a slower clip.
I made it home all right, and it was worth the trip.
I will not soon forget my Christmas in a bar.
I think it's safe to bet, my most bizarre — so far!

Night of Nights — a Christmas hymn

By ELAINE VARNEY

This is the night of nights
The night of Jesus' birth
All men now shake with fright
On this dark desert earth
How cold we've grown
what hunger we have known
but we are not alone
Jesus is the answer
He is the Son of God
the torch that's burning bright
He is the flesh of man
He is our guiding light

Day after day
He shows us the way
If we but choose to pray
He is the answer

Now we must welcome him
the babe that's smiling there
He is a friend to us
He hears our every prayer
Praise to the King
To Mighty God we sing
If we but welcome him
He is the answer

A Christmas Tree

By P.K. ALLEN

Each year we buy a Christmas tree
To celebrate the season
And always get a real one
For this, there is a reason.
In this world of make-believe
there's too much artificial
So we've determined in our minds
real things are to our favor
When the season is over
to that thought we cling
By putting that tree on the back porch
and leaving it there 'til spring

A Little Boy's Special Christmas

By BETH COMPTON

There was a little boy who had always wanted a puppy. Then one Christmas morning he woke up and went downstairs to the Christmas tree and he found a puppy in a box. He yelled "Mommy and Daddy, I found a puppy in a box!" His mom and dad came downstairs to where the boy was. The little boy said, "Is this my puppy?" His mom and dad said "Yes." He was so happy! He gave his mom and dad a great big hug and said "Thank you very much. I have always wanted a puppy!"
He named his puppy "Rusty." He played with his puppy all day. His mom and dad said, "You have more presents to open!" The little boy was too interested in his puppy to want to open anything else. It was time for supper. The little boy ate and then he had his bath. Then it was time for him to go to bed. He went upstairs calling Rusty so Rusty went upstairs with the little boy and they both went to sleep and had sweet dreams.

The End



Christmas In Our Hearts...

By ADELAIDE GUERNELLI

On Christmas Eve this year my grandchildren will dance ... and they will do it with Nee Nee, their doggie, that also likes to sing and bark. They decided to celebrate Jesus' birthday with the arrival of the doggie in their hearts and in their homes. She will wear a simple disguise and a tiara, comfortable enough for her to be able to move all her muscles, while allowing the stars in the tiara to shine, shine, to remind all pet lovers that doggies are creatures that can make their owners laugh! And ... while the children and Nee Nee are singing and dancing, we are all sure that Jesus is watching from His modest manger, that we also treasure forever, and He will be praying and saying "thanks a lot to you and to all men, women and children around the USA and the rest of the world, for remembering my birthday in all of your hearts!

**Snowflake
artwork by
Sara and
Grandma Betty**

DECEMBER 2012 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PEOPLE PLUS NEWS & VIEWS</p> <p>Viewed weekly on Cable Channel 3, Brunswick Community TV</p> <p>Monday Afternoon 4 P.M. Wednesday Morning 7 A.M. Sunday Evening 9 P.M.</p> <p>And on Harpswell Community Television viewed online, anytime: http://vimeo.com/harpswelltv</p>					1
<p>9:00 AM Crafters 9:00 AM Loosen UP! 10:00 AM Yoga 11:00 AM Table Tennis 11:00 AM Chair yoga 12:00 PM Bridge 2:15 PM Laughter Club</p>	<p>9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Computer Tutor 1:00 PM Quilting Club 3:00 PM Teens First</p>	<p>9:45 AM Inter. Cribbage 9:00 AM Loosen UP! 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group</p>	<p>9:00 AM Table Tennis 10:00 AM Art II 10:30 AM Computer Tutor 5:00 PM Yoga 6:00 PM Beg. line dancing 6:00 PM Course in Miracles 7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 12:30 PM Beginning Tai Chi 1:30 PM Qi Gong</p>	8
<p>9:00 AM Loosen UP! 9:00 AM Crafters 10:00 AM Yoga 11:00 AM Table Tennis 11:00 AM Chair yoga 12:00 PM Bridge 2:15 PM Laughter Club</p>	<p>9:00 AM Table Tennis 10:00 AM Art I 12:00 PM LUNCH OUT 3:00 PM Teens First</p>	<p>8:00 AM MEN'S and WOMEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Loosen UP! 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 1:30 PM Baking Tourtières</p>	<p>9:00 AM Table Tennis 10:00 AM Art II 10:00 AM Library Google 3:00 PM Came On! 5:00 PM Yoga 6:00 PM Course in Miracles 6:00 PM Beg. line dancing 6:30 PM First Light Camera 7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 12:30 PM Beginning Tai Chi 1:30 PM Qi Gong 6:30 PM Folk Dance Brunswick</p>	15
<p>9:00 AM Crafters 9:00 AM Loosen UP! 10:00 AM Yoga 11:00 AM Table Tennis 11:00 AM Chair yoga 12:00 PM Bridge 2:15 PM Laughter Club 6:30 PM Civil War Book Club</p>	<p>9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Computer Tutor 1:00 PM Quilting Club 1:00 PM Holiday Yankee Swap and Cookie Reception 2:30 PM Café en Français 3:00 PM Teens First</p>	<p>8:30 AM WOMEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Loosen UP! 10:00 AM Table Tennis 10:30 AM Computer Tutor 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group</p>	<p>10:00 AM Art II 11:30 AM BP Clinic 12:00 PM LUNCH & CONNECTIONS 5:00 PM Yoga 6:00 PM Course in Miracles 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 12:30 PM Beginning Tai Chi 1:30 PM Qi Gong</p>	22
<p>Christmas Eve  Christmas Day</p>		<p>8:45 AM Inter. Cribbage 9:00 AM Loosen UP! 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group</p>	<p>9:00 AM Table Tennis 10:00 AM Art II 5:00 PM Yoga 6:00 PM Beg. line dancing 6:00 PM Course in Miracles 7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 12:30 PM Beginning Tai Chi 1:30 PM Qi Gong 6:30 PM Folk Dance Brunswick</p>	29
<p>New Year's Eve  New Year's Day</p>		<h2 style="text-align: center;">Teen Center</h2> <p style="text-align: center;">Monday, Tuesday and Thursday, 2:30-5:30 PM Closed Dec. 24 through Jan. 2</p>			

Weekly Winners



Monday-Saturday Bridge
Oct. 20: Bill Buermeyer, Gladys Totten, Mary O'Connell.
Oct. 22: Marion Schneider, Tony Monaco, Mary Lou Cobb, Bill Buermeyer, Gladys Totten.
Oct. 27: Kay Bagwell, Cecil Eldredge, Donna Burch.
Oct. 29: Gladys Totten, Bill Buermeyer.
Nov. 3: Bill Buermeyer, Richard Totten, Donna Burch.
Nov. 5: Richard Brautigam, Tony Monaco, Gladys Totten, Lorraine LaRoche.
Nov. 10: Donna Burch, Richard Totten.
Nov. 12: Tony Monaco, Cecil Eldredge.

Senior Intermediate Cribbage
Oct. 24: Andrew DeBlasio, 721; Richard LaPointe, 714; Virginia Linkovich, 707; Virginia Zimmerman, 700; Robert Mehlhorn, 699; Mike Linkovich, 696.
Oct. 31: Leah Nelson, 693; Linda Paisley, 691; Richard Tomko, 688; Lois Fournier, 686.
Nov. 7: Robert Foehring, 726 (perfect score); Anita Owens, 714; Robert Frost, 708; Anne Bouchard, 699; Richard LaPointe and Colleen Petrin, (tie) 693.
Nov. 14: Anita Owens and Germain LaRoche, (tied and a perfect score) 726; Lorraine LaRoche, 717; Timothy Owens, 706; Virginia Zimmerman, 700; Priscilla Sargent, 689.

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Thursday Hikers enjoy a late fall day at Wolfe's Neck Woods State Park in Freeport. PHOTO BY DAVID SELLECK.

Habitat joins with green collaborative to offer storm window program

Habitat for Humanity / 7 Rivers Maine and the Midcoast Green Collaborative have joined to offer opportunities for Mid-coast residents to learn how to make interior storm windows and reduce their energy costs.

Each Saturday from 9 a.m. to noon at Round Top Farm, 3 Round Top Lane, off Business Route One in Damariscotta, there will be an instructor, supplies and the opportunity to build windows at the site or take a kit home to build the windows. The windows' cost is dependent on size, but is very affordable.

Led by Tomher Belknap, whose Greenfret Consulting designed the windows for effectiveness, affordability and ease of insert, the storm window workshops will serve communities from Brunswick to Belfast.

Habitat thanks Bob Hardina for his longtime dedication to providing this service to the community and pledges to carry it forward.

HFH/TRM has completed 20 years of creating home ownership opportunities for families with limited incomes. Its expanded mission now includes weatherizing and repairing existing homes and renovating existing homes. Visit www.habitat7rivers.org for information.

Christmas Through the Ages

By GLADYS SZABO

Who am I? I am one person.
A child, a mother, a grandmother!
As a child, my favorite holiday was Christmas.
Gatherings of friends and family.
Baking delicious cookies with my mother.
Each one decorated with a personal touch.
Learning along with helping.
The anticipation of receiving gifts.
Was the highlight of the holiday.
Roles changed when a mother I became.
I baked as my daughter learned by helping.
She decorated cookies as personal gifts.
Giving rather than receiving.

Family gatherings.
Were now the holiday highlights for me.
I now have the honor of Grandmother.
My daughter has the role of mother.
She does the baking.
My granddaughters are learning from her.
Family traditions are carried on to the third generation.
I observe, rejoicing in the joys of all these changes.
Life changes but I am the same person.
Having experienced many roles in life.
I remain a child in my heart.
A mother, with love of family, forever.
A grandmother, reaping the rewards of my years.



A Christmas house at Stevens' Corner

By CHARLOTTE HART

This farmhouse! Here two hundred years and more.
My family's home. Four generations born...
Red bows on wreaths of green grace every door.
White window candles light snow covered lawn.
Charles Stevens built eight rooms large and well.
Eight fireplaces the first century blessed.
My own grandparents then came here to dwell,
Built on an ell, a porch, made home a heavenly rest.
A generation traveled miles to school.
Established five new homes not far away.
The family gathers yearly — blessed
Yule.
Great Grandma Margaret ten decades did stay.
Bright lights, a feast and Christmas songs we'll bring!
My wedding will be here — with lilacs — in the spring.

Thanks to art instructor Connie Bailey for the iconic seasonal images, Christmas holly, pictured here, and fir cones on page 1.

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Learn to make your own holiday cards

Create your holiday card online with Jack Hudson, our computer tutor.

On Tuesday, Dec. 4, and Thursday, Dec. 6, at 10:30 a.m., computer tutor Jack Hudson will instruct participants how to create a holiday newsletter or online card!

He will bring samples and provide tips on how to download and place photos, adjust margins to the page and provide information on both online and local printing options. Day one will cover how to do it, and day two is reserved for helping participants start their own.

Downloading and organizing pictures

Computer tutor Jack Hudson returns to People Plus with Downloading and Organizing Your Pictures on Tuesday, Dec. 18, and Wednesday, Dec. 19, at 10:30 a.m.

He will demonstrate how to download pictures from a digital camera and organize them into folders on your computer. Class also covers backing up and storing your pictures and other files. These classes are free and open only to People Plus members. There is often a maximum number of people per class so sign up early! It's OK to bring your own laptop. Basic computer proficiency is required. Advance registration is required by calling 729-0757.



Map your world with Google Earth

Join us for an introductory presentation on Jan. 7 from 10:30 to 11:30 a.m. at the Center. The demonstration, led by Craig P. Snapp, includes worldwide searching, Street View, 3D Buildings, Earth Gallery, historical satellite imagery, touring of scenic and important world sites, access to public map databases and the ability to create custom maps that can be shared with friends and family.

Google Earth is a free, powerful, friendly and fun mapping program that enables any adventurous user to explore

satellite photos of the Earth, the Moon, Mars, and even the Stars beyond from the comfort of home, library or People Plus. All that's needed is a capable PC or Mac computer, preferably a two-button scroll-wheel mouse and high-speed Internet access.

It will be followed by two hands-on instruction workshops at People Plus on Jan. 14 and 28 from 10 a.m. to noon. It's OK to bring your own laptop. It is free to Center members, but advance registration is required at 729-0757. There is a 12-person maximum for the workshops.



This seascape by Rich Jordan is one example of the works on view at the Union Street Gallery this month.

Students featured in art show

Students in Connie Bailey's Tuesday and Thursday art classes are featured in our Union Street Gallery through December.

The multi-media show is a first of the new season for Bailey's students, who, during the season are exposed to a "variety of media choices, intended to challenge and expose the class to all sorts of possibilities," according to Bailey.

Students invited to exhibit include: Beth Aldenberg, Anne Frey Cindy Fischer, Sally Gibson, Karen Giustra, Pat Hix, Richard Jordan, Judy Krok, Donna Lemieux, Nick Payson, Val Robbins, Wilma Sarna, Frances Stone, Bill Tracy and Al Tyrol. The works can be seen during normal business hours at the People Plus Center.

Brunswick Teen Center

Director offers holiday wish list

The Brunswick Teen Center has been "good" this year and is hoping Santa's helpers — you — will deliver a few items on its wish list.

- A toaster oven
- Headphones (inexpensive ones

for computers, 4 pair)

- Lysol wipes
- Tissues
- Hand sanitizer
- A boot tray to put all those wet boots and shoes on when coming in.
- And, as always, snack items such as fruit, juice, crackers, microwave popcorn, pretzels, etc., are much appreciated.

Driscoll honored

November's Teen Member of the Month award goes to longtime Brunswick Teen Center member James Driscoll. Driscoll's willingness to help out and his positive behavior at the Center is an asset to the program. He will receive two free tickets to Regal Cinema.



Google like a librarian

Hints and tips on searching the web with Google will be offered on Dec. 13 at 10 a.m. at the People Plus Center.

The program will start with an introduction and demo, and end with time for attendees to share how they use, or could use, these electronic tools.

The class will be led by Marian Dalton, the technology library at Curtis Memorial Library in Brunswick.

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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

Wednesdays

Fridays

- Dec 5 - Chicken-cordon-bleu
- Dec 12 - American Chop Suey
- Dec 19 - Roasted Chicken
- Dec 26 - Chicken Marsala

- Dec 7 - New England Boiled Dinner
- Dec 14 - Spaghetti & Meatballs
- Dec 21 - Roast Beef
- Dec 28 - Shepards Pie
- Nov 30 - Raviolis Florentine

Living

Monday's are great when you start with Spectrum!



We have the perfect way to start your week.

Frosty's donuts, coffee, a newspaper and great people to converse with.

After your coffee, stay and play a game with the gang. Lots of different choices will make the morning seem like just an instant. Friendly people, good food, a wonderful fire in the fireplace—what could be better!

"We don't stop playing because we grow old; we grow old because we stop playing." George Bernard Shaw

Monday Men's Cribbage

Every Monday at 1 pm. Singles, doubles, and three way—it all depends on who shows up. For more information call 729-0475

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



Volunteer Christmas Party

Come find out what all the fun is about. Our Christmas pot luck for volunteers, and people interested in being volunteers, is Thursday December 20th at noon.

We welcome all - music—food—and great company. RSVP please so that we know how many to expect.



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.

Healing Arts Spectrum Generations is pleased to have Harpswell Healing Arts available twice a week at the 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

Integrated Energy Therapy 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)

Reminder

Spectrum Generations is Closed for Christmas on December 25th and December 26th.

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? Craig 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

A Snowflake

By P.K. ALLEN

A delicate design formed by Jack Frost, which after completion the pattern is lost.

A one of a kind, a trillion times dealt, to touch the warm ground, only to melt.

Memory of Christmas

By MARGE KIVEL

She shared her mother's love of the creative aspect of Christmas, creating a new birth experience for all who entered her house through the ambience of love.

Janice had her mom's recipes for potato doughnuts, and whenever she made them on a Christmas morning it would transport her to the kitchen of her childhood with its delicious smell of doughnuts.

"We would hover, my sisters and I, around the platter where the doughnuts would end up once they were lifted out of the bubbling fat, placed on brown paper bags to drain and then dusted with confectioner's sugar. We were like fledglings hovering around their mother in the chance she would give them a bug or worm. She would let us score a few doughnuts, then shoo us out of the kitchen," Janice fondly recalled.

Her mother, Elaine, made Christmas special in so many ways. Her homemade decorations which she brought out at Christmas, were beyond anything one could buy — felt ornaments, wreaths made of the traditional materials but always with some unexpected items like small birds which she sculpted out of clay hand crafted candles with imbedded jewels from nature.

Janice still had some of her mother's Christmas decorations which she would hang on the tree or from window locks. But the one custom that only she and her mother shared on Christmas Eve was going to the midnight carillon service at the stone church in the country.

More often than not there would be a light dusting of snow falling and the swish swish sound of the tires rolling over the snow like skis. Once the carillon began Janice and Elaine were enveloped in mystery and awe as the peal of the bells drifted down from the balcony to ring in their hearts.

Their faith has continued to grow and expand, Janice on the earth plane and Elaine in the spirit realm, and it is the main tie that binds them together, because from that sprouts the vine of love.

What to Love About Winter

By BETTY KING

The wind! Replacing tattered shade with clarity Sweeping away the faded leaves, now tattered By wormholes and storm winds, bringer of sanity After the orgy of color; sculptor of branches littered Across the forest floor, finally relieving The trees of useless lumber of dead weight. They stand all freshly pruned, the surplus leaving To rot back into earth. Soon now or late New growth will feed on what's discarded here. A few short months from now it will be ready To nourish and protect the turning year Towards freshness, greenness — cycling ever steady. Our gardens, too, are cleared and tucked in, for the winter. We put away the tools that we took up so eagerly in April. We also rest and change. Our houses, neglected during the glorious outdoor summer, need to be cleaned and ordered for indoor hospitality. We come home by early moonlight and starlight, and set out Christmas lights into the velvet darkness.

Christmas Memories

By DOTTIE MOODY

Lying in bed with my four siblings around me
Listening for sleigh bells

We five waiting at the living room door
For the door to be opened and Christmas to be revealed.

Mom always reading the Christmas story from Luke
Wonderful Bowdoin frat parties that brought more gifts.

An adult Christmas with just Dad, Mom left us
Memories good and bad make up all of our lives

As long as hope endures for good memories
Life, good and bad, is affirmed.

Winter

By P.K. ALLEN

I think about moving to another climate
When I retire and start growing old,
For the winter wind goes right through me,
I shiver, my bones getting cold.

I look forward to spring and summer
When outside I can dance and play
They bring me such fond memories
I think, maybe I'll just stay

Christmas Shopping in Maine

By VINCE McDERMOTT

Everyone knows that Maine is a wonderful place in which to live, raise a family, take a vacation, and retire. But few realize that it is a swell place in which to go Christmas shopping. Consider the stores which abound in our area — Big Al's, Big Lots, Dollar Tree, Family Dollar, Rite Aid — the list is endless.

So many fine gifts are available it is hard to select the perfect gift for a loved one.
Ah, Maine. Isn't it great?

Christmas Day, 2007

By BETTY KING

Always, on the day itself,
an expansion of time and space:
the doing is over and we can just be.
After all the long time of preparation,
We can stop thinking and planning and enjoy doing nothing.

We can wrap up expectations of every sort
and just coast for awhile — until the demands
of real life begin to reassert themselves, little by little.

In a week, or two weeks, or three...
there will be taxes to deal with and
budgets to be negotiated and
ends to make meet, but not today, or tomorrow,
or the day after that ... The long climb up the
mountain of the year to Christmas is over,
and we can start the easy downhill run
toward spring.



That Recycled Christmas Card

By RUTH FOEHRING

The first hint of the Christmas season was always the arrival of the first Christmas card sent by a person who liked to get things done early, and was very organized. That card would sit on the mantel piece, a reminder to all who looked its way that the most wonderful time of the year was truly coming.

I saw how pleased my parents were to hear from people who had crossed paths with them and learned early the value of these cards. We decorated the house with them, stringing up red ribbons and attaching the cards to them. They also overflowed the straw baskets that held them. The baskets had big red velvet bows attached to their handles and looked so pretty on the coffee table or on the top of bookshelves.

The happenings of what was going on in the lives of all the people who signed these cards were discussed at dinner time, and the joys, additions and sorrows of these people were recalled with great interest, and it was a way to keep meaningful memories alive.

Cards from neighbors were noticed but since they lived so close they were not as significant. But ... if a neighbor did not send a card that was noted with interest too. Except ... for the people who lived directly across the street from us. There seemed to be a new baby there by Christmas every year. They had eight of them when finally one year there was no mention of a new addition. The O'Houlihans will always be remembered by me for one special thing they did in the late 1940s. It was quite unusual, and they did it before anyone else ever thought of it in our neck of the woods. They were the very first card recyclers.

It all started when my Mother opened their card, stared at it, turned it over, then stared at it some more. The O'Houlihans had sent us back the card we had sent them the year before. My Mother put it aside and that night we were to discuss this unusu-

al card and I will never forget that discussion.

We ate supper and then my mother passed around the cards that had arrived that day, keeping the O'Houlihans card for last. Now, it was my Father's turn to stare and turn and stare again. He said, "Bessie, this card, says "Merry Christmas to Alice and Leo and family," and we signed it. "What is it doing back here with their names with a line through it and our names in their place? By God, they have their names signed where ours were signed! Well, of all the cheap skates this beats all!"

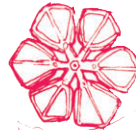
This continued the next year and then my Father began to realize this was a pretty good idea and he decided to get on the bandwagon. So, the next year they received the same card from my parents that they had sent us the past year and the idea was now an established fact. Now, we began reaching out to neighbors the same way and they responded accordingly. We were receiving lots of recycled cards from the neighbors and what a history book we read each year. The same cards were filled with notes of interest and of gossip and looked forward to each year. When one was filled a new one was started.

I once went through my box of saved Christmas cards and picked out a few special ones and sent them back to some friends with another from us in the same envelope. Now, these were a hit because people called and thanked us for the joy of seeing the names on their cards that had not been there for quite some time. They saw absent members of their families who now were married and with babes of their own, along with cats and dogs so fondly remembered. The joy really hit home when they did the same for us. There were our old cards and signed, Bob and Ruth and Butch, Louise and Mary Beth and Tom, and Elsa (our cat), and Annie (our dog). How lovely to all be together once again, if only on an old forgotten Christmas card.

It's Christmas Again

By LYNNE KRESGE

Santa, Santa's on his way,
Bringing to all a happy day.
A happy day to all, you say?
I think not, and I will pray
For those who long and pine and grieve,
Especially on Christmas Eve,
For those who suffer family rifts,
Neither wrapping nor receiving gifts,
While Hallmark cards in all their joy,
And store displays of every toy
Seem meaningless and cruel
To those whose salty tears now pool.
Lonely children, crying wives,
Missing those who've lost their lives.
And those away from home and love,
Only sharing the stars above,
I'd like to hold you, kindred souls,
And carry away your Christmas woes...



Christmas, Past, Future & Presents

By P.K. ALLEN

When I was just a young lad
My Mother said to me
"If you are a good boy
There'll be presents under the tree"
So I took her advice to heart
and was as polite as I could be.
When Christmas came along,
Presents were there for me.

There were trucks, and cars, and games.

It was such a sight to see,
All wrapped in colorful paper
With a tag that said for me.

Through the years the gifts have changed
But the Spirit remains like a rock.
Now, instead of giving large presents,
We just fill each other's socks.

Each year the presents get smaller
Since there are fewer things we need
No TVs, computers or stereos,
just a good book or two to read.

What I see in the far future
As my time on this earth ends,
When asked if there's anything
I actually need,
I'll probably say, "That Depends."

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Grampie tipped his head forward, looked over his glasses at me and said sternly, "BOY." (He used to call me that when he needed my undivided attention.) "You just decided what YOU are getting your grandmother for Christmas," then he all but threw the scissors back at me. I could not have been more wounded if the scissors had stuck me.

I'd been hoodwinked and I knew it. My brother and I had spent the morning "picking" boughs in the woods, and he had purposefully handed me grampie's scissors to use. Grant had his pocket knife, he mom didn't want me carrying one. "Use the scissors," he'd encouraged me, and I did, all day long, snipping limb after limb, watching as the pitch and dirt accumulated on those spotless blades. I should have known better, and Grampie, with that one look, agreed.

Picking boughs was a December tradition in our house, it was one of those chores we boys always enjoyed, partly because it led to another fun project, the making of holiday wreaths. As kids, it was our job to help Grampie make wreaths for our front and back doors, for his front door, and for the huge door on the front of his barn. Happily, the task started with us going off to the woods, a bag of cookies in tow, and a couple of old bedsheets to fill with accumulated boughs. If the snow was deep, we'd head straight for the railroad tracks, if it wasn't so deep, we'd be down there soon enough. We knew the best balsam fir, 10 to 15 feet tall, rimmed the railroad right-of-way, and we knew Grampie would only accept balsam boughs. Besides,

A season for wreaths

walking the tracks was the quick way to get into the woods. We knew to cut only "five-fingered boughs," about the size of Grampie's hand, and if the morning was crisp and fresh enough, those boughs would just snap off in our hands, (or one quick pick of the scissors). A morning of "good picking" was usually enough to fill a couple sheets, and a couple trips to the woods would usually be enough to fill the barn floor with a fragrant heap of boughs sufficient for a half-dozen wreaths. In a good year, there would be enough for a "market wreath," or two, wreaths that we kids would hustle round the neighborhood, trying to raise \$5 or \$6 to fatten our holiday shopping budgets.

Grampie was a master wreath maker. He'd scoop up four, maybe five of those boughs, slap them together with a quick twist and then lash them against the wire frame, "slide 'em up tight," he'd say 28 times in an afternoon, "you don't want anything to sag or fall apart on you." His wreaths would never wobble sag or fall apart on us, that was the guarantee, and he could build two while Grant and I were thinking about his first.

He would start the wreaths as soon as he got home from work. We were always ready to help him on a moments notice. Our feet could still be cold from slogging round in the woods, but we soon forgot that problem when he landed on the barn floor between us, telling us the same stories that seemed to change

every year:

Grampie would often lavish us with hot chocolate, more cookies or other treats, but Grampie always made it clear that wreath making was man's work, and the stories we were hearing just might not be suited to a lady. This particular day, I had another reason for my grandmother not to hang around. Wouldn't you know it, Grampie noticed when I slipped those pitch-stained scissors under my coat.

Work on the wreaths was always done too fast. The last one built was the huge one for the barn doors, we always twisted wire around a barrel to make the frame, we always worked together to get it built. Grampie always twisted a few pine boughs into that one, saying it is high enough and out of the way so that it would pass anyone's inspection. "This one we do mostly for the cow and horse," he'd say with a twinkle.

At the end of the day we'd all rub our hands with kerosene to work off the

Speaking Frankly

FRANK CONNORS



pitch, rinsing them in a pail of cold water and Lava soap before we could go in the house for the final clean up. Grampie said finally, "let's have a look at those scissors, maybe we can save 'em." He washed off most of the pitch, ran his hand over their blade and decreed, "we can get the pitch but I don't think we can save the edge." He wondered allowed if I had tried to cut rocks with them. I could feel my brother's smile on the back of my neck. Grampie reached into his pocket, pulled out a dollar bill and said, "this will help you out, but I think you better crack open your bank, get to Woolworth's and treat your grandmother to some new shears for Christmas. I'll try to convince her she lost this pain."

May you and yours have a joyous and warm holiday season.

WFCP Radio Show is Freeport feature

Freeport Players will present the "WFCP Home Time Radio Hour," Dec. 7-9, at the Freeport Performing Arts Center. The 2012 edition, tribute to the golden age of radio, features more than 40 performers — singers, actors, musicians, announcers, and a very special team of sound effects specialists — with special appearances by several local bands, including, Not Too Shamp, The Crabapple Jam, and NE Town.

"Radio," as it has come to be known, combines popular music from the 1940s through the early 1960s, with original radio plays, written in the style of the great radio shows of that era. Now in its

ninth edition, "Radio" has become a staple of Freeport's Sparkle Weekend festivities, and performers as well as audiences seem to return each year to be a part of it.

Performances are Dec. 7 and 8 at 7:30 p.m. and Dec. 9 at 2 p.m. at the Freeport Performing Arts Center; 30 Holbrook St. Tickets are \$10 in advance, \$15 at the door. Advance tickets are available online at fponline.org or in person at the Freeport Community Center thrift store on Depot Street.

For more information, contact Elizabeth Guffey at 865-2220.

New or renewing members — December

*Indicates membership donation

BRUNSWICK

- Gloria Houdlette
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- Edward Hawes
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- Stanley Primmer
- Jane Primmer
- Florence T. Carman

TOPSHAM

- Sally Coonradt
- Mary Kay Wilson
- Joseph Thiboutot
- Gloria Thiboutot
- Priscilla G. Belanger
- Sybil Baker

HARPSWELL

- Sharon Porter
- Gia Comolli
- Suzanne Atwood
- Janice Hill
- Anne Bouchard

OTHER PLACES

- Phyllis R. Brown
- Henry C. Brown
- Marilyn Strout
- Hannah N. Dring
- Karin Frazer
- Michelle Beaman,
- St. Paul, Minn. *
- Carolyn Heselton,
- Woolwich
- Michelle Moody, Bowdoin
- Pauline Gallagher, Bath
- Lois Stailing, South
- Portland

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Fondly recalled ...

Senter's Department Store, Maine Street in Brunswick, was a showplace at the heart of Christmas shopping in the early 1970s. The store was noted for its stunning and festive facade. **If you have old area photographs to share with readers of People Plus News, contact Frank Connors at 729-0757.**

Center to help sponsor fitness challenge

The fourth annual Tri-City Fitness Challenge opens with a kick off on Jan. 5, 2013, in the Mid Coast Hospital cafe, beginning at 1 p.m. Organized and developed by local fitness guru Ida Messerman, this year's event is a joint effort of the hospital, People Plus, the Bath YMCA, New England Medical Fitness Center, and the Maine Pines Center for fitness.

Pre-registration opens on Dec. 20. The cost is still only \$99. You may pick up a registration form at the Center.

This year the lectures will be offered on Saturday at People Plus Center, 35 Union St., Brunswick. Lifestyle workshops with certified professionals will be conducted in the areas of fitness and exercise, stretching, nutrition, counseling and massage.

Messerman will lead a Saturday fitness class at 9 a.m. Expect more details in the next month's People Plus News.

SWAP

From Page 1

draws a number, and everyone goes home with a gift," membership coordinator Frank Connors said. "At the end of the day, the goal is a good time."

About the cookie swap, Connors predicted, "a little shrinkage could happen" and extra cookies will be added to the Center's buffet to supplement those that are nibbled. "Remember it's the holiday season and generosity is a plus," Connors said.

For more information or to register, call the People Plus information desk at 729-0757.

Lunch Out!

Dec. 11 at 11:30 a.m.

Joshua's Tavern

Maine St., Brunswick

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