

Plus! News

People Plus
P.O. Box 766
Brunswick, ME
04011-0766

Non-Profit Organization
U.S. Postage PAID
Brunswick, ME 04011
Permit No. 52

The center that builds community

35 Union St., Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

February 2013

Volume 13, No. 2

There's power in bicycles!

Mat Apesche, our Teen Center coordinator, has built a "prototype" motorized bicycle with help from his star mechanics at the center. The two-wheeled beast has already been test driven in the People Plus yard, and most days it works! Mat plans to sell the bike on ebay, "after we work out a few kinks," he said, and use the proceeds to buy new bikes, with the profit to benefit the Teen Center.

Way to go, Mat!



Annual gala taking shape

More than half of our sponsorship tables have already been purchased, and it looks like the 11th annual Music in April gala on April 11 will be one of the very best yet.

"This just gets better and better," observed Stacy V. Frizzle after an organizational meeting last month. "We strengthen everything that works, slip in a few new things to keep it fresh, and plan to have a good time."

This signature annual fund-raising event for People Plus was grown into one of Brunswick's largest galas, and again will include a buffet dinner from more than two dozen area restaurants, live music provided by Neil Lamb and David Lawlor, and live and silent auctions led by John Bottero of Thomaston Auction Galleries.



The event opens at 5 p.m., and has been held at Brunswick's Knights of Columbus hall for the past five years.

Downeast Energy, for the 11th time, is leading the way as our event, or "Fortissimo," sponsor.

"ForTe," sponsors already on the list include: Ameriprise Financial Services. *Please see GALA, Page 5*

'Navy Bean Soup,' ring raffle will mark Valentine's Day

Live music by Bob Moore, and a cameo show by Millie Ackley and the Basic Players will highlight our Valentine's Day social, Wednesday, Feb. 13, at 2 p.m. "If you are among the very few people who have yet to see, 'Navy Bean Soup,' starring Gerry Little, Cheryl Carver and Willy Bryan," offered Ackley, "you are in luck. Join us at People Plus for a special showing." She promised the show always produces, "a few laughs, and a good time."

Of course there will be a Valentine's punch, some cookies and candy to mark this special day, and there will be a special drawing of the diamond cluster ring donated to the Center for raffle by Mr. and Mrs. Peter Frati. The ring is valued at nearly \$400, and only 100 tickets are being sold for the raffle. If you have not yet purchased your \$5 raffle ticket, see Frank at the Center before they are all gone.

Lunch & Connections

'Deep & tasty,' baked ziti with meatballs

Our luncheon on Thursday, Feb. 21, will feature deep-dish baked ziti (noodle) casseroles, both meated and not-meat, with sides of our own meatballs. Drenched with cheeses, spices and tomato sauces, chef Frank Connors called the menu, "tasty and exciting mid-winter fare, and added, "this one was a favorite in our house when the kids were growing up."

He said the meatballs will be a first for our luncheons. "The meatloaf last month gave us courage," he said, "and we're practicing for a big spaghetti meal." A green bean and onion-ringer casserole will be served.

As usual, there will be a fresh, lightly dressed green salad available, and the bread this month will be crisp and warmed Italian bread, both garlic and plain. Coffee, tea, juices and milk are served with each meal. Our special February

dessert will be a generous slice of double chocolate and cherry bundt cake, and Gladys' table favors this month will include her special cake pops, again dipped in chocolate, and assorted edible candies. YUM-M-M!

Underwritten by Spectrum Generations, our monthly Lunch & Connections events focus on nutrition, information and variety. A CHANS health care professional is always in attendance to offer a free blood pressure check.

Come early and meet your friends. Pick up your 50/50 raffle option and register for one of our several free door prizes. Cost of the meal is still only \$5 for members and \$7.50 for non-members. Reservations are necessary, as seating is limited to 60 people. Call the information desk at 729-0757 to register. Our doors open at 11:30 a.m. and the luncheon is served at noon.



Nature guide is focus of Feb. author chat

Tired of all this bad weather, and of being shut up in your house? Authors Kyrill Schabert and Tony Oppersdorff will feature their book, "Best Nature Sites, Midcoast Maine," when People Plus hosts its first Author's Chat of the new year on Wednesday, Feb. 27, beginning at 2 p.m. in the Main Hall.

The two are avid hikers and naturalists, with a knack for photography and a little adventure. They say every "site" featured in their guide is located within, "15 minutes driving time, along

the Route 1 corridor from Brunswick to Belfast. "There is a place for everyone," Schabert said, when he was describing the corridor as filled with beautiful, historical and unique sites.

In addition to writing many of the natural and historical items themselves, the pair enlisted the talents of friends, "and people we met along the way," to keep the writing fresh and interesting. The book is filled with color photographs, maps and descriptions.

Copies of the book will be available for purchase at the chat, and both authors will sign your books.

Come early for a good seat. Call 729-0757 to let us know you are coming.

Nutrition professional coming to Center

People Plus is delighted to have Everyday Nutrition Associates, LLC, partnering with the Center. EVA, operated by Anita Huey, works with clients to help manage diabetes, heart disease, weight loss and other conditions.

She will be conducting cooking classes on a variety of topics, teaching people how to cook and offer classes on diabetes, pre-diabetes, weight management

and other topics. Eventually, she expects to be preparing some meals that can be purchased to "take home" from the Center, establish regular hours at the Center, and, she hopes in the coming months, to add a cooking column in the People Plus News and share recipes with members.

Huey is a registered dietitian and has been working in the field for more than

Please see CENTER, Page 5



ANITA HUEY

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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A life worth emulating

As I write this, we are gathered at the bedside of Bill Pettigrew in Topsham. We expect Bill will pass away this afternoon having battled dementia for the last several years.

As a Topsham selectman, umpire in chief of the Amateur Softball Association of Maine, president of the International Association of Approved Basketball Officials for Southern Maine, president of the local Toastmasters, director of the Brunswick branch of New Hampshire College, a weatherman in the Navy who retired as a chief warrant officer, a 1991 recipient of the Joshua Chamberlain Award who taught college for more than 30 years and was a fourth degree Knight of Columbus, he was a busy guy.

I'm sure he has been an acquaintance or friend to many of you at People Plus.

I've known Bill for several years and have been lucky enough to celebrate many a holiday meal at his table. A prolific story teller, his home was always filled with laughter, parties and constant

From the Executive Director

STACY V. FRIZZLE



activities.

Married for the last 33 years to Liz Dupont Pettigrew, they had a combined family of four sons and two daughters who all went to Mt. Ararat High School. Born in 1930, Bill saw the world change in countless ways, yet never let it affect his drive or dedication to family and friends.

As I was asking about Bill's past, his family kept coming up with more and more things that he'd done. In addition to all that I listed here, Bill loved being in the community and even has a plaque with his name on it — "Bill Pettigrew, The Godfather" — at the Great

Impasta restaurant on Maine Street. It was an indicator of how well loved he was.

I can't help but think that it would be wonderful if each of us could lead such fulfilled, happy and complete lives, lives where we touch others in positive ways. Lives that influence and affect our children, friends and community through education, mentoring, outreach, and love in the way that Bill Pettigrew lived his 82 years.

As we were playing him his favorite song, "I Don't Want to Set the World on Fire," by the Inkspots, and laughed about how as he aged, he would say anything that came into his head — especially if it embarrassed one of his daughters. I am in awe of the legacy that he created.

A legacy that is sure to outlast us all and which we can only hope to emulate. Rest well our dear friend, you will be missed by many.

(Editors note: Charles Sumner "Bill" Pettigrew died on Jan. 25, 2013.)

AARP Tax Aides 'ready to work!'

If you're one of the hundreds of local folks seeking help with their tax preparations, make your appointment today at People Plus. Trained and certified AARP Tax Aide specialists open for business at the Center on Tuesday, Feb. 5, and will be available by appointment on Tuesday mornings or Thursday afternoons until tax day in April.

"We get pretty busy, pretty soon," advised Marleen Budd, who has been a

volunteer Tax Aide specialist for at least 20 years. "It makes sense to schedule your meetings sooner, rather than later."

Appointments are being scheduled at the Center for Tuesdays, from 8:30 until 11:30 a.m., or Thursday afternoons from 1 to 3:30 p.m. Call 729-0757 to make your appointment.

Persons using this free tax service should come to their appointment carrying their driver's license or other valid photo identification; copies of last year's tax returns; and Social Security cards, or identifying forms, from the Social Security Administration for each person to be listed on the return. You should also bring any tax-related forms or statements you may have received from the Social Security Administration, any pension provider information, any bank and/or investment firm information; and finally any receipts you might have for deductions to which you feel you are entitled.

Preparation of these state or federal returns is a free service at People Plus, and is a joint sponsorship project of the Internal Revenue Service and the AARP Foundation. This service is also available at the Curtis Memorial Library in Brunswick, the Topsham Public Library, at the Bath Senior Center, the Preport Community Center and Spectrum Generations in Topsham.

'Brown bag' event Living will discussions coming

A free, interactive and informative discussion about the creation and need for living wills comes to People Plus on Wednesday, Feb. 27, beginning at 11 a.m. Bring your lunch; we'll provide your drink and dessert.

A CHANS Home Health Care representative, Chris Laderer from The Brackett Funeral Home and attorney Arthur Lamothe will join our roundtable, make brief presentations and open the discussion to questions and comments.

"We will walk you through the process of completing your own living will," Amy Berube from CHANS explained. "And if you already have one, we'll look at the importance of keeping it current."

Blank copies of living will documents will be available. Discussion topics will include choosing a medical proxy, end-of-life care issues and the importance of detailing wishes for medical and personal care.

Please register in advance by calling People Plus at 729-0757.

Memorial Donations

made to People Plus in January

• In memory of

VIRGINIA M. CARUSO
and
EFTHIMIA 'EFFIE' C. BLACKSTONE

Genealogy group to meet Feb 10

Pejepscot Genealogy Society will meet at 2 p.m. on Sunday, Feb. 10, at the Curtis Memorial Library, Brunswick.

Ruth Bouchard Klein will speak on "The Invisible People: The Franco

American Community of Brunswick," dealing with the treatment of mill workers in the 18th and 19th centuries.

A short film by Christian Schneider on the topic will be shown.

The public is welcome to attend. For more information, call Brian at 729-4098, Marie at 833-7271 or John at 833-5430.

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WINTER 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.

CHANS
homehealthcare

An affiliate of  MID COAST HEALTH SERVICES

Thoughts on Skating Once Upon a Time

By RUTH FOEHRING

The man walked across the flat field carrying a huge fire hose. Water poured from the hose and he let it soak into the ground and kept moving. He wore high, thick, rubber boots, and kicked and splashed through the water as it began to resemble a shallow pond.

I was delighted with the image presented to me and waved to the man. He returned the wave and I drove on, but memories were beginning to emerge and I was reminded of a time gone by for me but not forgotten.

I liked seeing them as they appeared on a cold imaginary canvas and I saw myself swishing across the ice. I could feel the warmth of the bonfire that I spied and so I swished over and stood and watched the sparks that flew up in the air and flickered, and lighted up the snow around the edge of the town pond. I opened the door of a for-

gotten shed and requested a cup of hot cocoa. I warmed up pretty fast from that moment on.

I noticed the rosy faces of people and the misty smoke that encircled their heads with every breath. Smiles were on every face as I hurried and swished across the ice. I could see a conga line forming. I closed my eyes as I really had no intention of grabbing on and skating with them in a terrifying pattern. I instead wanted to remember a peaceful sight, so I speeded up my memories and skated in another direction as fast as I could! I found a friend and skated hand in hand in perfect peace.

The skating field would be ready soon and this winter is still young enough to provide many skating days. I hope they provide some great colorful pictures and sounds. Thanks to the man I spied today who provided me with some nice memories of my own.

The Final Bow

By EFFIE BLACKSTONE

We stand alone, one by one, waiting for our Kingdom to come. We linger here, we hurry there, and all the time we are aware that somehow, sometime down that road we'll go.

When it will be is not ours to see, so sing that song and dance that dance.



'EFFIE' BLACKSTONE

Take time to laugh and hug your friends. And in the end-whose knows when, where, or how we are to take that final bow!

(Editor's note: Effie Blackstone was a "pioneer" member of the People Plus Write On! Writers. It saddens us all to record her passing on Dec. 21, 2012.)

Walking the Dog on a Winter Evening

By BETTY KING

To the west, a stained glass sky divided by black branches. To the east,

a warm glow where the moon will soon rise, under our careful feet, dim opalescent reflections

identify puddles which we artfully avoid, in our faces a fresh night breeze, like a splash of cold water; in our noses, scents of lichen and resin, at the path's end, warm fire, good food, and rest.

Letting the Scarecrow Go

By ROBERT DOW

During the holidays, I watched a rerun of, "The Wizard of Oz," for the umpteenth time. It reminded me of something I had at least temporarily forgotten. Ray Bolger was the actor who portrayed the "Scarecrow" in this movie. Many years ago, this same Ray worked for my "very proper, Boston banker grandfather!" Guess who was fired for dancing down the hallowed halls of the First National Bank of Boston? YES, my grandfather had to "let go" the, "later to be famous," Scarecrow of "The Wizard of Oz!"



METRO-GOLDWYN-MAYER STUDIO

On a Clear Day

By MARGIE KIVEL

Look to the tree tops against pale blue, a band of goldfinch flittering one by one, from tree to tree, edging always toward the

feeder; reforming as a group to drop like a falling scale, one golden movement towards food.

Fondly recalled ...



Lee jeans were a big seller when Lawrence Pennell took this picture in 1938. Pennell's Clothing has been a landmark on Maine Street in Brunswick since 1889 and has sold quality clothing from its present site since 1929. The store has been owned and managed by David Girardin since 1971. If you have old area photos to share with readers of the People Plus News. Please contact Frank Connors at 729-0757.

Battling Winter

By BETTY KING

Beware! The snow banners are flying!
A declaration of war with all those warm blooded who haven't been wise enough to run away.
Let them band together with gestures of solidarity, sharing hoarded sustenance from the gifts of summer, seeds for the bird feeders and

baies left out for hungry deer:
Season of frozen pipes when our common need for moisture may be met by the blessed snow, eaten directly or melted on the stove.
Snow seals the cold wind out of our leaky cellar walls.
One moment the air is thick with blizzard,

next the white crystals rest from filling the air with sparkles and settle into a blanket.
The shortness of the day Makes up in brilliance for what it lacks in length, And every dawn comes earlier. We are under siege here, but relief is at hand

Sunny & Noel

By GLADYS SZABO

"Hey I think we need to have a chat."
"Not Me!"
"Why Not?"
"I am not sure about you."
"Why not?"
"You are always sneaking around me, sniffing and you look scary."
"I'm just trying to get to know you."

"Why do you need to get to know me? Can't you just leave me alone and go your own way?"
"Well I was lonely and like having you here. We can be good pals, stick together."
"Well maybe but it is going to take time — so take it slowly!"
"OK, well thanks for letting me get a little closer for now."

Making February fun and interesting

People Plus has a busy month of activities planned. Among the special events are:

Welcome to Medicare with Spectrum Generations

Offered Feb. 12 at 12:30 p.m. This session is designed to provide you with knowledge about Medicare and its many "Paris" so that you can make an informed decision about health care coverage.

This will be a regular workshop, meeting on the second Tuesday of each month from 12:30 to 2 p.m. Registration required at 729-0757.

Apple Club

A group of Apple users sharing information, every second and fourth Monday of the month at 11 a.m. Learn more about your iPhone/ iPad/ iTouch and apps.

No experience necessary. People Plus membership required. Registration required at People Plus at 729-0757.

Computer Tutor with Jack Hudson

— "Computer 101" offered Feb. 12 and 14 at 11 a.m. This course will cover the basics: what to look for in a new computer, whether you are a candidate for a computer and even the basics of your new computer.

— "How to Plan Your Trip —

REGISTER It's important!

We try to keep our classes small and friendly. It is very important.

We can preplan, only if you preregister. Please call 729-0757 any time you want to participate in one of our classes or programs. EVERYONE benefits when we're organized!

ONLINE! Learn the basics of navigating online sites for flight, hotel and vacation planning. Meets Feb. 26 and 28 at 11 a.m.

Class participants should have a basic knowledge of computers and may bring their laptops. These free classes are open only to center members. There is a maximum of 12 people per class.

Advanced registration is required at 729-0757. These are two-day classes, so plan on attending both days of each session.

Guided Film Series: Dial Hitchcock for Murder

Starting Feb. 12 at 6:30 p.m. In this series, six films directed by Alfred Hitchcock will be screened and discussed by the group. Included are "Suspicion," "Shadow of a Doubt," "Lifeboat," "Strangers on a Train," "Dial M for Murder" and "Frenzy." The six-week series runs Tuesdays through March 19. Class limited to 15. Please pre-register at 729-0757.

Windows 8!

Feb. 19 at 3 p.m. Windows 8 is the next generation of Microsoft Windows operating systems. Join expert Debbie Kasper for 90 minute session. You must bring in your laptop with Windows 8. This class is open to all for \$10 each person. We must have a minimum of five people registered two days before class for it to happen. Pre-registration at 729-0757.

Cooking For One with Claudia Adams

Meets Feb. 28 from 1 to 3 p.m. Before you reach for that frozen dinner or settle on a sandwich or bowl of cereal for dinner, just wait a second: Cooking for one isn't as bad as it sounds. Many single people no longer cook.

Join us for a fun, informative session where we'll learn how to economically and creatively shop and cook for one. We'll share many helpful suggestions and prepare an easy, nutritious healthy meal. This session is for members only. Please register in advance at 729-0757.

Digital camera intro offered

Bernie Breitbart, at right, a retired freelance cameraman who "shot" television commercials, is returning to People Plus this month to teach a digital camera introductory course.

Titled "Introduction to Digital Cameras," the class opens at 2 p.m. on Feb. 12 in the activity room. The class will guide participants through the "workings" of digital cameras, some basic photography hints, and what to look for if you are new to the digital camera market.

Breitbart has years of experience with both color and black-and-white



photography, and has won several awards for his work. As digital photography became mainstream, he switched to digital equipment and has "never looked back."

You must register for this class, as class size is limited.

In Others' Words...

Do you have comments, notes or clarifications to share with People Plus members? Address them to the Editor, People Plus News, 35 Union St., Brunswick, ME 04011.



Julie Haugen, a Bowdoin College IT specialist, leads two students — Judy Wilbur, at left, and Janet Shaw — through a discussion of iPad basics in January.

Worth the membership

To the editor,
I attended two of the iPad training sessions the other day (presented by Stacy Frizzle and Julie Haugen of Bowdoin College). Both were just terrific, and of course freed what a great deal! My People Plus membership has paid for itself in only one day Thanks for such great programming.

— Liz Newman

Thanks to Jack

To the editor,
I can't say enough good things about Jack Hudson and his computer classes.

He has helped me immensely in understanding the computer. A big thanks to Jack and People Plus.

— Rich Giustra

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St. Charles Borromeo Church

LENTEN SUPPERS

Feb. 15 ... proceeds benefit **Mid Coast Hunger Prevention Program**

Feb. 22 ... proceeds benefit **Tedford Housing**

March 1 ... proceeds benefit **Habitat for Humanity**

March 8 ... proceeds benefit **All About Prevention**

March 15 ... benefit **Hospice of Mid-Coast Maine**

March 22 ... benefit **Oasis Health Center**

Tasty Fish Dinner ...
Baked Haddock, Corn, Mashed Potato, Green Beans, Coleslaw, Rolls, Beverage, Dessert
Pizza also available

Adults \$8.00, Youth \$4.00, Under 5 yrs. \$2.00
Served 5 to 7 p.m. on Fridays

Come all! Tickets available at door, 132 McKeen St., Brunswick

Lenten suppers are 'a unique ministry'

If you have not attended a Lenten baked fish supper at St. Charles Borromeo Church, this should be the year. Since 1998, the Social Justice Committee of that church has been hosting the Friday night suppers during the Lenten season. A different local action organization is the beneficiary of each weekly meal, and each meal consists of baked fish, mashed potatoes, steamed beans or corn, a bun, a drink, and cake "from scratch."

Dottie Litchfield of Harpswell, a long-time worker at the suppers and member of the All Saint's Parish, called the dinners an "opportunity to give back to the community," and, "a unique ministry." She said an average supper can feed 415 people, will consume some 250 pounds of

local haddock, 150 pounds of Maine potatoes, and a dozen or more pizzas, from Brunswick's Tess' Market.

"Yes," Litchfield smiled, "there are folks who come to a fish supper who don't want fish."

This season's dinners support the area's Mid Coast Hunger Prevention Program, the Tedford Shelter, Habitat for Humanity, Hospice Volunteers of Mid-coast Maine, the Oasis Health Center, and All About Prevention.

Suppers are served in the All Saint's Parish dining room at 132 McKeen St., Brunswick, from 5 to 7 p.m. on Fridays in February and March. Tickets are \$8 for adults and \$4 for children, and are available at the door.

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FEBRUARY 2013 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>PEOPLE PLUS NEWS & VIEWS</p> <p>FEATURING FRANK CONNORS and STACY V. FRIZZLE with special guest, Teen Center Coordinator Mat Apesche</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://vineo.com/harpswelltv</p>		<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 12:30 PM Beginning Tai Chi 1:30 PM Qigong</p>	<p>9:00 AM Buddhist retreat 10:00 AM Bridge</p>
<p>9:00 AM Loosen UP! 9:00 AM Crafters 10:00 AM Yoga 11:00 AM Chair Yoga 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly dancing</p>	<p>8:30 AM AARP Tax Help 9:00 AM Table Tennis 10:00 AM Art I 1:00 PM Quilting Club 1:00 PM Wood Carving</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 1:00 PM Bocce Battle 3:30 PM Teens First</p>	<p>9:00 AM Table Tennis 10:00 AM Art II 11:00 AM Computer tutor 2:00 PM Middle East talks 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 Qigong 6:30 PM Folk Dance Brunswick</p>	<p>9:00 AM Fitness Challenge 10:00 AM Bridge 10:00 AM Training tips for at home workout</p>	
<p>9:00 AM Loosen UP! 9:00 AM Crafters 10:00 AM Yoga 11:00 AM Table Tennis 11:00 AM Chair Yoga 11:00 AM Apple Club 12:00 PM Bridge 6:00 PM Belly dancing 6:30 PM Civil War Book Club</p>	<p>8:30 AM AARP Tax Help 9:00 AM Table Tennis 10:00 AM Art I 11:00 AM Computer tutor 12:00 PM LUNCH OUT 12:30 PM Welcome to Medi care 1:00 PM Wood Carving 2:00 PM An Introduction to Digital Cameras 6:30 PM Guided Film Series</p>	<p>8:00 AM MEN'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 2:00 PM Valentine's Social 3:30 PM Teens First 6:00 PM Hoop dancing 101</p>	<p>9:00 AM Table Tennis 10:00 AM Art II 11:00 AM Computer tutor 11:30 AM Café People Plus 12:00 PM AARP Tax Help 2:00 PM Middle East talks 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 Qigong</p>	<p>9:00 AM Fitness Challenge 10:00 AM Bridge</p>	
<p>President's Day Center is closed 6:00 PM Belly dancing</p>	<p>8:30 AM AARP Tax Help 9:00 AM Table Tennis 10:00 AM Art I 1:00 PM Quilting Club 1:00 PM Wood Carving 3:00 PM Windows 8 Intro 6:30 PM Guided Film Series</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 3:30 PM Teens First</p>	<p>10:00 AM Art II 11:30 AM BP Clinic 12:00 PM LUNCH & CONNECTIONS 2:00 PM AARP Tax Help 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 Qigong 6:30 PM Folk Dance Brunswick</p>	<p>9:00 AM Fitness Challenge 10:00 AM Bridge</p>	
<p>9:00 AM Crafters 9:00 AM Loosen UP! 10:00 AM Yoga 11:00 AM Chair Yoga 11:00 AM Apple Club 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly dancing</p>	<p>8:30 AM AARP Tax Help 9:00 AM Table Tennis 10:00 AM Art I 11:00 AM Computer tutor 2:30 PM CAFÉ en FRANCAIS 6:30 PM Guided Film Series</p>	<p>8:30 AM WOMEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Loosen UP! 10:00 AM Table Tennis 11:00 AM Living Will brown bag lunch 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 2:00 PM Author's Chat 3:30 PM Teens First</p>	<p>9:00 AM Table Tennis 10:00 AM Art II 11:00 AM Computer tutor 1:00 PM Cooking for 1 1:00 PM AARP Tax Help 5:00 PM Yoga 6:00 PM Beg. line dancing 6:00 PM Course in Miracles 7:15 PM Adv. line dancing</p>	<p>Teen Center Monday, Tuesday and Thursday 2:30-5:30 PM Teen Center will be closed during school vacation week, Feb. 18-22</p>		

Reiki treatments are given at the center.
 Call 729-0757 for appointments.

Yellow dots coming to Brunswick

People Plus will become an enrollment site for the Yellow Dot program, commencing Feb. 7. Yellow Dot is a free program designed to help first responders and other emergency personnel provide life-saving medical attention in the first minutes after an accident, or during a medical emergency while being transported.

Delivery of the Yellow Dot program comes to the area as a collaboration between People Plus, Merrymeeting Bay TRIAD, and the Brunswick police and fire departments.

Kits will be available at People Plus the first Thursday of every month from 10 a.m. until 2 p.m. Applicants should bring in a recent photograph (shoulders and above) to be attached to an information sheet. People Plus will then affix a Yellow Dot decal to the rear window of the participant's car, which alerts first responders that vital medical information is available in the glove compart-



Patrol Officer Ted Hatch of the Gorham Police Department is helping facilitate the Yellow Dot program between Gorham and Brunswick.

ment of the vehicle. For information, please contact People Plus at 729-0757.

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GALA

From Page 1

vices, Atlantic Regional Federal Credit Union, Bath Savings Institution, Bill Dodge Auto Group, Bowdoin College, Brackett Funeral Home, CHANS Home Health Care, Edward Jones Investments, Mid Coast Hospital, Mid Coast Senior Health Center, Neighbors Inc., Primercia Financial Services, Spectrum Generations and Thornton Oaks. The list continues to grow.

Invitations will be mailed this month.

CENTER

From Page 1

25 years. A resident of Topsham, she has worked in Brunswick at Parkview Adventist Medical Center, and for the last 15 years with Martin's Point Health Care, where she honed her skills while helping people on their journey toward healthier living. People Plus has long fostered nutritional education as a need for seniors, and is delighted to partner with Huey. She may be contacted for more information at 504-6439.

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Making trails

Thursday Hikers take advantage of the bright sun and new snow to take a turn on cross country skis at Brunswick Country Club and Crystal Spring Farm.

DAVE SELLECK PHOTO



Patriotic Pair

Tuesday Crafters are hard at work on a pair of twin patchwork quilts to be finished as their gift to the annual Music In April auction. The annual gala is scheduled for April 11.

"Let our elfish nature bring sparkle to your day."

Chicks Do Chores

(AND SOMETIMES CHUCK)

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Independence Plus Grand Opening

Tuesday, February 5th
Join us anytime from
2:00 pm to 4:00 pm

Independence Plus in
The Maine Lodge
30 Governors Way
Topsham, ME



Come to the **Grand Opening** of our Independence Plus apartments, the newest Independent Living option at The Highlands. Join us for delicious refreshments, door prizes and tours! Learn more about the great retirement lifestyle we offer and how our community provides everything you need to live the best life possible... **right now!**

RSVP to Chelsie by Friday, February 1st
at 1-888-760-1042 or info@highlandsrc.com



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Brunswick Heart Ball

at the Inn at Brunswick Station

Tickets: \$30 each,
2 for \$50

Friday, February 15, 2013 7-10pm

Proceeds benefit the American Heart Association of Maine

For more information go to www.brunswickheartball.eventbrite.com or call (207) 751-9452



The Times Record

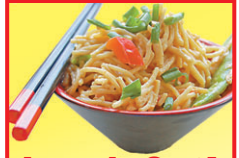


Bocce 'battles' beginning

Our friends at the Bath Senior Citizens Club have been Bocce enthusiasts for many years, having both indoor and outside courts. Last month, several of us traveled to Bath to try their indoor court and to start the process that might bring the sport to our Center.

Wes Boynton, pictured at left, has offered us a set of bocce balls for practice, and another anonymous member has offered us a set for keeps.

On Feb. 6, beginning at 1 p.m., anyone interested in learning how or retraining themselves with the sport, should come to the Bath center, on Floral Street, and try their luck. If there is sufficient interest, we could build our own court here in Brunswick. Do consider joining us in Bath. It will be a fun afternoon. If you want a ride, call the Center to see who is driving.



Lunch Out!

February 12,
at 11:30 a.m.

BANGKOK GARDENS

at Fort Andross,
Maine Street, Brunswick

Looking for a Doctor? It's as easy as 1-2-3.

If you need a doctor, look no further than Mid Coast Hospital. Our trusted and caring physicians are ready to help you and your family stay healthy.

Here are three easy ways to find the physician you need:

1. **Call our Physician Referral Line: 373-6033**
We're looking forward to answering your questions about our medical staff and pointing you in the right direction to find the doctor you need in a location convenient to you.
2. **Get a FREE copy of our Physician Directory**
This complete guide allows you to quickly find primary care and specialty physicians by name or area of practice. To request a FREE copy, call our Physician Referral Line at 373-6033.
3. **Visit our website, midcoasthealth.com/ourteam**

Here you can search physicians by name or type, and download a PDF of our Physician Directory.

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Monday-Saturday Bridge

- Dec. 17:** Bill Buermeyer, Sherry Watson, Cecil Eldredge.
- Dec. 22:** Gladys Totten, Cecil Eldredge, Virginia Dornhoff.
- Dec. 24:** Bill Buermeyer, Cecil Eldredge, Gladys Totten.
- Dec. 29:** Cecil Eldredge, Virginia Dornhoff, Donna Burch.
- Dec. 31:** Bill Buermeyer, Kay Bagwell.
- Jan. 5:** Bill Buermeyer, Gladys Totten, Bill Washington.
- Jan. 7:** Mary Lou Cobb, Tom Alley, Ann Brautigam, Cecil Eldredge.
- Jan. 12:** Bill Washington, Bill Buermeyer, Marian Schneider.

Annual Bridge Club Statistics

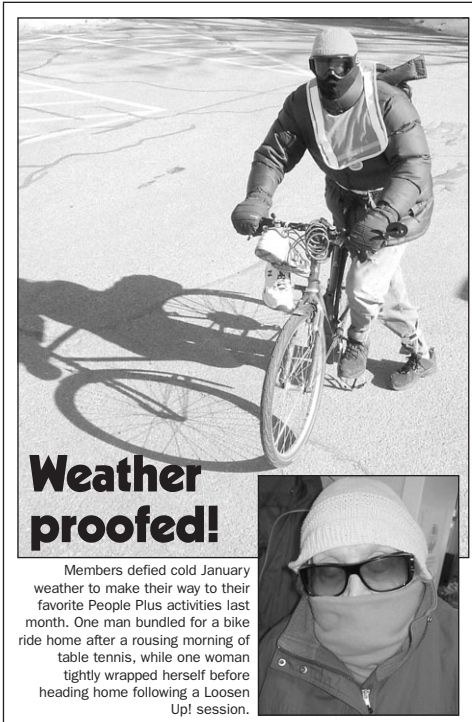
Prepared by Bill Buermeyer
Highest total points, 2012: Cecil Eldredge (7,160) and Bill Washington (6,760).
Most wins, overall, 2012: Gladys Totten

Senior Intermediate Cribbage

- Dec. 19:** Timothy Owens, 710; Virginia Zimmerman, 705; Virginia Linkovich, 700; Germain LaRoche, 694; Anita Owens, 686.
- Dec. 26:** Lorraine LaRoche and Priscilla Sargent (tied), 707; Virginia Zimmerman, 700; Robert Frost and Robert Mehlhorn (tied), 696.
- Jan. 2:** Robert Foenning, 721; Timothy Owens, 720; Virginia Zimmerman, 705; Patricia Johnson, 697; Mike Linkovich and Anita Owens (tied), 682.
- Jan. 9:** Timothy Owen, 700; Darryl Wood, 699; Cecil Eldredge, 698; Lorraine LaRoche, 696; Richard Tomko, 694.
- Jan. 16:** Anne Bouchard, 693; Timothy Owens, 688.

Congratulations to ALL our 'perfect' cribbage scorers for 2012

January — Harry Higgins; **March** — Carl Nida and Harry Higgins; **April** — Virginia Zimmerman (2); **May** — Virginia Linkovich; **June** — Patricia Johnson; **July** — Robert Frost and Joseph Toney; **August** — Colleen Petrin; **September** — Linda Paisley; **November** — Robert Foenning, Anita Owens and Germain LaRoche; and **December** — Carl Nida.



Weather proofed!

Members defied cold January weather to make their way to their favorite People Plus activities last month. One man bundled for a bike ride home after a rousing morning of table tennis, while one woman tightly wrapped herself before heading home following a Loosen Up! session.

Habitat offering free home winterizing

Habitat for Humanity / 7 Rivers Maine, with support from local agencies and churches, is offering any family with a qualifying limited income the opportunity to immediately reduce their fuel costs by tightening their homes against the cold.

Although Habitat has provided this service for several years, the organization's weatherization and repair coordi-

nator, Josh Reynolds, states, "In the next two months, we will have a team specifically assigned to evaluate homes for energy efficiency and to begin work on air sealing homes which need tightening."

Families who own their homes and meet the income guidelines can receive this service free of charge. Interested people are urged to call Habitat at 386-5081. Service is first-come, first-served.

Flag lighting interest grows

More than \$225 has already been donated to the fund that would light the People Plus Center's flagpole, and donations are going to be accepted "into the spring," according to member services coordinator Frank Connors.

"A member has followed this project doggedly," Connors added, "with all the passion you might expect from a veteran."

Connors said perhaps \$500 would be needed to fund this, "off-budget" project. People wanting to contribute should see him at the Center:

Winter gardening workshops continue

The popular Sunday afternoon gardening workshops, sponsored by the Brunswick-Topsham Land Trust, continue through February and March. All these workshops start at 2 p.m., are free, open to the public and held at St. Paul's Episcopal Church, Pleasant Street in Brunswick.

— On Feb. 10, "Your Soil" will discuss soil enrichment techniques, organic soil amendments, uses of mulches, composting and water conversation methods. The class is taught by Cumberland County Extension educator Richard Brzozowski.

On Feb. 24, "Gardening in small places" discusses block planting, companion planting, succession planting, and extending your growing season with hoop houses, cold frames and raised beds. This class is taught by Barbara Murphy of the Oxford County Extension Service.

— On March 10, "Organic Pest Management and Control" will be led by Eric Sideman, a Maine Organic Farmers and Gardeners Association crop specialist, who will discuss identification of common garden pests, with an emphasis on cucumber beetles, Virginia beetles and Colorado potato beetle, caterpillars and how to identify blight.

Don't forget to register for the March 17 Brunswick-Topsham Land Trust fundraiser, where William Culina, director of the Maine Botanical Gardens, offers a discussion of native plantings. For more information or to pre-register, call Linton Studdiford at 798-5889.

Smucker's skating show still has seats

There is still time to register for the Smucker's, Stars on Ice show, being held at the Portland Civic Center on Sunday, March 10. Cost is only \$40 for members of the Bath Senior Citizens, People Plus or the Topsham Merry Meeters, \$45 for nonmembers.

The bus leaves the Senior Center at Bath at 2:15 p.m., and picks up at the Home Depot Park 'n Ride in Topsham at 2:30 p.m. Dinner will be, "on your own," at Romano's Macaroni Grill following the show.

Tickets are available for the first 40 who sign up and pay by Feb. 20. Please register directly with the information desk at the Bath Senior Center, 443-4837.

No talent, anywhere?

"I am beginning to think we seniors really do NOT have any talents," quipped the ever-talented Millie Ackley at the People Plus Center last month.

She is trying to organize the second annual "Seniors Have TALENT," scheduled for the Bath Senior Center on Saturday, March 16, at 4 p.m., and "so far," she said, "entrants have been just a little sparse."

She said winning teams will be offered cash prizes, and the only requirement is that entrants need to be 55 or older to enter. For more information, or to enter, call 729-5883.

A chiropractor should be part of your wellness team!

The word wellness is thrown around a lot these days but do we really understand what it means? Quite often I see the word wellness used as a marketing tool to describe old approaches to health care that have been repackaged to appeal to a population that is becoming increasingly savvy when it comes to making health care choices. We live in a society where a significant part of the population is willing to spend a great deal of time, energy, and money in order to achieve this state called wellness.

Wellness is the degree to which an individual experiences health and vitality in any dimension of life. It is a state of being that requires balance in the physical, mental, spiritual, and social aspects of life.

The nervous system, the master system of the body, controls and coordinates all the functions of the body. In order for an individual to express wellness it is necessary for the nervous system to function properly. When there is interference in the nervous system we lose the ability to adapt to stress and we move away from health and balance toward a state of dis-ease or lack of balance. As tissue damage accumulates, a disease process and the associated symptoms will follow.

With a combination of advanced technology and time tested techniques, today's chiropractors are better than ever at detecting and correcting misalignments of the spine and the resulting nerve interference. These misalignments called vertebral subluxations disrupt nerve flow and interfere with the communication between the brain and the body. If nerve interference is detected it can usually be corrected over time through appropriate chiropractic care. As the function and balance of the nervous system improves your body will be able to adapt to stress better and you will be able to express higher levels of enjoyment in life.

It is my experience that monumental shifts in one's health and wellness usually begin with a shift in perception, or a new understanding of the incredible potential that lies within their own bodies. Welcome to a journey of new discoveries, greater potential and expanded health and vitality... Wellness.

In honor and respect for the value you bring to our community I offer you an opportunity to explore your potential to be well! Call Stocum Chiropractic Wellness Center 207-725-4222 and mention this article, my team will schedule your complimentary consultation at your convenience.

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Dr. Jeffrey S. Stocum

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spectrum generations

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

Living



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

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

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

Carefree Café is a collaboration with Brunswick Area Respite Care and Spectrum Generations. Once a month we have offer a restaurant style meal with complete service. For those with PML and their caregivers.



Join us for this intimate, fun, and social outing. January 22nd. Please call to make a reservation— 729-8571.

It's a FROSTY's Morning - Add chill mornings, a fireplace, newspapers and Frosty's donuts and you have a great start to a morning. Join us Monday mornings at 9:30. Coffee, juice, and donuts. Visit with friends, read the paper and maybe even stay to play a game .

Welcome to Medicare

Have you or someone you know tried to wade through the Medicare insurance system and found it confusing? Do you just wish there was someone who could help you make sense of all the information you see and hear about Medicare?

Do you have questions you just can't seem to find an answer to? Then this just might be the session for you!

This session is intended to provide you with knowledge about Medicare and its many "Parts" so that you can make an informed decision about health care coverage. This is where you can find the answers to basic questions about Medicare. February 12th at 12:30 at People Plus - Cumberland Street in Brunswick. Free

Driving Safety Class

The **AARP Driver Safety Program** is an 8-hour classroom refresher that can help you learn the effects of aging on driving and how you can adjust your driving. Deputy Peter Lamarre will be the instructor. February 21st 9 am to 2 pm. Please bring a bag lunch. Call to register 719-0475. Cost \$15



Parkview Speaks

Friday, February 22nd at 12:30, Nikki Yeaton from Parkview Hospital will be giving us some pointers on how to recognize the symptoms of a stroke. Free

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

- Feb 6 - Chicken caprese linguini
- Feb 13 - Manicotti Florentine
- Feb 20 - Carved Ham
- Feb 27 - Salisbury Steak

Fridays

- Feb 1 - Beef & Bean Chili
- Feb 8 - Haddock Chowder
- Feb 15 - Herb roasted Chicken
- Feb 22 - Herb Roasted Pork

All lunches include Salad, bread, and Dessert. We usually have a brief speaker or entertainment over dessert.

Travel with Spectrum Generations

Vancouver Bound - Southern Midcoast Community Center has signed on with Collette Vacations to offering an exciting trip to Vancouver. This 8-day trip leaves **October 6, 2013**. Cross the Rockies by train! Call us for more Information - (207) 729-0475



- Day 1 Westin Hotel, Calgary, Alb
- Day 2 - 4 The Fairmont Banff Springs Hotel, Banff, Alberta
- Day 5 Sawridge Inn and Conference Centre, Jasper, Alberta
- Day 6 Via Rail Canada, Toronto, Ont.
- Day 7 Westin Bayshore, Vancouver, BC

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

Holiday food drive misses goal, but sets record

Members and friends of People Plus donated 678 cans, bottles and boxes of nonperishable food stuffs, totaling at least 608 pounds, to the fourth annual Holiday Food Drive to benefit the Mid Coast Hunger Prevention Program.



The Center's familiar little red wheelbarrow appeared in the lobby in November and the last box of food was delivered to MCHPP on Jan. 3.

"We did not make our projection of 1,000 pieces and 1,000 pounds," membership coordinator Frank Connors said, "but we did set a record for food collected in a single session, and we're delighted with the effort."

Are your dues, due?

Volunteer
with The Center
That Builds Community!
"We have a place for
you at **People Plus**"



"Tell us what
you like to do."

To learn about volunteer
opportunities, call 729-0757
or contact Rebecca Banks at
rebecca@peopleplusmaine.org



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2. Name _____ (LAST) _____ (FIRST)

Phone _____ Birthdate _____
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.

Bring a friend, add a member

If you are a regular "user" of the Center, you are one of our best "weapons," according to member services director Frank Connors. "Sharing memberships at People Plus is a great way to visit, stay focused, become more social and more engaged," he said.

Connors pointed at several examples of members who have known each other since high school and now, 30 to 40 or even 50 years later, continue or renew friendships at the Center. "There are two guys who play Ping Pong who have been friends since 1956 in Brunswick High," he said.

Cost of membership is still only \$25 per year. Everyone gets our great little newspaper, either in the mail, or online, and before you know it, Connors predicted, "your old friends are new again." He added, "People Plus is one of the things that makes the Brunswick area one of the very best places to live in the state of Maine."

Remember always to show your card

prudly at area businesses, and you can save money 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
www.paulinesbloomers.com

Auto Service

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

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

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

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

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

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
829 Gibraltar Drive, Brunswick
725-1110, www.nickersonoptical.com

Recreation/Entertainment

Eveningstar Cinema: Free bag of popcorn at evening shows

149 Maine St., Brunswick; 729-5486
www.eveningstarcinema.com

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

Restaurants

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

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

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

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

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

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

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

Stores

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

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

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

Shift: 10% on Wednesdays
56 Maine St., Brunswick; 729-4050
www.shiftofmaine.com

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Paths in the snow

One for the front door, one for the back.
Twice to the garage doors, once to the shed.

Then one to the woodpile, another to the birdfeeders.

One to my shop, and if there is time, and energy, once to the compost pile.

Sometimes, Jane worries that I shovel too much snow. (And of course, there are days when she wishes I had snow to shovel!) The simple fact is, I enjoy shoveling snow, and I always have. After each and every storm, I shovel out both our doors, and all those assorted paths, worth at least 100 feet or more! I also clean up under the mail boxes for us and our neighbors, and I grab and pitch the clods of snow left by our man Ryan, who plows that mother of all paths, our 1,000-foot drive way, up the wooded hill from Route 24.

My paths are either a shovel wide, or two shovels wide, depending on the destination, and I always clean right down to the grass or dirt. I like to get to the bird feeders, the wood pile, my shop or sheding in my slippers if that's what I'm wearing, so you bet, I always clean them to the bottom and cut them straight.

In Bowdoinham all those years, we had a space beside the road to keep clear

for our car and our truck, and the town used to dump bunches of road snow for us to move as well. I would carry that snow before I tossed it, when necessary.

That's another rule of the serious snow shoveler, always move it down wind and never, NEVER handle it twice. We used to toss that snow in one large accumulating pile, and in a good (or bad) snow year by mid-January of February early, that pile would be 8 to 10 feet deep and wider than our living room at its base.

There was more than one year when Miles and Abbie and I would create an igloo, by woodchucking our way to the center of that pile and hollowing it out to make our own, very special room. We could heat that space with a candle, and make believe you were living at the north pole. I don't think Miles realized it till he was off to college, but I used to get him pretty excited about shoveling out the cars, not because he was being helpful, or useful, but because we might be able to add a spare room to our snow house.

When I was a kid, it was my mother's clothesline that used to make us crazy. The space we cleared was located at the edge of a shed, went out at least 20 or 24 feet, and must have been 10 feet wide.

She used to say she needed a line for each of us kids, and there were seven of us. I suspect she is also the reason I have to shovel now till all the snow is removed. She wanted that whole area open, snow free and never slippery. I seldom complain about my brothers, but Grant was never a "tidy" shoveler, and Alden could never quite see the science in it. He'd get in there and bull his way from one end to the other, flailing snow like a madman. He was always sweating before either of us. I'd start in the upwind corner, carrying it, stacking it if necessary. I was always interested to see that we all finished our sections about the same time, and that my section always looked the best.

We were all glad when mom switched first to a long, single clothesline (when the sisters went to college) and when she finally bought that gas dryer, about the time all of us left home!

But the best paths in the snow are always the ones we make with snowshoes, or even skis. We have this four-acre field between us and the bay, and Jane and I like to, "rim it." (Which usually means we follow in our neighbor Evelyn's tracks.) Anyway, we walk against the tree line, first in the sun, then in the

Speaking Frankly

FRANK CONNORS



shade, sometimes in the moonlight. The whole walk might take a half hour; and I always find something to look at: deer tracks, turkey tracks, tracks that could be the neighbor's dog, a wayward coyote, or a bear. A BEAR?

Have you ever found a "strike pattern" in new fallen snow? That would be an owl, eagle or crow, circling above, finding prey on or under the snow, diving to fetch it and leaving a hole in the snow where their feet hit, and a perfect outline of their wingspan where they slap against the snow never missing a beat, and moving on. I'd walk a mile any day to find one of those.

If you live in Maine, if you like living in Maine, sooner or later, you have to make your peace with snow. The easy way is to cruise over it on snowshoes or skis, the creative way might be to cut a path with a shovel, thus conquering it, at least till the next storm. Which ever you choose, choose with an expectation of adventure, for it is all designed to get us all closer to April.

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Window Box at Bath City Hall, by Sylvia Dyer; oil painting.

Sylvia Dyer show continues

The exceptional and colorful oil and acrylic paintings of Brunswick native Sylvia Dyer remain on display in The Union Street Gallery at People Plus through the month of February.

Her dramatic flower garden scenes are filled with lustrous light and luscious hues that make a viewer want to step in and inhale deeply of the flowers of summer. Her lighthouse pictures and views of the coast perfectly reflect her love of Maine in general, and the Brunswick-Harpswell area, in particular.

Dyer studied painting at the University of Maine in Orono, is a member of the Merry Meeting Art Association and is a member of the Maine-Ten, among others.

Dyer's work may be seen during normal business hours at the People Plus Center.

Does your Valentine deserve flowers this year?!

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