



Plus! News

The center that builds community

35 Union St., Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

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Finger lickin' chicken



Ron Kozlowski, a recently enrolled People Plus "lifetime member," samples some of the roasted chicken prepared by board Trustee Claudia Adams, right, during a "Cooking for One" class at the Center Feb. 28.



Sponsors line up for annual gala



Sponsorships, restaurant donations and auction items are rolling into "Music in April central" at the People Plus Center, and event organizers are already predicting that the 11th annual event will be another record setter. This season's extravaganza is scheduled for April 11, beginning at 5 p.m. at the Knights of Columbus Hall.

"This is a huge and wonderful event, so very important to the Center, and now, a consistent social occasion for the community," Center Executive Director Stacy V. Frizzle pointed out. "It's amazing when you consider the numbers of volunteers, the numbers of businesses, and the numbers of people who believe in our Center who come together to make this happen."

For the 11th consecutive year, Downeast Energy is our event, or "Fortissimo," sponsor.

"Forte" sponsors include Ameriprise Financial Services, Atlantic Regional Federal Credit Union, Bank of Maine, Bath Savings Institution, Bill Dodge Auto Group, Bowdoin College, The Brackett Funeral Home, CHANS Home Health Care Services, Edward Jones Invest-

ments, Hammond Lumber Co., The Highlands, JHR Development, Mechanics Savings Bank, Mid Coast Hospital, Mid Coast Senior Health Center, Midcoast Regional Redevelopment Authority, Neighbors Inc., Primerica Financial Services, The Riley Insurance Agency, Spectrum Generations, Thornton Oaks and Kathleen Winn Dentistry.

Neil Lamb and David Lawler are returning this season to lead the music program for this event. The Bowdoin Longfellow, a nationally acclaimed a capella group, will return for a fifth consecutive season. Lamb and Lawler, noted local jazz guitarists, will lend their unique sound to the totally transformed Knights of Columbus hall, decorated again by the unique balloons, candles and artistry of Robyn Allen.

John Bottero of Thomaston Place Galleries will again lead the live auction. There will also

Please see **GALA**, Page 8

Lunch & Connections

Corned beef and cabbage

Celebrate the first full day of spring and the S. Patrick's season on Thursday, March 21, at noon, with a traditional corned beef and cabbage dinner. "Yum," observed chef Frank Connors. "This is one that the members wait for: our own corned beef, boiled potatoes, cabbage, carrots and turnip, boiled in an onion broth. This year's beets will be pickled, following an old Bowdoinham recipe offered by Marla Blake. There will be a broccoli-cheese casserole for our vegetarian friends.

Of course there will be a fresh and green, lightly dressed tossed garden salad. Coffee, tea, fruit juices and milk are available with each meal and our bread, as usual, will come from the ovens over at the Wild Oats Bakery. Dessert will be a rich pistachio pudding with a cookie, and wait till you see the table favors Gladys has selected to mark American Chocolate week!

Our monthly Lunch & Connections meals are underwritten by a donation from Spectrum Generations. A CHANS home health care professional

Meatball subs with us

Join us Thursday, March 14, at 11:30 a.m. for meatball subs the People Plus way.

Our last Lunch With Us of the season features Sorrelli's sub rolls from Rusty's Market in Topsham, stuffed with meatballs drenched in our own spicy Italian sauce. Don't miss it! Still only \$5.



is always here by 11:30 a.m., ready to take and record blood pressures. Come at 11:30 a.m. to claim your seat and parking space, pick up a 50/50 raffle ticket and register for one of our free door prizes. Seating is limited to 60 people and meals are open to the public. Cost is still only \$5 for members and \$7.50 for all others. Reservations for seating are encouraged, and obtained by calling the People Plus information desk at 729-0757.

Free Healing Clinic is March 15

Did you know that physical therapy can improve your mobility and reduce chronic pain? Have you not yet experienced the comfort and healing of either Reiki or massage? Join us on Friday, March 15, beginning at 11 a.m., at the People Plus Center, for the First Free Healing Clinic of 2013, jointly sponsored by Greater Brunswick Physical Therapy, and your Center.

The clinic is a day dedicated to any resident of the community who might not otherwise

have the chance, or resources, to try a treatment, or two, a treatment that might ease physical and/or emotional pain, improve bio-mechanical alignment, clear their chakras, or even calm their nerves, according to Donna Marie Bordeaux, co-owner of GBPT. Nearly a dozen bodywork professional practitioners are expected to donate their services, including licensed physical therapists, massage therapists, reflexologists and Reiki practitioners. Staff and friends

of GBPT will transform the People Plus Maine hall into a light, welcoming place, with quiet spaces for special care. Care is gentle and done in your street cloths.

All treatments are provided at no cost. If you feel you would like to give something, there will be a voluntary donation jar to benefit People Plus and the Mid Coast Hunger Prevention Program. Questions? Call People Plus at 729-0757 or the offices of Greater Brunswick Physical Therapy at 729-1164.

Nature's Sweetness is open for discussion

Topsham author Paul Rossignol, a "serious and confirmed sugarer," will offer readings and a description of his book, "Nature's Sweetness," when he comes to People Plus on Wednesday, March 27, at 2 p.m., in what is being billed out, "welcome to spring," author's chat.

Rossignol, also a "devout" French Canadian, laced his book with French phrases, local lore, natural science, favorite recipes and photographs. Nearly 10 years ago, he built his own

NOTICE: The Author's Chat featuring, "The Best Nature Sites of Mid Coast Maine" that was canceled on Feb. 27 due to weather concerns, has been rescheduled to April 17. Please make a note of it.

sugaring off, or evaporator, house, and often conducts lectures in local schools, "to promote his passions," and, "to make the world a sweeter place."

The 95-page, soft-bound book

was first published in 2002. Copies of the book "Nature's Sweetness, Pure Maple Syrup," will be available for purchase at the chat.

Reserve your seat by calling 729-0757.



People Plus News

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

frank@peopleplustaine.org

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

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Crunching numbers

It has been such a busy beginning to the new year at People Plus! January and February have just been packed with programming and classes and events.

Thanks of course to Rebecca Banks our Program Coordinator extraordinaire, and her wing man, Frank Connors. They are definitely the dynamic duo of making things happen here at the Center.

In fact, I just finished the United Way Funding applications and now have a greater appreciation for all the numbers that came out of that work. Here are a few for you to try on for size:

- Volunteer drivers drove almost 1,500 miles in about 180 hours.
- We ran 45 unduplicated programs in February
- We ran more than 150 classes and events in February.
- We saw more than 125 members come through the door half a dozen times in February.
- We have more than 1,000 paid and scholarship members in the Brunswick, Topsham and Harpswell areas.
- We fed about 125 people a month which is 1,500 people last year!

PHEW! Those are some amazing numbers!
Have you joined the Apple club yet?

Jack had about 25 people there this week as well as 13 members for his computer tutor session and really must be thanked again for teaching his classes and for making the Apple Club happen. He goes above and beyond with his service to the organization and I hope he knows how very dearly we appreciate him.

Speaking of service to the organization, I have to get a word in regarding the Music in April committee again this year. O Jeanne d'Arc Mayo, Lennie Burke, Alison Harris, Ann Frey, Vivian Anna and Corie Washow are all pitching in to make the 11th annual Music in April a huge success again this year.

And we just set our date for the Gelato Fiasco Scopathon fundraiser benefiting the Teen Center! It's going to take place on April 24 at the Gelato Fiasco on Maine Street in Brunswick. Mark your calendars to come down for a scoop in April.

Another "family member" who has come back to the fold is Jordan Cardone.

She's helping us organize the SAT classes for the teens underwritten by the Senter Fund and we can't be more appreciative! The last few years those classes have filled up and reached max capacity with tens saving \$400 to \$500 per class.

NONE of this would be possible without the donations to our Annual Fund.

From the Executive Director

STACY V. FRIZZLE



We have reached the \$33,000 mark in our efforts to bring in \$53,000 for the year. So we still have \$20,000 to go with four months remaining in the fiscal year. It's going to take all of our efforts to make that happen!

If you haven't donated yet to our Annual Fund, I certainly hope that you'll consider doing so. The \$5,000 Challenge Match offered by Richard and Eleanor Morrell is an outstanding opportunity for new and repeating donors to make a difference.

Without these ongoing donations the Center absolutely cannot continue to run in the way that it does now!

Lastly we are so excited to welcome Anita Huey as the new People Plus nutritionist. This month she begins meeting with people to discuss nutrition, weight loss, diabetes, family history and prevention. Her services are generally covered by insurance.

Please stop in to see us at the Center that builds community — I am sure we've got your number!

Eat right, your way, every day

BY ANITA HUEY

Last month I was introduced to you by the People Plus News. My new business is Everyday Nutrition Associates LLC. As I began to write this article I looked

to see what the theme was for the Academy of Nutrition and Dietetics National Nutrition Month. Unknowingly, the title for my new business mirrors this year's theme. Their choice is Eat Right, Your Way, Every Day!

I am thrilled that this theme and my company name are sending a clear message to eat the foods that you enjoy, choose healthy foods and do it everyday. People do not need to feel compelled to buy the latest "diet" book or follow the newest trend touted by the media. There are some confusing messages that we hear or read about. An example would be that not everyone needs to eat three meals and three snacks every day. Another is to not eat any "white foods." Fish, onion, white potato, cauliflower, low fat milk and white asparagus are all white foods. As long as you are eating regular meals then most people are all set.

The journey to eating right, your way, everyday needs to be simple and directed at the areas that you want to improve. Keep these things in mind when eating your way:

- Portions
- Frequency
- How it is prepared

We all like some foods that are not good for us. Rather than feeling bad about eating one of these foods, we can choose to eat these foods less often and watch the portion size. On the other hand, many foods are good for us, but — if we do not watch the portions — the scale may tip in the wrong direction. Finally, sometimes we have to make it ourselves to have a healthy meal. Fettuccini Alfredo is a great example of a very high fat item in a restaurant. By preparing this item using a lower fat recipe, you can enjoy it without all the fat.

Eating right, your way, everyday means eating enough times per day to meet your nutrient needs, keep most choices healthy, watch portions and plan to make it happen.

So the next time we hear about the latest food information buzz, remember this, eat right, your way, every day.



Anita Huey

Memorial Donations

made to People Plus in February

- In memory of

**CHARLES SUMNER
"BILL" PETTIGREW
and
VIRGINIA M. CARUSO**

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.

Salad Pizza

Ingredients

- 1 cooked boneless chicken breast, diced
 - 1 cup romaine lettuce, chopped
 - 1 each carrot, celery, red pepper, diced
 - 1 tomato, cut up
 - 2 Tb. Italian salad dressing
 - 1 whole wheat Boboli pizza crust
- (pick up not frozen at supermarket)*

Directions

1. Place Boboli Pizza Crust in a 350 degree oven for about 10 minutes.
2. Mix all the remaining ingredients and place on top of the warmed pizza crust.
3. Slice into wedges

Enjoy!!

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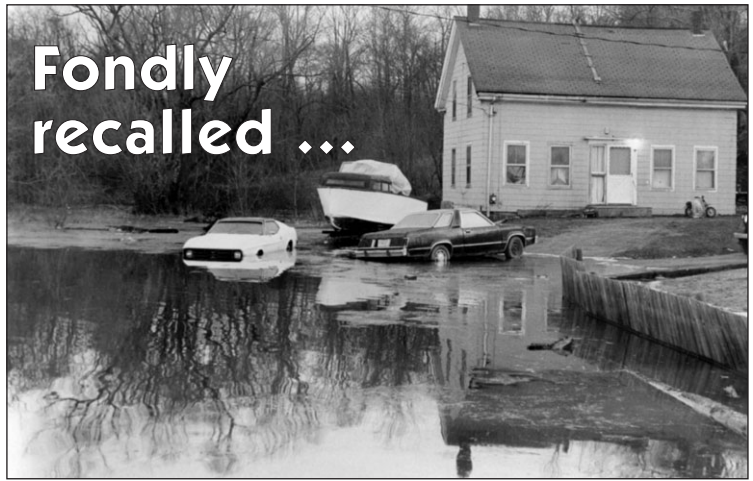
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March is for Girl Scout cookies

By GLADYS SZABO

Have you ever wondered
How Girl Scout cookies get to
you?
Cookies, cookies by the ton
Each case handled one by one!
Unload the truck, stack five
cases high
By kinds, by troop, with watch-
ful eye
Now break down cases and
divide
Place extra boxes where
implied.
Troops pick up and count again
If all correct we say Amen.
Now Scouts their boxes to be
sorted
To their customers will be
deported.
This may sound a simple feat
But when all done we are beat.
(Two thousand one hundred
seventy two cases
Is twenty six thousand sixty
four boxes.)
Next come booth sales every
weekend
Hundreds of Scouts on side-
walks ascend
Business lessons they are learn-
ing
While money they are gladly
earning
Meeting goals the troop has set
Now fun and travel will onset.



Surging waters from the cresting Cathance River lap at the automobiles of Charles Noyes in Bowdoinham during the flood of 1987. If all else failed, the boat was ready to go. Join us on Thursday, March 14, at 1 p.m. as Frank Connors talks and offers photographs of several recent area floods. (See story on page 4.) If you have old area photos to share with readers of the People Plus News, please call Frank Connors at 725-0757.

Up for Bid!



"6 Noble St.," an original pencil sketch by artist Connie Bailey, depicts the former home of the People Plus Center in Brunswick. This artwork, along with more than 100 other items, will be up for bid at the 11th annual Music in April auction on April 11. See story on page 1.

Write On! Books — Lost? Stolen? Gone!

By CHARLOTTE HART

"Andrew and Sheila are getting a divorce."
"Oh no! She borrowed my copy of 'Muses and Memories.' I'll never get it back!"
"When did she borrow it?"
"Thanksgiving. She asked me what we are writing in the Write On! group so I brought out 'Muses and Memories' and 'From Maine and Away.' She started reading 'Muses and Memories' ... said she'd love to borrow it. I said 'sure.' I showed

her 'From Maine and Away' and I said she could look at it. I told her 'From Maine and Away' was going to be a Christmas present for Andrew."
"Didn't you tell me you thought Andrew took that copy of 'From Maine and Away' on Thanksgiving Day?"
"Yes! After everybody left, I went to the table to pick it up. It was not there! Then I decided Sheila must have understood that she should take it for Andrew."
"Well, now they are not

speaking. You did give Andrew a copy of 'From Maine and Away' for Christmas, didn't you?"
"Yes I did. Okay, ... now I understand why Sheila did not come for Christmas. The divorce! And ... when Andrew opened his Christmas present, I asked him if he already had a copy of 'From Maine and Away.' He looked puzzled and said 'no.' I am afraid two of my Write On! books are gone. Suggestions?

Cold Moonlight on Last Snow

By VINCE McDERMOTT

Cold front passage	Crinkling steps
Crisp clean air/ice crystals	Steam coming from nostrils
sparkling	Brushing against
Stars shining brightly	Ice laden firs
Full moon rising	Broken shards falling
Over quiet pond	Breaking on hard ground
Shimmering silver rays	Moving over last snow
Reflecting off water	Large tracks left
Lone creature walking	In my yard
Over frozen ground	Mystery to be solved

Roaming the Orchard One Mild March Morning

By CHARLOTTE HART

These bare branched trees hold hope, I know.	She yips in pain, now full awake.
The Orchard Man has moved on though.	No tractor, truck, nor mower's quack.
He will not labor long days here.	The whisp'ring March breeze lets earth sleep.
New loving hands will care bestow.	Soon growth, new life, good news will break.
Old Lassie barks and limps now, near.	These hills are lovely. Faith is deep.
It is her ghost. Her grave is here.	These thousand trees in stone walls keep.
She greeted thousands here to take.	In magic sun of March they sleep.
Fall's treasured apples every year.	In magic sun of March they steep.

I Am

By PK ALLEN

I Am the Son of the Father.
I Am the Son of my Mother.
Goodness and Mercy are my
sisters.
Mankind is my brother.
In body, I Am the flesh.
In soul, I Am the right.
In morning, I Am the sunrise.
In darkness, I Am the Light.
In heaven, I Am the Holy Spirit.
On earth, I Am the Lamb.
I opened the gates of heaven.
I Am He who is I Am.

The Blizzard

By PK ALLEN

The blizzard blew in late last
night
along with freezing cold,
With winds of more than fifty.
Or so I have been told.
There's near two feet of snow
now
as it stacks up inch by inch.
I know that to remove it all
will surely be no cinch.
I wish I had the attitude
of the cat lying on my lap.
After looking out the window,
he just rolls over and takes a nap.

Adventure to Ireland, train to Boston coming

Join us on Wednesday, March 20, at 6:30 p.m. when Bryan Towler, a tour leader from Collette Travel, outlines the possibilities of a fall 2013 trip to Ireland.

Called "Shades of Ireland," the proposed 10-day trip would journey the Ring of Kerry, one of the world's most beautiful coastal routes, would visit the cliffs of Moher, and would let you visit with an Irish family as you travel to Dublin, Blarney, Limerick, Kilkenny and Galway. Towler will offer slides of this trip, and a selection of other places that Collette visits every year. Collette is one of the world's leading tour providers.

Register early to reserve your seat. You do not need to be planning to sign

on for this trip to come and enjoy this evening.

April 24 we expect to be sharing the Downeaster train for a trip to Boston with our friends at the Bath Area Senior Center. Mark the date on your calendar, and watch for details in our April newspaper. We'll be visiting the Quincy Market and taking a ride on the Boston T.

Other trips being planned in conjunction with the Bath center include shopping trips to the Christmas Tree shop; a ferry ride to Vinalhaven; summer theater at Ogunquit, Brunswick and Boothbay; a river trip on the Kennebec; and a tour of the Maine Botanical Gardens in Boothbay.



Yellow Dots appearing in Brunswick

Nearly a dozen folks attended the initial screening of the Yellow Dot program in Brunswick last month. The program is a collaboration by People Plus, Merrymeeting Bay TRIAD and the Brunswick Police and Fire departments, and is designed to help EMTs and first responders find and provide life-saving medical information during emergencies. Registration kits are available at People Plus Center.

Gelato fundraiser set for Teen Center

Mark your calendars for the fifth annual Gelato Fiasco, coming to their flagship store on Maine Street, Brunswick, on April 24. As in years past, there will be celebrity scoopers, special live music; a 50/50 raffle; and a list of "surprise events," that promise to make the day one to remember.

During the fundraiser, the Gelato Fias-

co pledges all proceeds from sales, above and beyond what is considered a normal sales total for the average day, to the Brunswick Teen Center. Doors usually open at 11 a.m., and the event continues until 11 p.m., so there will be ample time to try out these unique and delicious gelatos and sorbets.

Lots planned in March

Google Earth with Craig Snapp

Intro for Google Earth at Curtis Memorial Library on March 4 at 10 a.m.

At People Plus, a two-part series of hands on Google Earth workshops will be March 11 and 18 at 9:30 a.m. Advance sign-ups are required for hands on workshops. Can only accommodate 15 attendees. Bring own laptop. Register at 729-0757.

Computer Tutor with Jack Hudson

Jack Hudson will host two more sessions in February, on Tuesday and Thursday, "Planning Your Travel — Online." He'll add two sessions in March, "Managing Files and Photos for PCs and Macs" on March 5 and 7, and "Introduction to Spreadsheets" on March 19 and 21. Register at 729-0757.

Apple Club

March 11 at 11:30 a.m. and March 25 at 11 a.m. Would you like to learn more about our iPhone/iPad/iTouch? Would you like to know how the many apps you have heard about can help enhance and organize your life? No experience necessary, but for members

only! Register at 729-0757.

Welcome to Medicare with Spectrum Generations

March 12 at 12:30 p.m. Find Medicare insurance system confusing? This will be a regular workshop, meeting on the second Tuesday of each month from 12:30 to 2 p.m. at People Plus. Please register at 729-0757.

Balance and Falls

Presentation by Head To Toe Physical Therapy on Wednesday, March 13, at 3 p.m. Talk about posture and body mechanics. Register at 729-0757.

Hoop Dance 101 with MerryMeeting Adult Education

Wednesday March 6 and 13 at People Plus, from 6 to 7 p.m. Hula hooping is a fun, low-impact, cardio workout that strengthens your core and tones your whole body while you burn 420 calories an hour! Hula Hoops are provided and for sale. No dance or hoop experience necessary. For all levels. Register with MerryMeeting Adult Education at 729-7323. Discount for People Plus members.

Floods of our times

What do April Fool's Day and Friday the 13th have in common? That is one of the world's great mysteries to be solved when Frank Connors revisits, "The floods of our times," on Thursday, March 14, beginning at 1 p.m. at the People Plus Center.

Connors is an avid collector of local history documentation, and has many items that relate to the floods and freshets of 1884, 1936 and 1987. He will

use photographs, old newspapers and personal notes and stories to lead what he hopes will become an "interactive discussion. I usually learn as much as I talk during one of these programs," Connors said.

He is the author of the "Speaking Frankly" columns in the People Plus News. To register for the program, be sure to call, the Center at 729-0757.

A chance to sharpen up!

Mary Ellen Rosenberg, that "Chicks Do Chores" lady, will be at the Center on Wednesday, March 13, from 9 a.m. until 1 p.m. to demonstrate knife and scissor sharpening, and be available to sharpen your kitchen and household implements after the show. As part of her "Chores" program, Rosenberg uses a water-cooled, Torx T-7 sharpening system, and will demonstrate it, immediately fol-

lowing our March Men's breakfast, by sharpening several of our Center's kitchen knives.

If members have knives or scissors to sharpen, they may bring them in. Rosenberg will sharpen the first device free, and will charge \$2 for knives and \$3 for scissors for each extra implement after the demo. For more information, contact the Center at 729-0757.

Seniors showcase talent March 16

The second annual Seniors Have Talent show opens at the Bath Senior Center on Saturday, March 16, beginning at 4 p.m. This year's entries in this amateur talent show includes banjo, guitar and piano players, "UNIQUE" singing groups, dancers, singers, musical comedians and stand up comics.

Tickets are only \$7, and ticket holders receive a ballot in their program to vote for their three favorite acts.

Organizer Millie Ackley reports,

"some folks are new to this competition and a few are repeaters, but all will come with fresh material and join the open competition for cash prizes. During a 30-minute intermission, ballots will be collected and counted by independent judges, while audience and performers mingle.

Refreshments will be prepared by Roxanne. For more information or to reserve tickets, call the Bath Center at 443-4937.

All Saints Parish
St. Charles Borromeo Church

LENTEN SUPPERS

March 1 ... proceeds benefit
Habitat for Humanity

March 8 ... proceeds benefit
All About Prevention

Tasty Fish Dinner ... March 15 ... benefit
Hospice of Mid-Coast Maine

March 22 ... benefit
Oasis Health Center

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

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MARCH 2013 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>PEOPLE PLUS NEWS & VIEWS</p> <p>FRANK CONNORS & STACY V. FRIZZLE discuss Music in April preparations and everything that's exciting at the Center.</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 TV viewed online, anytime: http://vimeo.com/harpswelltv</p>		<p>1</p> <ul style="list-style-type: none"> 9:00 AM Loosen UP! 10:00 AM Table Tennis 12:30 PM Beginning Tai Chi 1:30 PM Qigong 	<p>2</p> <ul style="list-style-type: none"> 9:00 AM Fitness Challenge 10:00 AM Bridge
<p>4</p> <ul style="list-style-type: none"> 9:00 AM Crafters 9:00 AM Loosen UP! 10:00 AM Yoga 10:00 AM Intro: Google Earth at Curtis M.L. 11:00 AM Table Tennis 11:00 AM Chair Yoga 12:00 PM Bridge 6:00 PM Belly dancing 	<p>5</p> <ul style="list-style-type: none"> 8:30 AM AARP Tax Help 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis workshop (also Thursday) 11:00 AM Computer Tutor 1:00 PM Quilting Club 	<p>6</p> <ul style="list-style-type: none"> 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 6:00 PM Hoop Dance 101 	<p>7</p> <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art II 11:00 AM Computer Tutor 1:00 PM AARP Tax Help 2:00 PM Mideast talks 5:00 PM Yoga 6:00 PM Course in Miracles 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing 	<p>8</p> <ul style="list-style-type: none"> 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>9</p> <ul style="list-style-type: none"> 9:00 AM Fitness Challenge 10:00 AM Bridge 	
<p>11</p> <ul style="list-style-type: none"> 9:00 AM Crafters 9:00 AM Loosen UP! 9:30 AM Google Earth lab 10:00 AM Yoga 11:00 AM Apple Club 11:00 AM Chair Yoga 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly dancing 	<p>12</p> <ul style="list-style-type: none"> 8:30 AM AARP Tax Help 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis workshop (also Thursday) 12:00 PM LUNCH OUT 12:30 PM Welcome to Medicare 	<p>13</p> <ul style="list-style-type: none"> 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 3:00 PM Balance and Falls 3:30 PM Teens First 6:00 PM Hoop Dance 101 	<p>14</p> <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art II 11:30 AM Lunch with Us 1:00 PM AARP Tax Help 2:00 PM Mideast talks 5:00 PM Yoga 6:00 PM Course in Miracles 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing 	<p>15</p> <p>16</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>TEEN CENTER</p> <p>Monday, Tuesday and Thursday 2:30-5:30 PM</p> </div>		
<p>18</p> <ul style="list-style-type: none"> 9:00 AM Loosen UP! 9:00 AM Crafters 9:30 AM Google Earth lab 10:00 AM Yoga 11:00 AM Chair Yoga 11:00 AM Table Tennis 12:00 PM Bridge 6:30 PM Civil War Book Club 	<p>19</p> <ul style="list-style-type: none"> 8:30 AM AARP Tax Help 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis workshop 11:00 AM Computer Tutor 1:00 PM Quilting Club 	<p>20</p> <ul style="list-style-type: none"> 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 6:30 PM Colette Travel tours info meeting 	<p>21</p> <ul style="list-style-type: none"> 10:00 AM Art II 11:00 AM Computer Tutor 12:00 PM Public luncheon 2:00 PM Mideast talks 2:00 PM AARP Tax Help 5:00 PM Yoga 6:00 PM Course in Miracles 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing 	<p>22</p> <ul style="list-style-type: none"> 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>23</p> <ul style="list-style-type: none"> 9:00 AM Fitness Challenge 10:00 AM Bridge 	
<p>25</p> <ul style="list-style-type: none"> 9:00 AM Crafters 9:00 AM Loosen UP! 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 	<p>26</p> <ul style="list-style-type: none"> 8:30 AM AARP Tax Help 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis workshop (also Thursday) 2:30 PM CAFE en FRANCAIS 	<p>27</p> <ul style="list-style-type: none"> 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 Author's Chat 3:30 PM Teens First 	<p>28</p> <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art II 1:00 PM AARP Tax Help 2:00 PM Mideast talks 5:00 PM Yoga 6:00 PM Beg. line dancing 6:00 PM Course in Miracles 7:15 PM Adv. line dancing 	<p>29</p> <ul style="list-style-type: none"> 9:00 AM Loosen UP! 10:00 AM Table Tennis 12:30 PM Beginning Tai Chi 1:30 PM Qigong 	<p>30</p> <ul style="list-style-type: none"> 9:00 AM Fitness Challenge 10:00 AM Bridge 	

Library hosting foreign film series

On Friday nights at 7 p.m. in March, Curtis Memorial Library will host a series of foreign films. The movies are a mix of Asian, Middle Eastern and African films that have received high accolades and have won international awards.

No matter what language is being spoken, the films all have English subtitles and highlight the distinct cultures and people of the countries in which they

were made.

This after-hours film series takes place in the Morrell Meeting Room—enter from Middle Street. All films and treats are free, and sponsored by the Curtis Friends.

The lineup of films include: March 1 — "Children of Heaven" (Iran), March 8 — "Shall We Dance" (Japan), March 22 — "Namaste London" (India) and March 29 — "Aouana" (Chad).

Audubon talk to focus on rare Spoon-billed Sandpiper

Derek and Jeannette Lovitch will recount their epic journey cruising the Kamchatka Peninsula in search of the endangered Spoon-billed Sandpiper during a Merrymenting Audubon Society meeting on March 26 at 7 p.m.

"The Russian Far East: In Search of the Spoon-billed Sandpiper" will be held in Curtis Memorial Library's Morrell Meeting Room.

"From the breathtaking seabird cliffs

of the Commander Islands, to close encounters with brown bear and herds of walrus, this was truly an experience of a lifetime," states news release from the library.

"They will share with you photos and video of the journey, including spectacular landscapes and many of the Russian birds that North American birders dream about (like Steller's Sea-Eagles),"

"Poverty makes people crazy."

— Willio Wright

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Get your game on at Curtis Memorial Library

Looking for a place to hang out and have fun with your friends or family? Read, learn, and play during Game Day at your library. On Saturday, March 9, Curtis Memorial Library will host special all-ages gaming programs and events to celebrate our national love of video, card, role-playing and board games.

Games run throughout the day, 10 a.m. to 4 p.m. So bring your friends and get your game on!

The library will have a Wii set up and board games available for all ages, including Scrabble, Battleship, checkers,

Taboo and Apples to Apples. There will also be tables reserved for BYOBG (bring your own board game). Bring your favorite strategy, Euro, and family board games or try something new and fun from our collection. Please join in and add to the fun! Come for one game or stay for the day.

Registration is not required.

For more information, contact the reference desk at Curtis Library 725-5242 ext. 510 or visit curtislibrary.com. The library is located at 23 Pleasant St. in Brunswick.

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Thornton Oaks exhibit: a study of contrasts

A startling contrast in color, subject and medium will be demonstrated in "Still Life-Wild Life," an exhibit featuring local artists Carolyn Judson and Alan Mast at Thornton Oaks Retirement Community in March.

A free, public event, the opening will be held on Thursday, March 21, in the Maine Lobby at 25 Thornton Way. The artists will speak of their work at 4 p.m., followed by a reception from 4:30 to 6 p.m.

Judson, owner of Judson Pottery in Bath, began her pottery career in Detroit, Mich., where she taught ceramics and exhibited extensively in the Midwest. During her career, she also main-



A still life by Alan Mast.

tained a full-time studio in Brooklyn, N.Y., and exhibited in galleries in New York City, Newark, N.J., and Pontiac, Mich.

Mast, of Brunswick, works with a variety of mediums and forms, including graphite, oil, collage and prints. He has had a studio at Fort Andrews since 2007. He is a member of the Points of View artist group, is a former small business owner and professor at the University of Wisconsin.



'Navy Bean Soup' is served

Basic Players cast member Gerry Little ("Cookie"), left, makes his special navy bean soup while Cheryl Carver's character gets frustrated while trying to interview the cook during a special showing of the hilarious "Navy Bean Soup" at the People Plus Center last month.



Preparing living wills

CHANS nurse Amy Berube, standing, joins Chris Ladner, center, of Brackett Funeral Home, and attorney Art Lamothe for a question-and-answer discussion over uses and needs of living wills on Feb. 27.

Half-way benchmark for fitness challenge

Headed into its last half training cycle, coach Ida Messerman reports her fourth annual Tri-city Fitness Challenge is going "great guns! We have retained a little over 70 participants and they are maintaining almost 80 percent attendance in all classes," she said.

Each Saturday of the challenge there has been a "specialty lecture," hosted by People Plus, immediately following an exercise class led by Messerman. She said, "typical attendance" at the lectures is 15 to 20 people, and most of the folks are in the exercise class as well. The March 9 lecture features Jameson

Skilling, demonstrating exercises that are easy to follow, at your home or at a gym." The March 16 lecture features Janet Dyroff, talking of "sugar, and the effect it has on your body." The March 23 lecture, last of this series, will be lead by Messerman, and focuses on "future fitness goals, and life after the challenge."

All the lectures open at 10 a.m. in the People Plus hall, and are open to the public.

"I'm very happy that people are really taking advantage of this opportunity," Messerman added. "At the end of the cycle, everyone wins."



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Master Birder



Bird carver and painter Ed Cardoli, who over his career has produced thousands of unique bird statues, last month donated a dozen to the Center to be used each month as a door prize during the Lunch & Connections meal.

Where were you when J.F.K. was assassinated?

By RALPH LAUGHLIN

No doubt you are part of the last generation that lived on the day when President John F. Kennedy was shot. We all heard the news, we watched in stunned disbelief. We wept, we cursed the travesty; then we pledged again to keep his, and our, vision of America alive.

I am gathering material for a book to mark the 50th anniversary of President Kennedy's assassination. Its purpose will be to paint a picture, for future generations, of how the events of Nov. 22, 1963, affected us all. I would like you to write down your thoughts of that day, and the surrounding events, and how you and others reacted. Whether you have only a few words to say, or many pages, the length does not matter; what's important is that your words express your feeling about that time and that place.

When completed, copies of our work will be sent to the Kennedy Library in Massachusetts, the Sixth Story Museum in Dallas, the Library of Congress and the Smithsonian Museum for Preservation. The book will also be made available through Amazon and other sites.

Net proceeds from sales will be distributed to one or more of the organizations serving wounded veterans. Publication is planned for this summer. Please send your thoughts electronically to iepapa@aol.com. For more information, contact Ralph Laughlin at 17 Emanuel Drive, Brunswick, ME 04011.

Editors note: Ralph Laughlin is a member of the People Plus Write ON! group.

Changes to Women's Breakfast

After canceling the February Women's breakfast to avoid a snowstorm, we have decided to move that popular early morning event to the first Wednesday of the month, rather than the last Wednesday.

The next Women's Breakfast will be April 3, at 8:30 a.m., and we're sure it will be worth the wait.



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Monday-Saturday Bridge

- Jan. 14:** Tony Monaco, John Parker, Dick Brautigam, Marian Schneider.
Jan. 19: Lorraine Muller, Mary Lou Cobb, Lorraine LaRoche, Richard Totten.
Jan. 21: Lorraine LaRoche, Jini Linkovich, Bill Washington, Cecil Eldredge.
Jan. 26: Richard Totten, Marian Schneider, Bill Washington, Gladys Totten.
Jan. 28: David Bracy, Gladys Totten, Bill Washington, Lorraine LaRoche.
Feb. 2: Lorraine LaRoche, Lorraine Muller, Bill Washington.
Feb. 4: Dick Brautigam, Virginia Domhoff, Gladys Totten, Marian Schneider.
Feb. 9: snow day
Feb. 11: Dick Brautigam, Sherry Watson.
Feb. 16: Sherry Watson, David Bracy, Lorraine Muller.

Senior Intermediate Cribbage

- Jan. 23:** Patricia Johnson, 710; Virginia Zimmerman, 704; Richard Tomko, 703; Nancy Laffey, 697; Virginia Linkovich, 690.
Jan. 30: Lorraine LaRoche, 723; Priscilla Sargent, 71; Lois Fournier, 703; Nancy Laffey, 695.
Feb. 6: Linda Paisley, 715; Mike Linkovich, 712; Robert "Bart" King, 701; Germain LaRoche, 697; Pamela Frampton, 695.
Feb. 13: Andrew DeBlasio, 726 (perfect score); Carl Nida, 725; Linda Paisley, 695; Darryl Wood, 694; Robert "Bart" King, 690.



Apple users share knowledge and tips during biweekly Apple Club meetings. They have become popular Monday morning events at People Plus.

6-and-a-half

By BONNIE WHEELER

When we are in grade school, we love to tell people we are 6-and-a-half or 10-and-a-half. We look at the junior high kids and want to be that age, turn 16, get our driver's license. Look out world! We can't wait to be 21 when we will own the world. No more parents' interference. We have control — until we don't.

Life has a way of slapping you in the face when you lose your job and can't pay bills. When you are up all night with a sick child, you discover your parents did understand and gave you good

advice, and you still need them.

Twenty-one did not have all the answers. You push through your 30th and 40th birthdays. You survive your own marriage, teenagers, young love, weddings, divorces and grandchildren, at last understanding and getting paid back for making your folks crazy.

You are so surprised to be 50 — half of 100. How did that happen? By 65 you are looking at happy retirement — or maybe not. Maybe another 10 years' working will make your future more secure. By

then you will have figured out that money in the bank is not your security. One major illness can rock your safe world.

When someone asks your age now, you never say, "71-and-a-half" or "84-and-a-half." Probably, like me, you mumble, hoping they do not catch your true age.

Today, people are living to be over 100. They are so proud to tell you they are 102-and-a-half — full circle! By the way, my age is uh ... uh ... and-a-half.

GALA

From Page 1

be a silent auction. Auction items are already accumulating at the Center and at the home of auctions coordinator Allison Harris. Watch for a tempting list in next month's People Plus News. Both auctions will include more than 100 items, featuring original art, unique trips, camp visits, food items and so much more.

Chris Toole is hard at work massaging

his exceptional list of local restaurateurs who provide food to what is billed as the area's most stunning buffet. At least two dozen of our area's top restaurants provided food to last year's event, and Chris says "most" will return this season.

Individual invitations to the event, which usually sell out quickly, were mailed late last month. Individual ticket to the event are still only \$50. To reserve your seat, call the People Plus information desk at 729-0757.

In Others' Words...

Do you have comments, notes or clarifications to share with People Plus members? Address them to the Editor, People Plus News, 33 Union St., Brunswick, ME 04011.

Great tax help

Dear editor,
 I just called to make our yearly appointment with one of the volunteers who help us with our income tax return. My husband and I have been coming to People Plus since 2006. We have always been treated with respect, and our tax forms are always done quickly and correctly.

We would like to say a big, "thank you," to all the tax volunteers that take their time and energy to provide this needed service. You are indeed a gift to all us seniors. Again, thank you and God bless you.

Jan & George (Bath)



Mary Ellen Rosenberg won the antique ring raffle.

'Shocked awe'

Dear People Plus,
 You could never imagine my complete surprise and, "shocked awe," when I found I was the winner of the antique ring raffle — what a sweet Valentine!

I would also like to take this opportunity to thank so many of you in the

People Plus community, and beyond, for the unabashed welcoming of my daughter, Megan, as a volunteer with you! You have brought so much joy to her life, and so much meaning to her days. Words would never express the deep gratitude I have for you all.

Many thanks and continued blessings!
 Mary Ellen (Cundy's Harbor)

A chiropractor should be part of your wellness team!



Dr. Jeffrey S. Stocum

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 disease 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 207-725-4232 and mention this article, my team will schedule your complimentary consultation at your convenience.

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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. March 26. Please call to make a reservation— 729-8571.

Parkview Speaks - Friday, March 29th at 12:30, Nikki Yeaton from Parkview Hospital will be speaking about Deep Vein Thrombosis and how to prevent them. Free. Come early and have lunch with us.

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!



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 is where you can find the answers to basic questions about Medicare. March 12th at 12:30 at People Plus - Cumberland Street in Brunswick. Free

Volunteer "health coaches"

Spectrum Generations is seeking volunteers interested in healthy living to train to become "health coaches". Health coaches help older adults improve their health and their lives by leading structured activities in an interactive workshop format. Experience working in the health field is not needed.

Volunteer trainings are currently scheduled for March and April in the Augusta and Waterville areas. For more information about specific programs and trainings, please call Vicki Foster, (207) 620-1659. Deadline to register for trainings is March 7th.

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

- Mar 6 - Stuffed Pork Loin
- Mar 13 - Lasagna with meat sauce
- Mar 20 - Chicken ala King
- Mar 27 - Meatloaf

Fridays

- Mar 1 - Chicken Pot Pie
- Mar 8 - Parmesan Haddock
- Mar 15 - New England Boiled dinner
- Mar 22 - Chef's Choice
- Mar 29 - Carved Baked Ham, fish chowder

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

Travel with Spectrum Generations

Tuesday March 12th at 10 am at Spectrum Generations in Topsham we will be having an informational meeting about our October trip to Vancouver BC. Join us to learn about this exciting trip. 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



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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.

WANTED

Empathetic Volunteer to mentor a group of teen mothers.

Group meets at People Plus, Wednesdays from 3:30-5 p.m.

Contact Willa at Seeds of Independence, Freeport (865-9267)
Make a difference, one life at a time.

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

Make your friend 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 proudly 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; 725-9952
 www.paulinesbloomers.com

Auto Service
Autometrics: 10% Anytime
 21 Bath Road, Brunswick; 729-0842
Bill Dodge Auto Group: 10% off parts and service; 262 Bath Rd., Brunswick; 888-378-1404
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 www.innatbrunswickstation.com/
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 www.bowdoin.edu/bookstore
Indefatig: 10% on Non-sale Items, Mondays
 Tontine Mall, Brunswick; 729-6448
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 www.portlandglass.com
Shift: 10% on Wednesdays
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Cooking should be FUN!!

Speaking Frankly

FRANK CONNORS



One of the things we "inherited" when Jane and I moved into her folk's home was her mother's collection of cookbooks, and the crown jewel of that collection was Barbara's original edition of "Cooking Downeast."

In its 'new-born state, this yellow, hard-bound book was maybe an inch thick, and brim full of Marjorie Standish's recipes, witt, and wisdom.

Today, that book looks like a book that may have survived a library bombing, and if you were to boil its pages down, I'm guessing there would be enough food stuffs splashed and dried on it's pages over the years to make a pretty, tasty and firm broth.

You do need to see Barbara's edition to believe it. The binding of that book was sprayed, perhaps as early as 1970, and today, this food-stained, thread-bare book is one of a kind. Barbara's habit was to make notes behind a good third of the recipes, telling the world (and reminding herself) what 'she' thought of the recipe. Maybe she thought it needed less sugar, if she didn't think the "Delicious Banana Cake" was that delicious, she'd say so. If Barbara found a recipe

that tasted better, sounded better, even looked better, she'd just tape or glue it in the book, anywhere she found a white space.

I have to say right here that if you still have one of those yellow first editions from the 1960s, consider it to be worth its weight in butter, and, if you ever want to sell your copy, just give me a call.

There is still a spiral bound edition of her "Cooking Downeast" at book stores today, and the book is worth the read.

I don't think I ever met Marjorie Standish, but this is a woman who made the world a better place.

For many years, Marjorie wrote a cooking column in the Portland Sunday Telegram, appropriately called "Cooking Down East." She was first a home service advisor for Central Maine Power, and took the column on because she was asked, and published the book as a labor of love.

I've been told my mother-in-law, Barbara, and Marjorie were contemporaries. Marjorie played basketball at the Farmington Normal School, class of 1931, (plus or minus) and took her

degree in Home Economics. Barbara, "Fish," as she was called in those days, would have been a cheerleader at the Gorham Teachers College, about the same time. Marjorie was a Holbrook, of the Cundy's Harbor Holbrooks, and (here comes the connection folks) Barbara and Marjorie's sister Doris taught together at Brunswick's Longfellow School for years.

Marjorie produced a second book in 1973, "Keep Cooking the Maine Way," which included more recipes from her column, and repeated some of the best from the first book. This was a lady who knew that butter was a good thing, and a little more butter was even better. She used salted pork as a base in her chowders and would tell you that flavor of a number of vegetables could be improved by pork flavoring as well.

My Jane says Marjorie tends to use a little too much sugar, but who can call that a fault?

The cookbooks of Marjorie Standish are a representation of the way Maine used to be. She cooked for men who worked hard all day, and came home hungry at night. Those guys never had

to worry about counting calories, where their cholesterol numbers were, and if their waist was expanding, or retracting. It remains for us to make the adjustments.

We learned at People Plus years ago that the best way to run an event is to throw some food at it. Finally, with the help of nutritionist Anita Huey, and Claudia Adams, and the university's Extension Service, we're moving closer to 'Maine-living' food at the Center.

In the coming months, there will be many new and exciting ways for us, and for you, to explore food. We want to make cooking for one fun and interesting. We want you to come to luncheons and share a meal with 50 or 60 of our best friends.

But if the process is going to work, we all have to recall what the Marjories and the Barbaras have already done for us. Cooking needs to be FUN!

New or renewing members — March

*Indicates membership donation

BRUNSWICK

- Sonia A. Rush
- Suzanne Neveux*
- Geraldine Perry
- Ursula Desjardins
- Eleanor Brown
- Ellen Parmalee
- Judy Bauman
- Cynthia A. Hennessey*
- Doris Gulliver
- Joan Springer
- Ethel S. Grasmuck
- Benson Ford
- Pat Ford
- Carolyn Earnest
- Edith Rentz*
- John Parker*
- Robert Masse
- Betty Masse
- Grayce Gill*
- Edward Ward*
- David Bracy
- Bernard Breitbart
- Beverly Queller*
- Deborah Gould*
- Margaret "Peg" Buthlay*
- Nicholas Payson
- Catherine Steele*
- Cynthia Murphy
- Gladys Totten
- James Friedlander*
- Sam Whitaker*
- Marilyn Whitaker*
- Claude Bonang
- Margaret Miller
- Marilyn J. Baker
- Antonio J. Lacroix
- Myrtle P. Lacroix
- Marj Greenhut
- Wilma "Billie" Reynolds
- Joyce Labbe
- Marcia Mead
- Paula Rougny*
- Wanda M. Barlag
- David A. Barlag
- Lois V. Fournier*
- Glenda Derbyshire*
- Ann Young*
- Wilda Steinkuhler*
- Carolyn Johnson*
- Jeanne Lothrop*
- Claire Wallace*
- Jean Turner
- Pilar Tirado
- Lillian Restivo
- Ruth Driscoll
- Ruth E. Poynton
- Gloria A. Doney

- Dorothy Stetson
- Bonnie Studdiford
- Gary Murphy
- Lionel Bourque
- Judith Bourque
- Paul Putnam
- Shirley Bello
- Ed Langbein
- Nancy Lalata
- Chloe Carmer
- Leo M. Renaud
- FlEURange A. Renaud
- Rose Marie Mayer
- Nancy Karp*
- Everett Hanke*
- Marguerite Libby Hyatt
- Marge Reiss
- Kristina Bracy
- Fred Dickey
- Bonnie Dickey
- Judith Karmin*
- Beverly Guditis
- Ralph Lofgren
- Sonia Lofgren
- Joanne McCartan
- Harold Duball
- Aline Duball
- Dorothy C. Boyett*
- Theresa Houtman*
- Madeleine Ashe
- Gloria Beeman
- Jessie "Jill" Jones
- Priscilla Despres
- Carol Bondy
- Frances Spires
- Lucille Caron
- Christina Oddleifson
- Gloria S. Smith*
- Shirley West
- Judie Lemons
- Charles Booth
- Conny Barker
- Lois Thacker*
- Gladys Szabo
- Ruth White
- Rupert White

- Raymond B. Morin
- Nancy J. Morin
- C.J. "Chuck" Booth*
- Rosann Wade
- Michael Jacobouis
- Zoe Rote

TOPSHAM

- Gerry LaRoche
- Lorraine LaRoche
- Patricia A. Johnson
- John H. Johnson
- Susan C. Smith
- Adelle Gassett
- Bonnie Wheeler
- Marie Little
- J. Gregory Shea*
- Alvina R. Menard*
- Elise A. Horsfall*
- Maureen Gaspar*
- George H. Andrews
- Robert Patterson
- Peg Miller*
- Jules Cloutier
- Doris Nieman
- June E. Wilson*
- Frances "Cookie" LeMieux
- Helen Cronin
- Anita Huey
- Sandra Petty
- Stephen Gargiulo

HARSWELL

- William "Bill" Curran
- Muriel McDonough
- Marjorie E. Stanley*
- Marian Allen
- Wilma Sarna
- Wesley G. Wood*
- Joanne Rogers*
- Michael Laplante*
- Brandon Temple
- William Labbe
- Pamalee Labbe
- Barbara A. Hickey
- Sharon Meunier

- Yvette Griffin
- Connie Lewis-Hooker
- Calvin Hooker

OTHER PLACES

- Richard Totten, West Bath
- Peggy Woodslee, Bath
- Vicki Hurley, Freeport
- Martha Cushing, Bowdoinham
- Cecelia Hilyard, Bowdoin*
- Cynthia Fischer,

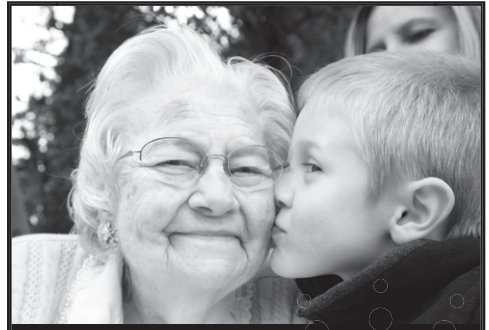
- Wiscasset
- Ray Letourneau, Lisbon Falls

- Marguerite Letourneau, Lisbon Falls
- Debra J. Fitts, Lyman
- Linda Robitaille, Bath
- Kug Mullin, Cumberland
- Bev Bevilacqua, Phippsburg
- Judy Gray, Bowdoinham
- Sara J. Barnes, Georgetown

- Carl Nida, New Gloucester
- Steven R. Thomas, Bowdoinham
- Alice Koroski, Lisbon Falls

LIFETIME MEMBERS

- Ernestine King, Topsham
- Robert A. Frost Jr., Topsham
- Dr. Ronald Kozlowski, Topsham



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Help with your e-reader

Have you recently purchased or received an e-reader, or other portable electronic device that allows you to read electronic books? Would you like to use your library card to borrow e-books from the library and download them directly to your e-reader, tablet, iPad or smartphone? Borrowing can be confusing because different models — Sony, Nook, Kindles, tablets and iPads — all have different requirements.

Join Curtis Memorial Library staff on Tuesday, April 9, at 1:30 p.m. at the People Plus Center to learn more. Use of

**Treworgy
art featured**

Paintings and prints by Brunswick artist Mary Alice Treworgy will be on display in the Union Street Gallery of People Plus through the months of March and April.

A painter since "kindergarten," Treworgy acknowledges she never wanted to do anything else. After graduating from the Massachusetts College of Art and Design with a major in advertising and product design, she worked as a commercial artist. Coming to Brunswick to raise her family, she audited advanced painting classes at Bowdoin College, and did graduate art work at The Maine College of Art and the University of Southern Maine.

In 2009, Treworgy won the Best of Show at the Brunswick Downtown Merchants Association outdoor art festival. Her work may be seen during regular business hours at the People Plus Center.



This Giclée print, titled "Park Row," is a reproduction of an original oil painting by Mary Alice Treworgy, completed in 1997. This image is of the back side of two 19th century buildings in downtown Brunswick. The building on the left and with the cupola is the Pejepscot Historical Society. A number of Treworgy's works will be on display at People Plus through April.

**Historical Society
seeking tour guides**

The Pejepscot Historical Society is now recruiting volunteer tour guides for the 2013 museum season. Host guides are need for both the Skiffhead-Whittier House museum, (a Victorian time capsule) on Park Row in Brunswick, and the Joshua L. Chamberlain Museum (longtime home to Maine's best-known Civil War hero), located on Brunswick's Maine Street.

If you are enthusiastic about local and Maine history, if you want to expand your knowledge of local and Maine history, and, if you would enjoy meeting people from all over the world, "we're looking for you," offered Rebecca Roche, manager of museum services.

To learn more call the historical society at 729-6606 or email info@pejepscothistorical.org.

IMPORTANT NOTICE

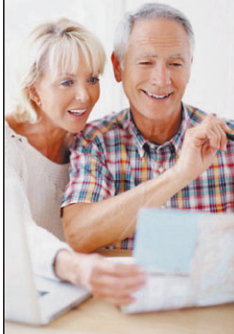
If you purchase Brunswick Explorer bus tickets or Transportation Coupon Program vouchers at People Plus, **PLEASE NOTE** that coupons will **ONLY** be available Tuesday and Thursday from noon to 4 p.m. and Wednesday from 9 a.m. to noon.

For more information on the voucher program, contact Michelle Manley at 207-594-2742.



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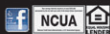
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