



Serving up gelato

People Plus board member Charles Frizzle serves up a dish of gelato and a smile during the fifth annual Gelato Fiasco Scoop-a-thon to benefit the Brunswick Teen Center. Business and entertainment was brisk all day long on April 24. Last year's event raised \$3,600, an amount expected to be exceeded this year.

MIA sets new record

Preliminary reports are in and it is apparent that the 11th annual Music in April gala held April 11 was a "huge success."
"I can't imagine how we could have done better," offered People Plus Executive Director Stacy V. Frizzle. "What a great return for a great effort."

With some bills left to be paid, and just a few auction items yet to be picked up and paid for, office manager Betsy White said net income from the one-night event would exceed \$34,000, and, "it appears we made nearly \$5,000 more than last year."

She added that income from both the live and silent auctions and the five-item raffle were better than they had ever been. Pledged donations to support

purchase of gas cards for drivers in the center's Volunteer Transportation Network were also near record levels, she added.

The 2013 event drew 23 table sponsors, and the massive buffet featured 23 area restaurants and food vendors. Musical entertainment again featured jazz guitarists Neil Lamb and David Lawlor, with a guest appearance by the Bowdoin College Community Gospel Choir.

"Once again," observed Frizzle, "volunteers came together in what has become a Brunswick tradition, and the People Plus Center has been richly supported."

Turn to page 6 for pictures of this event.

Volunteer salute planned

"Volunteers, volunteers, volunteers," cries Program and Outreach Coordinator Rebecca Banks enthusiastically. "These would we be without them?"

June has traditionally been the month when People Plus salutes its volunteers, and each May, we ask for nominations from membership for Volunteer of the Year, and other member salutations.

"This Center is built on volunteers," Banks said. "...Cooks, cleaners, drivers, receptionists,

See application, page 4

clerks, mailers, snow shovelers, gardeners, sales people, walkers, leaders, followers, artists... the worry is we might always forget someone, each time we build a list."

Banks estimated there are at least 300 to 350 members and friends of the Center who provide unduplicated volunteer tasks at People Plus. "That becomes thousands of hours donated, every year, just to make our Center, and our com-

munities, better places where we can all live."

Nomination forms for volunteer of the year are available at the People Plus information desk, or may be clipped from this paper. You may offer more than one name, with a brief reason for your nomination. You do not need to identify yourself. Nominations will cease on Friday, May 31, at 5 p.m., our formal reception will follow in June.

Don't forget to vote.

Chat looks at Wheeler's novellas

Two novellas by Topsham author Bonnie Wheeler are the subject for our May Author's Chat. "Without My Toothbrush" and "Mama's Pies" were recently published together in an inspirational little volume that will be featured at the Center on Wednesday, May 22, beginning at 2 p.m.

Wheeler is a staple in the Write On! writers group of People Plus. Born into a large country family in Hollis, Okla., her marriage to a Navy man caused her to travel over the United States and to "land" in Brunswick. She is the mother of three children, who she calls, "near perfect," and is the grandmother of eight children who "are perfect."

"Without My Toothbrush" and "Mama's Pies" will "make you laugh, and cry, make you angry and leave you inspired and happy," offered one recent reviewer.

"This is a book about us all, written by one among us," suggested Frank Connors, People Plus member services coordinator. "This is a Chat you won't want to miss."

Copies of the book will be available for sale, and Wheeler, who "loves a good show," will offer readings, advice and signings.

Come early for a good seat, this one will be hosted in the main hall. Thank you for calling 729-0757 to let us know you are attending.



Electrician Frank Hilton of Wirenuts Inc. of Harpswell, right, gets a boost from Brunswick Fire Department's Tower One truck last month to finally install a light to illuminate the center's flagpole. More details, page 2.



What's Silas doing?

Find out on page 11.

WHAT'S FOR LUNCH?

See page 7 to find out.

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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'Humbled by the outpouring of support'

As I write this, I'm standing in The Gelato Fiasco shop in downtown Brunswick. Once again I am amazed by the outpouring of community support that our organization receives.

There are probably 30 or 40 people in this building right now all of whom are here to support the Teen Center program in some capacity, either by spending money to buy gelato or coffee or by scooping as celebrity scoopers or staff. Last year this event earned \$3,600 for the Teen Center program and I expect we will do even better this year.

Tony Sachs, the owner of the Big Top Deli who serves on the Teen Center Advisory Committee, had a great idea of asking local area businesses to sponsor this event. Nine of the local businesses came in at the \$200 level and so before we even opened the door on April 24 this event had already brought in \$1,800!

April is a major fund-raising month at People Plus. We had an incredibly suc-

From the Executive Director

STACY V. FRIZZLE



cessful 11th Music In April on April 11 and raised more than \$34,000. That is a record-breaking event bringing in \$5,000 more than it did last year. It just would not have been possible without the fabulous organizing committee made up of O Jeanne d'Arc Mayo, Alison Harris, Lennie Burke, Ann Frey, Vivian Anna, Corie Washow, and Chris Toole. Those ladies and gentlemen organized, planned, decorated, enlisted restaurants, folded napkins, sent invitations, coordinated auctions, and so much more to make our wonderful annual gala a tremendous success.

Our faithful staff at People Plus was an intrinsic part of that process as well. Frank, Rebecca and Betsy, along with Glady and her team of wonderful volunteers again created an event like none other in Brunswick.

I am, as always, humbled by the outpouring of support for this organization.

We truly could not do it without each and every one of you as you all support us in some way or another. We have more than 100 comment cards ready for Susan Wilson and the Town Council that show support for our increased budget request. Please keep filling out these cards for us, folks; it's going to make a difference. I just know it!

Thank you so much to all of the local area businesses, restaurants, members and committee volunteers who help us make People Plus the center that builds community.

From Anita's Plate

ANITA HUEY



To deal with diabetes

It has been a busy month. I continue to be amazed by all the activity and work that is done by the people who work and volunteer at People Plus. I attended the women's breakfast and met some great ladies. I volunteered at the auction and saw first hand, what a great event it is.

Next week I will conclude my first four-part Weight Management series. Six people have attended the sessions and have asked that we continue to meet twice a month. My practice for individual nutrition counseling continues to grow. Next month I will hold two classes:

— May 22: Nutrition Essentials for People with Pre-diabetes, from 11 a.m. to 12:30 p.m. Have you been told you have pre-diabetes? Do you want to prevent diabetes? This class will include carbohydrate counting, tips for dining out, label reading, combination of food, sample food and a walk (optional).

Sweet Potato Quesadilla

Serves 2

Ingredients:

- 1 baked sweet potato (previously cooked)
- 1 cooked chicken breast, cut up
- 2 whole wheat tortilla (like fiber one)
- 1/2 cup low sodium canned black beans (rinsed and drained)
- 1/2 t cumin
- 1/2 t chili powder
- 2 t lime juice
- 1/2 cup salsa
- 1 Tb. low fat sour cream (optional)
- 1 Tb. chopped fresh cilantro (optional)
- 2 teaspoons olive oil

Directions:

1. Take the sweet potato out of the skin and place in a bowl. Mash with a fork.
2. Add chicken, black beans, cumin, chili powder and lime juice to the bowl with the sweet potato and mix.
3. Spread the mixture, evenly, on



each tortilla. Fold in half.

4. Heat olive oil in a skillet over medium heat. Place the quesadillas in the skillet and brown on both sides. Serve them topped with salsa, low fat sour cream and cilantro.

Nutrition information per quesadilla:

Calories 300, fat 8.3 grams, carbohydrate 40 grams, fiber 10 grams, sodium 250 milligrams

Note: Many people rely on packaged or frozen food which can be high in sodium and fat and provide limited nutrition. I like to help people plan quick meals that are delicious and nutritious. On a previous day, bake an extra sweet potato and chicken breast and follow this recipe for a very quick meal.

— May 29: Nutrition Essentials for People with Diabetes, from 11 a.m. to 12:30 p.m. Do you want to better manage your diabetes? Learn more about carbohydrate counting, taking medications, label reading and checking blood glucose. Sample food will be provided and an optional walk will be available.

Sign up at the front desk. Fee is \$10 per class for members; \$15 for nonmembers.

See you next month. Keep in mind ... small steps ... to success.

Anita Huey operates Everyday Nutrition Associates, LLC from People Plus.

Lighting the flagpole

By FRANK CONNORS

The nearly two dozen veterans and family members who contributed money to a fund to provide night lighting for the flagpole at the Union Street site of People Plus can take credit for a job well done. On April 8, after more than six months of discussion, planning, procrastinating and fund raising, the flag was lit for the first time.

Credit goes to veteran and center member Rudi Smith, who dropped in the center one day last fall and

pointed out, "it's not right or legal," to leave an American flag flying overnight without proper lighting.

When he was told there was no money not even a budget line, for outside lighting, Smith smiled, gave us \$20 and said, "let's start one." Before he went on winter vacation, he came back to the center and presented us with the light fixture we would need to finish the project.

The lighting project was discussed at several meetings and men's breakfasts. Frank Hilton of Wirenuts

electrical services in Harpswell volunteered as an electrician, and the Brunswick Fire Department volunteered the use of Tower One for the project, saving us nearly \$200 over the cost of a mechanical lift. "What a wonderful example of a member-driven project that improves our center and builds pride for us all," observed center Executive Director Stacy V. Frizzle.

Smith nodded his satisfaction with the job, and hinted at "searching around" for a new project.

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A Springtime Farewell

By CHARLOTTE HART

His words were few but memorable.
His smile was shy but warm.
At sunset he saw peach colored clouds.
He painted skies at dawn.
Serving the hungry, donating sweet time,
Finding joy in menagerie barking.
Tending bountiful gardens, strolling the streets
For sounds of the seasons harking.
He chose to leave his well-trod streets.
He is gone in the spring of the year.
He served small multitudes with gentle care.
Now with sadness his memory is dear.

The following two poems were penned by Doug Palmer, who died unexpectedly on March 10.

(Untitled)

It is time to sleep now
To lie beneath the yellow moon
To let the peace of night
Release me from worldly care
And coarse light of the day.
Having no fear of another
To waken me, to bring me back
Or meet me on this side of
I walk through fields of peaceful dreams
And kneel beside a flowing stream
To banish memory and lost youth.
Though night will pass and day
will come
Here I wait till morning light
Does waken me from forgetful dream
And I return to cares of life.

Daffodil

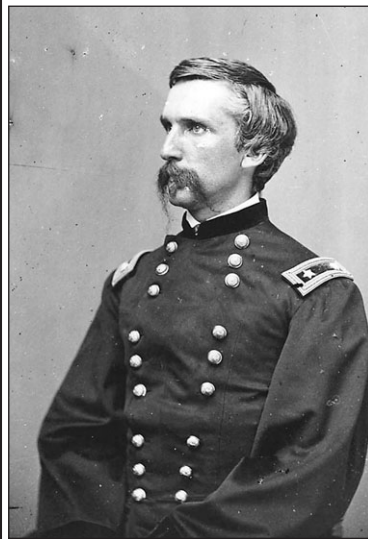
When winter's wind has ceased to blow
And the land has lost its snow
A spray bright flower of freshest spring
In beauty having everything
Sweet daffodil with cup of yellow
O, what a happy, cheerful fellow!
Yours is the bloom that shall be mine
When in spring you come to shine
And I see your glowing face
Beyond the goldsmith's fashioned grace

The Messenger

By PAKI "PATTY" SPARKS

Red breasted robin
Black eyes upon me glaring
Pose ... on hues of spring

May is the month when anything is possible.



Fondly recalled ...

The Gen. Joshua L. Chamberlain home and museum, Maine Street in Brunswick, will be open free of charge to residents of Brunswick, Topsham and Harpswell on Saturday, May 18, to salute National Historic Preservation month. I'm sure we all remember the general was a hero of the Civil War, governor of Maine and a president of Bowdoin College. His home has been lovingly, and correctly preserved and restored by the Pejepscot Historical Society. **If you have old photos of the area to share with readers of the People Plus News, please contact Frank Connors at 729-0757**

Spring! Sprang! Sprung!

(MOSTLY BY BOB DOW)

"Well, spring has sprung;
The grass has riz!"
Now, I don't know
Whose words these is.
It has been slow,
As you well know,
But spring will come,
Well, so say some.

It may not be
What we can see
Around us now
But will somehow!

Until it does
Just wear your gloves
And hat as well?
On warmer thoughts we'll dwell.

The Sands of Time

By PAUL KARWOWSKI

There's a family tradition we follow
when someone close has died
To honor that special someone
with the changing of the tide.

We carve each letter carefully
with a gentle loving hand,
Spelling out our loved one's name

in the smoothness of the sand.

We reminisce about the good times
and chats over a cup of tea
As we sit along the water's edge
to watch the rising of the sea

As it slowly reclaims each letter,
embracing a new start,
But it won't erase the memories
we hold dearly in our hearts.



Morning Serenity

By GLADYS SZABO

Morning sun
Pouring its brilliancy
Over my bed,
Smothering my body
With its warmth,
My cat, Sunny,
Snuggling,
Sharing butterfly kisses
Upon my face,
My dog, Noel

Lodged tight
Against my curved knees.
The quietness of the house
Bestows a peacefulness
Unlike most mornings,
My lids cover my eyes
Delighting in the serenity
Of the moment
As I thank God
For this rare moment in time!

Goat Babies

By BETTY KING

The goat babies enter the outside world
Like twin bits of damp rag, wet,
cold, feeble —
Can these small creatures live?
They rise and totter, long legs buckle under them
The will to walk defeated twenty times
In the first half hour:

They drop exhausted and lie like wet leaves
I open the pen to do the milking. At the sound of the latch they are up again.
After three days they are battling, knocking each other Down, leaping like crickets, ears streaming behind, Banners of victory.

Driftwood

By RUTH FOEHRING

Driftwood lying on the beach
Gnarled, pounded, large and small,
Tan, white, black or bleached,
Unique gypsy travelers all.
Beaten and sculpted by the hands of the sea
Pounded by roaring waves that crest,
Molded and chiseled, moving triumphantly,

They reach the sand to finally rest.
The tide changes; the sand feels its guests move
It is time for many to take on a new quest.
A new adventure awaits for those who approve,
The waves run to catch them; they do not protest.

Kindness

By BONNIE WHEELER

The world needs people who are kind.
Starting this day, let your light so shine,
That it energizes those in front,
and guides those behind.

Sunrise

By BONNIE WHEELER

There is a dark cloud over our world
Hate and fear fill the rushing winds and tides.
Together in prayer, humbling our souls —
God will send the sunshine, as He once sent his Son



Senior Intermediate Cribbage

- March 27: Bart King, 711; Lorraine LaRoche, 708; Colleen Petrin, 686; Bob Foehring and Lois Fournier, (tied) 685.
- April 3: Anita Owens, (perfect score) 726; Nancy Lafely, 708; Tim Owens, 705; Patricia Johnson, 698; Bob Mehlhorn, 688.
- April 10: Darryl Wood, (perfect Score) 726; Dick LaPointe, 712; Gerry LaRoche and Bob Mehlhorn, (tied) 708.
- April 17: Lorraine LaRoche, 725; Richard Tomko, 720; Dick LaPointe, 709; Bart King, 708; Joe Tonely, 703.

Monday-Saturday Bridge

March 18: John Parker; Bill

- Buermeyer, Lorraine LaRoche.
- March 23: Donna Burch, Richard Fotten, Martha Cushing.
- March 25: Bill Buermeyer, Mary Lou Cobb
- March 30: Bill Buermeyer, Bill Washington, Sherry Watson, Dave Bracy
- April 1: Dave Bracy, Cecil Eldredge, Lorraine LaRoche.
- April 6: Cecil Eldredge, Martha Cushing, Lorraine LaRoche, Donna Burch.
- April 8: Frank Wicks, Lorraine LaRoche, Mary O'Connell, Virginia Donhoff.
- April 13: Lorraine Muller, Richard Fotten, Lorraine LaRoche, Donna Burch.
- April 15: Cecil Eldredge, Gladys Totten, Bill Washington.

May is magnificent at People Plus

The Basics of Ballroom Dancing

This class starts on Tuesday, May 7, at 7 p.m. and runs every Tuesday in May. The cost is \$45 for members and \$65 for nonmembers, with a couples discounted rate of \$80 for members and \$120 for nonmembers.

Do you enjoy music? Interested in learning a new challenge? Ballroom and social dance lessons are a wonderful way to have fun and experience low-impact fitness.

Class runs from 7 to 8 p.m. Basics of Ballroom will cover the basic steps, patterns and music of styles ranging from East Coast Swing and Merengue to Mambo and more. Instructor Elizabeth Hasckel is DVIDA-certified. Taking this experience, she adapted the footwork into a curriculum better understood by beginner dancers. Every day she likes to encourage people that dance isn't just for ballerinas.

Make sure to bring your favorite song to class if you'd like to dance to it. For more information, or to register, contact the Center at 729-0757.

Apple Club

Would you like to learn more about your iPhone/iPad/iTouch? Would you like to know how the many apps you have heard about can help enhance and organize your life?

A group of i users sharing information. Monday, May 6, at 11 a.m. This group normally meets on the second and

fourth Monday of each month, but will only meet once in May.

Participants share knowledge, ask questions and find answers to the wonderful world of i devices. No experience is necessary, but the club is only open to People Plus members.

Please register at the Center in advance by calling 729-0757.

Computer Tutor with Jack Hudson

Spring Cleaning Your Computer! Manage Your Files and More! Tuesday, May 7, at 10 a.m. PLEASE NOTE: We have changed the format of this program to a two-hour session, rather than two, one-hour sessions.

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

Register by calling 729-0757. Advance registration is required.

Welcome to Medicare with Spectrum Generations

Tuesday, May 14 at 12:30 p.m.

Have you or someone you know tried to wade through the Medicare insurance system and found it confusing? Do you just wish there were 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 designed 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.

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 in advance by calling the Center at 729-0757.

Building Better Money Habits with Carrie Barnett from Bank of America

Wednesday, May 15, at 2:30 p.m.

Join us as Carrie Barnett walks us through the many available tools to help YOU build better money habits. This is open to members. For more information, call contact the Center and please register in advance.

Nutrition Essentials series

— Nutrition Essentials for People with Pre-diabetes, May 22, 11 a.m. to 12:30 p.m.

Do you want to prevent the onset of diabetes? If so, this class is for you. We will provide you will the information to help you make changes in your food intake and physical activity that can help decrease your blood sugar. This class will discuss carbohydrates, combinations of food, label reading and dining

out. The session will include a walk that is encouraged but not required.

— Nutrition Essentials for People with Diabetes, May 29, 11 a.m. to 12:30 p.m.

This class will help people learn skills to help better control their diabetes. Discussion will include a nutrition plan, label reading, dining out, problem solving and taking medications. The session will include a walk that is encouraged but not required.

The cost for each session is \$10 for members and \$15 for nonmembers.

Sign up at 729-0757. There must be three people registered for class to take place.

How To Build A Better Bookclub, with Sarah Brown and Curtis Memorial Library

Tuesday, May 14 at 2 p.m.

A story is always better if you have someone to share it with. Book discussion groups are a great way to communicate with friends and meet new people while exploring and discussing books. In this fun and informal presentation, Sarah Brown, adult services manager at Curtis Memorial Library, will:

- discuss the benefits of books groups
- provide tips on finding, starting, and organizing a book group
- offer criteria for choosing discussable books
- share resources for author information and discussion guides
- share helpful hints for leading and managing discussions
- offer tips on how to promote a lively conversation in your book club

Shoulders! A Conversation and Stretches, with Head to Toe PT and Dr. Guistra

Join Dr. Guistra on Wednesday, May 22, at 1 p.m., as he describes everything you want to know about your shoulder. Head to Toe Physical Therapy will supplement his discussion with stretches and therapy that supports healthy shoulders.

Head to Toe is a locally owned and operated outpatient PT clinic with locations in Topsham and Lewiston. They specialize in manual and aquatic therapy.

At Head to Toe Physical Therapy we "treat the individual, not just the injury," which has proven time and again to be the key to wellness.

Please recycle this newspaper.

Puzzles galore!

We've added a good selection to our lending library in the café. Come and get 'em.



2013 VOLUNTEER OF THE YEAR 2013

Nominate a dependable and caring volunteer who has given regularly and represents the mission of People Plus.

Use this form, complete one at the Center, or call 729-0757 to cast your vote for Volunteer of the Year.

Name: _____

Why you are nominating this person: _____

The winner will be announced at your Volunteer Celebration in June.

First Parish Church and The Adams Society with support from the Maine Humanities Council are pleased to present

HARRIET BEECHER STOWE: A Literary Soldier

written and performed by Elizabeth Davidson

Sunday, May 5, 2013 - 12:00 noon
in the historic sanctuary of First Parish Church, Brunswick, Maine

with discussion to follow led by Tess Chhabalkal, Associate Professor of Africana Studies and English, Bowdoin College

Free and open to the public

Co-sponsored by Friends of Bowdoin College, Thornton Oads and People Plus Center.

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MAY 2013 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PEOPLE PLUS NEWS & VIEWS</p> <p>SPECIAL GUEST ANITA HUEY nutrition specialist</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 Harnswell Community Television viewed online at anytime: vimeo.com/harnswelltv</p>	<p>8:30 AM WOMEN'S BREAKFAST</p> <p>8:45 AM Inter. Cribbage</p> <p>9:00 AM Loosen Up!</p> <p>10:00 AM Table Tennis</p> <p>12:30 PM Advanced Tai Chi</p> <p>1:00 PM Writer's Group</p> <p>3:30 PM Teens First</p>	<p>9:00 AM Table Tennis</p> <p>10:00 AM Art II</p> <p>2:00 PM World A airs</p> <p>5:00 PM Yoga</p> <p>6:00 PM Beg. line dancing</p> <p>6:00 PM Course in Miracles</p> <p>7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen Up!</p> <p>10:00 AM Table Tennis</p> <p>12:30 PM Beginning Tai Chi Brunswick</p>	<p>10:00 AM Bridge</p>
<p>9:00 AM Loosen Up!</p> <p>9:00 AM Crafters</p> <p>10:00 AM Yoga</p> <p>11:00 AM Apple Club</p> <p>11:00 AM Chair yoga</p> <p>11:00 AM Table Tennis</p> <p>12:00 PM Bridge</p> <p>6:00 PM Belly dancing</p>	<p>9:00 AM Table Tennis</p> <p>10:00 AM Computer tutor</p> <p>10:00 AM Art I</p> <p>10:30 AM Table Tennis practice</p> <p>1:00 PM Quilting Club</p> <p>3:00 PM Alzheimer's Association meeting</p> <p>7:00 PM Basics of Ballroom Dancing</p>	<p>8:00 AM MEN'S BREAKFAST</p> <p>8:45 AM Inter. Cribbage</p> <p>9:00 AM Loosen Up!</p> <p>10:00 AM Table Tennis</p> <p>12:30 PM Advanced Tai Chi</p> <p>1:00 PM Writer's Group</p> <p>3:30 PM Teens First</p> <p>4:30 PM TCAC meeting</p>	<p>9:00 AM Table Tennis</p> <p>10:00 AM Art II</p> <p>2:00 PM World A airs</p> <p>5:00 PM Yoga</p> <p>6:00 PM Beg. line dancing</p> <p>6:00 PM Course in Miracles</p> <p>7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen Up!</p> <p>10:00 AM Table Tennis</p> <p>12:30 PM Beginning Tai Chi</p> <p>1:30 PM Oligong</p> <p>6:30 PM Folk Dance Brunswick</p>	<p>10:00 AM Bridge</p>
<p>9:00 AM Loosen Up!</p> <p>9:00 AM Crafters</p> <p>10:00 AM Yoga</p> <p>11:00 AM Chair yoga</p> <p>11:00 AM Table Tennis</p> <p>12:00 PM Bridge</p> <p>6:00 PM Belly dancing</p>	<p>9:00 AM Table Tennis</p> <p>10:00 AM Art I</p> <p>10:30 AM Table Tennis practice</p> <p>11:30 AM LUNCH OUT!</p> <p>12:30 PM WELCOME to Medicare</p> <p>2:00 PM How to Build a Better Bookclub</p> <p>7:00 PM Basics of Ballroom Dancing</p>	<p>8:45 AM Inter. Cribbage</p> <p>9:00 AM Loosen Up!</p> <p>10:00 AM Table Tennis</p> <p>12:30 PM Advanced Tai Chi</p> <p>1:00 PM Writer's Group</p> <p>2:30 PM Building Better Money Habits</p> <p>3:30 PM Teens First</p>	<p>10:00 AM Art II</p> <p>11:30 AM BP Clinic</p> <p>12:00 PM LUNCH & CONNECTIONS</p> <p>2:00 PM World A airs</p> <p>5:00 PM Yoga</p> <p>6:00 PM Course in Miracles</p> <p>6:00 PM Beg. line dancing</p> <p>7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen Up!</p> <p>10:00 AM Table Tennis</p> <p>12:30 PM Beginning Tai Chi</p> <p>1:30 PM Oligong</p> <p>6:30 PM Folk Dance Brunswick</p>	<p>10:00 AM Bridge</p>
<p>9:00 AM Loosen Up!</p> <p>9:00 AM Crafters</p> <p>10:00 AM Yoga</p> <p>11:00 AM Chair yoga</p> <p>11:00 AM Table Tennis</p> <p>12:00 PM Bridge</p> <p>6:00 PM Belly dancing</p> <p>6:30 PM Civil War Book Club</p>	<p>9:00 AM Table Tennis</p> <p>10:00 AM Art I</p> <p>10:30 AM Table Tennis practice</p> <p>1:00 PM Quilting Club</p> <p>7:00 PM Basics of Ballroom Dancing</p>	<p>8:45 AM Inter. Cribbage</p> <p>9:00 AM Loosen Up!</p> <p>10:00 AM Table Tennis</p> <p>11:00 AM Pre-Diabetes Essentials</p> <p>12:30 PM Advanced Tai Chi</p> <p>1:00 PM Shoulder talk</p> <p>1:00 PM Writer's Group</p> <p>2:00 PM Author's Chat</p> <p>3:30 PM Teens First</p>	<p>9:00 AM Table Tennis</p> <p>10:00 AM Art II</p> <p>5:00 PM Yoga</p> <p>6:00 PM Course in Miracles</p> <p>6:00 PM Beg. line dancing</p> <p>7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen Up!</p> <p>10:00 AM Table Tennis</p> <p>12:30 PM Beginning Tai Chi</p> <p>1:30 PM Oligong</p> <p>6:30 PM Folk Dance Brunswick</p>	<p>10:00 AM Bridge</p>
<p>27 Memorial Day</p> <p>Center is closed</p>	<p>9:00 AM Table Tennis</p> <p>10:00 AM Art I</p> <p>10:30 AM Table Tennis practice</p> <p>2:30 PM CAFE en FRANCAIS</p> <p>7:00 PM Basics of Ballroom Dancing</p>	<p>8:45 AM Inter. Cribbage</p> <p>9:00 AM Loosen Up!</p> <p>10:00 AM Table Tennis</p> <p>11:00 AM Diabetes Essentials</p> <p>12:30 PM Advanced Tai Chi</p> <p>1:00 PM Writer's Group</p> <p>3:30 PM Teens First</p>	<p>9:00 AM Table Tennis</p> <p>10:00 AM Art II</p> <p>5:00 PM Yoga</p> <p>6:00 PM Beg. line dancing</p> <p>6:00 PM Course in Miracles</p> <p>7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen Up!</p> <p>10:00 AM Table Tennis</p> <p>12:30 PM Beginning Tai Chi</p> <p>1:30 PM Oligong</p> <p>6:30 PM Folk Dance Brunswick</p>	<p>Teen Center</p> <p>Monday, Tuesday and Thursday</p> <p>2:30-5:30 PM</p>

Quilters needed for global ministry; first Quilt-A-Thon set May 18

"What would give you immediate warmth and comfort if your home were destroyed or your family forced to flee violence and civil war? For many people around the globe, the answer is "a quilt."


Quilts can be used as a baby carrier tied around a mother's back; they can serve as a market display spread on the ground and piled with vegetables. Quilts serve as a sack for transporting goods to market, as a sunshade, a shawl, and most importantly as a constant reminder that someone far away cares a lot.

Quilts are among the most requested item at Lutheran Disaster Relief and this year the organization has challenged congregations to make 500,000 quilts for use here and abroad. You can help answer that call. Good Shepherd Lutheran Church, 330 Maine St., Brunswick (near Parkview Adventist

Medical Center), invites you to its first Quilt-A-Thon on May 18 from 9 to 11:30 a.m. All materials will be provided and there are jobs for every skill level.

Men and women are welcome to help as we create warm, beautiful quilts to help others. In order to provide the appropriate amount of materials (and snacks), interested persons are asked to call the church office at 725-6561 to register or to request additional information.

Reiki treatments are given at the Center.



Call 729-0757 for appointments.

AARP class offered at Thornton Oaks

BRUNSWICK — An AARP Safe Driver Class will be offered Thursday, May 16, from 8:30 a.m. to 12:30 p.m. at Thornton Oaks Retirement Community, 25 Thornton Way.

This four-hour classroom course teaches safe driving techniques. All participants will receive a completion certificate.

Advance registration is required and may be made by calling the class instructor, Joe Hahn, at 751-9364. Cost for the course is \$14; AARP members

pay \$12. Pay at first class with cash or a check made out to AARP.

This program is designed for drivers over the age 50. For those over 55, Maine state law requires that insurance companies provide a suitable discount for those who complete the course.

Thornton Oaks Retirement Community, a homeowners cooperative, includes 46 private homes and 96 apartments nestled on 29 wooded acres in Brunswick. Thornton Oaks is an affiliate of Mid Coast Health Services.

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Thanks again, one more time

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- The Great Impasta
- Hannaford's
- Henry & Marty
- Lemongrass
- Oceanview at Falmouth
- Richard's German-American
- Riverview Farm
- Run with Soup
- People Plus Kitchen Crew
- Scarlet Begonia's
- Shaw's
- Tavern at Brunswick Station
- Trattoria Athena
- Wicked Joe Coffee
- Wild Duck Pub at Highland Green
- Wild Oats Bakery

11th
 annual
M
 Music
I
 In
A
 April



Sampling the evening

Nearly 250 guests packed the Knights of Columbus Hall on April 11 for the 11th annual Music in April gala.

AT TOP: The hall is all decked out in spectacular fashion.

ABOVE RIGHT: Mia Clark mastered raffle ticket sales and brought that function to a record-setting total.

ABOVE LEFT: Suzanne Krauss-Bailey wins Gail Ripa's notecards in the silent auction.

AT LEFT: Lois Skillins displays one of the evening auction treasures, a wooden bowl crafted by Bob Morrell from a Bowdoin College sugar maple.

People ^{Plus!}	100
	90
	80
	70
	60
	50
	40
	30
	20
	10
0	
Annual Fund Goal	
\$53,000	
Raised through April 22	
\$44,671	
Fiscal year ends June 30	
Your donation of \$25 or more in "New Money" contributes to a 100 percent challenge match of Richard Morrell, to a maximum of \$5,000.	
Every donation matters. 84.3	

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Thursday Hikers explore a tip of Maine at Hermit Island in Small Point, Phippsburg. Watch for a list of "virtual walks" in coming editions. DAVID SELECK PHOTO

'Shades of Ireland' trip set

"Shades of Ireland," a 10-day, 13-meal, luxury tour of the Emerald Isle will leave Boston on Oct. 27, 2013, and the People Plus Center has reserved a place for you! On April 17, Bryan Towler of Collette Travel entertained nearly two dozen prospective travelers with pictures, details and travel tips, and reminded them they have until May 8, to take advantage of an introductory offer that saves them \$250 off the price of the trip.

The tour leaves Boston, flying overnight to arrive in the Irish capital of Dublin, and the real start of your tour. You would visit St. Patrick's Cathedral, find out why Dublin is called the "fair

City," visit a sampling of the city's Georgian town houses, shop, and end the day with a traditional fun-filled Irish evening. Next you'll visit Kilkenny and Waterford, the Waterford crystal glass company and museums, and enjoy a leisurely paced walking tour of the city.

The next day you'll visit the historic Blarney Castle, have your own chance to kiss the famous Blarney stone and tour the Muckross house and gardens. On day six you ride spectacular coast lines including the Rink of Kerry, the Gap of Dunloe, and see the spectacular "Ladies View."

Before the trip ends, you visit Galway, see the stunning 700-foot

cliffs of Moher, spend time in Limerick, Tullamore and Kingscourt. You'll visit an Irish dairy farm, and have ample time to shop on your own or spend a little time looking up ancestors.

The regular rate for double occupancy is \$3,199 per person, single rate is \$3,599. Air fare from Boston is included, of course, and in most cases, you will be driven to Logan airport by coach. There are 16 seats reserved for members of People Plus until May 28; no more than 55 people will be booked for this tour. For an informative, full-color brochure and more information, contact Frank Connors at the Center; 729-0757.

Lunch & Connections

Serving up spaghetti and meatballs in May

Spaghetti and meatballs will be featured at our Thursday, May 16, Lunch and Connections Luncheon.

"This Center used to be famous for its member nights and its spaghetti suppers," Frank Connors, the unofficial chef at People Plus, explained. "We've had a great run of sellout dinners, we just decided it was time to step back and put it all on the line. Madeleine Ashe, Rose Collins and Gladys Szabo just never let me down," he added. "I know this will be nice one."

Connors promised a rich, tomato-based spaghetti sauce, loaded with meatballs enough for everyone. He said there would be a meatless sauce "for our vegetarian friends," and dessert in May, as has become our custom, will be thick and taste-filled serving of fresh, strawberry-rhubarb crisp, topped off with a knob of vanilla ice cream.

There will be a fresh, lightly-dressed green garden salad for everyone, fresh or garlic breads, and hot coffee, tea and milk and fruit juices available.

Our monthly Lunch and Connections meals are underwritten by Spectrum Generations, and focus on nutrition, information and variety. A CHANS home-health care professional is always on hand in the cafe, offering free blood pressure testing, and our volunteers are always selling 50/50 raffle tickets.

Come at 11:30 a.m. to get a good seat, and to register for one of our several free door prizes. Seating is limited to 60 people, so reservations are necessary. Please call 729-0757 to reserve your seat.

Cost to members is still only \$5, and nonmembers pay \$7.50. Lunch is served at noon.



We see
life's next
chapter

and a
family
struggling
to write it.

Life's toughest decisions are about our loved ones. From primary care to senior services, it's our vision to provide you with options and the comfort and encouragement to help you choose. **Our community. Our health.**



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Harpswell bandstand to be dedicated

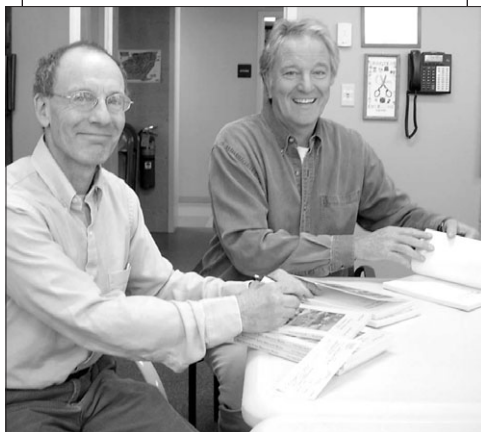
The dedication program for the bandstand at Harpswell's Mitchell Field will be held on Father's Day, June 16, at 2 p.m. A feature of the festivities will be a concert by the newly organized Harpswell Concert Band, whose sole mission is to play for this dedication, and for future concerts at the bandstand.

The band is under the direction of Robert S. Modr.

The bandstand committee and volunteers, under the supervision of Dan Huber, has begun a series of workdays at Mitchell Field, with a goal of completing the project before June 1. So far this spring, the arches have been covered, the ceiling trim is complete, and some lighting projects have been finished.

The committee is still taking orders for commemorative bricks, and all engraved bricks ordered after April 15 will be installed in the spring of 2014. Students from Maine Vocational Region 10 school, under the supervision of their instructor, Marcel Giroux, will be laying brick at the site during the first weeks of May. Anyone interested in volunteering for this project should call Dan Huber at 883-6762. For more information and for pictures of the bandstand, visit www.harpsswellbandstand.org.

A summer concert series by the Harpswell Concert Band is being planned for every Thursday evening, beginning June 20, from 6 to 8 p.m.



Exploring Midcoast nature

Authors Kyrill Schabert, left, and Tony Oppersdorff, who co-wrote the book "Best Nature Sites of Midcoast Maine," presented photos and lecture at People Plus on April 17. The book features dozens of "secret places" for people to tour, explore and study nature along Route 1 from Brunswick to Belfast.

A chiropractor should be part of your wellness team!



Dr. Jeffrey S. Sloucm

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 Sloucm Chiropractic Wellness Center 207-725-4222 and mention this article, my team will schedule your complimentary consultation at your convenience.

To Your health,
Dr. Jeffrey S. Sloucm



Pausing for a moment

Fifty-four members from People Plus and the Bath Area Senior Citizens Center rode to Boston April 23 on the Amtrak Downeaster for a day of shopping and touring. They encountered several makeshift memorials marking the attack on the Boston Marathon, including this candle memorial at the base of the Paul Revere statue in front of the Old North Church.

Join the 'Rat Pack' May 30

"The Rat Pack is Back," is scheduled to be the first show of our 2013 summer theater experience. If you love the music, and antics, of the legendary Frank Sinatra, Dean Martin, Sammy Davis Jr., and Joey Bishop, then this is a show not to be missed.

Trip coordinator Millie Ackley reports, "We have reserved a block of seats at the Ogunquit Playhouse for Thursday May 30, for the 2:30 p.m. matinee, and the little yellow bus is revving up and making ready to go. If we get 50 people to sign up, the price will be reduced by \$5, so bring along a friend!"

Ticket price, including transportation, is \$60 for members of the Bath Area

Senior Citizens Center, the People Plus Center and the Merrymeeters of Topsham, and \$65 for nonmembers.

Lunch is on your own at the "Egg & I" is scheduled for before the show. Ackley promises, "prices are reasonable, service is quick and courteous, and you just might run into a performer or two over lunch!"

A minimum deposit of \$30 is required when you sign up at the Bath Center on Floral Street, Bath. Bus leaves the Bath center at 10:45 a.m., and picks up at the Topsham Home Depot Park & Ride at 11 a.m. For more information and to register, call 443-4837.

Retired teachers to meet May 8 at the Bounty

The Mid-Coast Retired Educators Association will meet Wednesday, May 8, at the Bounty Restaurant at the Holiday Inn in Bath. The social time is from 10:30 to 11 a.m. followed by the meeting and program. Kate Bracher will be sharing information on astronomy.

The luncheon will be at 12:15 p.m. The FUNdraiser for the meeting is called "Good

Stuff Raffle," with all proceeds going to scholarships given to seniors at Morse, Mt. Ararat and Brunswick high schools.

The association was organized in 1954 and is open to anyone who has served as an educator and is living in the area. Additional information may be obtained from President Corley Anne Byras at 666-3922.

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Living

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

Come join us for lunch!

May 10th @ 11:30 Little Caesars Pizza Party

May 17th @11:30 Henry and Marty Restaurant and Catering

Come join us for great food, great fun, great information,
 and great company!

Call 729-0475 to make a reservation- seating is limited to 30!

Healing Arts - April Joy Purinton, Harpswell Healing Arts, is an ABMP certified, licensed Massage Therapist and Polarity practitioner. Offering \$39 for an hour long massage. Call for an appointment. 729-0475



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

Men's Cribbage, Every Monday at 1 pm. Drop in and grab some coffee. Relaxed, social cribbage games are the order of the day. It's fun.

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 on **May 28th**. Reserve by calling 729-8571.



Parkview Speaks - Friday, May 17th at noon, this months topic is "I've fallen, but I can get up". Jeff Emde from the Parkview Rehab dept will be there to speak about falls, how to prevent them, and how to get up from them.



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! Trip includes site seeing in Calgary, Jasper, Vancouver and three days in Banff. FMI (207) 729-0475
This eight day trip is not to be missed!



Spectrum Generations can help you be safer at home:

Spectrum Generations offers emergency response systems, File of Life, health activities, classes for coping with pain and chronic conditions, and caregiving support. We also offer home safety evaluations, care management, personal care, and resources. Please call our helpline for more information at **1.800.639.1553** Monday through Friday from 8:00-4:30.

Call today - plan for your future!

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? 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 Patterson 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. Unfortunately, there is currently a waiting list for Meals on Wheels, call 729-0475 today learn about our Catered Meals option!

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.

PROUD TO PARTNER WITH PEOPLE PLUS

Memberships make our base

In our annual letter to members for renewals, we talk about each individual membership being a "BRICK" in the "foundation upon which our center is built."

One of the things that make our People Plus Center unique and special is the fact we really are a LOCAL organization. We actually do have annual individual memberships, renewable once each year, that do total right around 1,000 people. Did you know that makes us one of the largest, member-based nonprofits in Maine? With that \$25 check you send each year, whether you use the Center daily, weekly, monthly or only on very special occasions, you are maintaining "stock" in this very personal, very unique business that is People Plus. In another sense, you offer a "vote," because every time you come through our door — for a computer class, a wellness activity, a meal, a game of cards, or table tennis, or just to volunteer or say "hi" — you are telling us what is important in your life. Thanks for your support, thanks for helping out — "thanks for being you." We just don't ever seem to say that enough!

Remember always to show your membership card proudly at area businesses, and you could save money each day. Many local organizations, including advertisers in the People Plus News, and the following listing, are delighted to offer special discounts to members and friends of your People Plus Center:

- Beauty Salons/Skin Care**
- Reflections:** 10%, Monday-Friday
2 Center St., Brunswick
729-8028, www.reflectionsbylucie.com
- Candy**
- Wilbur's of Maine:** 10%, Anytime

PEOPLE PLUS MEMBERSHIP

Date _____

PLEASE PRINT

1. Name _____ (LAST) _____ (FIRST) Phone _____ Birthdate _____

2. Name _____ (LAST) _____ (FIRST) Phone _____ Birthdate _____

Mailing Address _____ City _____

State _____ ZIP _____

New Member Renewal

• Would you like your Newsletter: Mailed Emailed

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.

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118 Pleasant St., Brunswick; 729-6653

William Dodge Auto Group: 10% off on Parts and Service

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www.eveningstarcinema.com

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www.mcmaine.com/1080

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www.innathbrunswickstation.com/

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42 Maine St., Brunswick; 729-6858

www.thegreatimpasta.com

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Bowdoin College Store: 10%, Anytime

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www.bowdoin.edu/bookstore

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Served proudly

Wilda Steinkuhler of Brunswick proudly displays a silver service medal awarded to her by the state of Maine. The public effort to pay for and present 10,000 commemorative coins to Maine women who served in the military is being paid for entirely by private donations. Steinkuhler was a Navy nurse for 30 years.

Passing the flags



Silas Morin takes a break during his first year of placing flags in the cemetery with his grandfather, Frank Connors.

It has long been my privilege — my family might suggest for too many years — to place flags on veteran's graves for the Memorial Day observance for Bowdoinham.

You may or may not know that I've "managed" what only I call, "a major metropolitan cemetery" (in Bowdoinham) for more than 30 years, and for at least a half dozen years, have been that town's cemetery sexton. A major component of each of these jobs is ceremonial flag placement, in time for the Memorial Day holiday.

I learned years ago, if a cemetery doesn't look good on Memorial Day, you might just as well close for the season that weekend, and for all those years, I've considered flags in the cemeteries as, "icing on the cake." I gave up mowing cemeteries long ago, leaving that job to the younger, the stronger, the dumber. (All three of which maintain larger mowers than I.)

I have come to guard the flag job as my own. When I took it over some 20 years ago, the town was placing 40 to 50 flags a year; last year, I can say with real personal pride, we did more than 300 flags in a single year for the very first time! Back in the day, the flags landed in 4 to 6

of the town's larger cemeteries. Last season, we hit a new high of 26 cemeteries. Bowdoinham has a total of more than 60 cemeteries, so I hope you can appreciate the loftiness of our goals, and see where we have been and where we are going.

Last year I started a list of vets, alphabetized and counted by cemetery, and yes, it is a paper list. What can I say, you have to walk before you run. The goal this year is to get a GPS reading for each of the cemeteries, the 10-year plan might be GPS numbers for each and every grave site.

I wonder, do I have 10 more years in me?

My kids used to help me with flags, tagging along behind with a roll of 12, talking in the stories and the recollections as I moved from site, to site, to site. Fact is, I probably wore them out, telling the same stories, year after year, after year. "That's Joseph Green; did you know he sailed with John Paul Jones, and landed in a British prison? ... That is T.T. Rideout; did you know he was wounded and died at Gettysburg? ... And this one is "Snap" Prindall. Did you know he helped select the first casket of remains for the first tomb of the unknowns?"

Speaking Frankly

FRANK CONNORS



And more recently, I'd point at a site and say, "he used to live down the street from us," or, "he and I were in school together."

Well, last year, my daughter Abbie came along for "the annual flag setting," after a "break" of more than several years, and she brought along her little guy, Silas, who showed at least a passing interest in learning the trade. Several months before, it was Miles' son Jadon, helping me lift a Civil War vet's stone out of the mud and resetting it vertical.

Both these little guys show a keen interest in taking the trade to a new generation, if only I promise not to bore them with stories along the way. Both seem to be nurturing a passion for journeying around in the outdoors with their grandfather, seeing the deer and the birds, along with the gravestones. That is more than satisfying for me.

If they come to know these veterans or not, these men, or women, worthy of remembering, I hope there will always be someone there to place the flags.

New or renewing members — May

*Indicates membership donation

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Patricia A. Bergeron, Brunswick

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NOTICE TO RIDERS

Brunswick Explorer bus tickets remain available at People Plus Tuesdays and Thursdays from noon to 4 p.m., and Wednesdays from 9 a.m. to noon.

Discount taxi coupons must now be purchased directly from the Transportation Coupon Program, in Rockland. For more information contact Michelle Manley, 594-2742.



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Items to Sell? Services to offer? Advertise in our Classifieds. The cost is \$10 per inch, per month, paid in advance. Call 729-0757.



"Pansies," by Sandi Cox, ink and watercolor.

Center artists build gallery show

A collection of original work by the student artists in the combined art classes of instructor Connie Bailey are featured in the Union Street Galley of People Plus for the months of May and June.

The multimedia show, officially opening May 1, includes more than two dozen pieces by more than a dozen local

artists. Students invited to display include: Beth Aldenberg, Sandi Cox, Cindy Fischer, Ann Frey, Karen Guistra, Richard Jordan, Judy Krok, Donna

Lemieux, Wilma Sarna, Richard Nickerson, Nick Payson, Val Robbins, Frankie Stone, William Tracy, Al Tyrol and Susan White.

Where the spirit does not work with the hand, there is no art.
Leonardo da Vinci



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