

# People News

The center that builds community

35 Union St., Brunswick, ME 04011

729-0757

[www.peopleplusmaine.org](http://www.peopleplusmaine.org)

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## Grasses and gardening is FYI focus

Jack Hudson takes to the stage on Friday, April 11, at 11 a.m. to lead a FYI discussion on ornamental grasses and grass gardening.

"Ornamental grasses are becoming increasingly popular and more available in Maine," Hudson said. "They are very hardy and can add three-season interest to large or small gardens."

"Grasses are available in a variety of sizes and colors; they are adaptable to most types of soil, and have a wide variety of uses. They can be used as focal or accent plants, and as a background or border planting. When properly selected and sited," he said. "Grasses can add real beauty and interest, with less maintenance than most other types of perennials."

Hudson and his wife, Judi, have been landscaping with ornamental grasses since returning to Maine nearly 10 years ago. Their country home offers dramatic, drive-by testimony to the success of gardening with grasses and small trees. The two have enjoyed gardening for years and used lots of grass varieties around a former home in Cleveland, Ohio.

Hudson is a member of the People Plus Board of Trustees and teacher of the Center's popular Computer Tutor series.

Space for this illustrated class is limited; please contact the Center's information desk at 729-0757 if you plan to attend. The program is open to the public and free of charge.



Southern Midcoast Maine Chamber President Steven Wallace was a celebrity scooper during the 2013 fundraiser.

**GELATO FIASCO**  
INSPIRED BY ITALY. PERFECTED IN MAINE.  
**BRUNSWICK TEEN CENTER SCOOP-A-THON**  
WEDNESDAY, APRIL 16, 11 A.M. TO 11 P.M.



A day of local "celebrities" scooping Gelato for YOU! 11 a.m.-11 p.m. with loads of entertainment, including balloons, face painting, live music, raffles and more! 7-11 p.m. come see Bowdoin College scoopers and entertainment! Check The Gelato Fiasco and Brunswick Teen Center FB sites for a detailed schedule! See you there!!!

## MUSIC, FOOD, AUCTIONS ...



More than 300 items are available during the auctions and raffle on April 10. See pages 6-8 for a comprehensive list.

## ... it's time for Music in April

Let the curtains go up on the 12th annual Music in April.

This landmark spring benefit for your People Plus Center will once again feature a unique and sumptuous buffet, offered by nearly two dozen of the area's premier restaurants, along with several musical events, live and silent auctions, a raffle and a host of other interesting and surprising activities.

Doors open promptly at 5 p.m. in the spectacularly transformed Knights of Columbus ballroom for what is promising to be another sold-out show.

Rousseau Management, providing care in the Brunswick area for more than 30 years, is our new Fortissimo Gala Event sponsor this season, and Spectrum Generations of Brunswick and Topsham is our Fortissimo Event sponsor. The Maine State Music Theatre is our new Mezzo sponsor this

year. Twenty-three area businesses (see list at right) are sponsoring tables this season.

There are nearly two dozen exceptional area restaurants and food service organizations on the buffer line this year, each offering a specialty hors d'oeuvre, entree, appetizer or dessert, most staffing their tables in person, and excited to answer questions about their menus and restaurants.

Chef Chris Toole has again coordinated this dynamic collection of delectable tables, along with the ever-popular People Plus serving station.

The Bowdoin College Longfellows and the Mainstream Jazzmasters headline a new and interesting music program. The acappella, all-male Longfellows was founded in 2004 and perform a broad range of musical styles, including jazz and rock standards, traditional

### Sponsors

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### Hosting our Buffet

Bowdoin College Food Service  
Byrne's Irish Pub  
Captain Mike's  
El Camino/Flipside  
Frontier Cafe  
Great Impasta  
Hannaford supermarket  
Henry & Marty  
Inn at Brunswick Station  
Kennebec Tavern  
Lemongrass  
Linda Bean's Lobster  
Pedro O'Hara's  
Richard's German Cuisine  
Scarlet Begonias  
Shaw's supermarket  
Solo Bistro  
The Admiral Steakhouse  
The Big Top Deli  
The Highlands  
The Wild Duck Pub  
Trattoria Athena  
Wicked Joe Coffee  
Wild Oats Bakery

aires and classic rock. The Mainstream Jazzmasters is a three-member group specializing in soft and mood jazz.

A record-setting list of auction items is coming this year, more than 300 items in 185 bundles for the live and silent auctions, and raffle tables. John Bottero of Thomaston Place

Galleries will once again serve as master of the live auction.

Last year's sold-out event was attended by more than 250 people and raised nearly \$35,000 for the People Plus Center. A few individual tickets remain available at press time, and still cost only \$50. Call the Center at 729-0757 to reserve yours.



**WHAT'S FOR LUNCH & CONNECTIONS?**

See page 4.

## People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topshtam-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 each month to:

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in Memory of*

**ELAINE CARLSON**

# Three magic words ...

It's that time of year again for those three magic little words ... Music in April.

Aren't they just music to your ears? They sure are to mine.

Our yearly gala fundraiser at People Plus has really become a much-anticipated, much-talked-about dinner, music and auction event at the Knights of Columbus hall in Brunswick. And this 12th year is shaping up to be a doozy!

The talented and dedicated organizing committee including O Jeanne d'Arc Mayo, Lennie Burke, Corie Washow, Amy Berube and others has been hard at work for months. And our auction coordinator, Alison Harris, has put in countless hours collecting, organizing and cataloging the auction with more than 300 items. That is a record with almost 100 additional items! Her hard work has set the bar very high again this year.

So with John Bottero of Thomaston Auction Galleries as our event auctioneer, we are sure to see these items bring in record-breaking bids, all in an effort to fund the amazing programs and good works that People Plus does to support our local community, our homebound elders and our area teenagers.

We are excited to welcome back the Bowdoin College Longfellows this year. This all-male a cappella group has been performing since 2004 and has two CDs for sale! I am excited to see them perform and do remember one of the high school girls becoming a bit star-struck when they crooned to her last year...

We will miss Lambo and Laws, but are looking forward to hearing a new musi-

cal act this year called the Mainstream Jazzmasters. That trio will be performing contemporary jazz music while people sip a glass of wine, enjoy an appetizer and place their bids in the silent auction. Thanks so much to John Linscott and his group!

With 24 restaurants from Brunswick, Bath, Topsham, Freeport and Harpswell each providing a dish for the buffet we are sure to please the hungry crowd!

So with all that food, more than 300 auction items, two musical acts, community service students from Brunswick High School, and an amazing group of organizing committee volunteers, this 12th annual Music in April is sure to be a record-breaking event!

And I hope to see you there on April 10.

And then I plan to see you AGAIN a week later on Wednesday, April 16, when we spend the day at The Gelato Fiasco on Maine Street in Brunswick. The 6th annual Teen Center Scoop-A-Thon runs from 11 a.m.-11 p.m. so there's bound to be a chance that day for you to stop by! This fundraiser supports both at-risk and mainstream youth in our community by providing them an after-school drop in program free of charge.

We are so appreciative to Gelato Fiasco for sponsoring this event for the 6th year in a row and donating all profits over an average day sales to the teen center program.

To make it fun, we are busily lining up musicians, comedians, artists and other entertainment of all sorts, as well as "celebrity scoopers" to change out every hour on April 16. Please come down to

## From the Executive Director

**STACY V. FRIZZLE**



Gelato Fiasco for a cup of coffee, a scoop of gelato, some take-home all three! We'll be glad you had a treat and supported the Brunswick Area Teen Center at the same time.

Once these two events have passed, April looks amazingly quiet with the Teen Center closing for the school break week. The Center will be closed on Monday, April 21, for Patriots' Day and I am actually going to take a couple days off.

Jordan promises she will too and I recommend the rest of the staff do the same. We will all need a breather; that's for sure!

Of course, there's no rest for the weary as we ramp right back up into budget season and we already have a plethora of fun and interesting events on the calendar for May and June thanks to Jill and Frank. Speaking of, mark your calendars for the yearly picnic at Thomas Point Beach! It is on July 12.

As I close out my column for this month, I will ask folks that you please consider a donation to our annual fund if you haven't done so already. We are just shy of \$40,000 and have a goal of reaching \$50,000. I KNOW this will happen but it's going to take the effort of all of us coming together to support this wonderful "Center That Builds Community."

## From Anita's Plate

**ANITA HUEY**

## Diabetes program offers new possibilities

Is it just me or does each month seem to go by faster and faster?

The CDC Diabetes Prevention Program has already been running for four weeks. I wanted to give a bit of an update regarding this fabulous program.

Eleven people are enrolled in the program and so far the group has lost 48 pounds! They have all been great sports

## Kale chips

### Ingredients:

- Kale pieces (rinsed and dried very well)
- 2 t olive oil
- Mrs. Dash, to taste

### Procedure:

1. Preheat oven to 350 degrees.
2. Place parchment paper on a rimmed baking dish.
3. Toss the kale pieces with olive oil

about trying new things.

The first week everyone tried the black bean brownies. Well there may have been one person that didn't want to try them. The following week the treat was kale chips. Last week one person won an oil change from Bill Dodge Auto Group. The program will continue for the next 12 weeks and then monthly for the next six months.

Don't worry if you missed the start of

and Mrs. Dash.

4. Place kale in a single layer on the prepared dish.

5. Cook for 10 minutes until slightly brown. Toss occasionally.

Note: You can make as much or as little as you want. The kale won't give any appreciable calories. The only calories will be from the olive oil. Each teaspoon has 45 calories.

Enjoy!

this session. If you think that this would be a good program for you, I am looking to start another session in June. I will keep you posted.

Let's talk some more about kale. As it turns out kale really is a super food! But what do you do with a whole bunch of kale? If it now comes in a bag ready to use. So use some to make kale chips. Use some to put in a stir fry. At the last women's breakfast, Stacy put it in with the eggs and it was the best egg dish I have ever had.

Before you know it, the bag will be gone.

**NOTE:** Those who take Coumadin should check with their health care provider before increasing their kale intake.

## English gardens subject of meeting program

The Harpswell Garden Club will meet Thursday, April 17, at 12:30 p.m. at the Curtis Memorial Library, 23 Pleasant St., Brunswick.

After a business meeting, Claudia Knox of the Topshtam Garden Club will present "English Gardens & Maine," a lecture with slides.

For more information, contact Becky Gallery at 833-6159.

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Brunswick's huge brick and granite mill complex has been a landmark on the Androscoggin River since the first section was constructed shortly after the Civil War. In various eras it has been called the Cabot Mill, the Verney Mill, and now, in its "post-industrial" phase is called Fort Andross. This picture, loaned to us by Irving Brackett, was taken in the 1930s. Remember that the Pejepscot Historical Society is hosting a lecture by David Vermette on April 23 at 7 p.m. titled, "The Cabot Mill and the development of Brunswick's Franco-American community," at the Curtis Memorial Library. If you have old area pictures to share with readers of the People Plus News, please contact Frank Connors, 729-0757, with your comments, contributions or suggestions.

## A Locker Room Phone Call (adapted from the Internet)

By BOB DOW

The phone on the bench started ringing.  
The men in the showers stopped singing.  
One picked up the phone and said, "Hi."  
And then put the speaker on high.  
A woman then said, "I've been shopping.  
And found a great coat that's eye popping.  
It's only two thousand, OK?"  
"OK, if you'd like it, I'd say."  
She also then said, "At a dealer I saw a new Lexus appetizer."

It now only costs ninety thou."  
"For that I'd want options — and how!"  
She'd lunched next with Jane who remarked that The house that she liked s'on the market.  
"They're asking 9-80." "Try 9."  
"I love you," She said, "Til we dine."  
He said, "yah, me too." And hung up.  
To those wondering who had rung up:  
"Of course, now, that wasn't my Missis..."  
Does anyone know whose phone this is?"

## Sunny Days

When the sun is out I don't mind the cold  
With sun on my face, I don't feel so old  
When the sun is out I enjoy my walk  
I meet friends on the road — we stop and talk

By NANCY SOHOL

Even with a cold north wind blowing,  
Even if it's March and still snowing,  
I have the courage to wait until spring  
If the sun's out, I can face anything!

## Me-time

By BONNIE WHEELER

Winter icy storms raging  
Keeping me hostage indoor for days  
Eating — sleeping — watching TV  
Cooking — cleaning and drinking hot tea  
Spending way too much time with me  
open the doors  
TV reports People Plus is closed as winter blows in frigid cold trapping us inside scrubbing muddy floors  
Oh please, People Plus, open your doors

## To Jasper

By CAROLYN EARNST

In cat years you and I are the same age  
both graying around the edges  
eating less, more often  
a little creaky in the joints  
a tad slow on the stairs  
spending a lot more time  
dozing in the sunlight watching as our memories glide about  
behind our half-closed eyes.

**The time to be happy is now, the place to be happy is here.** — Robert Ingersoll

# Fondly recalled ...

The Arrival of Spring  
By PATTY L. SPARKS

No other season is awaited with such anticipation, and the change, when it comes, is dramatic.

One day the ground is hard and the landscape bleak, and then after a few hours of coaxing, sunlight hues appear in the trees and small shoots start pushing up through the softening earth.

The fact that nature has been hard at work through the cruel winter months to bring us new life is symbolic; this is a time to rejoice, "old man winter" has been defeated, spring is here at last, and the annual pageant of the seasons is already unfolding once again.

## A Green Alert!

By WINNIE SILVERMAN

It is not about Saint Patty's Day. It's about the Property Tax and Renters' Rebate you may think you cannot claim this year.

It has been widely publicized that you can apply for a rebate with your state tax return. What hasn't been widely publicized is that even if you owe zero (\$0) federal and/or state taxes, you can still receive a check from the state of Maine, though the amount will be smaller than you may have received in previous years. It's still money! It does take a little work. You need to fill out both your federal and state tax returns though you may not have to mail the federal return.

The Property Tax Fairness Credit (Schedule PTFC) is included in your state tax forms. If you need forms or help call or access the website for the Maine Revenue Service.

They are happy to help though since it is already April there may be a long wait on the phone. Reach Maine Revenue Service at 628-8475 or [www.maine.gov/revenue](http://www.maine.gov/revenue). Federal forms are available at the post office or library.

Either you or your family member should be able to do it. Hopefully this alert has been helpful to some people who will now receive money rightfully due them.

## Waiting for Spring

By GLADYS SZABO

Spring, Where are you?  
You are way past due!

Hiding in the tall trees?  
Keeping us in deep freeze?  
Under piles of still left snow?  
Temperatures just above zero!

Searching for signs  
Robins peeking from vines.  
Buds on protected bushes

Out of the soil a tulip pushes

We do not wait patiently  
For temperatures in the eighties

Anxious to plant gardens and  
mow lawns  
Without wearing those bulky  
long johns

To feel the heat of the sun  
To be outside having fun,  
Then we get what we besought  
And complain it's way too hot!

## Five Brown Mounds

By VINCE McDERMOTT

On a frigid morning several weeks ago, I got up shortly after 7 a.m. I opened the blinds and peered out into my back yard. I saw five large brown mounds which had not been there the previous day.

One of the mounds had ears — the mounds were deer. They had curled up on the snow and slept there.

I ran to get my camera and took some shots through the window. That kind of photo usually doesn't come out well, so I threw on some clothes, went downstairs, and eased out

a side door onto the crinkly snow. I was very careful, but the lead deer heard me and off they went. Since my rhododendron bush was now missing some lower leaves, I had to assume that the bush was attracting the deer.

I was sure they would return, since several deer trails pass through or around my yard. Three of them did — the young ones. They seemed to be a little unsure of the territory. The adults must have cast them out into the world. They ran off after I made noise. I wish they went well, as long as they stay away from my plants.

## A Shepherd's Lantern

By CHARLOTTE HART

This lantern came from Yorkshire.

In 1850! Across the sea!  
When I was a very young child,  
Mom told this tale to me.  
It was used in Nova Scotia's fields,

Carried south to New England towns.

Its candle glowed through winter winds

On Maine's rocky western

grounds,  
So much at home in the brave new world

So like old England's wilds.  
Stone walls and hedgerows — pictures swirled

When my mind was an active child's.  
And now to be in the highlands!

In a previous life I was there.  
England's wuthering heights in the highlands

In April's light — dappled and fair.

## Spring is an Artist

By RUTH FOEHRING

The snow lay on the frozen ground  
White and bright, touched by the gray shadows of branches.  
A huge tree and I stood and stared at one another  
It seemed to know I wanted an answer to my thoughts.  
I glanced at its wide branches and the buds it pressed so tightly  
I heard it whisper; that March was leaving taking with it the last of its wintry blasts,  
Be patient, spring will then spin its magic at last.  
The buds promised to burst soon They chorused that spring was preparing its palette  
And on it was only a small dab of white.  
The other colors would surely dazzle my sight!

## April offerings welcome spring to Center

The Center is offering several special events this month. Among them:

### Lunch and Learn: 'Healthy Aging' with Dr. Jeffrey Slocum

On Thursday, April 3, at noon, People Plus hosts Dr. Jeffrey Slocum as he presents the essential lifestyle skills of "Healthy Aging." Slocum will highlight the three types of stress, the three essentials of health (Eat Well, Move Well, Think Well), and share critical information that will allow you to maximize your health regardless of where you are in your journey in life. He will emphasize the importance of conscious living and the power of lifestyle in the maintenance of optimal well-being.

Dr. Jeffrey Slocum is an expert in wellness with 21 years of experience caring for individuals and families of the Mid-coast region. Slocum is a well-respected leader in his profession and an international speaker. He was born and raised in Harpswell and is the managing partner in the Chiropractic Vitality Centers of Maine with his primary practice in Brunswick.

Bring your brown bag lunch and we will provide chips, drink and dessert. Registration is requested. For more information, or to register call 729-0757.

Several regular features also return in April.

### Welcome to Medicare with Spectrum Generations

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 class is held the second Tuesday of each month from 12:30-2 p.m. Free and open to the public. Registration is required.

### Cooking with Claudia

The Cooking with Claudia class (formerly Cooking for One) continues to evolve. We have had a steady, intrepid cast of eight attendees, many of whom attend each class.

I recognize this is sometimes an issue if one cannot call and reserve early enough. Because of space limitations we still need to cap at eight but I'd welcome your feedback/suggestions on that and improving how folks register.

I am planning an April 24 class at Mid Coast Hunger Prevention Program as usual and will offer a vegetarian/pescatarian (seafood) only menu providing easy, affordable choices.

I am most anxious to hear from PP members as to what (if any) kinds of cooking classes would be of most need and interest to members. We can "cook up" pretty much anything (OK, maybe not lobsters or prime rib) but I would much rather offer what folks want or need.



### Hot from the oven

Madeleine's Magnificent Irish soda bread complemented last month's corn beef and cabbage luncheon, which served a record 69 paying customers.

Some ideas ... Perhaps a different country/cuisine each month with participants sharing any personal experiences with same. "toaster-oven meals," freezer-friendly meals, Farmers Market meals, etc. Please send me feedback and your ideas and suggestions. Email me clabelladams@gmail.com. I will get back to you.

### Computer Tutor with Jack Hudson

Computer Tutor 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. Registration is required.

**Organizing your Files and Pictures:** On Tuesday, April 1, Jack will demonstrate how to remove your pictures from your camera and organize them into folders on your computer. It will also cover backing up and storing your pictures and other files on removable storage devices. Class participants may bring their laptops and cameras.

**Open Office Spreadsheet and Microsoft Excel:** On Tuesday, April 8, Jack will cover the basics for creating Open Office and Excel spreadsheets. Spreadsheets have many uses, such as personal budgets, mailing lists, and household or garden inventories. The lessons will also include inserting formulas to make spreadsheets work for you.

### Meditation and Mindfulness

Would you like to learn how to meditate? Do you meditate already but just

can't seem to develop a regular practice? Mindfulness and meditation get us through life's challenges, problems and stresses with more ease and calm. This weekly meditation circle will help you develop your own practice and maintain or deepen it with the guidance of an experienced instructor. Take this first step toward a change of perspective that can improve the quality of your daily functioning. Come and experience the soothing and healing effects of meditation with instructor Ann Kimmage. Six week session (April 3-May 8), Thursdays 9 a.m.; \$30 members/\$60 nonmembers.

### Pilates Lite (New Session)

Have you ever wanted to try Pilates but thought it was too hard? Pilates Lite strengthens the key core muscles in your body but more gently than a traditional Pilates workout. In this class you will learn how to modify the physical movements to make them easier and more accessible. Each class will also include stretchy warm-ups, beginning Pilates exercises, and a cool-down for a full but gentle workout. Dennis Kimmage leads the class. Bring a soft mat and wear loose clothing. Seven week session (April 1-May 13), Tuesdays noon; \$35 members/\$70 nonmembers. Drop-ins welcome.

### Yoga with Ann (New Session)

Stretch, flex, breathe and relax for optimum well-being. Yoga is a wonderful way to re-balance and feel grounded. Join this class, which also includes an introduction to meditation, with an experienced instructor who brings the joy out of yoga and tailors yoga to your individual needs. Six week session (April 1-May 6), Tuesdays 1:30 p.m.; \$30 members/\$60 nonmembers. Drop-ins welcome.

### Lunch & Connections

## Chicken pot pies are April luncheon

Our Thursday, April 17, Lunch & Connections will feature "our variation" of the tasty New England classic, Chicken Pot Pie.

"Our pot pies are loaded with chicken breast and thigh meat," offered Frank Connors, the Center's unofficial chef. "Our goal is to be sure you're tasting chicken in every bite."

Veggies added to the pies include potatoes, peas and carrots, a little onion to taste, all topped with a toasted, home-made biscuit.

There will be a side of spinach casserole available for people with special dietary needs, and a fresh, lightly-dressed green garden salad for everyone. Our bread offering comes from Brunswick's own Wild Oak Bakery, and dessert this month will be a fresh-baked and spicy applesauce cake, with a healthy scoop of whipped cream on top. Coffee, tea, milk and fruit juices are on the list of drinks available.

Remember, registration for this luncheon opens Tuesday, April 1, at 9 a.m. (no joke). Seating is limited to 64, and meals are open to the public, but only by reservation. Cost is still only \$5 for People Plus members, and \$7.50 for all others.

Our monthly Lunch & Connections luncheons are underwritten by Spectrum Generations, and are planned to focus on nutrition, information and variety. A CHANS home healthcare professional is always in attendance to offer and record members' blood pressures. Come at 11:30 a.m. to chat with your friends and claim your seat. Pick up a 50/50 raffle ticket and register automatically for one of our fun and free door prizes.

You can register by calling the People Plus Information desk at 729-0757.

### Bikers & hikers take note

## Spring is sprung, folks!

If you are interested in forming a bike riding club, a walking group or hiking team, sign the interest sheet at the front desk or contact Jill Ells or Frank Connors. What if we had a "gang" that could "spring into action" and represent the center at local walking/running events?

Yes, the "walker's log is now in place at the rec center walking track. If you are a regular or new user, be sure to sign in, we want to know who you are, what we can do to help you, and how you enjoy the new track. Yes, Frank agrees it took him "too long" to get the book working.

With this long, tedious winter behind us, let's get on the sneakers and bikes and celebrate!

### All processes take time

In the time it takes you to read this ad, you will breath in and out approximately 50 times, your heart will beat hundreds of times, your body will create tens of thousands of new cells and break down an equal or greater number of cells that are at their end stage of usefulness for health.

It is a process. Consider this, it takes a moment to evaluate your environment to maintain and regulate your temperature, maintain your posture, read and understand the content of this article and create short-term and long-term ideas that will become a critical part of your world view.

That is amazing! Consider this, it takes a moment to evaluate your environment to maintain and regulate your temperature, maintain your posture, read and understand the content of this article and create short-term and long-term ideas that will become a critical part of your world view.

Consider this, it takes a moment to evaluate your environment to maintain and regulate your temperature, maintain your posture, read and understand the content of this article and create short-term and long-term ideas that will become a critical part of your world view.

As fast as the nervous system processes and adapts to our external environment and the speed at which it is capable of regulating our internal environment, it can take months to adapt the current state of our ability to stay balanced (approximately 9 months before we are born) and it has been getting better and/or worse consistently every moment of every day you have been in existence! Your nervous system is literally an ever learning, fluid entity that creates and recreates its function minute to minute but a whole throughout a lifetime.

True health and a highly functioning nervous system is the sum total of all your decisions, actions, attitudes, ideas, habits and lifestyle choices



Dr. Jeffrey S. Slocum

from the moment you were conceived. Whereas you cannot change your history, you can change your future. You can become more aware of what you can do to control over the aspects of your life that most affect your health.

A short list of the critical components include, but are not limited to, becoming more selective of your environment (internal and external), your body (including full bodies of exercise, posture, flexibility), your diet (when, what and how much you eat), and your thoughts (stay positive and kind, focus on love, hope and gratitude).

As a chiropractor I cannot tell you how important conscious lifestyle choices are when it comes to living to our full potential! The people I see in my office are not necessarily the current state of our ability to stay balanced (approximately 9 months before we are born) and it has been getting better and/or worse consistently every moment of every day you have been in existence! Your nervous system is literally an ever learning, fluid entity that creates and recreates its function minute to minute but a whole throughout a lifetime.

The choice to honor the relationship of our spinal health to our total health allows chiropractic consumers the opportunity to thrive in the world where most only survive.

You have TIME. Use it wisely.

Dr. Jeffrey S. Slocum

The parent group, Stowe Community Group, of the Harriet Beecher Stowe (HBS) Elementary School has been busy organizing what it hopes will become an annual Bobcat 5K, sponsored by Goodwill Chevrolet-5K, to Pleasant Hill Road, down Main Street and back to McKeen Street. A flat course would be a perfect outside walking activity.

This race is a fundraising effort by the parent group of the Harriet Beecher Stowe School to further enhance the

children's education and experience at the school. Among other things, the funds raised will pay for field trips, the Arts are Elementary Program, school community events, and also provide teachers with much needed extra supplies.

How about a People Plus walking team (you can run too of course!)? We could wear our People Plus T-shirts when we walk? There is also a 1-mile Fun Run if you are not up to the 5K.

To register for the event, you can visit [www.runcurance.com/bobcat](http://www.runcurance.com/bobcat). T-shirts will be given to anyone who registers before April 30.

Let us know when you sign-up so we know who will be walking.



# APRIL 2014 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Teen Center</b> <b>Monday-Thursday</b> <b>2:30-5:30 PM</b> Teen Center will be closed during April Vacation (21-25)					
■ 9:00 AM Crafters ■ 9:00 AM Loosen Up! ■ 10:00 AM Yoga with Ruth ■ 10:00 AM Apple Club ■ 11:00 AM Table Tennis ■ 12:00 PM Bridge ■ 6:00 PM Belly Dancing	■ 8:30 AM AARP Tax-Aide ■ 9:00 AM Table Tennis ■ 10:00 AM Art I ■ 10:30 AM Computer Tutor ■ 12:30 PM Table Tennis practice ■ 12:00 PM Pilates Lite ■ 1:00 PM Quilting Club ■ 1:30 PM Yoga with Ann ■ 3:30 PM Brunswick School of Dance	1 ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Loosen Up! ■ 9:00 AM Mah-Jongg ■ 10:00 AM Table Tennis ■ 10:00 AM Meals on Wheels ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group ■ 4:00 PM Zumba	2 ■ 8:30 AM WOMEN'S ■ 9:00 AM Table Tennis ■ 10:00 AM Art I ■ 10:30 AM Meals on Wheels ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group ■ 4:00 PM Zumba	3 ■ 9:00 AM Loosen Up! ■ 9:00 AM Mah-Jongg ■ 10:00 AM Table Tennis ■ 10:30 AM Meals on Wheels ■ 12:30 PM Beginning Tai Chi ■ 1:30 PM Qigong ■ 6:30 PM Folk Dance Brunswick	4 ■ 10:00 AM Bridge ■ 12:00 PM SAT Prep
■ 9:00 AM Crafters ■ 9:00 AM Loosen Up! ■ 10:00 AM Yoga with Ruth ■ 10:00 AM Apple Club ■ 11:00 AM Table Tennis ■ 12:00 PM Bridge ■ 6:00 PM Belly Dancing	■ 8:30 AM AARP Tax-Aide ■ 9:00 AM Table Tennis ■ 10:00 AM Art I ■ 10:30 AM Computer Tutor ■ 12:00 PM Pilates Lite ■ 12:00 PM LUNCH OUT ■ 12:30 PM Medicare class ■ 1:30 PM Yoga with Ann ■ 3:30 PM German Club ■ 3:30 PM Brunswick School of Dance	8 ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Loosen Up! ■ 9:00 AM Mah-Jongg ■ 10:00 AM Table Tennis ■ 10:00 AM Meals on Wheels ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group ■ 4:00 PM Zumba	9 ■ 8:00 AM MEN'S BREAKFAST ■ 9:00 AM Art I ■ 9:00 AM Table Tennis ■ 10:00 AM Art II ■ 10:00 AM PAAR Tax-Aide ■ 4:00 PM Diabetes Program ■ 5:00 PM Yoga with Ruth ■ 5:30 PM LUNCH APRIL ■ 6:00 PM Beg. line dancing ■ 7:15 PM Adv. line dancing	10 ■ 9:00 AM Loosen Up! ■ 9:00 AM Mah-Jongg ■ 10:00 AM Table Tennis ■ 10:30 AM Meals on Wheels ■ 11:00 AM FYI: Gardening with Ornamental grasses ■ 12:30 PM Beginning Tai Chi ■ 1:30 PM Qigong ■ 6:30 PM Folk Dance Brunswick	11 ■ 10:00 AM Bridge ■ 12:00 PM SAT Prep
■ 9:00 AM Crafters ■ 9:00 AM Mah-Jongg ■ 9:00 AM Loosen Up! ■ 10:00 AM Yoga with Ruth ■ 11:00 AM Table Tennis ■ 12:00 PM Bridge ■ 6:00 PM Belly Dancing	■ 8:30 AM AARP Tax-Aide ■ 9:00 AM Table Tennis ■ 10:00 AM Art I ■ 10:30 AM Table Tennis practice ■ 12:00 PM Pilates Lite ■ 1:00 PM Quilting Club ■ 1:30 PM Yoga with Ann ■ 3:30 PM Brunswick School of Dance	15 ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Mah-Jongg ■ 9:00 AM Loosen Up! ■ 10:00 AM Meals on Wheels ■ 10:00 AM Table Tennis ■ 11:00 AM GELATO FIASCO ■ FUNDRAISER ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group ■ 4:00 PM Zumba	16 ■ 9:00 AM Meditation with Ann ■ 9:00 AM Mah-Jongg ■ 9:00 AM Table Tennis ■ 10:00 AM Art I ■ 11:30 AM BP Clinic ■ 12:00 PM LUNCH & CONNECTIONS ■ 4:00 PM Diabetes Program ■ 5:00 PM Yoga with Ruth ■ 6:00 PM Beg. line dancing ■ 7:15 PM Adv. line dancing	17 ■ 9:00 AM Mah-Jongg ■ 9:00 AM Table Tennis ■ 10:00 AM Art II ■ 10:00 AM PAAR Tax-Aide ■ 4:00 PM Diabetes Program ■ 5:00 PM Yoga with Ruth ■ 6:00 PM Beg. line dancing ■ 7:15 PM Adv. line dancing	18 ■ 10:00 AM Bridge
■ 9:00 AM Mah-Jongg ■ 9:00 AM Loosen Up! ■ 9:00 AM Crafters ■ 10:00 AM Yoga with Ruth ■ 11:00 AM Table Tennis ■ 12:00 PM Bridge ■ 6:00 PM Civil War Book Club	■ 9:00 AM Table Tennis ■ 10:00 AM Art I ■ 10:30 AM Table Tennis practice ■ 12:00 PM Pilates Lite ■ 1:30 PM Yoga with Ann ■ 2:30 PM Café en Français ■ 3:30 PM Brunswick School of Dance	22 ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Loosen Up! ■ 9:00 AM Mah-Jongg ■ 10:00 AM Table Tennis ■ 10:00 AM Meals on Wheels ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group ■ 4:00 PM Zumba ■ 4:45 PM Girl Scouts	23 ■ 9:00 AM Table Tennis ■ 9:00 AM Meditation with Ann ■ 9:00 AM Mah-Jongg ■ 10:00 AM Art I ■ 10:00 AM PAAR Tax-Aide ■ 2:00 PM Claudia Cooks ■ 4:00 PM Diabetes Program ■ 5:00 PM Yoga with Ruth ■ 6:00 PM Beg. line dancing ■ 7:15 PM Adv. line dancing	24 ■ 9:00 AM Mah-Jongg ■ 9:00 AM Table Tennis ■ 10:00 AM Art II ■ 10:00 AM PAAR Tax-Aide ■ 2:00 PM Claudia Cooks ■ 4:00 PM Diabetes Program ■ 5:00 PM Yoga with Ruth ■ 6:00 PM Beg. line dancing ■ 7:15 PM Adv. line dancing	25 ■ 10:00 AM Bridge
■ 9:00 AM Mah-Jongg ■ 9:00 AM Loosen Up! ■ 9:00 AM Crafters ■ 10:00 AM Yoga with Ruth ■ 11:00 AM Table Tennis ■ 12:00 PM Bridge ■ 6:00 PM Belly Dancing ■ 6:30 PM Civil War Book Club	■ 9:00 AM Table Tennis ■ 10:00 AM Art I ■ 10:30 AM Table Tennis practice ■ 12:00 PM Pilates Lite ■ 1:30 PM Yoga with Ann ■ 3:30 PM Brunswick School of Dance	29 ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Mah-Jongg ■ 9:00 AM Loosen Up! ■ 10:00 AM Table Tennis ■ 10:00 AM Meals on Wheels ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group ■ 4:00 PM Zumba	30 ■ 9:00 AM Inter. Cribbage ■ 9:00 AM Mah-Jongg ■ 9:00 AM Loosen Up! ■ 10:00 AM Table Tennis ■ 10:00 AM Meals on Wheels ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group ■ 4:00 PM Zumba	PEOPLE PLUS NEWS & VIEWS FRANK CONNORS & STACY FRIZZLE chat about Music in April	Viewed weekly on Cable Channel 3, Brunswick Community TV MONDAY AFTERNOON ..... 4 P.M. WEDNESDAY MORNING ..... 7 A.M. SUNDAY EVENING ..... 9 P.M. And on Harpswell Community Television viewed online, anytime: <a href="http://vimeo.com/harpswelltv">http://vimeo.com/harpswelltv</a>

**21 PATRIOTS' DAY**  
THE CENTER WILL BE CLOSED.

■ 9:00 AM Mah-Jongg  
■ 9:00 AM Loosen Up!  
■ 9:00 AM Crafters  
■ 10:00 AM Yoga with Ruth  
■ 11:00 AM Table Tennis  
■ 12:00 PM Bridge  
■ 6:00 PM Belly Dancing  
■ 6:30 PM Civil War Book Club

## AARP Tax Aides 'ready' for final push

Our trained and certified AARP Tax Aides remain at the Union Street Center each Tuesday and Thursday, and will continue to be at your service for last-minute tax services through Tax Day, April 15. Preparation and free reviews of federal and state returns is a free service at People Plus, and is sponsored jointly by the IRS and the AARP Foundation.

Appointments are still being taken for Tuesday mornings, from 8:30 a.m. until noon; and Thursday afternoons from 12:30 to 4:30 p.m. Anyone planning to use this free service should call the People Plus information desk at 729-0757 to schedule their appointments. The day of the service, they should arrive 10 minutes before their appointment with a valid photo ID, copies of last year's tax returns, and any tax-related forms they have received and will need.

### Genealogy meeting postponed

"The History of the Irish in Portland, Maine," originally planned as the March meeting for the Pejepscot Genealogical Society, was postponed until April 13.

The meeting will be held in the Morell Meeting Room of the Curtis Memorial Library in Brunswick at 2 p.m.

The guest speaker will be Matthew Jude Barker, who had to postpone his scheduled March program due to illness.

For information call Brian Bouchard, program coordinator, at 729-4098.

## Rotary wants to prove: 'Mid-coast Maine's Got Talent'

Excitement mounts for "Midcoast Maine's Got Talent," Saturday, April 5, at the Crocker Theater, 116 Maquoit Road, in Brunswick.

The curtain rises at 7 p.m. Former Brunswick Rotarian and local celebrity Lynne McGhee serves as emcee and Bowdoin College's original female a cappella group, Miscellania, will entertain as the judges deliberate.

The judges will be Maine State Music Theatre's director and choreographer Ray Dumont, Studio 48 Performing Arts founder Becky Beck and musical theater professional Kathi Kacinski.

Talent abounds in Midcoast Maine, from young singers like 11-year-old Jackie Ellsworth to senior citizen Claude Bonang who "rocks" playing the bones. Fifteen hopefuls will take the

stage to receive feedback from the judges and applause from the audience. The judges choose the top three finalists and the audience votes for their favorite to receive a cash award as well as a trophy.

Sponsored by the Rotary Club of Brunswick, "Midcoast Maine's Got Talent" replaces "Hometown Idol" as a community outreach and fundraiser for scholarship grants to graduating seniors.

Tickets are available at Riley Insurance, 139 Main St., Indranil at the Tong-Tian Main and Shaw's at Cook's Corner as well as at the door.

For more information, go to Facebook and like us at Brunswick Rotary Club Midcoast Maine's Got Talent, or email [midcoastmainesgottalent@comcast.net](mailto:midcoastmainesgottalent@comcast.net).



## Lincs to Home LLC

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## HEALING

From Page 1

licensed physical therapists, message therapists, reflexologists and Reiki Masters and therapists. Staff and friends of GBPT will transform the People Plus hall into a warm, welcoming place, with quite spaces for special care. All care is gentle and done while you are dressed in your street clothes.

Treatments are provided at no cost and there is no pre-registration. All appointments are provided on a first come-first served basis. Donations may be made to the People Plus Center.

Questions? Call the People Plus Center at 729-0757 or the offices of Greater Brunswick Physical Therapy at 729-1164.



### Tasty Fish Dinner ...

Baked Haddock, Mashed Potato, Green Beans or Corn, Coleslaw, Rolls, Beverage, Dessert

Adults \$9, Youth \$5. Under 2 yrs. \$2

**Pizza option:** Adults \$5, Youth \$3

**Served 5 to 7 p.m.**

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

# Check out our lists of fantastic auction, raffle items

## RAFFLE

**RIDE FOR THREE** in Memorial Day Parade on a Brunswick fire truck. Monday, May 26, 2014. party must include at least one adult. Winner to make arrangements with Chief Brittan by May 21, 2014.

**LAP BLANKET** in dark red, beige and teal blue, handmade by Joanne McDermott, machine quilted, 46" x 46".

**ORIGINAL OIL PAINTING:** "Pansies," by Frances Pratt Caswell, in gold frame.

**"FOR THE BIRDS" BASKET** with hummingbird feeder and nectar, niger thistle tube feeder and seeds, sunflower basket and seeds, suet basket and three bird calls; two Beanie Bird birds.

Donated by Brooks Feed and Farm Supply.

**FOUR RED SOX vs.**

Tigers tickets for Saturday, May 17, 2014, at 7:00 p.m., in the bleachers by the "Green Monster." Section 36, Row 7. Donated by Mark and Keri Seitz.

**UP TO A WEEK** at Popham Beach in "Stafford Place," house sleeps four, minutes from beach on foot, available before June 1, 2014 or after Oct. 1, 2014. Donated by Dick Hill.

## ARTS, CRAFTS & LITERATURE

**ORIGINAL FRAMED WATERCOLOR:** "Rising," by artist Tricia Smith.

**SIX ASSORTED WOOD-BLOCK PRINT** note cards by artist Susan Levine.

**"FUNKY FISH" ASSEMBLAGE** of Maine driftwood created by artist Lucy Bantlef.

**HANGING PLANTER** with two 6" pots, hand-decorated by Gladys Szabo.

**FRAMED PHOTOGRAPH:** "Popham Winter Clam Flats," by Michael Lemer, plus "Great Blue Heron" photograph by Bob Dittman.

**PRINT ON CANVAS:** "Squid Light" in the style of the 1850s, hand-painted by Deb Pitts, plus "Coral" by Burrow.

**"HUMPTY DUMPTY," GESSO DOUL** print from a hand-colored black and white photograph by Jane Page-Conway.

**"GIRLS ON DOCK,"** print from a hand-colored black and white photograph by Jane Page-Conway.

**COILED COTTON BASKET** with butter-

fly in green, yellow, pink and white; hand-made by J. Berg/Creations in Cloth.

**TWELVE ASSORTED ORIGINAL PHOTO NOTECARDS** in vintage metal card holder. Berries, Bees, Birds, Blossoms and Butterflies" by photographer Gail Rips of Gala Creations.

**TEN ASSORTED ORIGINAL PHOTO**

**NOTECARDS** in verdigris, metal plant container, "Shadows and Textures" by photographer Gail Rips of Gala Creations.

**BOWKNOTS** Strudi, "Maine Motif Art"

bookends, hand-crafted by Claude Bonang with starfish, hermit crab, horseshoe crab and whale; in hand-made box.

**LINDEN BOWL,** 7" x 2", hand-crafted and signed by Bob Morell.

**WINE BOTTLE LUMINARY** with purple flowers, hand-crafted by Diana Gillian (2 opportunity to bid).

**EBONY CARVING**, donated by Indran's.

**ORIGINAL MIXED-MEDIA ARTWORK:**

"Flowers" by artist Judith Krok, mounted and framed.

**FRAMED FLAG PRINT** by artist Amy Walton. Done by Fogg Art Restoration and Custom Framing.

**DRIFTWOOD SCULPTURE**, hand-crafted by a local artisan.

**FOUR PACKS** of five assorted original design notecards in a handcrafted slippers by artist Kathleen Boldt.

**"THE GREAT OUTDOORS":** Six assort-

ed notecards with scenes of Maine waterfronts from oil painting by Frances Pratt Caswell, plus "Great Blue Heron" photograph by Bob Dittman.

**BLACK AND MATTE GOLD BEADED**

**BRACELET**, with "trailer hitch" clasp.

**FLEECE-LINED MITTEN**, size medium, hand-crafted by Jeanne A. Dube of JAdelements from recycled 100% wool sweaters.

**TUXEDO RENTAL:** Just in time for the prom! Donated by Wendy Herrick Flora Designs.

**CORAL HANDBAG**, made of black leather.

**SILVER HOOP EARRINGS** with dia-

mond chips in presentation box.

**TWO "ALEX AND ANI" (+ Energy)**

bracelets.

**SCOTTISH MOHAIR SHAWL** in orange, gold and plaid, 19" x 72".

Donated by Merrilyn Tombrink.

**SCANDINAVIAN MITTENS**, black and white, hand-knit by Elaine Eschholz with six assort wood-block print

notecards by artist Susan Levine.

**TWELVE ASSORTED NOTECARDS**,

from hand-colored photographs by Jane Page-Conway in a metal docu-

ment box, hand painted by Deb Pitts with early American designs.

**"HUMPTY DUMPTY," GESSO DOUL**

print from a hand-colored black and white photograph by Jane Page-Conway.

**"GIRLS ON DOCK,"** print from a hand-

colored black and white photograph by Jane Page-Conway.

**COILED COTTON BASKET** with butter-

## CLOTHING & JEWELRY

**GRAY KNITTED HAT** and neck gator, Jill McGowan, INC. \$50 gift card. (In Preport.)

**SEA GLASS EARRINGS**, deep blue glass suspended in 14k gold, in pre-sentation box. Donated by Keith Field Classical Goldsmith.

**GRAY BOWDOIN** hooded sweatshirt, size large. Donated by Bowdoin College Store.

**"CHAMPAGNE"** silver necklace designed by Kit Heath in presentation box. Donated by Day's Jewelers, Brunswick.

**LONG SPRING SCARF** in red, orange and white with pink and gold lucite bracelet. Donated by Coldwater Creek.

**WINE BOTTLE LUMINARY** with purple flowers, hand-crafted by Diana Gillian (2 opportunity to bid).

**EBONY CARVING**, donated by Indran's.

**ORIGINAL MIXED-MEDIA ARTWORK:**

"Flowers" by artist Judith Krok, mounted and framed.

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**TWO "ALEX AND ANI" (+ Energy)**

bracelets.

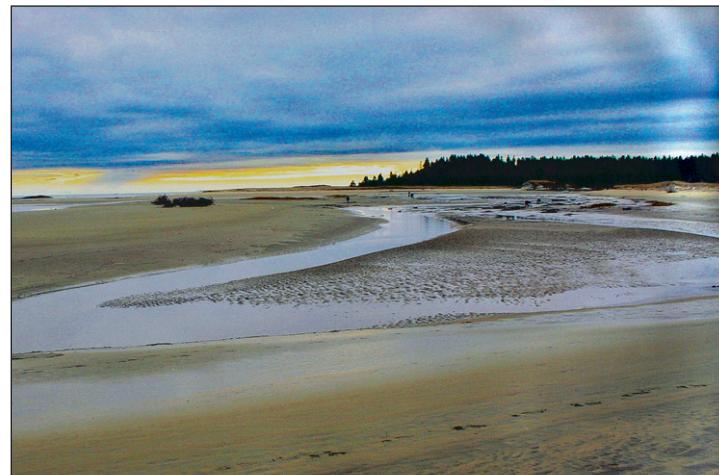
**SCOTTISH MOHAIR SHAWL** in orange, gold and plaid, 19" x 72".

Donated by Merrilyn Tombrink.

**NATURAL ORCHID STICKPIN** in mulberry bark paper box, handmade in Thailand.

**FLORAL JEWELRY BOX** with two pairs of earrings made from vintage 1960s lucite; one pair green and white and one pair golden yellow.

Please see AUCTION, Page 7



"Popham Winter Clam Flats," photo by Michael Lemer, is one item for sale during Music in April. Popham beach fig- ures into several auction items.

## Live Auction items always create a 'stir'

in your home by Mike Feldman, menu to be developed with the chef. Good until April 10, 2015.

**MAPLE BOWL**, 11" x 3", handturn and signed by Bob Biette.

**RIDE FOR THREE** at the head of the Memorial Day Parade in a Brunswick police car with Chief Richard Rizzo, Monday morning, May 26, 2014.

**CORNUCOPIA PRINT**, "Acoma I," by artist Judith Long.

**CRUISE ON CASCO BAY** for party of four aboard a 28' Cado sailboat with David and Margo Knight; gourmet lunch with "above average" beverages and designer dessert provided. During the 2014 sailing season.

**MOOSEHEAD LAKE LONG WEEKEND**, 3-nights, Camp Chenango, sleeps six, boat launch, sail boats, canoes, kayaks, paddle board, Friday PM to Monday AM comparable weekdays, between June 1- Oct. 20, 2014. Donated by Richard and Anne Brattigam.

**HONEY D'OEUVRE** for party of 10 to 12 by Simon Fine Catering, available starting in June 2014, good until April 10, 2015.

**MAPLE BOWL**, 12" x 4", handcarved and signed by Bob Morell.

**DINNER FOR EIGHT** at Riverview Farm prepared by Tim O'Brien, chef and owner of Trattoria Athena, five course with wine pairings, hosted by Stacy Frizelle and Frank Connors, Donated by Timothy O'Brien and Marc Provencier, Trattoria Athena

**UP TO A WEEK** at Popham Beach in "Hazel- rah," house sleeps eight, minutes from beach on foot, includes breakfast for four, two dogs welcome, June 1-Oct. 1, 2014. Also, copy of "Maine Cottages, Fred L. Savage and the Architecture of Mount Desert" coffee table book. Donated by Clark Hill.

**TRADITIONAL NEW ENGLAND CLAM/LOBSTER BAKE** for 20 at Brunswick home of Frank and Jean Connors; enjoy a feast of lobsters, clams, corn on the cob, eggs, hot dogs, roast chicken, green and pasta salads, blueberry cake and coffee; good through Nov. 1, 2014.

**GINGER TOUR OF THE NIGHT SKY** for 3 to 12 with Rob Burgess and other members of Southern Maine Astronomers. Gather at the fully-equipped Starburst Meadows Observatory in Brunswick or at location of your choosing (your home, the beach...) using a traveling telescope. Find constellations and see planets, star clusters, nebulae and galaxies! Refreshments provided, good until April 10, 2015.

**BOAT RIDE** for four leaving Robinson Marina with lunch at Oliver's in Cyo Harbor, Southport, good through 2014 boating season. Donated by Peter and Mara Kruse.

**PORTLAND GETAWAY**: Two mainstage tick-

ets for the Portland Stage Company 2014-2015 season (excluding the Holiday Show) with gift certificate for Fore Street and overnight accommodations at Portland's Clarion Hotel.

**CRUISE THE CATHANCE** with Frank and his canoe; 3-4 hour ride on Bowdoinham's Cathance River, entertained by mosquitoes, snapping turtles and Frank's stories; includes basic lunch; for one non-paddler or one paddler plus one other person; good through Oct. 15, 2014.

**BAMBORTH MARINE**, a limited edition (13/100) giclee print based on original oil painting by artist Mary Alice Treworgy, matted and framed by Gallery Framing.

**MAINE STATE MUSIC THEATRE**, two 2014 season tickets for first Friday, Saturday or Sunday of each production (June 6-8, June 27-29, July 18-20 and Aug. 8-10, 2014) plus \$75 gift certificate for Enoteca Aranella; dinner for two at the restaurant; \$100 gift certificate for the Maine State Music Theater.

**MAPLE BOWL**, 12" x 4", handcarved and signed by Bob Morell.

**DINNER FOR EIGHT** at Riverview Farm prepared by Tim O'Brien, chef and owner of Trattoria Athena, five course with wine pairings, hosted by Stacy Frizelle and Frank Connors, Donated by Timothy O'Brien and Marc Provencier, Trattoria Athena

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Refreshments provided, good until April 10, 2015.

**BOAT RIDE** for four leaving Robinson Marina with lunch at Oliver's in Cyo Harbor, Southport, good through 2014 boating season. Donated by Peter and Mara Kruse.

**PORTLAND GETAWAY**: Two mainstage tick-

## AUCTION

From Page 6

## EXCURSIONS, DAY TRIPS & OVERNIGHTS

**SACAGAHEO PRESERVATION INC.** package two memberships plus two tickets for 12th annual tour featuring Open Houses and Hidden Gardens of Philmont tour on June 14, 2014, plus Christmas ornament of Winter Street Center, assorted notecards from the Kennebec Art Club, and Activity and Coloring book.

**OVERNIGHT STAY** at the Inn at Brunswick Station.

**MONKEY C MONKEY DO** in Wiscasset, pass for family of four, good through 2014 season.

**TWO ROUND-TRIP TICKETS** on Concord Coach Lines to Brattleboro, Vermont or Southbury.

**FOUR PORTLAND PIRATE** vs. Miami Monarchs hockey tickets for Saturday, April 20, 2014 at 4 p.m., Section 11, Row A, Seats 5, 6, 7 and 8. Donated by Bath Savings Institution.

**TWO ROUND-TRIP TICKETS** on Maine Eastern Railroad's "Mid Coast Limited" between Brunswick and Rockland, runs Friday, Saturday and Sunday from July 4 to Oct. 4, 2014, at 7:10 p.m., in Fenway Park grandstand by third base "Green Monster," Section 25, Row 11, Seats 3 and 4 plus two round-trip vouchers on the Downeaster between any two stations served by the Downeaster. Donated by Charles Ault and the Northern New England Passenger Rail Authority.

**MAINE MARITIME MUSEUM**, four guest passes, good through March 31, 2015, plus Solo Bistro \$20 gift certificate.

**"FAMILY FUN"** package: two tickets to the Theatre of Awesome in Freeport plus \$25 gift certificate for shows at the Southworth Planetarium plus \$20 gift certificate for Slot Car Junction.

**"SPRING SPORTS"** package: Four Sea Dogs vs. New Hampshire Fisher Cats baseball tickets for Friday, May 9, 2014, at 6 p.m., Section 10, Row 1, Seats 5, 6, 7 and 8 with a "Slugger the Sea Dog" bobble head plus one hour in the batting cage at Coastal Performance. Donated by Bath Savings Institution and Coastal Performance/Coastal Ortho.

**"BAMFORTH MARINE"**, a limited edition (13/100) giclee print based on original oil painting by artist Mary Alice Treworgy, matted and framed by Gallery Framing.

**MAINE STATE MUSIC THEATRE**, two 2014

season tickets for first Friday, Saturday or Sunday of each production (June 6-8, June 27-29, July 18-20 and Aug. 8-10, 2014) plus \$75 gift certificate for Enoteca Aranella; dinner for two at the restaurant; \$100 gift certificate for the Maine State Music Theater.

**MAPLE BOWL**, 12" x 4", handcarved and signed by Bob Morell.

**DINNER FOR EIGHT** at Riverview Farm

prepared by Tim O'Brien, chef and owner of Trattoria Athena, five course with wine pairings, hosted by Stacy Frizelle and Frank Connors, Donated by Timothy O'Brien and Marc Provencier, Trattoria Athena

**UP TO A WEEK** at Popham Beach in "Hazel- rah," house sleeps eight, minutes from beach on foot, includes breakfast for four, two dogs welcome, June 1-Oct. 1, 2014. Also, copy of "Maine Cottages, Fred L. Savage and the Architecture of Mount Desert" coffee table book. Donated by Clark Hill.

**TRADITIONAL NEW ENGLAND CLAM/LOBSTER BAKE** for 20 at Brunswick home of Frank and Jean Connors; enjoy a feast of lobsters, clams, corn on the cob, eggs, hot dogs, roast chicken, green and pasta salads, blueberry cake and coffee; good through Nov. 1, 2014.

**GINGER TOUR OF THE NIGHT SKY** for 3 to 12 with Rob Burgess and other members of Southern Maine Astronomers. Gather at the fully-equipped Starburst Meadows Observatory in Brunswick or at location of your choosing (your home, the beach...) using a traveling telescope. Find constellations and see planets, star clusters, nebulae and galaxies!

Refreshments provided, good until April 10, 2015.

**BOAT RIDE** for four leaving Robinson Marina with lunch at Oliver's in Cyo Harbor, Southport, good through 2014 boating season. Donated by Peter and Mara Kruse.

**PORTLAND GETAWAY**: Two mainstage tick-

provided by Anita, winner to call to make arrangements, good through April 10, 2015.

**PATCHWORK GARDENS** gift basket of homemade garden tools. Donated by George and Sue Sergeant.

**FOUR QUARTS OF SOUP** prepared by Charlene Tuplin at Run with Soup and delivered to you. Soup to be chosen from weekly selection, offer good until April 10, 2015.

**CHOCOLATE PEANUT BUTTER FUDGE**, gene-

rally one pound, in decorative box, homemade by Merrilyn Tombrink.

**"HEAVEN ON EARTH,"** triple chocolate chee-

ses, 10" (feeds 12-15) by Susie Sharp - gor-

geous and delicious! Made to order with two weeks notice, good until April 11, 2015.

**CAKE FOR ANY SPECIAL OCCASION**, profes-

sionally baked with decoration and frosting,

can be served warm or cold, fresh or frozen.

Donated by Cakes Identical.

**MORNING GLORY NATURAL FOODS** tote bag

filled with organic specialty foods and personal

care products and a bottle of Italian wine.

**ITALIAN MEAL IN A BASKET:** pasta and sauce, olive oil, basil pesto, salt, dried tomatoes, basmati, silicone potholder, and more.

Donated by Bay Square at Yarmouth.

**GLACIER FARMS BASKET** of homemade breads and low-sugar jams. Donated by Glacier Farms.

**FAT BOY DRIVE-IN** \$50 gift certificate (3 opportu-

nities to bid).

**"COCKTAIL PARTY" BASKET:** vintage cocktail shaker, six shot glasses, juicer, assorted mix-

ers and dips.

**"FIVE & DINE AROUND":** Five & Subway

Subway sandwiches plus gift certificates from Cameron's Lobster House (\$20 gift card and Ebenezer's Brew Pub formerly Lion's Pride) (\$30).

**"MID-COAST DINE AROUND":** Gift certificates from Morse's Cribstone Grill (\$25) and Solo Bistro (\$20).

Please see AUCTION, Page 8

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## AUCTION

From Page 7

**"ICE CREAM SOCIAL":** Eight parfait glasses, ice cream scoop, cones and toppings; with gift cards from Gelato Fiasco (\$13) and Orange Leaf in Cook's Corner (\$15).

**CASE OF WINE** (6 red and 6 white) with Vinturi deluxe red wine aerator set. Donated by David Foley and Vicki Foley of People Plus.

**"BRUNSWICK INTERNATIONAL DINNER AROUND":** Gift cards from Sweet Angel (\$25), Pedro O'Hara's (\$25), Bombay Mahal (\$15), Aki Hibachi and Sushi (\$25).

**"BEER AND PIZZA":** one small pizza a month from Romeo with BootLeggers \$25 gift card.

**"TOPSHAM/LEWISTON FOOD FEST":** Gift cards for two park pies from Michael's Market, the Fairgrounds Café (\$20), Boot and Buckle (\$10), and a large pizza from Sam's Italian Foods in Lewiston.

## HOME & GARDEN

**HAMMERED SILVERPLATE** "De Loupe" candleabra from Restoration Hardware, with box.

**PAIR OF BALDWIN SAUCER-BASE BRASS CANDELIERS**, 6.25" tall, with boxes.

**STARBUCKS COFFEE** 16-oz with mugs, Caffé Verona, coffee beans, Caffé Mocha cocoa and Tazo chocolate chai latte. Donated by Starbucks at Topsham Fair Mall.

**SKILLINS GREENHOUSES** \$100 gift certificate.

**WELLTREE PREMIUM TRIPLE SERVICE** \$100 gift certificate.

**EIGHT BUNDLES OF PREMIUM QUALITY BIO-FUEL** Canawick hardwood bricks. Donated by Larry Stone.

**GRILLING TOOL SET**, 17 pieces, with storage case.

**CRAFTSMAN MECHANICS TOOL SET**, 108 pieces with carrying case. Donated by Sears.

**SWEET DREAMS HOME FURNISHINGS** \$50 gift certificate.

**VINTAGE WEDGE-WOOD DESSERT SET**, cream-colored, covered Queen's Ware: tea pot, coffee pot, six dessert plates, covered sugar and creamer, serving plate. Donated by Jen and Bill Mason.

**LAMP OR STATUE TABLE**, natural finish cherry with drawer and shelf, 12" x 12" x 30" tall. Donated by Chilton's Furniture.

**LARGE WICKER BASKET**, 27" x 17" x 13".

**GILT-FRAMED MIRROR** with reproduction of "Splash Again" print c. 1900. Donated by Fog Art Restoration and Custom Framing.

**LOCAL AND WYLERS** gift cards for \$10 each with two pounds of coffee and two mugs. Donated by Local & Wylers.

**LE COQ INN COOKWARE BERRY CASSE-ROLE SET**, donated by Now You're Cooking.

**BODUM TRAVEL** one-serve coffee press with mug, coaster and tray.

**WEDGEWOOD HEART-SHAPED COVERED BOX** and small ashtray, green and white. Donated by Jen and Bill Mason.

**STARBUCK'S COFFEE:** Two pounds with Bodum travel one-serve coffee press. Donated by Starbucks at Cook's Corner.

**TEA POT AND TWO MUGS** with assorted Chinese green teas. Donated by The Nest and Little Leaf Tea Co.

**BIRDCAKE-STYLE LANTERN** with pillar candle, straw wreath with flowers and decorated trowel.

**\$25 GIFT CERTIFICATE** from Before and After Photo Restoration with gilt picture frame.



A Table from Chilton's Furniture.

## FOR THE CHILDREN

**MIC-O-MIC LARGE TOW TRUCK** Build and Play set. Donated by Island Treasure Toys.

**MIC-O-MIC AIRPLANE**. Donated by Island Treasure Toys.

**GOODIE BAG FROM THE MIX**: "Tree House" wood construction set, lavender onesies, watercolors paints with bush and pad, wooden boat.

**WHITE BABY BLANKET** from the 55 Plus Collection. Handwoven with hand-dyed red with sea green band, handmade by Bridget Brewer.

**"FUN FOR THE LITTLE ONES!" package**: \$25 gift card for admission to the Rumpus Room, indoor children's play center plus one hour for two in Smudge Art Studio for kids plus "Hungry for the Sun" CD by musician Matt Loosigian plus signed copy of "Kate and Nate Are Running Late" by local author Kate Egan.

## MOVIES, MUSIC & VIDEOS

**BULL MOOSE** \$40 gift card.

**THE MUSIC CENTER** \$25 gift card.

**TWO TICKETS FOR NORDICA THEATRE** in Freeport, good through Aug. 31, 2014.

**TWO REGAL CINEMA PASSES**, good at any location, including movie theaters or special events with Five Guys Burgers and Fries \$10 gift card.

**"CINEMA NIGHT OUT"**: Two Everglast Cinema movie passes with Joshua's Restaurant and Tavern \$20 gift card.

**"VIDEO AND PIZZA":** Five-rental pass from Bart and Greg's DVD Explosion! plus family pizza meal: large pizza, plus chips and soda from Warming's Market.

## MIXED BAGS & OTHER CHOICE OFFERINGS

**THREE HOURS** of in-home computer set-up or training by Jack Hudson on subjects such as email, internet websites, Microsoft Office, Open Office software (2 opportunities to bid).

**AT&T USB CONNECT MOMENTUM 4G device** by Sprint.

**INDOOR FAMILY PORTRAIT SITTING** and one 8x10 portrait. Donated by The Pierce Studio.

**TWO HOURS OF PRIVATE APPAL COMPUTER LESSONS**: Macbook or handheld device. Donated by Drew Doop, Computer Help.

**PEOPLES PLUS BASKET** with two one-year memberships, "Speaking Frankly" by Frank Connors, 12 assorted notecards by artist John Gable, two T-shirts, and a mug with images from "Speaking Frankly."

**BISSON MOVING AND STORAGE**: \$100 gift certificate, moving materials, good through Dec. 31, 2014.

**L.L. BEAN TOTE BAG** with \$50 gift certificate.

**DOGGY BASKET** with toys, treats, Vetsa 3D, and gift certificate for one bath. Donated by Bath Veterinary Associates.

**WALMART** \$100 gift certificate.

**DOG BATH AND GROOMING** at Petco in Topsham, good through June 30, 2014.

**FOUR HOURS OF PROFESSIONAL SERVICES** for organization, deep cleaning or moving. Donated by Oriental Cleaning.

**ONE-ON-ONE CONSULTATION** with an Elder Living Advisor assistance with assessing resources, home care, relocation, family conversations and more. Donated by Joanne Rosenthal, LMSW.

**LEAPIN' LIZARDS** \$25 gift card.

**GOODY BAG** of fun items. Donated by Cool as Moose.

**MUG AND T-SHIRT** with \$10 gift certificate for a dozen doughnuts. Donated by Frosty's.

**PREPARATION OF VITAL LEGAL DOCUMENTS**

Including Advanced Care Directive, Will, Power of Attorney. Donated by Law Office of N. Seth Lefebvre.

**SUMMER ISLAND STUDIO** \$25 gift certificate.

Donated by Petty Baker of Summer Island Studio.

**"GARDENING IS UPON US" BASKET**: Urban Garden Center \$30 gift certificate plus ergonomic hand garden tools by Radius; cultivator and two trowels; "Hedges" and "Cinna-



**MONDAY** \$10 gift certificate.

**HANCOCK'S GOURMET LOBSTERS** \$100 gift certificate with lobster print throw pillow from Timeless Cottage.

**"FOR THE GUYS"**: Jobsmart 20" Steel Tool Chest; four-wheel thrust alignment and oil, tube and filter service; Swiss Tech key ring tool set; Tiger Driver 6V battery-operated ergonomic screwdriver; "Fishing Bear," hand-carved by Richard Nickerson, 6" tall; "Buggers and Nymphs" notecards by artist Karl Salla; Men's "essential" bath products by Kiehl's. Donated by Tractor Supply Co., Meineke Car Care Center, K. Salla Fine Art Studio, Richard Nickerson and friends of People Plus.

**FOUR-WHEEL THRUST ALIGNMENT** and oil, tube and filter service. Donated by Meineke Car Care Center in Topsham.

**"CHRISTMASMASTERS" BASKET**: gingerbread tree lights, \$10 gift card, 12 notecards by artist Karl Salla; "peppermint candy" earrings made from vintage 1960s lucite beads; gray knit watch cap; snowman bottle stopper and "Poinsettia in a Can."

**"DRAGONFLY" EARRINGS**, art deco style, with sterling silver aqua crystals and freshwater pearls, by Dawn J. Estrin with six "Stained Glass Angel" note cards from a hand-colored photograph by Jane Page-Conway.

**INSULATED PICNIC BACKPACK** with table setting and \$10 gift certificate for lobster rolls from Libby's Market.

**"ALL THINGS PRACTICAL IN TOPSHAM"**: gift cards from Target gift (\$20), Reny's (\$10), plus Agape Appliance and Television (\$40).

**"BOWS AND MUSIC" BASKET** of assorted hair bows and head bands handcrafted by Toby Frize with "Hungry for the Sun" CD by musician Matt Losloogian.

**"ULTIMATE" CAR WASH** (inside and out) and front-end wheel alignment. Donated by Affordable Auto Body and Tire Warehouse.

**"COFFEE AND A GOOD BOOK"**: coffee, bagel and muffins, plus coffee and creamer with Gulf of Maine Coopers \$25 gift certificate.

**"IT'S ALL IN THE GAME" BASKET**: sterling silver "Dice" necklace by b.u.e. by bridge card game and pepper shakers, in box; two packs of playing cards; and three sets of poker chips. Donated by Virginia Domhoff and other friends of People Plus.

## PAMPERING & WELLNESS

**ORAL B "PRESCRIPTION 4000"** electric toothbrush with Crest whitestrips and toothpaste in Crest whitening bag. Donated by Kevin Sullivan, DDS, LLC.

**REFRESHMENT** one hour, by Reiki master

Heather Martha Sturz, Heart and Hands.

**MARGARITA'S HAIR STYLES** \$50 gift certificate.

**USANA NUTRITIONAL ITEMS** in a wire basket;

French Vanilla, Dutch Chocolate and Wild Straw-

berry shakes; Peanut Butter Crunch; Peanutty

Bliss and Go Nuts 'N' Berries bars; with a



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"Help Yourself" Kitchen

blender bottle. Donated by Sharon Dodge.

**SHAMPOO, CUT AND STYLE** with shellac manicure by Miss Stockard at Studio 119, with a can of Bed Head hairspray. Donated by Miss Stockard.

**THIRTY-FIVE MINUTE WELLNESS BREAKTHROUGH SESSION** and 30-min day group whole foods class online with Melinda R. Baxter of Pathways to Health.

**PURA VIDA BASKET** with toners, lotions, creams, nail polish, lip gloss, eye shadow, hair brush.

**ONE-HOUR REIKI SESSION** with Amanda Walden of Joyful Heart Reiki.

**ACUPUNCTURE SESSION** with Julie Meyer at Heart of Radiant Health and Wellness.

**"PRETTY IN PINK" BEAUTY BASKET** with bubble bath, lip gloss, nail polish, bath pillow, shower gel, lotion, bath salts and much more.

**WAX, CUT AND BLOW DRY** from Hair Styles and Attitudes.

**"PAMPER PACKAGE"**: One-hour massage at New England Fitness in Topsham, plus \$20 gift card for Star Nails in Topsham, plus one hour facial by Karen Derborn at Simply Skin in Brunswick.

**"MASSAGE AND HAIRSTYLING"**: One-hour massage with Linda Morse at Serene Healing Arts and Shampoo, plus haircut, styling and blow dry by Dori Holloway at Anew Studio, good though Dec. 31, 2014.

**"LAWES SPA"** \$25 gift certificate for Avada Foot Relief, Redding Free Clinic, mouse, Redken Time Reset shampoo and Avada Enlightenment facial treatment, hairbrush, microfiber hairband and other beauty products. Donated by Looking Glass Hairstyling.

**"FACIAL PLUS WASH AND BLOW DRY"**: Classic facial treatment with Laine Laliberte, plus wash and blow dry from Joyce Kinney, both at Anew Studio, good though Dec. 31, 2014.

**SHAMPOO, HAIRCUT AND STYLING** plus manicure by Carole Bond at Anew Studio, good though Dec. 31, 2014.

## SPORTS

**THREE-MONTH MEMBERSHIP** at Bath Area Family YMCA.

**RIEDELL WOMEN'S ICE SKATES**, white, size 9 medium, new, with box.

**GUIDED TOUR** or rental of two paddleboards or kayaks. Donated by Seaway Kayaking.

**TRAIL SEASIDE** at Main Street Yoga. Donated by Maine Street Yoga.

**FOUR 18-HOLE ROUNDS OF GOLF**, at Highland Green, Topsham; good through 2014 golfing season.

**FOUR 18-HOLE ROUNDS OF GOLF**, with cart, at the Brunswick Golf Club, good through 2014 golfing season.

**FOUR BOWLING PASSES**: two for "Galactic or Rock 'N Roll Bowl Weekend" and two for "Pasta, Pins and Pop," includes one lane for two hours, a large pizza and a pitcher of soda.

## THEATRE & CONCERT PACKAGES

**"BRUNCH AND THE MIDCOAST SYMPHONY"**: Sunday Brunch for party of four at Thornton Oaks, choice of 3 to 4 entrees, variety of beverages and desserts; available any Sunday, 11 a.m. to 1 p.m.; good through May 3, 2014, plus Midcoast Symphony Orchestra, four tickets for concert at Orion Performing Arts Center in Topsham, on Sunday, May 11, at 2:30 p.m.

**TWO TICKETS** to any performance at The Public Theatre in Lewiston; good for remainder of this season or for 2014-15 season with Fishbones \$25 gift certificate.

**FOUR TICKETS** to any one Bowdoin International-Main Festival Monday Beethoven String Quartet concert during the 2014 Festival season, June 30-Aug. 4, plus Lemongrass gift certificate.

**TWO TICKETS** to any Portland Symphony Orchestra Tuesday Classical, Sunday Classical or PSO POPSi concert during 2014-15 season plus 2014 Portland Miniature Round Club card for discounts in fine restaurants. PSO voucher must be redeemed before June 17, 2014.



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April 2014



Spectrum Generations is pleased to support People Plus' 12th annual **Music in April** event as a Fortissimo Sponsor.

This much anticipated event offers wonderful dining, live music, silent and live auctions and maybe a few surprises!

Mark your calendars now for April 10th, 5-9pm at the Knights of Columbus Ballroom in Brunswick. We look forward to see you there!

## Marci's Medicare Answers

We have a rapidly aging population, and a Medicare program that has become increasingly complex. Now more than ever, people need answers to their questions about health care benefits, rights and options. Through Marci's Medicare Answers—a free, nationally syndicated column from The Medicare Rights Center—we're working to provide accurate, timely and helpful information on Medicare. Each month we will include on our website and in our newsletters a Marci's Medicare Answers section. Hope you find this helpful and interesting.

Dear Marci,

Does Medicare ever cover dental care?

—Betsey

Dear Betsey,

For the most part, Medicare does not cover dental care by law. In general, Medicare does not cover routine dental care or dental care that you need primarily for the health of your teeth. For example, Medicare will generally not cover routine checkups or cleaning.

However, Medicare will pay for dental services in very limited circumstances if the services are required to protect your general health or if you need dental care in order for a Medicare-covered health service to be successful. For example, Medicare will pay for dental services if:

- You have a disease like oral cancer that involves the jaw and you need dental services for radiation treatment;
- You need dental splints and wiring as a result of jaw surgery; or

You need surgery to treat jaw or face fractures.

Note that while Medicare may pay for initial dental services for the reasons mentioned above, Medicare will not pay for any follow-up dental care after the underlying health condition has been treated. For example, if Medicare paid for a tooth extraction as part of a procedure to repair a facial injury you had, Medicare will not pay for any other dental care you need in the future due to the loss of your tooth.

Keep in mind that some Medicare Advantage plans may cover limited dental care, depending on the plan's specific benefits. If you get your Medicare benefits through a Medicare Advantage plan, contact your plan to see what dental services may be covered.

—Marci

**Marci's Medicare Answers** is a service of the Medicare Rights Center ([www.medicarerights.org](http://www.medicarerights.org)), the nation's largest independent source of information and assistance for people with Medicare. This information is republished with permission from the Medicare Rights Center. For more info visit [www.medicarerights.org](http://www.medicarerights.org).



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People served by Money Minders are 55 and older, have a low to moderate income, and have liquid assets of less than \$50,000. They are in control of their money so they must have the capacity to direct their own finances.

If any of the above apply to you or if you are interested in becoming a Money Minder Volunteer call Shannon at 207-607-4406.

### Meals on Wheels Fundraiser

SAVE THE DATE

Wednesday, May 28, 2014  
**National Hamburger Day**

Five Guys Burger and Fries in Brunswick, 170 Bath Road, will be hosting a fundraiser for the **Spectrum Generations Meals on Wheels** program May 28th between 5-8pm. Five Guys will donate 10% of all sales made between the hours of 5-8pm. Stop in for dinner to make a difference for our local homebound senior!



PROUD TO PARTNER WITH PEOPLE PLUS

**Monday-Saturday Bridge**

**Feb. 22:** Virginia Domhoff, 5,250; Mari-Schneider, 4,440; Bill Washington, 4,030; David Brady, 3,840.

**Feb. 24:** Sherry Watson, 5,250; Gladys Totten, 4,910; Joyce Lyons, 4,710; Marcia Clayton, 4,130; Frances Lee, 4,040.

**March 1:** Ann Swanson, 4,750; Bill Washington, 4,330; Kay Bagwell, 4,260.

**March 3:** Jeff Laufer, 4,790; Frances Lee, 4,560; Joyce Lyons, 4,390; Paul Bett, 3,980; Bob Cressey, 3,790.

**March 8:** Bill Buermeyer, 5,410; Lorraine LaRoche, 4,760; Gladys Totten, 4,130.

**March 10:** Terry Law, 5,230; Jeff Laufer, 4,910; Lorraine LaRoche, 4,850; Bill Buermeyer, 4,300; Joyce Lyons, 4,210.

**March 15:** David Brady, 4,580; Martha Cushing, 4,290; Bill Washington, 4,200; Lorraine LaRoche, 3,820.

**Senior Intermediate Cribbage**

**Feb. 19:** Joe Tonely, 676; Anita Owens, 665.

**Feb. 26:** Richard Tomko, 723; Harry Higgins, 718; Joe Tonely, 704; Patricia Johnson, 689.

**March 5:** Lorraine LaRoche, 726; Joe Tonely, 721; (tie) Mike Linkovich and Richard Tomko, 687.

**March 12:** Joe Tonely, 712; Gerry LaRoche, 700; Tim Owens, 687.

**March 19:** Mike Linkovich, 702; Anita Owens, 698; (tie) Tim Owens and Nancy Laffey, 697.

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

# Annual appeal grows steadily

A member walked into the Center last month and signed over a check from a neighbor for \$160 to the People Plus annual campaign.

"She paid me to sit her cats while she was away," the lady explained. "When I said I felt bad taking the money, she told me to give it away if I didn't want it." An active volunteer at the Center, the lady gave the money to the People Plus Annual Campaign.

At the end of March, the People Plus Center's annual campaign stood at \$39,691, with a goal of \$50,000 before the

end of our fiscal year on June 30. Office manager Betsy White confirmed at this time last year, the campaign stood at just over \$35,500, putting this season's drive slightly ahead of expectations.

The campaign is funded through outright donations from individuals, local businesses and organizations, and extra donations by members at time of membership renewals. While said by the end of March, members had given extra donations of \$4,226 on their renewal anniversaries.

Donations to the annual campaign

**People**

Raised through March 26  
**\$39,386**

Annual Fund Goal  
**\$50,000**

Fiscal year ends June 30

Your donation of \$25 or more in "New Money" contributes to a 100 percent challenge match of Richard Morell, to a maximum of \$5,000.

**Every donation matters.**

have been as small as one dollar and as large as \$5,000.

"Each donation brings us closer to our goals," White observed.

## Spring brings Teen Center reunion

By JORDAN CARDONE

At our March Teen Center Advisory Committee meeting, committee members did a double-take as teen members filed into the room, including Dan Stadden.

Home from college on spring break, Dan (past committee member and People Plus Board member) joined teens Devyn McDougal and Kelly Ledsworth at our meeting. (pictured above)

I'm still not used to having Teen Center alumni, but there are a growing number of them. Alumni Dan Smith will be entertaining at our Gelato Scoop-a-Thon again this year, making his wonderful balloon animals and alumni Colin Arnold hopes to come by playing his bagpipes at the event again this year.

I discovered something this month that is certainly a sign of the changing times our youth are growing up in. The teens have been working on art projects and photos seem to be a favorite. I have been printing out some photos for them and as I was doing this one day, one of



Home from college on spring break, Dan Stadden (past committee member and People Plus Board member), right, joined teens Devyn McDougal and Kelly Ledsworth at a recent Teen Center Advisory Council meeting.

the teens asked if I could print out a few of her she had on her Facebook site. She was really impressed as the pics printed and said "I don't have any photos."

What? (I am kind of a photo maniac myself). She proceeded to tell me that no she did not have any photographs at all.

I realized that most of them don't. Pics are taken with phones or laptops and uploaded to Facebook or e-mailed etc. Most don't have access to a photo printer and it is not something they think of doing. I really had never thought about that, although no one has brought me an actual photo. A teen will take a photo and message me "I like this one" (that means can you print it out) and I print it and they come in after school to see it. I imagine my talk of matting and framing some of the photos is a foreign concept to them too! So, once again, the teens and I are learning something from each other.

Of course I am now on a mission to change this. New project on the horizon. Create photo albums! After we whirl through all of April's activities and

events maybe they can end the school year with an album of photos which we can work on in May and June.

I may as well start now, topping our teen center wish list: Photo paper in various sizes and colored ink! HP Photosmart D7360.

Soon, we should start hearing if we got some of the grants that we applied for in February and March. Keep your fingers crossed for us. Our biggies are a renewed grant to continue to enable us to be open four days a week and a grant to subsidize our free food program (previously called our after school snack program) with some items we are not able to keep up with (beverages, beverages, about 100 drinks a week — two each a day, is A LOT of drinks!) and a few other items.

We are starting to line up some good entertainment and scoopers for April's Gelato event. Our Free SAT Prep Course in April is almost full already and registrations are still coming in. This really has become a popular event with lots of favorable and appreciative feedback from parents.

Ten of the month is being extended to teen of 6-ish weeks I think because there is competition and well, to be honest, the longer two teens compete for best behavior ... the better my days go :)

Seriously, I have had one following me around addressing me as "hey beautiful" for going on two weeks now (not even close to his former manner of speaking!) I'm not giving that up easily!

That's it for this month.

I hope everyone sees a daffodil or tulip or some colorful bloom somewhere real-ly soon!

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**SILENT AUCTION**

**SATURDAY, APRIL 26TH**

**PRESENTING**

**NOR'EASTERS' CHORUS**  
**WINDJAMMER CHORUS**

**IN THE MIX**

**BRUNSWICK HIGH CHORUS**  
**EN ROUTE QUARTET**  
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# Their Florida 'thing'

About five years into their retirement, and when our kids were slightly teens, in-laws Norman and Barbara got tired of the depressing, six-month ice-snow-cold cycle that is a Maine winter and decided to do the "Florida thing." Turns out it was one of the nicest things they ever did for my family.

Now don't misunderstand. Norman and Barbara were the best in-laws I ever had, and their contributions to my family were historically huge and constant. But early on, there was more than a little anxiety about the transition. Norman was a home boy at heart, often explaining that Brunswick was about as far away from Topsham as he really needed to be. He didn't mind plowing or shoveling snow; he could easily and happily spend months watching sports programming on TV, and never was a great fan of spending money.

"I can be pretty happy, staying right here," he said more than once.

But when Barbara floated an idea, it usually took root, and back in those days, my Jane was dabbling in real estate and helped with some of the detail work. They left for three months in the Sunshine State the following Super Bowl Sunday.

The place where they landed in Clearwater, Fla., was as opposite to their old farmhouse in Brunswick as you can imagine. The apartment they rented was on the 11th floor of a gulf-side condo, a glass and concrete framed thing that

looked more like a shoe box than a cape. There was a heated pool separating them from the beach and the Gulf, and a constant warmish breeze reminded them that snow was a forgettable foreign thing.

The Marriners had this blue Chevy Caprice wagon back in those days; it was so long, so wide and so smooth, I used to refer to it as the "hearse" when no one was listening. A fellow could stretch out on one of those seats and think he'd rented a hotel room. Norman would load that thing to its dome lights with "only essentials," (everything from a bean pot to chocolate doughnuts) and away they'd drive.

They did actually always leave on the Saturday before Super Sunday, driving to Pennsylvania where a favorite motel had a wide screen television and a tub, and they'd rest up. Norman did the game, Barbara did the soak. Next day they got to the Carolinas, or Georgia, or now, Norman was focused on Florida, no more fooling around.

I think it was their second winter when we Connors made our first trip to Florida. We found some money, bought some plane tickets and for a week, "boarded" with the in-laws. Those visits gave my kids their first plane rides, their first visits to Disney World and Busch Gardens, to Florida's Keys and Everglades. But there was so much more.

At a time in their lives when kids often separate themselves from family, mine developed lasting and loving bonds



## Speaking Frankly

FRANK CONNORS



Educators to hear from prolific reviewer

The Mid-Coast Retired Educators Association will meet on Tuesday, April 8 at the Maine Regional Tech Technical High School, 68 Church Road in Brunswick.

William Bushnell is the guest speaker and will be sharing his experiences as a book reviewer. The social gathering commences at 11 a.m., followed by Mr. Bushnell, and at 12:15 p.m. the students of the Technical School will put on the luncheon. The luncheon is \$5 and reservations may be made by calling the president, Corley Anna Byras, at 666-3922. Any retired educators living in the area are encouraged to attend.

The Maine Education Association's retired state president, Larry Given, plans to be in attendance.

The fundraiser for the scholarships given in the spring at Brunswick, Morse and Mt. Ararat high school will be a loose change collection.

Some years we'd take the kids out of school, sometimes we focused on school vacation calendars. Usually it was more about the cost of tickets and our work schedules, because we knew the kids would learn and grow more with us than in Florida than they would ever learn in public school in Bowdoinham.

Several years the kids kept daily journals that fulfilled school requirements and became the basis for maintaining family records and history over the years. Jane and I still cherish these logs as glimpses into the kids' early lives.

Last weekend, we had an evening where we read Miles' log to his 7-year-old son, Jaden.

Just the other day, after I came in from chopping yet another snow storm off our cars, Jane looked at me and said, "Really, isn't it time for us to think about heading south and wait for the kids to come visit us?"

Hm-m-m...

With their grandparents and with Jane and me, Norman willingly flipped us the keys to that Caprice and we would disappear for days at a time, exploring beaches, finding shells, poking down back roads, picking oranges or grapefruit, stalking alligators and tame game, taking air boat rides, shopping, making new friends. ... We created dozens of adventures that remain in the lore of the Connors family, even now.

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visit us?"

Hm-m-m...

## NEW OR RENEWING MEMBERS FOR MARCH

- \* denotes new members
- denotes extra donation with membership

### BRUNSWICK

Christine Adanis  
Donna Bann • \*  
Janice Benson  
Mark Benson \*  
Ursula Berinato \*  
Jane Bisco \*  
Mark Bisco \*  
Dorothy Boyett  
Jeanne Clampitt  
Larry Clampitt  
Jane Colby  
Lincoln Colby  
Beth Compton  
William "Bill" Cronradt  
Mary Cooper  
Linda Cronkite \*  
Sharon Crosbie \*  
Robert Dale  
Carmel Davenport

Priscilla Despres •  
Julie Dionne \*  
Anne Wescott Dodd •  
Jacqueline Draupeau  
Claire B. Dubreuil  
Elena "Ellie" Eramo  
Rita Estabrook \*  
Barbara Fisco  
Kathy Gaunt \*  
Connie Gibson \*  
Eleanor Grafe  
Clarinda Gray  
Beverly Guditis  
Monica Hamkins  
Paul Jacobs Jr.  
Nancy Karp  
Lynn Kinne  
Anare Labrie  
Dorothy Lavoie  
Ralph Lofgren  
Sonia Logren  
Nancy Lougee \*  
Juliette Lovell  
Fred Masciangelo

Margaret McPherson \*  
Barbara Moscato •  
Sal Moscato •  
Stephanie MacNeille  
Ruth B. Peck •  
George Phipps  
George Quittmeyer  
Joanne Quittmeyer  
Charles W. Raymond \*  
Nan Rand  
Elizabeth Scully  
Winnie Silverman  
Craig Snapp  
Joan Springer  
Martha Spruce  
Cynthia Stevens  
Ruth Thibodeau  
Wayne Thibodeau  
Mary Alice Treworgy \*  
Raymond Tufts  
Donna Verhoeven \*  
Shirley West  
Rupert White  
Ruth White

TOPSHAM  
Grace Brilliant  
David Cranston  
Marcia Cranston  
Margaret "Peg" Fearon  
Bob Foehring  
Ruth Foehring  
Maureen Gasper •  
George Hardin  
Mary Ann Harty •  
Frances Keefe  
Gerry LaRouche  
Lorraine LaRouche  
Linda Mallard  
Dana Mayo  
Judy Michaud •  
Sherman E. Milliken  
Kenneth Neal \*  
Doris Nieman  
Cheryl Ouellette \*  
Charles Payne •  
Carl Pellerin

Elizabeth Pettigrew •  
Sandra Petty  
Linda Schoenfeldt  
Jeanne Staples  
Merrilyn Tombrink  
Bonnie Wheeler •  
Vivian Wixom  
HARPSWELL  
Timothy Bernier  
Sally Clifford  
Yvette Griffin  
Barbara Hickey  
Elina Hunter  
Linda Knowles  
Judy Mouton •  
Sherman E. Milliken  
Kimball Page \*  
Constance Parsons  
Harry Parsons  
Joan Phillips •  
Carl Pellerin

John Rich  
Nancy Sohl  
Ray Sohl  
John R. Webster • \*

### OTHER PLACES

Sara Barnes, Georgetown  
Carmen Belleville, Bath \*  
Mickey Cahill,  
Philipsburg \*  
Debra J. Fitts Lyman  
Judy Gray, Bowdoinham  
Claire Small, Lewiston  
Karen Schneider,  
West Bath  
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"Attean Pond," numbered print of watercolor, Vivian Wixom.

## Mixed-media art show continuing through April

The mixed media show featuring several members of the Merrymeeting Art Association will continue in the Union Street Gallerie through the end of April.

The list of contributing artists includes Connie Bailey, Flo Carmen, Merrillyn Tombrinck, Lorraine "Rainey" Williams, Karin Congleton

and Vivian Wixom.

The show includes oil and watercolor paintings, color prints, photographs and line drawings.

All works are for sale, and may be viewed during normal business hours at the People Plus Center, 35 Union St., Brunswick.

**WHEN I WAS A KID, MY PARENTS MOVED A LOT ... BUT I ALWAYS FOUND THEM.**

— RODNEY DANGERFIELD



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