

Music in April, Scoop-a-thon described as 'best ever'



Preliminary reports are in and it is obvious that our 12th annual Music In April event on April 10 and the Gelato Fiasco Scoop-a-thon less than a week later were both "huge successes," according to Executive Director Stacy Frizzle.

"The Music in April was a perfect storm by sponsors, restaurateurs, our community, our members, our volunteers," she said. "I saw an energy without parallel at People Plus."

Frizzle said the event "will net close to \$45,319, when the dust settles."

The 2014 event was built on 26 table sponsorships and the

exceptional buffet featured 24 area restaurants. Individual table tickets sold out at a 225 maximum capacity and some of the 300 auction items were "bundled" to make room on the tables. Last year's event raised nearly \$35,000.

"We just cannot be more pleased with our support from our members and communities," Frizzle said.

The 12-hour long Gelato Celebrity Scoop-a-thon held April 16 to benefit the Brunswick Teen Center was another huge success.

More than \$5,500 was raised by the Gelato Fiasco and by its



Bidders galore show their stuff during a special offering for VTN gas cards during the April 10 Music in April gala at the Knights of Columbus hall in Brunswick. At far left, a visitor has her face painted during the April 16 Gelato Fiasco Scoop-a-thon to benefit the Brunswick Teen Center.

neighbor, the Big Top Deli.

Turn to pages 6 and 7 for

more information and pictures from these events.



Mackenzie Grimes of Brunswick Girl Scout Troop 1644 delivers another load of cookies to the Spectrum Generations Meals on Wheels program at the People Plus Center. The troop supplied 160 boxes of cookies to be distributed to local Meals on Wheels recipients last month.

'Thoughts of an Average Joe' author to chat

In 2009, author Brian Daniels created Joe Wright — a clueless, middle-aged, thick around the middle man hopelessly stuck in the 20th century. "Thoughts of an Average Joe" is the hilarious rambling of a man whose commentaries voice the confusion and angst of a simple, old dude trying to make sense of life in the modern world.

A retired U.S. Naval Reserve offi-



cer, Brian lives with his wife, Laurene, in Brunswick, where he has practiced optometry since 1984. He attended Lyndon State College, Cornell University and New England College of Optometry.

Wednesday, May 7, 2 p.m.

Free and open to the public. Registration requested.

Copies of the book will be on sale at the presentation.

FYI! Happy Trails! with local land trust

If you're itching to get outside, join us at 1 p.m. on May 22, as representatives of Brunswick-Topsham Land Trust will be sharing information about fun things to do and beautiful places to enjoy outdoors in our communities.

Angela Twitchell, executive director, will describe the land trust's programs, including its Saturday morning Farmers' Market and community garden at Crystal Spring Farm, and talk about upcoming events.

Caroline Eliot, associate director, will share pictures from the trust's trails, all just minutes from your doorstep!

Our community is rich in special places and spectacular natural resources and this will be a great opportunity to learn more about them as warm weather returns.

For information about Brunswick-Topsham Land Trust, call 729-7694 or visit the website at www.btltr.org.

'Mocktail party' will salute volunteers

Volunteers from People Plus and Spectrum Generations-Brunswick will be saluted in a joint "Mocktail party," June 12, beginning at 1 p.m. in the People Plus Maine Hall.

"Where would we be without our volunteers?" asks Volunteer Coordinator Jill Ellis. "These are the peo-

ple who people People Plus!

She said the afternoon will be filled with food, surprises and prizes, and there will be a special tribute to mark the first anniversary of the "union" of People Plus and Spectrum Generations.



What's for
**Lunch &
 Connections?**

See Page 4

People Plus News

The 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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Read **People Plus News** anytime online @ www.peopleplusmaine.org

'This joint is jumping'

What a night it was! The 12th annual Music In April was a record year in so many ways. We had more sponsors this year including a new Fortissimo Gala sponsor, Rousseau Management. Although they've been in town for more than 30 years, they are a new supporter of our organization and just the right fit since they own and manage rehabilitation care centers.

Spectrum Generations was a Fortissimo Event Sponsor this year and brought an entire table of folks to the shindig. It was lovely to hang out with Gerry Queally and the gang in a fun, relaxed setting.

There was live music, a record number of tickets purchased, more than 300 auction items (which is a third more than last year!), and more than 22 restaurants who donated food as well! Please go eat at those restaurants and thank them for their support!

And if you bump into any of these lovely ladies please thank them as well, for this event would not have happened without the organizing committee of O Jeanne d'Arc Mayo, Alison Harris, Lennie Burke, Claudia Adams, Amy Berube, Corie Washow and Terri Burgess. These seven generous women melded their talents together to create an event like none other.

The evening was completely sold out and the energy in the room was unmatched. There was laughter and gaiety enjoyed by all as well as a delicious dinner, wonderful music and record income levels for the silent and live auctions! Our thanks goes out to John Bottero of Thomaston Auction House and Gallery. We would not have seen this

level of success without his auctioneering brilliance.

One accomplishment that he brought in this year is the support for our Volunteer Transportation Network in the gas card pledge round. Last year we asked attendees to support a gas card for the drivers of our VTN program and about 20 people did. This year, however, John Bottero used a new strategy and got more than 94 people to pledge a \$25 gas card! It was brilliant and so incredibly helpful to our volunteer drive program. This program would just not exist without our volunteer drivers and we are thrilled to be able to give them a gas card once in a while.

Thank you to all who donated an auction item, attended the event, donated food from a restaurant, donated their time with set up for collection or reception, and generally supported Music in April! It has truly become the signature dinner gala fundraising event of the year in Brunswick.

We set a new record this year bringing in \$10,000 more than we did last year for a total of 45,000 in income. This will help to offset the expenses incurred this year since we have doubled our programs and participation at the center. As you know, we now see more than 500 people a week come through the doors and it takes some serious funding to keep it all running smoothly.

Then a week after Music in April we set another record at the Gelato Fiasco Scoop-a-thon benefiting our teen center program! More than 1,000 people visited Gelato Fiasco on Maine Street last Wednesday and served as scoopers, vol-

From the Executive Director

STACY V. FRIZZLE



unteers, musicians or patrons buying a gelato or a coffee.

And new this year, the Big Top Deli donated all of its income for that day which totaled more than \$2200! Thank you so much to Tony Sachs, the owner of the Big Top Deli. His donation, along with the income from Gelato Fiasco, our raffle and the 50-50 raffle hosted by Suzan Wilson brought in approximately \$5,500 for the teens this year! And that is about \$500 more than we made last year and we couldn't be more happy about it. It comes at just the right time to finish out the school year strong. (It'll just about cover food for the rest of the year, and let me tell you those teens eat a lot!)

We are again so appreciative of the support of so many residents who came out for both Music in April and the Brunswick Area Teen Center. We couldn't do it without all of you! In fact, I was scheduled April 24 to present my budget request to the Town Council. And while it's not hard to see that we have drastically increased our programming and attendance at the Center, if you happen to see any of the town council members, please don't hesitate to tell them how important our town funding is to People Plus. We literally would not stay open without it. So please take a minute to write to your councilor or call. It could make all the difference!

Until then, come on down to the Center that builds Community my friends. This joint is jumping!

From Anita's Plate

ANITA HUEY



Problem solving and planning

While thinking of what to write this month, I thought about the next few weekends in my life. One weekend we will travel to New York and the next weekend I am going away with a few girls from college. I really don't want to do a lot of dining out, so I thought it would be helpful to talk about problem solving and planning.

Problem solving is the process of taking an assessment of what you think is going to take place and make a plan to intervene to make a healthier plan. My plan for the first weekend is to make a meal to eat in the car and to take healthy snacks.

The second weekend involves several more days. I decided to plan a breakfast, lunch and dinner. Breakfast is going to be Southwestern eggbeaters in muffin tins with fresh fruit. Lunch is going to be quesadillas that use the cooked cab-

Cook once eat twice

Make enough pork and cabbage to use for two meals.

No. 1. Pork Chops with Red Cabbage

Ingredients:
2 pork chops
1/8 cup cider vinegar
1 Tb. brown sugar
1 t olive oil
1 cup of red cabbage
1/2 cup onion, slices
Black Pepper and Mrs. Dash to taste

Procedure:
1. In a small bowl, combine vinegar, brown sugar and sage.
2. Sprinkle pork with dried thyme, sage and pepper. In a large skillet, heat oil over medium heat. Add pork. Cook 3-4 minutes and turn over. Cook another 3-4 minutes, until the juices run clear. Brush with a bit of the vinegar mixture

and remove from the skillet. Keep warm.

3. Add cabbage and onion to the skillet. Cook over medium heat for 5 minutes. Add the remaining vinegar mixture and bring to a boil. Heat through.

No. 2: Encore

Ingredients:
Tortilla (once per person)
1 Tb. guacamole (per person)

Cooked cabbage
Cooked pork tenderloin
Procedure:
1. Spread guacamole on tortilla.
2. Add cabbage and pork.
3. Fold in half and place in a warmed skillet.
4. Cook until browned and flip.
5. Cook until browned and warmed through.
Serve with salsa.

bage and pork tenderloin from the dinner meal with guacamole. (See this month's recipe for our planned dinner.)

In addition, I will bring veggies, hummus and peanut butter for snacks. I am confident that my plan will work and I will have two great weekends. Traveling will not derail my healthy eating plan and it will help me save money! So whatever is happening in your life take a few minutes to try some problem solving

and make a plan for healthy eating.

The Diabetes Prevention Program continues to go strong as we enter our ninth week. So far the group has lost 86 pounds. Have a great month.

I am planning to begin another session and already have four people planning to attend. If you thing this may be a good program for you, please give me a call. I can be reached at 504-6439 or shebakme@comcast.net.

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Fondly recalled ...



Richard Dreselly suggests he might have been three-and-a-half years old when this picture was taken of him with his "beloved" grandfather, Frost P. Bailey, and "the family horse" on the loose-planked wharf at South Harpswell in the summer of 1928. "That day he hoisted me onto his big, placid work horse and let me ride alone down to the Bibber place and back. That was the first, last and only time I rode a horse. Grandma was horrified, I was permanently enchanted!" If you have old area pictures to share with readers of the People Plus News, please contact Frank Connors at 729-0757, with your comments, suggestions or contributions.

Sayings: Old, New, Borrowed, True

BY VINCE MCDERMOTT

Be the person your dog thinks you are.

Be the person your cats think they are — cats think they are purrrfect.

Books don't need batteries. Don't be afraid to succeed. Never tickle a sleeping dragon. Writing is a socially acceptable form of schizophrenia.

You can learn more about poetry as an actual activity from raising chickens than from any professor.

Life may not be a party but it's the only action around.

Immature poets imitate — mature poets steal.

Genuine poetry can communicate before it is understood.

You don't know what you don't know until you don't know it.

Storm Clouds

BY ELISABETH KING

They belly upward into the blue, innocent as whipped cream, loaded with promise and peril, nutrients to build life, and power to destroy it. Arches and portals open onto chambers filled with mysterious light, thrones, dominations and powers, just around the corner, out of sight. The storm hisses toward us on the water.

We crouch under dripping leaves, canoe beached at our feet, counting the seconds between

flash and rumble: fifteen — eight — four!

Then sunlight on the far shore — a rainbow!

We set out, rain still pocking the surface, round the foot of the cliff into brilliant light, the emerald turf close enough to touch, washed clean and glowing with gratitude.

The Decades BY PK ALLEN

I opened the door and walked into the '60s. I saw war, segregation, The Beatles, and hippies.

I opened the door and the '80s were there. I saw war, prejudice, Led Zeppelin, and despair.

I opened the door

into Century 21. I saw war, terrorism, LL Cool J, and a gun.

In each and every decade I saw violence, injustice, and fame.

The more the decades try to differ,

the more they remain the same.

Mother's Day Reflections

BY GLADYS SZABO

Reflecting back on Mother's Day

Is that why my hair is grey? My son was born August twenty-sixth, nineteen sixty-four.

My life from that day forth was never a bore!

My daughter arrived December fourth, nineteen sixty-seven

A son and daughter, I was in heaven.

Occasional pains but abundance of joys

House strewn with books and toys

Sometimes I wish I could go back

Life moves too quickly, that's a fact.

They grew too fast.

I am aghast!

Flourishing adults, lives of their own

Their needs for me have far outgrown

My son free falls out of planes

Why this? I can't explain.

My daughter is a devoted Mom

So now a "Nanny" I've become.

Good Boy, Max!

BY BONNIE WHEELER

Max was eager for his walk with Peter. Max is a well-trained German shepard, and a beloved member of the family. The day was cool as they walked the city streets of Waterville.

Suddenly, a burley man stepped in front of Peter and said, "How would you like to be dead...?"

Peter looked at the unkept man and answered, "are you sure you want to threaten me with this German shepard here?" Max immediately sensed the danger, barked and growled, pulling at his leash toward the street person.

The angry man looked down and froze. Peter walked calmly around the man and continued down the sidewalk.

Once, he looked back to see him still standing there. Peter reached down and patted his friend Max and said, "good boy, Max," and they continued their walk.

An old cemetery has a spirit That a modern one lacks, With its newly paved roadways And engraved copper plaques.

Like the old spiked iron railings

And narrow dirt roads, Where dandelions and wild flowers

Enjoy the croaking of toads.

Hidden away snugly On some lonely country way, Where it's quiet and peaceful Throughout the whole day.

Unlike those built on highways Or next to airports, Buried in noise and pollution And commuter traffic reports.

Veteran (4th tour)

BY PATTY L. SPARKS

My youngest child walks toward her waiting B-15 stops, turns...eyes meet mine

My Four Mothers

BY WENDALL B. KINNEY

Mother Earth, Mother Nature, mother board; there is a whole column dedicated to the definition of mother in my Random House College Dictionary, yet none can express what mother means to me.

The first of my mothers was my Grandmother Neal who inspired me to write a book of short stories. She was a kind and hard-working lady who, each time my mother was sick, arrived carrying a tan suitcase with brown wrap-around stripes containing a new baby. At least that's what one of my younger sisters thought. I began to suspect there were no babies in that suitcase when I was about 12.

My second mother was the one who gave me life and also raised 11 children to adulthood on a farm in central Maine and in the woods of Washington County. She and my loving father kept us fed and clothed under difficult circumstance, for I was born in the middle of the "Great Depression," the third of 13. My father was a farmer and laborer. Money was scarce, yet we didn't go hungry for long, and always had adequate clothing. The clothes were undoubtedly hand-me-downs from my "rich" cousins in Bangor, but they kept us decent and warm. My mother could invent a meal using whatever was edible from the pantry and the root cellar. Some of her concoctions make my mouth water still: Red flannel hash, fried biscuits, fried carrots, poor man's soup and tomato stew, to name a few.

You may have heard stories about dresses that looked like they were made from grain bags. Well, she could do that and they looked real nice. Of course, I never had to wear one. I did, however, wear her hand-knit mittens and socks each winter.

My father passed away in 1967 and eventually all the children left home. I think it broke my mother's heart that she was left alone with no one to care

for but herself. She began a rapid decline and died in 1998 during the great ice storm. I miss her still.

My third mother was my mother-in-law. Yes, you heard me right, my mother-in-law. None of those awful mother-in-law stories applied to her, for she was a fine lady whom I dearly loved. She never interfered, but loved us all and supported us in everything. She gave birth to and raised my wife and passed on the best of morals, courage and integrity.

My fourth mother is the mother of my children. She is the love of my life and the finest, most caring person I have ever known. She cares so much for others that she will sacrifice for them when it is unnecessary. She would give you the shirt off her back if it would not be immodest. She took her vows seriously and has stuck with me for better or worse, for richer or poorer, through sickness and health for these many years. She gave birth to our daughter in Gloucester, Mass., in 1962 and our son in Dover, N.H., in 1969. When I left my job in Gloucester and entered an apprenticeship at Portsmouth Naval Shipyard, she supported me even though it meant a cut in my already sparse paycheck. When I left Portsmouth and transferred to Bath, she supported me even though it meant leaving our home in Eliot, Maine, and moving to a strange town. When I went back to Portsmouth for a promotion and the job I had been unable to get before I left, she supported me even though it meant that we would be separated much of each week. She has supported me in my desire to write and edits my work in progress. She is my right hand as we journey together.

These four mothers can not be reduced to words in a dictionary or adequately portrayed with a few poorly written words in a short essay, for they are larger than that — as large as life itself.

Ode to a Seaman

BY CHARLES PAYNE JR.

Today I forged another link in my chain of days Four fathoms deep and more. Down where Jonah's leviathan lies. Caught in that hateful Sargasso Sea Where ought but eels can play. I have followed the course True to my Captains Compass And the stars like Flotsam and Jetsam I'm tossed about and I want out! I've finished the course

Now I want to reach that Fabled Shangri-La. No more rocks and shoes for this hardy soul. A quiet cove in some fair land Where no raging sea nor northerly gales Shall breach the gunnels of my frail craft, Nor bend my topsail to the greedy Deep. Give me that slumber that I seek. Amen and Amen

CHOCOLATE! CHOCOLATE! DESSERT FIRST

SAT. MAY 10 ~ 2 - 4 pm
at Mid-Coast Presbyterian Church
84 Main St., Topsham

All kinds of dazzling chocolate items!
Also ~ Gluten-free/dairy-free chocolate goodies

Treat Mom to dessert FIRST before her day - PLUS - get gifts for that day
Admission: *10 includes many free samples & chocolate tokens to PURCHASE goodies
Proceeds benefit mission to South Africa

Lunch & Connections

Stir-fried luncheon coming for May

Beef, pork and sausage chips smothered in peppers, onions, and a few mushrooms, and served over noodles, will be our Lunch & Connections dinner on May 15.

"This will be a real stove-top stir-fry," offered Frank Connors, the Center's unofficial chef. "A real spring treat!"

There will be a side of broccoli cheese casserole for people with special dietary needs, and a fresh, lightly dressed green garden salad for everyone. Pickled beets will lead a side-medley of vegetables. Our bread offering almost always comes from Brunswick's own Wild Oats Bakery, and dessert this month will be cookie brownies loaded with chocolate chips (to commemorate National Chocolate Chip Day!) and a tasty dish of rainbow sherbet and fruit cocktail. Coffee, tea, milk and fruit juices are on the list of drinks available.

Our monthly Lunch & Connection meals are underwritten by Spectrum Generations, and are planned to focus on nutrition, information, fun and variety. A CHANS home healthcare provider is always in attendance to offer and record member's blood pressures.

Come at 11:30 a.m. to chat with friends and claim a seat. There's always a chance to pick up a 50/50 raffle ticket, and to register automatically for one of the free doors prizes. Remember that pre-registration is necessary and please, if you can't attend, let us know so we can call our waiting list. Cost is still only \$5 for members and \$7.50 for nonmembers. Lunch is served at noon.

To register, call the People Plus information desk at 729-0757. Remember, we accept names only after May 1.

More May programs

Along with our regular programs we have some special programs scheduled for May. Please call to register at 729-0757.

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.

'The Knee,' with Dr. Giustra

Complaints relative to the knee are a very common cause for a visit to your caregiver's office. The knee is an amazing part of the musculoskeletal system

essential for optimal function in all aspects of living especially when enjoying the outdoors in the beautiful state of Maine. Learn about how to improve and/or maintain a healthy knee through an understanding of its anatomical components. Thursday, May 29, 1:00 p.m.. Free and open to the public. Registration requested.

Zumba

Come try Zumba at People Plus with April Joy Purinton. Zumba is a fun way to socialize, enjoy some fabulous music, and accidentally get some exercise! All fitness levels welcome, no dance experience necessary ... just smile, shimmy away the blues and Salsa up a good time! Zumba is held on Wednesdays at 4 p.m. \$5 class members/\$10 nonmembers.



Free massages

Dozens of People Plus members and friends attended the free healing clinic co-sponsored by Greater Brunswick Physical Therapy on April 18. The clinic features full-body massage, Reiki, and other healing treatments.

Thomas Point Beach to welcome Center members

It is NOT too early to pencil in the date of July 17 on your calendar, so you do not miss the annual People Plus summer picnic at Thomas Point Beach.

"It's the big summer membership event," promised member-services coordinator Frank Connors. "Burgers, beans, hot dogs and music. We can't wait to get it going."

Also this summer, beach owner Patti Crooker is extending her special offer to

People Plus members. Flash your valid membership card at the gate and any member can spend the weekday, Monday through Friday, for just a dollar.

Crooker said she makes this offer as a tribute to her parents, who were "great Brunswick boosters," and members of People Plus. Beach goes over the age of 80 and under the age of 3 are always admitted free, she added.

Care facilities will host brown bag lunch

Administrators from several local extended care facilities will host a brown bag luncheon at the Center on June 5. Dionne Commons, Skolfield House, Horizon's Living and Rehab Center and Assisted Home Care II will all be represented, as part of a program by Rousseau Management.

The goal of the open discussion will be

to expose members and friends of the center to what each facility does, and how they might provide needed services. Questions and answers will follow.

The brown bag luncheon is open at noon, and will be held in the activity center to provide more space. You bring your lunch and the center provides chips, drinks and cookies.

Second Diabetes Prevention Program set

Everyday Nutrition Associates will offer a second Diabetes Prevention Program, opening on June 18 at 4 p.m.

Contact Anita Huey, MS, RD, LD, CDE, to find out how this program can help you make a change for life.

The Centers for Disease Control program will help you learn how to change

your lifestyle to prevent Type 2 diabetes.

Groups meet for 16 weekly sessions, and have six monthly follow-up sessions.

The cost is still only \$125 for members and \$150 for nonmembers of People Plus.

Contact Huey at 729-0757 or e-mail shebakme@comcast.net.

Casino visit, Niagara Falls trip coming

The Bath Senior Center and People Plus are cosponsoring a trip to the Oxford Casino in May and to Niagara Falls in October.

Call the Bath Center to register if you want to go to Oxford Casino on May 21. The bus leaves the Bath center at 8:15 a.m. and picks up in Topsham at the Home Depot Park and Ride at 8:35. Cost of the passenger coach is only \$30, and ridership is limited to the first 28 members who register in Bath and pay.

There is a cafe for lunch at the Casino and each guest will be given \$10 in "free" money. The bus will return from Oxford about 4 p.m.

The seven day, six-night trip by luxury

coach to Niagara Falls and Toronto costs \$559 for members, \$575 for nonmembers of either center. The trip includes 10 meals, a journey "into" the falls on the Hornblower; gaming at the Fallsview Casino, guided tours of Niagara Falls and Toronto; a visit to Casa Loma, Canada's most magnificent castle and a visit to Queen Victoria Park.

The bus leaves Bath at 8 a.m. Sunday, Oct. 5, and returns Oct. 11. The trip is planned in conjunction with Diamond Tours. A \$75 registration is due in Bath, all pricing is based on double occupancy. For more information, contact Phyllis McNelly or Bonnie McDonald at the Bath Senior Center: 433-4937.

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.

On the same token, your nervous system is evaluating your environment to maintain and regulate your temperature, maintain your posture, read and understand the content of this article and creating short-term and long-term ideas that will become a critical part of your world view.

Think that is amazing? Consider this, every second of your life, your nervous system processes, organizes, reacts and adapts to 300 million or more different pieces of information and does so with amazing success.

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 is easy to forget that the current state of our adaptability started 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 it's function minute to minute but as 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

from the moment you were conceived. Whereas you cannot change your history, you can change your future. You can become more conscious and have complete 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 (your daily habits of exercise, posture and flexibility), your diet (when, what and how much you eat), and your thoughts (stay positive and choose hope, love 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 daily in my office have made a conscious choice to become healthy, to get stronger, to honor their physical body, to free their nervous system from stress, and live each day as the first day of the rest of their lives; an amazingly powerful position that leads to celebration and freedom.

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

You have TIME. Use it wisely.

Dr. Jeffrey S. Slocum



Dr. Jeffrey S. Slocum


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MAY 2014 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
PEOPLE PLUS NEWS & VIEWS FRANK CONNORS & STACY FRIZZLE chat about summer programming		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: http://vimeo.com/harpswelltv		1 ■ 8:30 AM WOMEN'S BREAKFAST ■ 9:00 AM Table Tennis ■ 9:00 AM Meditation with Ann ■ 10:00 AM Art II ■ 4:00 PM Diabetes Program ■ 5:00 PM Yoga with Ruth ■ 6:00 PM Beg. line dancing ■ 7:15 PM Adv. line dancing	2 ■ 9:00 AM Mah-Jongg ■ 9:00 AM Loosen Up! ■ 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	3 ■ 10:00 AM Bridge
5 ■ 9:00 AM Crafters ■ 9:00 AM Loosen Up! ■ 10:00 AM Apple Club ■ 10:00 AM Yoga with Ruth ■ 11:00 AM Table Tennis ■ 12:00 PM Bridge ■ 6:00 PM Belly Dancing	6 ■ 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	7 ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Loosen Up! ■ 9:00 AM Mah-Jongg ■ 10:00 AM Meals on Wheels ■ 10:00 AM Table Tennis ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group ■ 2:00 PM Author's Chat ■ 4:00 PM Zumba ■ 5:00 PM Appalachain Mtn. Club potluck/meeting	8 ■ 8:00 AM MEN'S BREAKFAST ■ 9:00 AM Meditation with Ann ■ 9:00 AM Table Tennis ■ 10:00 AM Art II ■ 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	9 ■ 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	10 ■ 10:00 AM Bridge	
12 ■ 9:00 AM Crafters ■ 9:00 AM Loosen Up! ■ 9:00 AM Mah-Jongg ■ 10:00 AM Yoga with Ruth ■ 11:00 AM Table Tennis ■ 12:00 PM Bridge ■ 6:00 PM Belly Dancing	13 ■ 9:00 AM Table Tennis ■ 10:00 AM Art I ■ 10:30 AM Table Tennis practice ■ 11:30 AM LUNCH OUT ■ 12:00 PM Pilates Lite ■ 12:30 PM Medicare intro ■ 3:00 PM German Club ■ 3:30 PM Brunswick School of Dance ■ 4:30 PM TCAC meeting	14 ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Biking Club ■ 9:00 AM Mah-Jongg ■ 9:00 AM Loosen Up! ■ 10:00 AM Meals on Wheels ■ 10:00 AM Table Tennis ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group ■ 4:00 PM Zumba	15 ■ 10:00 AM Art II ■ 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	16 ■ 9:00 AM Mah-Jongg ■ 9:00 AM Loosen Up! ■ 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	17 ■ 10:00 AM Bridge	
19 ■ 9:00 AM Mah-Jongg ■ 9:00 AM Crafters ■ 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 ■ 6:30 PM Civil War Book Club	20 ■ 9:00 AM Table Tennis ■ 10:00 AM Art I ■ 10:30 AM Table Tennis practice ■ 1:00 PM Quilting Club ■ 3:30 PM Brunswick School of Dance	21 ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Loosen Up! ■ 9:00 AM Mah-Jongg ■ 9:00 AM Biking Club ■ 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	22 ■ 9:00 AM Table Tennis ■ 10:00 AM Art II ■ 1:00 PM FY!! Happy Trails ■ 4:00 PM Diabetes Program ■ 5:00 PM Yoga with Ruth ■ 6:00 PM Beg. line dancing ■ 7:15 PM Adv. line dancing	23 ■ 9:00 AM Mah-Jongg ■ 9:00 AM Loosen Up! ■ 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	24 ■ 10:00 AM Bridge <div style="border: 1px solid black; padding: 5px; text-align: center;"> Teen Center Monday-Thursday 2:30-5:30 PM </div>	
	27 ■ 9:00 AM Table Tennis ■ 10:00 AM Art I ■ 10:30 AM Table Tennis practice ■ 2:30 PM Café en Français ■ 3:30 PM Brunswick School of Dance	28 ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Biking Club ■ 9:00 AM Loosen Up! ■ 9:00 AM Mah-Jongg ■ 10:00 AM Meals on Wheels ■ 10:00 AM Table Tennis ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group ■ 4:00 PM Zumba ■ 5:45 PM Girl Scouts	29 ■ 9:00 AM Table Tennis ■ 10:00 AM Art II ■ 1:00 PM The Knee: Dr. Giustra ■ 4:00 PM Diabetes Program ■ 5:00 PM Yoga with Ruth ■ 6:00 PM Beg. line dancing ■ 7:15 PM Adv. line dancing	30 ■ 9:00 AM Mah-Jongg ■ 9:00 AM Loosen Up! ■ 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	31 ■ 10:00 AM Bridge	

Memorial Day Thoughts

By BONNIE WHEELER

The sweet scent of roses filled my car as I drive through the cemetery gates. I am grateful that I have only my son-in-law's grave to decorate. He died too young of a brain tumor, leaving my daughter and two young children.

I look at the long rows of gravestones, some standing tall and erect, others old and cracked, neglected. Many wreathed in colorful flowers, lovingly taken care of, others sadly unkept and lonely. I saw flags grandly wavering in the breeze on selected graves of those who fought in wars, unknown to me but to whom I owe so much. My husband gave 23 years of our lives to serve his country and I know personally what they sacrifice to keep America safe and free.

As I stop beside Jeff's grave I see beside the American flag for Army service a fireman flag also flies, and a colorful whirly, his daughter's choice. At age 3, it was a very good choice. I could hardly believe it had survived the harsh

winds and snow of winter. There it stood catching the sun as it whirled and I had to smile, knowing she would be so pleased.


I glanced around at so many tombstones, some very old 1800 dates of sea captains, some new graves. Suddenly I look at this cemetery in a completely different way ... I think of the sea captains, who navigated tall ships to this new land and the settlers who braved the harsh elements to began a new life in America. The men and women who built the settlements, fought Indians, cold winters, disease, loneliness, starvation, disappointment and poverty, many came only to face death, their dreams ended right here. Without their sacrifice, I wouldn't be living the good life I live today — the teachers, builders, preachers, farmers, lawmakers, they worked and endured, used their hands to build towns and roads and bridges, we still use today without thought. Their talent, wisdom, perseverance made this day possi-

ble for me to be standing here in a strong country, where everyone has a chance to live free and prosper.

I feel such a connection to everyone who lies under this hallowed ground. Tears came to my eyes as the connection deepened and I thought how can I repay this debt I owe? Do I go buy a car full of flowers and dress each grave? I think they would expect more. I listen — I hear their whispers, appreciate all we did for you — cherish the earth, appreciate the bounty, live your dreams — leave the world a better place — work hard, time is fleeting — we did it for you — it's your turn now — remember where we all came from and return too.

I look over the sea of cold stones — and say, — I will remember — thanks you — thank you and thank GOD for you.

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Retired educators group to meet May 13

The Mid-Coast Retired Educators will have its May meeting on Tuesday, May 13, at the United Methodist Church in Brunswick at 320 Church Road.

George and Sue Sergeant will be presenting the program titled, "Coast to Coast Walk, Hike Across England." The FUNdraiser for the annual Brunswick, Morse, Mt. Ararat scholarship fund will

be a pound auction. Social time commences at 10:30 a.m. with the meeting at 11 a.m., followed by the program with a lasagna luncheon at 12:15 p.m.

All retired educators living in the area are invited to join.

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



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Great times all around

A capacity crowd, top, keeps celebrity servers jumping during the Gelato Fiasco Scoop-a-thon on April 16. Tony Sachs, at right, and his crew at the Big Top Deli take a moment for fun. These two downtown businesses combined efforts to raise more than \$5,000 for the Brunswick Teen Center.

EVENT PHOTOS BY JILL ELLIS

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Douglas C. MacGillivray, MD



Kim Lynch, RN Nurse Navigator

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Commission on Cancer

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The Admiral Steakhouse
The Big Top Deli
The Highlands
The Wild Duck Pub
Trattoria Athena
Wicked Joe Coffee
Wild Oats Bakery



Much to enjoy at Music in April 2014



Top left: Brunswick High School student volunteers serve patrons. Top right: Gala goers search for bargains in the silent auction. Bottom: Buffet supervisor Chris Toole offers a hardy choice at the carving station.

People *Plus!*

Raised through April 20
\$40,051

Annual Fund Goal
\$50,000

Fiscal year ends June 30

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Spring Luncheon

Wednesday, May 7th
11:00 AM

Holden Frost House
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Bring on Spring! Teen Center is set

Senior Intermediate Cribbage

March 26: Lorraine LaRoche, 708; Lois Fournier, 701; Bob Frost, 696.
April 2: Lorraine LaRoche, 701; Joe Tonely, 698; Nancy Laffely, 687.
April 9: Gerry LaRoche, 704; Robert Mehlhorn, 698; Richard LaPointe, 695.
April 16: three-way tie, Patricia Johnson, Leah Nelson and Mike Linkovich, 702.
April 23: Gabby LaRoche, 707; Harry A. Higgins, 704; Gerry LaRoche, 703; Joseph Tonely, 702.

Monday-Saturday Bridge

March 17: Lorraine LaRoche, 5,160; Anne Brautigam, 4,170; David Bracy, 3,710; Bill Buermeyer, 3,480; Ann Swanson, 3,460.
March 22: Bill Buermeyer, 5,980; Martha Cushing, 4,510; Lorraine LaRoche, 4,160; Gladys Totten, 3,900.
March 24: Paul Betit, 3,990; Ann Swanson, 3,690; Art Trelfry, 3,490; Richard Totten, 3,080; Bill Buermeyer, 3,080.
March 29: Mary Lou Cobb, 5,550; Marion Schneider, 4,430.
March 31: Bill Buermeyer, 4,950; Mary Lou Cobb, 4,630; David Bracy, 4,410; Joyce Lyons, 3,820; Ann Swanson, 3,810.
April 5: Bill Buermeyer, 5,460; Ann Swanson, 5,140; Bill Washington, 4,500; Gladys Totten, 4,460.
April 7: Sherry Watson, 5,650; Bill Buermeyer, 5,340; Bill Washington, 4,450; Lorraine LaRoche, 3,760; Tony Monaco, 3,410.
April 12: Bill Buermeyer, 6,590; Martha Cushing, 5,750; David Bracy, 4,550; Tom Alley, 4,470.
April 14: Gladys Totten, 4,890; David Bracy, 4,850; Paul Betit, 4,520; Fran Lee, 4,490; Jeff Lauder, 3,900.
April 19: Bill Washington, 4,360; David Bracy, 4,210; Gladys Totten, 4,160; Sherry Watson, 4,080.

April flew by! Half the month felt like February was still here though! Brrrrr.

This past month was a busy one; finishing up the free S.A.T. course and preparing for and then holding our big Gelato Fiasco Fundraiser! Once again this 12-hour marathon day was full of fun and seeing lots of people we hadn't seen in a while. We are very grateful to the Gelato Fiasco for continuing to host this fundraiser for us each April!

Once again this year we had additional sponsors with The Big Top Deli contributing its day's sales as well and the 7-Eleven store joining in with a \$200 sponsorship donation and Home Depot donating some materials we needed for entertainment!

Many thanks go out to all of them and to all of you who stopped in to Gelato Fiasco and Big Top Deli that day!

We did our annual field trip (14 teens, myself and a helper) to the event with each teen getting a free Gelato and then doing outside karaoke. I think it was the most fun trip to the event so far.

We also finished up the teen member art contest with some great pics and drawings. The contest is over but the teens are continuing to submit photos etc. and now it is an ongoing art project!

We have had great volunteers for the program and will be very sad to lose them in May! Our Bowdoin students will be leaving for the summer and hopefully will be back at the Center next fall! This summer we hope to have Upward Bound interns for six weeks again helping to staff the program.

New teens continue to enroll, so our dynamics are ever changing! We are getting more younger youth and losing some of our older ones who are graduating from high school this year! Our afternoons have been a mix of talk of prom, prom clothing, graduation, colleges, summer jobs, what's next? etc., as well as our Bowdoin volunteers sharing summer plans and hopes for housing next fall, along with lots of eighth-graders who are about to enter high school.



Undaunted by unseasonable weather, Teen Center members warm up to karaoke during the Gelato Fiasco Scoop-a-thon on April 16.



Wiscasset's Big Al wasn't on the celebrity scooper list, but had a hankering for some gelato and stopped in anyway during the day-long fundraiser.

In the background to all of this we have sixth- and seventh-graders bounc-

ing around the room not yet having to (or in their minds — getting to) face all of these changes!

Did I mention that it is common for two to four of them to be all talking to me at the same time?

I am writing this during April spring break with the Teen Center program closed for the week, and after a three-day weekend during which I got some much needed R&R and some chocolate from the Easter Bunny. The teens will have the whole week to burn off all the sugar they got at Easter before Monday comes around.

I predict that May will be a month of changes for us, as mentioned above, with staff and teens moving on and new ones coming in. I am taking an official "vacation" involving airplanes and sand and sun in May after our Bowdoin volunteers are gone. When I return, it will be warmer and there will be lots of things blooming as we move into June!

Until then,
Jordan and the Teens

Teen of the Month: BRIAN BROWN

Congratulations Brian! Brian worked hard for more than a month to earn this title and even had competition.

Brian attributes his success in winning this to his feeling more mature and responsible while at the Teen Center.

Brian chose two tickets to Regal Cinema for his award.



The ChiroCare Center P.A. is proud to announce Dr. Suzanne Grondin is the new owner and Chiropractor at the ChiroCare Center!

Dr. Sybil Staples is retiring and pleased to announce the immediate transfer of her patients into the caring hands of Dr. Grondin. She will offer the same method of chiropractic adjusting that our patients have come to enjoy, plus she will offer the added benefit of many years as a Nutritional Kinesiologist!



Dr. Sybil Staples



Dr. Suzanne Grondin

For Appointments call: 729-4645

ChiroCare Center, P.A. 124 Maine Street, Suite 215, Brunswick, ME 04011

'Easy Riders' coming to Center

Join organizers Libby Hyatt and Richard Giustra on Wednesday, May 14, at 9 a.m. if you are interested in some "easy" bike rides around Brunswick.

Program coordinator Jill Ellis said, "Going forward into summer, riders will leave the Center each Wednesday at 9 a.m. Rides will last about an hour and will not be too difficult. Riders should arrive wearing brightly color clothing, a helmet and have a rear view mirror, if possible. Bikes should be in good riding order."

More than a dozen walkers have

become regular users of the walking track at the Brunswick Recreation Department field house at Brunswick Landing. Be sure to register with Clair when you walk; we want to make you available for e-mails and gifts in the future.

The track is routinely open to the walking public Monday to Friday, 8-10:30 a.m. and noon until 8 p.m. On Saturdays the area is used for basketball, but there is a public walk from 4-6 p.m. on Sunday. Remember to bring walking shoes or sneakers.

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MAY 2014



Older American's Month

Safe Today, Healthy Tomorrow

Spectrum Generations provides services, support, and resources to older and disabled adults year-round including evidenced based programs like Matter of Balance and Chronic Disease Self-Management. Our seven community centers are focal points for resources such as wellness screenings, fitness classes, and educational presentations on how to avoid fraud and abuse plus more. Older Americans Month provides us the opportunity to

highlight a number of activities and special events around the important topics of living a safe, healthy, and happy life.

Throughout the month, Spectrum Generations will be conducting activities and sharing information that highlights living a safe, happy, and healthy life. Please visit our web site at www.spectrumgenerations.org for a complete listing throughout our central Maine 6 county area.

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 a Marci's Medicare Answers section. Hope you find this helpful and interesting.

Dear Marci,

I cannot afford to pay the \$104.90 Medicare Part B premium each month. I was told by a social worker that while I do not qualify for Medicaid, I should apply for a Medicare Savings Program. What is a Medicare Savings Program?

—Roman

Dear Roman,

A Medicare Savings Program (MSP) is an assistance program that can help pay your Medicare costs if you have limited finances. MSPs can help pay your Medicare Part B premium, which is the amount you pay each month to have Medicare medical insurance. It may also pay other Medicare costs, depending on your income.

To qualify for an MSP, you must have Medicare Part A, the part of Medicare that covers most inpatient and hospital care, and meet your state's income and asset eligibility guidelines. MSP eligibility limits vary by state, so you should contact your State Health Insurance Assistance Program (SHIP) or local Medicaid office to find out whether you qualify for an MSP.

—Marci

Marci's Medicare Answers is a service of the Medicare Rights Center (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."

SAFETY TIPS

from  ACL

The Association for Community Living

Talk to your Healthcare Provider

- Discuss physical activities that are appropriate for you. Regular exercise helps to improve endurance, strength, balance, and coordination.
- Have your vision checked regularly. Your sight plays a large part in preventing injuries at home, on the road, and in the community.

Manage Medications

- Be aware of how your medications interact with other prescription and over-the-counter drugs, certain foods, alcohol, and other medical conditions.
- Learn how medications may make you unsteady on your feet or impact your ability to operate a motor vehicle.
- Create a medication schedule or use a scheduler box to make sure you take no less or more than prescribed.
- Ask your pharmacist for help!

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 and make a difference for our local homebound senior!

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Come to the Center with a friend

If you're a regular visitor to the Center, has it ever occurred to you to bring along a friend?

Do you have a friend (or two) that you don't see as often as you'd like? Sharing memberships at People Plus is a great way to visit, to stay engaged, focused and become more social. If you drive here together, you will be more apt to find and share a parking space!

Encourage a friend to join, the cost is still only \$25 if you live in Brunswick or Harpswell, \$30 if you live in any other area town. They will start receiving our great little paper, and before you know it, they might be calling YOU about attending our events.

Remember, People Plus is one of the reasons that makes the Brunswick area one of the very best places to live in our great State of Maine!

Always remember to proudly show your membership card when you shop at area businesses, it is the only way you will collect extra values and savings, every day! Please be sure to thank them for us as well as for you!

The following businesses are delighted to offer special discounts and services to members and friends of the People Plus Center:

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Name (1) _____ (LAST) (FIRST) Phone _____ Birthdate _____ Female Male

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I would like more information about Volunteering

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Signature _____

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 www.sparetimebrunswick.com

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 721-8900, www.bigtopdeli.com

Fairground Café: 10%, Anytime
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A seed had been planted

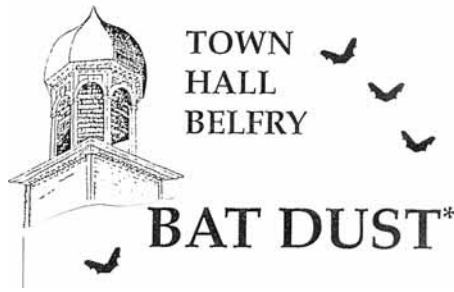
It don't matter when the crews "over east" start planting spinach and greens on their acres on the Kennebec, the planting season in Bowdoinham officially begins each year on the third Saturday in May, when doors of the town hall open for the annual Bowdoinham Library Plant sale.

For more than 40 years, this signature celebration of spring has heralded the new season with groaning boards loaded with flowers, plants and fresh foods.

I'm old enough to tell you I remember that first plant sale in 1974. Several "library ladies" (young mothers from town) had decided the old library, (and former pool hall) on Main Street needed brightening. In those days most of the book shelves and some of the walls were painted in a grey that someone had donated from the shipyard at Bath.

The ladies were all working their gardens anyway and decided they could sell surplus plants they were separating, and maybe make enough to buy new paint. They talked to Dot Dickinson at the store on the corner and she offered them ramp space beside her front door. By the end of that first day they raised \$131 to pay for their paint jobs, but more important, a seed had been planted.

By 1977, the sale had moved to the village's 190-year-old town hall, and in three short years, the event was doing an annual thousand dollar profit. In 1985, the sale cleared \$5,000 for the first time, and in 2005, it made \$10,000. Every year for the past five or six years, the event has cleared more than \$12,000, and in its best year so far (2009), the profit was \$14,598! At the close of the 40th annual plant sale last spring, the event had been feted by the Maine Legislature as the longest continually running



plant sale in the state, and has raised a stunning \$265,999 in support of the library!

The town's unique little library has evolved with the successes of the plant sales, adding books, staff hours and improvements as the years have gone by. Most years, money raised at the sale more than doubles the appropriation by the town.

But the girls running the plant show wouldn't want us to focus on the money. Betsy Steen and Leslie Anderson have been there for all of the 40 years, and they would tell you its about the hundreds of volunteers who dig, load, sell and clean up for the annual event.

The fact is, it has become a well-oiled machine, featuring thousands of field-grown perennials, annuals, vegetables, trees and shrubs, and about the hundreds of faithful patrons who wait at the door every year, in a line that often snakes around the stark hall and down School Street when the traditional bagpiper opens the event.

For years, Jane has been a trusted cashier at the sale, more often than not I help set up tables, cover floors, move plants and take down tables. But the best time every year is the time spent wandering the floor, reading the information cards for

plants you just might not find anywhere else, and talking with folks who know so much more about flowers than me.

My son Miles is a master gardener and has fitted whole gardens in Massachusetts and Rhode Island with what he calls "heritage" Bowdoinham plants. His has become an annual pilgrimage, driving his pickup to town, loading it with stuff and heading off to dazzle clients in the parched southlands.

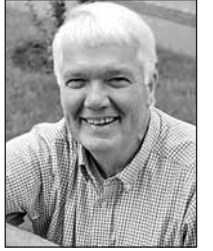
The reputation of this sale has been built on the idea that every season, dozens of local gardeners cut their plants, repot them and deliver them to the sale. There is always Creeping Phlox from two local cemeteries, rhubarb, from Lucia's house, Japanese lanterns from the Cummin's farm. If you're looking for wild ginger, day lillies, Hollyhocks, hosta, foxglove or whatever, chances are you'll find it at the Bowdoinham sale. If you can't find what you're looking for, chances are if you ask, someone knows where to find it and will often go dig it for you.

My secret story from these sales will always be the year I mined the bat dust.

Back in the last century I was on a committee to maintain the old town hall (site of the sale) and happened to be scratching around in the attic, looking at rafters and

Speaking Frankly

FRANK CONNORS



things. What I found was a healthy colony of bats! In one corner there was a large pile of bat feces — guano, if you will — and I was savvy enough to know it is a rare and valuable fertilizer. I carried buckets of that stuff home, (no, I did NOT wear a mask) and bagged it in half-pound freezer bags, which we sold for \$2.50 per bag! My memory is we sold more than a hundred of those bags, (all profit to the library) and there are still circles in Bowdoinham where I'm known as the guy who can sell bat s—t to tourists!

One of the secret weapons of the sale is a holding bed on the Steen farm where plants are carried over from one year to the next. Every year, beginning on Patriots Day, volunteers start the repotting process, filling hundreds of halved milk cartons, pots and buckets with booty. Some years, (like this one) they still fight with frost in the ground, or the air, but each year, they manage to fill the hall with another choice collection of plants. If you haven't been to this sale, make this your year.

12th annual golf classic benefits Spectrum Generations

Got golf on the mind? Swing out to support seniors at the Spectrum Generations annual Golf Tournament!

The Spectrum Generations Golf Tournament, now in its 12th year, will be held at Natanis Golf Course in Vassalboro on Monday, June 9, and welcomes golfers at all levels to come out and enjoy the day.

The tournament check-in opens at 11 a.m. and the shot-gun scramble start is at noon. Tournament highlights include hole-in-one contests featuring the chance to win a brand new car sponsored by Central Maine Motors Auto Group, longest drive and closest to the pin and putting contests.

A barbecue awards banquet and an auction will be included. There will be many opportunities to win great prizes. The cost of the tournament is \$75 per person and \$300 for a foursome. New this year is the

option to add a delicious box lunch by Cohen on the Meadows Catering.

This year's tournament also features many sponsorship opportunities to promote your business while helping seniors remain healthy and independent at home. In-kind prizes, goodie bag and/or auction items are welcome and will be valued toward sponsorship opportunities. Volunteer opportunities are also offered at the tournament for businesses and individuals.

Early registration is encouraged for this popular golf tournament. Full information, including online registration and sponsorship, is available on the Spectrum Generations website at www.spectrumgenerations.org/golf. Paper registration forms are also available online or at any of Spectrum Generations Community Centers.

New or renewing members for April

*New membership
• Donation with membership

BRUNSWICK

- Madeleine Ashe •
- Dorothy Berner
- Vic Bouchard
- Marsha Blackman
- Arleen Brother
- Lin Carmer
- Sandra Cox
- Robert Dale
- Ursula Desjardins
- Luanne Downey •
- Glanda Grant •
- Ted Grant •
- Adelaide Guernelli •
- Everett Hanke •
- Ruth Lanagan
- Nancy Lauckner
- Barbara Lemieux
- Jacqueline Lord •
- Katharine "Kay" Mann
- Elizabeth Marr
- Rose Marie Mayer
- Robert Mehlhorn •

- Denise Miller •
- Jacqueline 'Jackie' Minott
- Georgette Moffett
- Grant Monro
- Elaine Mower •
- Ileen Munro
- Dorina Morin
- Betsy Niven •
- Mike Ouellet •
- Beverly Ouellette •
- Tim Owens
- Diana Pioli •
- Barbara Pluff
- Debora M. Price •
- Lillian Restivo
- Harold Roberts
- Sandra Morrell-Rooney
- Philip Steadman •
- Mary Strong
- Barbara Tucker •
- Frances Weatherbie
- Jean Weber •
- Dorothy E. Weeks
- Frances Woodring •

TOPSHAM

- Shirley Donahue •


- Janice Foster •
- Verian Kellner •
- Marguerite "Peg" Miller
- Carol Scribner •
- Patricia Spock
- Ann Wilson

HARPSWELL

- Marcia Blue
- Peter Blue
- Shirley Fitzgerald
- Nancy Otis •
- Audrey Palma •
- Joseph Palma •
- Mary Welner

OTHER PLACES

- Linda Christie, •
- Bowdoinham
- Joyce DeVito, Georgetown
- Richard DeVito, Georgetown
- Dale Gardner, • Woolwich
- Chris Perry, Portland
- Martin 'Marty' Szydowski, • Bowdoinham
- Jacqueline Trask, •
- Woolwich



Don't Miss the 41st Annual...
Bowdoinham Library
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Merrymeeting Bay Triad looking for volunteers

Merrymeeting Bay Triad is currently looking for new volunteers to serve in various capacities.

Organizers are looking for people who can attend monthly meetings and be a part of the regular discussion, as well as helping out with event during the year such as Coats for Seniors and Medication Collection events?

Merrymeeting Bay Triad includes local chiefs of police, sheriffs, leaders within the older adult community, and affiliated organizations with the goal of reducing the victimization of, and increase law enforcement services available to, older citizens.

Now in its 20th year, the Triad program has provided services to thousands of older adults and has become an invaluable resource to law enforcement agencies nationwide.

Another important component of Triad is its focus on reducing the fear of crime, which is prevalent among older Americans, by identifying misconceptions and educating older adults about criminal activity. To achieve its goals, Triad promotes and facilitates ongoing information exchanges between law enforcement and the older adults they serve.

Working together, Triad volunteers develop and implement crime prevention and education programs for older adults. Activities address crime from both a pre-victimization (preventive) standpoint and a post-victimization (victim/witness assistance) standpoint.

For more information or to get a volunteer application, visit www.merrymeetingbaytriad.org.



Student show is spring feature

Students in art instructor Connie Bailey's art classes are being featured through June in our Union Street Gallery at People Plus.

The multi-media show, featuring more than two-dozen original pieces, is the first of the new season for Bailey's Tuesday and Thursday classes. Mixed-media includes watercolor, watercolor pencil, graphite and charcoal, colored pencil, pen and ink, pastels and scratchboard.

Students invited to exhibit include Beth Aldenberg, Karen Giustra, Alfred Tyrol, Frankie Stone, Nick Payson, Sandi Cox, Richard Nickerson, Wilma Sarna, Judy Krok, Val Robbins, William Tracy, Richard Jordan and Donna Lemieux.

The collected works — including "Little Bird," above, a watercolor and pencil by Val Robbins — can be seen during normal business hours at the People Plus Center.

Chorus to celebrate 'Sun Moon Stars Rain'

The Greater Freeport Community Chorus will celebrate spring with performances in Freeport and Cumberland on May 3 and 4.

Led by Director Virgil Bozeman and accompanist Dorothy Cuprak, the 65-member chorus will present a dozen pieces in a concert titled "Sun Moon Stars Rain."

"The Last Words of David" is a setting by composer Randall Thompson of words from the Old Testament Book of Samuel. It includes the imagery of "tender grass springing out of the earth" as it is warmed by the sun after rain. The varied program also includes "Sun's A-Risin'," a composition about waking before dawn to tackle farm chores; Irving Berlin's "I Got the Sun in the Morning," from the musical "Annie Get Your Gun"; the Hoagy Carmichael jazz standard "Stardust"; and "Rain, Rain, Beautiful Rain," a piece recorded by the South African choral group Ladysmith Black Mambazo.

The chorus, whose members hail from 20 Mid-coast towns, will perform at 7:30 p.m. Saturday, May 3, at the Tuttle Road United Methodist Church, 52 Tuttle Road, Cumberland, and at 2:30 p.m. Sunday, May

4, at the First Parish UCC Church, 40 Main St., Freeport.

Admission is \$10 for adults, with anyone 18 or younger admitted free and a per-family maximum of \$25.

For more information, visit the chorus on Facebook or at its website, www.gfc-cweb.org.

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