

APPLE A DAY



Barbara Wyman was one of more than two dozen People Plus members traveling to Rocky Ridge farm in Bowdoin last month for an afternoon of apple picking, hiking in the orchards, and yes, enjoying doughnuts and cider.

Health Expo is Oct. 21

The People Plus Senior Health Expo opens at 9 a.m. on Tuesday, Oct. 21, on the heated, indoor concourse at the Cook's Corner Mall.

Mid Coast Healthcare, Rousseau Management and Spectrum Generations are once again partnering with People Plus to produce this, the Center's first fall health exhibition. Sponsors of the event include: AARP; Bar Harbor Bank & Trust; Bill Dodge Auto Group; and the Winship Green and Brentwood centers for Health and Rehabilitation.

CHANS will be offering free flu shots, you can pick up your free Yellow Dot registration, an Boomer TECH will host a free technology help desk.

The list of exhibitors at press time includes: Alpha One; Alta Dental of Maine; Alzheimer's Association of Maine; Androscoggin Home Care and Hospice; Assisted Home Care II; Bath Housing Authority; Bay Square of Yarmouth; Before & After Photo Restoration; Brackett Funeral Home; Bridges Home Care; Brunswick Area Respite Center; Brunswick First Responders; Caption Call; Catholic Charities SEARCH Program; CHANS Home Healthcare; Community Health Information Partnership (CHIP); Denture Designs; Dionne Commons; Direct Display Publishing/Wiser Living

Magazine; Dirigo Management; Electricity Maine; Funeral Alternatives; Hawthorne House Rehabilitation & Nursing, and Freeport Place Assisted Living; Health Affiliates, Maine; Horizons Living and Rehabilitation Center; Hospice of Southern Maine; Lincoln County Dental; Lincs to Home; Maine Behavioral Healthcare, WISE Center; Maine Center on Deafness; Maine Pines, Racquet & Fitness Center; Maine Veterans Homes; MAS Home Care of Maine; Mid Coast Health Services; Mid Coast Hospital; Mid Coast Senior Health Center; Mid Coast Hunger Prevention; National Active & Retired Federal Employees, Bath/Brunswick Chapter, (NARFE); Neighbors, Inc.; Pejepscot Terrace; Penquis Foster Grandparent Program; Sartoris Law, LLC.; Skolfield House; Spectrum Generations — Aging and Disability Resource Center; Stetson's Funeral Home; Sullivan Chiropractic; The Iris Network; The Times Record; Thornton Oaks Retirement Community; Volunteers of America; and Write On!, the writers of People Plus.

In addition to providing a link between consumers and providers, this exciting gathering also encourages networking by businesses and individuals. Last winter's event drew more than 500 visitors.

LUNCH & LEARN: Understanding Long Term Care

Do you have a long-term care plan? Will you need rehab? Do you have the money to pay for any of these things? If not, who will pay for it? And where the heck do you go? If you don't know the answers to these questions, you are not alone. The majority of people don't think about long-term care until a crisis occurs.

Join us on Thursday, Oct. 9, at noon as Rousseau Management Inc. helps to unravel the mysteries of long-term care including different types of care as various payment options. Also learn more about their facilities including Horizons Living and Rehab Center, Dionne Commons, Skolfield House and Assisted Home Care II. Bring a bag lunch and we will provide drinks, chips and dessert. Free and open to the public. Registration required.

Flexible programming

Dennis and Ann Kim-image are again offering back-to-back sessions of their popular classes in yoga, Pilates Lite and meditation. See page 4 for details on these, as well as other Center offerings.



Tuesday, October 21, 2014
Cook's Corner Mall, 9-1 pm

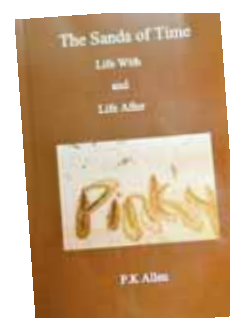


207-729-0757 **www.peopleplusmaine.org**

Author's Chat features P.K. Allen

Join us on Wednesday, Oct. 8, at 2 p.m., as author P.K. Allen reflects on his 45 years of married life with Pinky in his book, "The Sands of Time: Life With and Life After."

Their love, life, joys and sorrows are shared through heart-warming stories and verse. Allen then shares his feelings as to what it means to have lost the love of his life.



In 2013, he self-published three other books: "Reflections: Some Thoughts on Life and Love"; "A Journey"; and "Impressions: From an Ordinary Person of Famous People I've Never Met." All books will be available for sale and 20 percent of

profits go to People Plus. The talk is free and open to the public. Registration is appreciated.

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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Telling our senator about our Center

It's a good week when Sen. Angus King's office calls and asks if you'll take a meeting with him. That's what happened to me last Friday so I will be sitting with the Senator this week. I'm preparing an update on just how well People Plus is doing as part of my overview of seniors in our community and the issues they face.

I'll be able to fill him in on our one-year-old partnership with Spectrum Generations — which I'm proud to say is going extremely well. And an update on the Teen Center program which is also breaking records.

I was floating pretty high about being called by the senator's office and "blew my own horn" about it at the Rotary meeting last Monday. Admittedly, I was feeling a bit cocky until the vice chair of our board, Don Kniseley, spoke up that Sen. King is also visiting Thornton Oaks on Friday. Well, let me tell you that news (delivered in front of 50 Rotarians), completely took the wind out of my greatly enlarged sails. And I guess, rightly so ...

But, it didn't bring me down to Earth all the way, because whether the senator is seeing 200 people on Friday or just me, I am thrilled to be able to discuss with him how well YOUR Center is doing.

As you all know, we are bursting at the seams, setting attendance records with an average of 2,200 people in the Center every month. We had 100 people come hear Elizabeth Strout speak and as I write this, there are 92 people listening

to Capt. James Kirk speak about Adm. Elmo Zumwalt and the ship named after him being built in Bath.

I love having lecture groups like this at the Center as it engages a section of our community that doesn't necessarily take classes here every day, but have begun to be regular attendees for the FYI lecture series. It's our job to provide brain food as well as physical fitness and technology. Healthy minds make healthy bodies as the saying goes, and there is also such a feeling of community and social well-being at these lectures — in addition to the "brain food".

Today, our speaker was especially dynamic as he spoke passionately and with humor about both the ship and the building process. At the end of the presentation, I was honored to take a picture of 36 members who served our country in the military and posed with the captain. Those type of photos always bring tears to my eyes. Look for it on page 10 and in The Times Record as well.

On a personal note, many of you have asked how my move to Brunswick has gone and how I like living in the new house. So I'm happy to report that the girls are adjusting well to their new schools and my little house on Thompson Street has cleaned up nicely. Diana Dove lives around the corner and stopped by the other day as did David and Margo Knight. Gail Kezer with Angus King's office lives on my street too; as does Ray Morin. It's nice to be set-

From the Executive Director

STACY V. FRIZZLE



ted finally and know so many neighbors already! Thanks for asking.

Anyway, Jill's got lots of great things on the People Plus calendar for the next few months, including the Senior Health Expo on Oct. 21. I hope that you will all pop down to Cook's Corner Mall that day between 9 a.m. and 1 p.m. It should be a great day with lots of handouts, information vendors and swag bags. There will also be a flu shot clinic, an acupuncture demonstration, technology helpers (so bring your device or laptop!), and much more.

By the way, there's a little space in Ann Kimmage's meditation and mindfulness class on Thursday mornings at 9. This is a wonderful program that helps with the stress that comes as we age through life's changes, dealing with both the physical and mental effects of the aging process, dealing with life changes like moving, losing a spouse, etc. So join Ann Kimmage as she guides you and other members through the practice of meditation in an attainable and gentle way. If you are unsure that this class might be for you, come try it out next Thursday (or any time!) for free.

And while you're here, stop in and say "hi." Because you can always find us here at the Center that Builds Community — and a whole lot more!

From Anita's Plate

ANITA HUEY



New healthy kitchen gadget

I kept hearing about a slicer that could make spaghetti out of zucchini! I was intrigued. The first ones that I found were big and expensive. Then I found a smaller version called a spiral slicer. I bought it and can't say enough about it.

It is easy to use and fits nicely in a drawer. See my recipe this month for a great salad. The other way I prepare the zucchini slices is to put in a nonstick pan and cook briefly until warm and tender. Top the zucchini with lean meat and spaghetti

• Always lock your car doors and the doors and windows in your home (including your garage). Use deadbolt locks on all exterior doors. Keep your doors locked at all times, even when you are inside. Most thieves pick unlocked doors to enter a car or home.

Zucchini Salad

Ingredients

1 thin zucchini, peeled
1/4 cup red pepper, diced
1 small tomato, cut into small pieces
1/8 cup onion, diced
black pepper to taste
Italian dressing

Directions:

1. With a spiral slicer twist the zucchini through to make long slices.
2. Place in a bowl and add remaining ingredients.

Note: Make this as a last minute item for dinner or take to potluck. It is delicious! Enjoy!

sauce. I really like pasta and this is just as good and much lower in calories. You can purchase this on Amazon, Walmart, or Bed Bath and Beyond.

Time goes by so quickly. My first Diabetes Prevention group has completed its 3 month follow up and my second group has completed 14 weeks of the program. They continue to make great progress.

Finally, I have just sent off to the printer tips for meal planning. I believe that meal planning is a key piece of getting healthy meals on the table. It will be printed on a 4X6 card. I will leave some at the front desk. Have a great month.



Meal planning is the key

Plan a week of meals and make your shopping list at the same time

1. Cook once ... eat twice.
2. Make a large amount of soup or stew and freeze a portion.
3. Make a crock pot meal.
4. Cook extra meat to put in the freezer for a quick stir fry.
5. Take a few minutes to pre-prepare food for the next day.
6. Make lean burgers for one meal, and make extra patties to freeze.

Anita Huey can be reached at shebakme@comcast.net.

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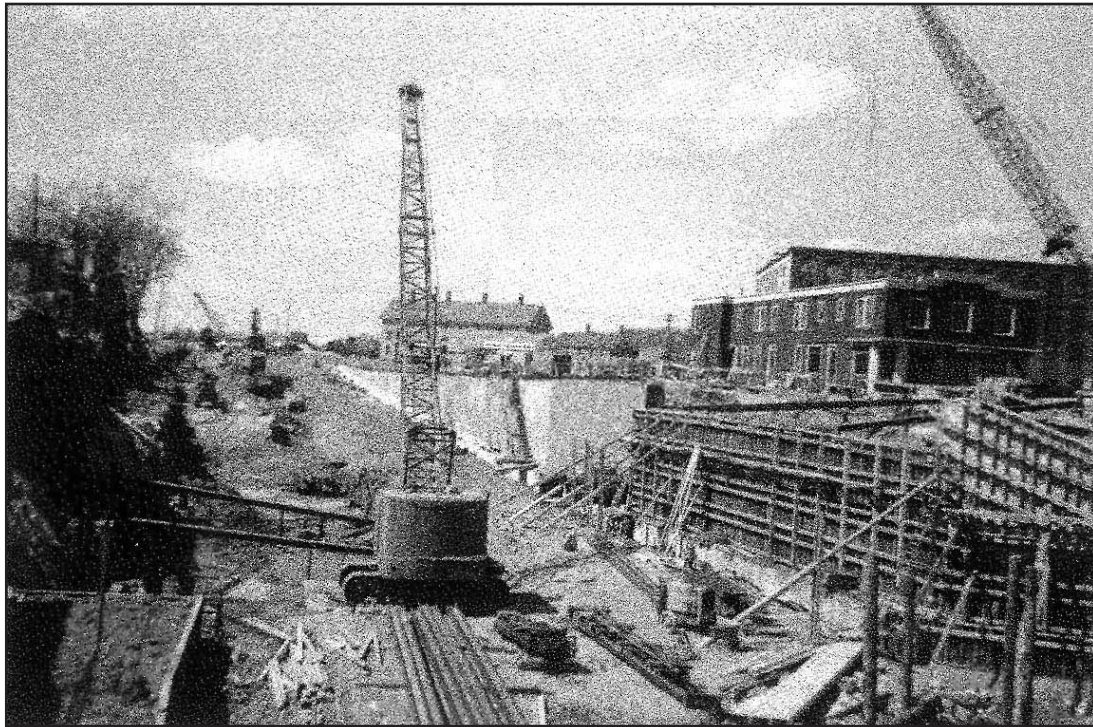
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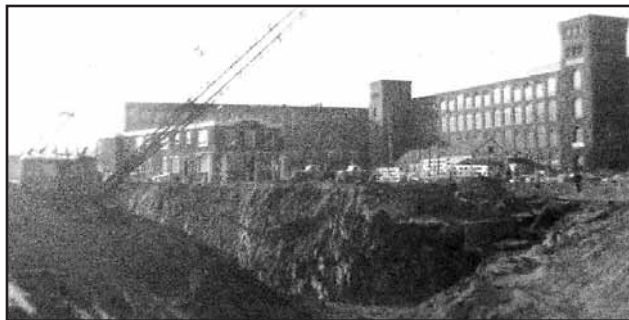
Seasonal flu shots to be offered at People Plus this fall!

Fondly recalled ...



Brunswick's 'Big Dig?'

In spring of 1961, work on "the underpass" commenced and by mid-summer, the face of Brunswick was changed forever. You'll recognize the large mill overlooking the operations, much the same as it is today, but most everything else changed to accommodate the dividing of U.S. Route One where it leaves Brunswick. Thank you Alvina Menard for the loan of these pictures. **If you have old area photographs to share with readers of the People Plus News, don't hesitate to contact Frank Connors, Editor, at 729-0757 with your comments, suggestions and contributions.**



An Ode to a Root Beer Float

By ROSE MARIE MAYER

Oh, what a divine treat on a hot summer's day
The joy of being able to find the right jar and heading to the "A and W" down the road.
The soda jerk in his pristine white uniform looks so perfect and clean as he taps the keg of the most delicious elixir I know of.
All bubbly and red-brown with foam running over the sides.
Hurry and run home with this treasure and find the mugs in the back of the cupboard.
Ever so carefully, pour the root beer into the mug.
Easy now, only half way and gently so you won't have too much foam.
Then scoop the homemade vanilla ice cream on top and watch it froth.
Now with a straw and your mug, head out to the giant maple tree and find the shade underneath.
Oh, what a divine treat on a hot summer day.



Chapter

By PATTY L. SPARKS

Autumn's book opens
neath shimmering leaves of
change
'tis time ... turn the page

My feeling of the Write On! group

By CHARLES PAYNE JR.

What do I like about my fellow writers and their writing?
I am a neophyte and not ready to critique. You are like crystals captured on a small piece of slate and quickly put under a microscope — an alphabet of verbiage.
Collectively, a rainbow of words covering the whole spectrum and more, a rainbow that is above and around us, figuratively speaking.
As I look around this haven from the storm and stress outside, I can find sparkling gems in each of you as you tell your story, each unique with different themes. Some pleasurable,

some tinged with sadness, others exploding with colorful descriptions and great poetry, too.

Our mentors are gentle in their critique and are supportive of us all.

Each one of you is very special in your own way!

I cherish this time with you and when I walk out the door from "Write On!" it is back to the not-so-pleasant world. Your touch doesn't stop there as I sit back in my old recliner, look out at the sky and in my reverie I revisit each of you, hearing your words and voices. It is a wonderful interlude on a sometimes less than endemic day.

The Maybe List

By WINNIE SILVERMAN

So much to do ... Maybe for some, not so much, but even the smallest list which only involves taking care of yourself means you have to decide what to do and when.

Some people have this list in their head, along with some mental notes like "Whenever," or "Must do, and the sooner the better." It's kind of depressing when the list for the day goes beyond two, and on and on, and at the end of the day not much gets crossed off, perhaps not even one.

What happened?? My daughter has deadlines at work so at home she doesn't make lists. When the grass is too long and it isn't raining on her days off it gets cut. Not to worry, things

get done eventually and the world keeps turning.

For me a list is a necessity because I forget things until they become "Really, Really Have To." Just thinking or writing To Do lists is in itself a distasteful chore.

TO DO

Therefore, should I just ignore my mental nags and take things as they come? Not in my nature! I wish it were so! So here is my idea: If a list is necessary (mental or written) for what needs to be done, just call it a "Maybe List." That is not as foreboding as a "To Do" list. Just put a little star before the one thing, possibly two, that must be done today. The "Maybes" can then go on without guilt.
Try it.

Sneaky Fall

By NANCY SOHL

I closed my windows weeks ago,
and now I've turned up the heat
Fall, I can see you in the trees,
and feel you in my cold feet.
Yes, fall, you tease me every
year by starting with your
sweet days
I love so much about you, but
I'm on to your sneaky ways.
You hold out hope for warm
days coming, and dangle
apples red
"fall is my favorite season," to

many I've often said.
Blue skies, crisp air, warm sun,
football and sweaters — it all
seems great.
But fall has an evil twin that will
be coming soon — just wait.
Leaves will be falling, flowers
dying — the days will get so
short
Time to winterize, bring stuff
in, and secure the old fort.
I do love fall, but it's too soon
over, don't fiddle it away
As much as we want fall to
linger, she simply will not stay.

A Feast of Skeletons

By ELIZABETH B. BATES

The table is set with white
linens,
silver and crystal, flowers and
candles,
before the guests arrive ...
a rattle of bones, a swish of satin,
and here comes Magda with all
her curves
showing above her low-cut
gown.
She always was a tease, and
hanging on
Hubert's arm like a disease, and
he,
an idiot for her charms, per-
forms all kinds
of little slavish acts, pulls out
her chair and leans
his foul head over her shoulder,
pretending
to adjust her straps, while the
hollows of his eyes
get bigger every minute. And
Laura,
who has lost a lot of weight
since we last saw her,

comes dragging Hank, the
ghoul, behind ...
she's jittery in the cold room,
says she's hot
and needs a shawl, waggles her
perfect
white teeth, ready to bite, but he
shoves her
into a chair, and she attacks the
air.
And William, tall and more than
thin,
comes stilt-walking in ... he used
to be a preacher
in the South, intones "Such rot
goes on in death."
We all sit down to eat, bones clank
on plates while we fiddle with
chopsticks ...
there's a trick to it ... and the
turkey is sliced
to its carcass. We keep the bones
intact,
which in a while, rise up and
jump onto the floor,
running blindly into corners
until
we let them out the door.

October Afternoon

By CHARLOTTE HART

A book! A porch well screened, a
rocking chair
Provide my space to travel and
to rest.
Red maples! Deep blue sky, this
fall view fair
Brings peace. The book? Amaz-
ing quest.
No Dickinson frigate takes me
lands away.*
This story flows right through
the heart of home.
Our mightiest river powers a
small rough raft,
A boy's adventure, not a

pompous tome.
At first read? Childish fun, but
then a craft
Of skillful word work powerful
lessons teaching.
Pained struggle, moral
wrestling, puzzling send
Our youthful hero for solutions
reaching.
We hope, we trust for triumph
in the end.
From raging river back to rock-
ing chair,
I hear October whisper, "Don't
despair."

* "There is no frigate like a book, to
take us lands away." — Emily Dickinson

October

By GLADYS SZABO

October brings the end of fall
It introduces winter squalls
Children all back in school

Ends the days of swimming
pools
October ends with Halloween
The holiday season then inter-
venes.

Heaven

By BONNIE WHEELER

Heaven can be a good night's
sleep,
Heaven can be a hamburger
with friends.
Heaven can be a great story, to
read or to be written,
Or Heaven can be puppies, or
new-born kittens.
Heaven can be seeing your
blood line flow on,
Heaven can be a grandchild's
devotion.
Heaven can be a cool ocean's
breeze,
A sunset, a rain shower, a

pineapple ice cream.
Hell can be a tragic loss,
Hell can be the disease of
depression.
Hell can be when you are
afraid, or alone,
No water, no food, no friend's
hand to hold.
Life on earth explores both,
Valleys of hell, mountain tops
of hope.
We endure what we can not
cure,
And trust, in the end, we will
understand.



Frosty Treat

The Bike Club stopped for a treat at Frosty's Donuts on Maine Street in Brunswick recently while Gov. Paul LePage was there, and then biked off the calories, according to member Rich Giustra, left. He was joined by member Ed Cardali.

Center offers plenty to keep members busy

Please call to register for classes and events at 729-0757.

World Affairs Conversation Series returns

The World Affairs Conversation Series moderated by Ed Knox returns this fall with lots to talk about. The group will meet at a new day and time, on Fridays, 11-12:30 p.m. For information on weekly topics and background resource information, visit the group's website at <http://worldaffairsconversation.weebly.com>.

French and German conversation clubs

Do you speak French or German but haven't had an opportunity in a while? Join one of our popular foreign language clubs to engage in lively conversation with other People Plus members. Kaffeestunde, the German conversation club meets on the second Tuesday of every month at 3 p.m. and Café en Français gets together the fourth Tuesday of every month at 2:30 p.m. Come join the conversation.

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.

Spend time with the Kimmages this fall!

Dennis and Ann Kimmage return this fall with back to back sessions of their popular classes in yoga, Pilates Lite and meditation. Drop in any time to start the classes for a prorated amount or try them once for free.

• **Yoga with Ann:** Stretch, flex, breathe and relax for optimum well being. Yoga is a wonderful way to re-balance and feel grounded. Join this class, with experienced instructor Ann Kimmage, who brings the joy out of yoga and tailors yoga to your individual needs. Six week session Sept. 16 to Oct. 28 (no class Oct. 14), Tuesdays, 10:30 a.m. \$30 members/\$60 nonmembers. The next

session runs from Nov. 4 to Dec. 16 (no class Nov. 25).

• **Pilates Lite:** Have you ever wanted to try Pilates but thought it was too hard? Pilates Lite, led by Dennis Kimmage, strengthens the key core muscles in your body but more gently than a traditional Pilates workout. Six week session Sept. 16 to Oct. 28 (no class Oct. 14), Tuesdays, noon-1 p.m., \$30 members/\$60 nonmembers. The next session runs from Nov. 4 to Dec. 16 (no class Nov. 25).

• **Meditation and Mindfulness:** Would you like to learn how to meditate? Or do you meditate already but just can't seem to develop a regular practice? This weekly meditation circle will help you develop your own practice and maintain or deepen it with the guidance of an experienced instructor. Six week session Sept. 18 to Oct. 30 (no class Oct. 16), Thursdays, 9-10 a.m., \$30 members/\$60 nonmembers. The next session will run from Nov. 6 to Dec. 8 (no class Nov. 27).

Special programs

Along with our regular programs we have some special programs scheduled for October:

Ruth Vogel Retirement Celebration

Monday, Oct. 6, 1:30 p.m.

The Mindfulness Revolution with Ann Kimmage

Current scientific research indicates that a mindfulness meditation practice reduces stress and improves mental and physical health. Why is it so effective? Join us on Thursday, Oct. 23, at 1 p.m., as People Plus hosts Ann Kimmage as she presents a brief history of meditation, as well as methods, benefits and the meaning it can bring to our inner lives. This lecture is free and open to the public. Registration appreciated.

FYI! 'Get Nuked' at People Plus

Join us on Thursday, Oct. 30, at 1 p.m. as Charles Frizzle, former president and CEO of Maine Yankee Atomic Power Co., in Wiscasset talks about his personal history with nuclear power and about the history of the Maine Yankee plant. Maine's only nuclear power plant, it was closed in 1997. There will be plenty of time for Q&A on this fascinating topic! Registration required.

SAVE THE DATE

Trip to Italy being planned

A representative from Collette's Guided by Travel will be at the Center on Nov. 18, to promote a 10-day, dream trip to Italy, and to present an unforgettable collection of "snapshot images" of many destinations that the famous travel service visits each year.

"Reflections of Italy," a tour that will immerse you in the sights and sounds of Rome, then carry you to Florence and the Tuscany hills, Venice, Assisi, and finally Milan, will be the focus of the presentation.

People Plus is reserving 12-15 seats on this tour, set for early October 2015. Cost of the 10-day trip, including air fare, is expected to be "affordable." Watch for figures at the November meeting. To reserve your place at the presentation in November, call the People Plus information desk at 729-0757. The fun starts at 6 p.m.

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Lunch & Connections

'Boiled dinner' is fall luncheon feature

Join us as we mark the fall season with that most delightful and flavorful New England meals, the "boiled dinner" loaded with fresh seasonal vegetables, corned beef and fruit.

"It is a time to celebrate the harvest," chef Frank Connors said, "and it's sure to be a good time."

Scheduled for noon on Thursday, Oct. 15, the meal will include boiled potatoes, turnip, carrots, cabbage, pickled beets and onions, and as usual, we'll be corning our own beef. "This is not one to be missed," Connors warned. Dessert will be a flavorful applesauce cake, with a topping of whipped cream.

As usual, there will be a fresh, lightly dressed green garden salad for everyone, and our drink table will include fresh cider, coffee, tea, fruit juices and milk. There will be no vegetarian option to

choose from this month.

Our popular Lunch & Connections meals are cosponsored by Spectrum Generations, and are planned to focus on nutrition, public information, fun and variety. A CHANS home healthcare professional is always in attendance to offer and record personal blood pressure checks, and this month, once again, there will be a team of CHANS nurses providing flu shots.

Remember, you must pre-register after the first of the month to be seated and we can only seat 64 people. Cost of this meal is still only \$5 for members and \$7.50 for nonmembers.

Lunch is served at noon. Plan to arrive at 11:30 a.m. to chat with your friends and to claim your seat. There will be time to pick up your 50/50 raffle ticket, and to be sure you are registered to win one of our several free door prizes.

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 its 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.

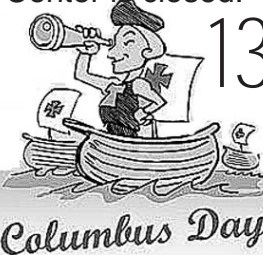
You have TIME. Use it wisely.



Dr. Jeffrey S. Slocum

Dr. Jeffrey S. Slocum

OCTOBER 2014 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PEOPLE PLUS NEWS & VIEWS FRANK CONNORS & STACY FRIZZLE discuss an exciting fall at People Plus.</p>	<p>Viewed 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</p>	<p>1 8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Biking Club 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 Prevent Diabetes 4:30 PM School of Dance</p>	<p>2 8:30 AM WOMEN'S BREAKFAST 9:00 AM Meditation 9:00 AM Table Tennis 10:00 AM Art II 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>3 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs Talk 12:00 PM Beginning Tai 1:30 PM Qigong 6:30 PM Folk Dance Brunswick</p>	<p>4 10:00 AM Bridge 10:00 AM Brunswick School of Dance</p>
<p>6 9:00 AM Loosen Up! 9:00 AM Crafters 10:00 AM Table Tennis 10:00 AM Apple Club 12:00 PM Bridge 1:30 PM Ruth Vogel retirement party 6:00 PM Belly Dancing</p>	<p>7 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Yoga with Ann 12:30 PM Pilates Light 1:00 PM Quilting Club 4:00 PM Brunswick School of Dance</p>	<p>8 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 2:00 PM Author's Chat 4:00 PM Prevent Diabetes</p>	<p>9 8:00 AM MEN'S BREAKFAST 9:00 AM Table Tennis 9:00 AM Meditation 10:00 AM Art II 12:00 PM Lunch and Learn: Long-term care 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>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 World Affairs Talk 12:00 PM Beginning Tai 1:00 PM Qigong 6:30 PM Folk Dance Brunswick</p>	<p>11 10:00 AM Bridge 10:00 AM Brunswick School of Dance</p>
<p>Center is closed.  Columbus Day</p>	<p>14 9:00 AM Table Tennis 10:00 AM Art I 11:30 AM LUNCH OUT 12:30 PM Welcome to Medicare 3:00 PM German club 4:00 PM Brunswick School of Dance 4:30 PM TCAC meeting</p>	<p>15 8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Biking Club 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 Prevent Diabetes 4:30 PM School of Dance</p>	<p>16 10:00 AM Art II 11:30 AM BP Clinic 12:00 PM LUNCH & CONNECTIONS 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>17 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs Talk 12:00 PM Beginning Tai 1:00 PM Qigong 6:30 PM Folk Dance Brunswick</p>	<p>18 10:00 AM Brunswick School of Dance 10:00 AM Bridge</p>
<p>20 9:00 AM Loosen Up! 9:00 AM Crafters 10:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly Dancing 6:30 PM Civil War Book Club</p>	<p>21 9:00 AM SENIOR HEALTH EXPO 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Yoga with Ann 12:00 PM Pilates Light 1:00 PM Quilting Club 4:00 PM Brunswick School of Dance</p>	<p>22 8:45 AM Inter. Cribbage 9:00 AM Mah-Jongg 9:00 AM Biking Club 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 4:30 PM School of Dance 5:45 PM Girl Scouts</p>	<p>23 9:00 AM Meditation 9:00 AM Table Tennis 10:00 AM Art II 1:00 PM The Mindfulness Revolution 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>24 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs Talk 12:00 PM Beginning Tai 1:00 PM Qigong 6:30 PM Folk Dance Brunswick</p>	<p>25 10:00 AM Bridge 10:00 AM Brunswick School of Dance</p>
<p>27 9:00 AM Loosen Up! 9:00 AM Crafters 10:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly Dancing</p>	<p>28 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Yoga with Ann 12:00 PM Pilates Light 2:30 PM Café en Français 4:00 PM Brunswick School of Dance</p>	<p>29 8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Biking Club 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 4:30 PM School of Dance</p>	<p>30 9:00 AM Meditation 9:00 AM Table Tennis 10:00 AM Art II 1:00 PM FYI: 'Get Nuked' 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>31 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs Talk 12:00 PM Beginning Tai 1:00 PM Qigong 6:30 PM Folk Dance Brunswick</p>	<p>Teen Center Open Monday through Thursday, 2:30-5:30 p.m. For updates, visit PeoplePlusMaine.org</p>

Storm window 'Build Week' is coming up; help needed

Volunteers are still being recruited to build out nearly 300 interior storm window inserts, according to Richard Brautigam, one of the project's leaders. "We have been amazed by the response," Brautigam said. "We need folks to step up now and get this project done."

Brautigam said, "another half dozen volunteers would be wonderful," working four-hour shifts during the week of Oct. 6-9. He said workers would be taping, poly wrapping, shrinking and/or foam taping, and that no experience is necessary. All window building will be done at St. Paul's Episcopal Church, 27 Pleasant St., Brunswick. If you can help, please call Michael Anne Banks at 729-6592.

MCREA will hear Harmonaires

The Mid-Coast Retired Educators Association will meet on Wednesday, Oct. 8, at the Brunswick United Methodist Church with a social gathering at 10:30 a.m. and the meeting and program to commence at 11 a.m. The program will be music by the Respite chorus, Harmonaires. The luncheon at 12:15 p.m. will be a ham and salad buffet for \$9.

Each year the group awards three scholarships of \$750 each to a high school senior at Mt. Ararat, Morse and Brunswick high schools. The fundraiser to support these scholarships at this meeting will be a silent auction of specialty items.

In September, members participated in the Nationwide Day of Service by constructing two raised garden beds at the Harpswell Community

School as well as weeding the floral beds at the school. The students were able to work in small groups along with the retired educators.

All retired educators and spouses are welcome to attend the MCREA meetings. Educators need not have taught in the Mid-coast area or even in the state of Maine. This is an opportunity to meet other retired educators and to hear what is happening at the state and national level. Meetings are held seven times a year: September through December and April through June.

To make a reservation for the luncheon, or for further information, please contact Corley Anne Byras, president, at 666-3922 or by email, corleybyras@gmail.com.



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Casino trip set

There will be a bus trip to the Oxford Casino, leaving the Bath Senior Center at 9 a.m. on Wednesday, Oct. 22, and picking up our members at the Topsham Home Depot Park & Ride at 9:20 a.m.

Cost is \$30 for members of People Plus, the Bath Senior Center or the Topsham Merry Meeters.

Everyone who registers gets \$10 in "play money." Remember that a photo ID is required to participate. Register and pay at the Bath Center, 443-4937.



Champions all!

People Plus Table Tennis club members captured nearly a dozen medals in the Maine Senior Olympic games, held last month in Gorham. Olympians are, from left, Steve Winter (first place — Men's Doubles, third — Men's Singles, age 65-69), Ron Roy (first — Men's Doubles, fourth — men's singles, age 65-69), Richard Brautigam (first — Men's Singles, age 80-84), Armand Bouchard (first — Men's Singles, second — Men's Doubles, age 75-79), Mikhail Gissin (second — Men's Singles, second — Men's Doubles, age 65-69), and Vic Bouchard (second — Men's Doubles, age 55-59).



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Embracing Life after Cancer

A Cancer Survivorship Series

- Moving Beyond Treatment: An Overview of Survivorship** with Peggy Waterman, CNP
Tuesday, September 23
- Physical Challenges after Treatment** with Tina Phillips, PT; Lisa Clark, OT/Certified Lymphedema Specialist; and Yonca Berk-Giray, Speech-Language Pathologist
Tuesday, October 7
- Psychological Reactions to Cancer Diagnosis & Ways to Cope** with Christine Gray, PsyD
Monday, October 20
- Genetics & Second Cancers for Survivors** with Tracey F. Weisberg, MD, and Jessica Cary, MS, RN, Certified Genetics Counselor
Monday, November 3
- Nutrition & Cancer: Changing Your Habits Does Matter** with Alison Fernald, RD, LD, and Anita Huey, MS, RD, LD, CDE
Monday, November 17
- Moving Toward Health: Exercise & Survival** with Cate Parker, MS, RN, CES; Mike Proulx, CSCS, LIVESTRONG at the YMCA
Monday, December 1

All programs will be held 6:30-8 p.m. in the Café Conference Rooms at Mid Coast Hospital
123 Medical Center Drive, Brunswick

Signs, they are a changing

Executive Director Stacy V. Frizzle, right, proudly shows Brunswick Councilor Suzan Wilson the new Cumberland Street directional sign for People Plus. The new sign was funded in part by Wilson, who shared a concern that the "village side" of our popular center was not properly marked.

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New Teen Center assistant begins

By JORDAN CARDONE

Time to introduce my new assistant!

Rebecca McNulty has been working with youth in various after school and summer programs for about 15 years. Rebecca currently runs Dragon Eye Adventures, a cool program that offers youth ages 6-13 mythical mysteries to solve through storytelling, games, secret messages, art and more.

These programs are held during the summer and during school vacation breaks in various locations. Keep your eyes open for Dragon Eye Adventure

programs.

Looking to continue working with youth throughout the year and still be able to continue to offer her programs, working at the Teen Center seemed to fit right in! We are generally closed school vacation weeks and the time she will be off during the summer will be when we have our Upward Bound Interns.

Also freelancing as an artist through Ravenscraw Studio, Rebecca does wonderful sketches/drawings which has appealed to a number of our teens who are now getting back into some creative painting and drawing of their own. We are looking for-

ward to Rebecca sharing more of her creativity with us, like bookmaking, shadow theater, puppetry and mask making.

We feel fortunate to have Rebecca joining us at the Teen Center. She began on the first day of school, so to all the new teens, she is already a standard part of a day at the teen center and our longer time members have been very comfortable with her calm, quiet manner and presence among us.

Welcome, Rebecca.



REBECCA
MCNULTY

Collecting clothes for Guatemalan children

By JORDAN CARDONE

During the month of October, the Teen Center program is on a mission to support a mission trip.

When asked for information on the mission trip, Steven Miller stated, "Well this is my second mission trip to Honduras. I went last year with my church, First Baptist of Bath, and had an incredible life changing experience! The church is not going this year, so I chose to go and pay for my own trip to the orphanage, relying mostly on donations. I am doing this trip on my own this year because I feel its important to help these kids. They had no choice being in the situation they are in now. Honduras is a tough third world country and staff is limited down there. There are very few male missionaries who travel there, so it's important to the young boys and teens to have a role model."



STEVEN
MILLER

Thank you, Steven Miller:

Steven is also collecting other supplies such as toiletries to bring, but has asked us specifically if we could collect clothing, in decent condition, for the kids in the orphanage. We are encouraging our teen members to go through their closets and hope that others will join in by bringing in any kids clothing they may have to a collection box that will be located in the café or lobby of People Plus during the month of October.

Andrew must have all donations in by Nov. 1. Thank you.

TEEN CENTER UPDATE AND WISH LIST

Things in the Teen Center have been GREAT! With a new assistant, two (so far) weekly volunteers and lots and lots of kids, we have been quite busy and I suspect when football ends, we will be even busier.

Halloween is on a Friday this year (and we are closed), so we will miss having young costumed people running around the place.

As the teens gather clothes to donate to the mission trip (see related article), I am trying to gather items for our snack program. We usually have 14-16 kids

coming in every day now, meaning we are providing 65-plus snacks and 130-plus drinks every week! Even with my weekly food bank pick up and our two People Plus weekly food donors, I am having a hard time keeping up with the quantities we need throughout the week.

Because I need at least 15 of anything before I can serve it, I am looking to stock up on basics:

- Beverages: Large juices, gallons of water, juice pouches/boxes, Gatorade, dry drink mixes.
- Snacks: Granola bars, fruit snacks,

chips (pretzels, potato, Cheez Its, etc.!)

- Cookies and peanut butter crackers
- Small flour tortillas. We use about 60 a week! It is the number one snack food.
- Jars of salsa
- Cheese, for crackers and tortillas.
- Bagels and cream cheese.
- Anything baked: breads, muffins, cookies, cake, brownies or boxes of mix.
- A kitchen timer to help remind students about their rides.

P.S. If whoever called about a lamp could call again, I wrote the wrong number down and we would love a lamp.



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All clinics are first-come, first-served.
Vaccine is for anyone 6-months-of-age or older.

Donations accepted, but not required.

At these community locations...

Maine Senior Guide Fair

Hilton Garden Inn, 5 Park St., Freeport
Wednesday, Oct. 1, 9 a.m.-3 p.m.

RSU #5 Durham-Freeport-Pownal Schools

Freeport HS Cafeteria, 30 Holbrook St., Freeport
Wednesday, Oct. 1, 3 p.m.-7 p.m.

Town of Topsham

Topsham Town Office, 100 Main St., Topsham
Thursday, Oct. 2, 2 - 5 p.m.

Georgetown Town Office

50 Bay Point Rd., Georgetown
Friday, Oct. 3, 10:15 a.m.-1 p.m.

Brunswick Schools

Harriet Beacher Stowe Sch., 44 McKean St., Brunswick
Saturday, Oct. 4, 8 a.m.-1 p.m.

Freeport Community Services

53 Depot St., Freeport
Tuesday, Oct. 7, 1 p.m.-4 p.m.

FHC-Health & Wellness Fair

1201 Main St., Bowdoin
Thursday, Oct. 8, NOON-5 p.m.

Wiscasset Community Center

242 Gardiner Rd., Wiscasset
Wednesday, Oct. 8, 5 p.m.- 8 p.m.

Harpwell Town Hall

263 Mountain Rd., Harpswell
Thursday, Oct. 9, 9 a.m.-NOON and 5 p.m.-7 p.m.

Bath Citizen Involvement Day

Bath Water Front, Bath
Saturday, Oct. 11, 9:30 a.m.- 12:30 p.m.

Elijah Kellogg Church Public Supper

917 Harpswell Neck Rd., Harpswell
Saturday, Oct. 11, 5 p.m.-7 p.m.

www.midcoasthealth.com/flu

It's that time of year!

FLU SHOT FRIDAYS
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58 Baribeau Drive, Brunswick

Enter circular drive marked MAIN ENTRANCE
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9 to NOON Fridays
Sept. 12 through Nov. 28

Richmond Golden Oldies

314 Front St., Richmond
Thursday, Oct. 16, 1 p.m.-3 p.m.

Brunswick Landing at SMCC Midcoast Campus

Orion Residence Hall, 12 Sewell St., Brunswick
Thursday, Oct. 16, 11 a.m.-2 p.m.

SAD 75 Mt. Ararat Middle School

166 Republic Ave., Topsham
Saturday, Oct. 18, 9 a.m.-NOON

Spectrum Generations Senior Health Expo

Cook's Corner Mall, 172 Bath Rd., Brunswick
Tuesday, Oct. 21, 9 a.m.-1 p.m.

Freeport Town Hall

30 Main St., Freeport
Wednesday, Oct. 22, 9 a.m.-11 a.m.

Town of Bowdoinham

3 School St., Bowdoinham
Wednesday, Oct. 29, 3-6 p.m.

Bath YMCA

303 Centre St., Bath
Thursday, Oct. 30, 9 a.m.-NOON

Vote & Vax-Bath

Bath Middle School, 6 Old Brunswick Rd., Bath
Tuesday, Nov. 4, 8 a.m.-8 p.m.

Curtis Library

23 Pleasant St., Brunswick
Thursday, Nov. 6, 9:30 a.m.-11 a.m.

Bath Middle School

6 Old Brunswick Rd., Bath
Friday, Nov. 14, 1 p.m.-6 p.m.

Brunswick Early Bird Sale

Tontine Mall, 149 Maine St., Brunswick
Saturday, Nov. 15, 7 a.m.-NOON

Town of Woolwich

Woolwich Central Sch., 137 Nequasset Rd., Woolwich
Saturday, Nov. 15, 1 p.m.-5 p.m.

SAD 75 Mt. Ararat Middle School

66 Republic Ave., Topsham
Tuesday, Nov. 18, 4-6 p.m.

RSU #5 Durham-Freeport-Pownal Schools

Freeport HS Cafeteria, 30 Holbrook St., Freeport
Tuesday, Nov. 18, 3-7 p.m.

For more information, contact
CHANS Home Health Care at **729-6782**



Senior Intermediate Cribbage

Aug. 20: Lois Fournier, 726 (perfect score); Tim Owen, 708; Lorraine LaRoche, 706; Gerry LaRoche, 704; Rick Fortin, 699.

Aug. 27: Rick Fortin, 723; Joseph Tonely, 720; Nancy Laffely and Lois Fournier, (tie)708; Robert Mehlhorn, 694.

Sept. 3: Mike Linkovich, 716; Anita Owens, 708; Don Leaver, 684; Lorraine LaRoche, 681.

Sept. 10: Harry Higgins, 710; Lois Fournier, 710; Lorraine LaRoche, 698; Robert Mehlhorn, 689; Gaby LaRoche, 688.

Sept. 17: Robert Frost, 725; Leah Nelson, 700; Harry Higgins, 696; Richard St. Cyr, 693.

Monday-Saturday Bridge

Aug. 18: Fran Lee, 4,740; Dave Bracy, 4,140; John Rich, 3,400; Mary O'Connell, 3,110.

Aug. 23: Dave Bracy, 3,490; John Rich, 3,440; Donna Burch, 3,240; Bill Washington, 3,150.

Aug. 25: Lorraine LaRoche, 4,670; Dave Bracy, 4,180; Sherry Watson, 4,050; Bill Buermeyer, 3,990.

Aug. 30: Bill Buermeyer, 5,780; Richard Totten, 5,540; John Rich, 5,140; Donna Burch, 4,830.

Sept. 1: Jeff Lauder, 5,140; Paul Betit, 4,720; Martha Cushing, 4,630; Bill Washington, 4,310.

Sept. 6: Lorraine LaRoche, 4,280; Bill Buermeyer, 3,890; Gladys Totten, 3,750.

Sept. 8: Tony Monaco, 5,120; Anne Brautigam, 4,810; Paul Betit, 4,590; Richard Totten, 4,280; Bill Washington, 4,240.

Sept. 13: Lorraine LaRoche, 5,190; Donna Burch, 4,720; Richard Totten, 4,350.

Sept. 16: Gladys Totten, 5,450; Mary O'Connell, 5,120; Sue Shanahan and Tony Monaco, (tie) 4,800.



Central Maine Area Agency on Aging - Southern Midcoast Aging and Disability Resource Center
 35 Union St, Brunswick, ME 04011 Suite 1
 207-729-0475 - www.spectrumgenerations.org

October 2014

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,

Will Medigap plans be sold through the Health Insurance Marketplaces?

—Marcus

Dear Marcus,

No. Medigap plans, which are supplemental insurance plans that help pay out-of-pocket Original Medicare costs like deductibles and coinsurances, will not be sold through the Health Insurance Marketplaces. In addition, Medicare Advantage plans and Medicare prescription drug plans will not be sold through the Marketplaces.

Health Insurance Marketplaces were created by the Affordable Care Act as a way for uninsured or under-insured individuals to purchase health insurance. In general, people with Medicare should keep their Medicare coverage and should not purchase health insurance plans through the Marketplaces.

If you would like to learn more about different Medigap plans in your area, you can contact your local State Department of Insurance. If you would like to get more information about Medicare Advantage plans or Part D plans in your area, you can contact 800-MEDICARE or go online and visit www.medicare.gov. You can also contact your local State Health Insurance Assistance Program (SHIP) to learn more about your Medicare options. To find the contact information for your local SHIP, you can go online and visit www.shiptalk.org.

—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.

Coming Soon! Medicare Annual Enrollment Period

October 15th through December 7th!



The time period to look at next year's plans and make a change is a short window of opportunity, just 7 weeks, from October 15 to December 7 each year. Why would someone even want to take the time to review their options for next year if what they have now is working just fine?

Well, not only do you get to make a change each year but the plans themselves can make changes; the plan you have now just might not be the best choice for coverage for next year. And since most people only have this one time a year to make any changes it is a good idea just to be sure you are going to get the best coverage, for medications and medical costs, for the coming year. Why pay for something that is not going to give you the best value?

So how can you find out what plans are being offered next year? Medicare has a tool on their website, www.medicare.gov, that allows you to enter some basic information about who you are, enter your medications with dosage and strength, choose your pharmacy, and view and compare plans that will cover your needs at the best cost to you. You can also contact Spectrum Generations at any one of our local community centers and schedule an appointment to meet with an Aging and Disability Resource Counselor who will work with you one on one to help you get the information you need to make the decision that is right for you.

Don't wait, your opportunity for change is short, give us a call today, we will be happy to help you!



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PROUD TO PARTNER WITH PEOPLE PLUS

Thanks for your service!

A capacity crowd of more than 90 people crowded into our Maine Hall to hear U.S. Navy Capt. James Kirk lecture Sept. 25 about the leadship destroyer USS Zumwalt being constructed at Bath Iron Works. After the lecture, Executive Director Stacy V. Frizzle invited military veterans in the audience to join Kirk (back row, third from left) for a photograph and for a "enmass thank you!" for their service. Veterans from every military service branch were in attendance.



'It never hurts to ask!'

Dozens of area businesses believe enough in the value of People Plus, and our members, to make a commitment to giving extra discounts, or services, to our members. Remember always to question merchants when making purchases, you might be surprised, and pleased, by the answers you receive. Some businesses offer extra discounts, others offer free services. It never hurts to ask.

Check out the following lists, and always be ready to ask for special mem-

ber deals.

- Beauty Salons/Skin Care**
- Studio 119 Hair & Nail Design:** FREE haircut with color of perm; services by Missy Stockford. 119 Bath Road, Brunswick, 729-6119.
- Reflections:** 10%, Monday and Friday 2 Center St., Brunswick 729-8028, www.reflectionsbylucie.com

- Candy**
- Wilbur's of Maine:** 10%, Anytime

43 Maine St., Brunswick; 729-4462

- Cleaning/Organizing**
- Mia Clark:** 15% off services for home, yards, gardens or buy 4 hours, get 1 free! Phone 939-5789; miaclark@hotmail.com

- Dry Cleaning**
- J&J Cleaners:** 10% Pickups, Wednesdays (customers over 55) Maine Street, Brunswick; 729-0176

- Florist**
- Pauline's Bloomers:** 10%, Anytime except beyond normal delivery range 49 Maine St., Brunswick; 725-5952 www.paulinesbloomers.com

- Auto Service**
- Autometrics:** 10% Anytime 21 Bath Road, Brunswick; 729-0842
- Bill Dodge Auto Group:** 10% off parts and service; 262 Bath Rd., Brunswick: 800-652-6118 118 Pleasant St., Brunswick; 729-6653 www.billdodgeautogroup.com
- Brunswick Ford:** 10% off on Parts and Service 157 Pleasant St., Brunswick; 725-1228
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- Thomas Point Beach:** Weekday beach admission \$1 with membership card (over 80 always free) 725-6009 or www.thomaspointbeach.com
- Yankee Lanes:** \$1.85/String, 7 days a week, 9 a.m.-5 p.m. 276 Bath Road, Brunswick; 725-2963 www.yankeelanes.com

- Restaurants**
- Arby's:** 10%, Anytime, excluding coupons Topsham Fair Mall Road, Topsham 729-8244, www.arbys.com
- Big Top Deli:** 10%, Anytime 70 Maine St., Brunswick 721-8900, www.bigtopdeli.com
- Fairground Café:** 10%, Anytime Topsham Fair Mall; 729-5366
- McDonald's:** Free Dessert with Purchase 11 Gurnet Road (Route 24), Cook's Corner, Brunswick; 729-4416 www.mcmaine.com/1080

- Sam's Italian Foods:** 10%, Except for Specials (Patrons over 60) Cook's Corner, Brunswick; 725-4444
- Brunswick Hotel and Tavern:** Buy one entrée, get one half off 4 Noble St., Brunswick; 837-6556 www.thebrunswickhotelandtavern.com/tavern_dining/
- The Great Impasta:** 15% off Wednesday lunch (food only) 42 Maine St., Brunswick; 729-5858 www.thegreatimpasta.com

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... and nobody died

Maybe Jane's right, perhaps it is in my nature to enjoy wandering at night, to lurk in ditches after dark, to want to dress up in funky clothes, to hide behind ghastly masks, and yes, to have a personal goal of eating more candy than I give away on Halloween night. But I have to tell you, folks, my Halloween celebrations have suffered since we moved to Brunswick.

In Bowdoinham, our old place on Center Street was downtown, near ground-zero on the Halloween parade route, and we always had 75 to 175 youthful "visitors" on a typical evening. Where we live in Brunswick, four miles from town and at the dark end of a thousand foot driveway, we're lucky to be visited by our grandchildren! I've been known to get downright depressed on Halloween during the past several years.

You might drive through Bowdoinham most any other night of the year, and think it's a pretty quiet little town, but if you get there on Halloween evening, you'd better drive carefully, and stay near the center of the road.

There were a couple years when someone filled the cannon at the foot of Main street with toilet paper, and then touched her off! Other years, an outhouse that belonged on the Millay Road, might mysteriously make the trip down the hill and land in the town square. Sheep that belonged in the Bunn's pasture, ended up over at Brent's house, and horses from the Carding Machine Road might be found at first light, grazing in the Village cemetery.

Kids let the air out of school bus tires, soaped up windows of neighbors houses, stole pumpkins off steps and smashed them in the street. One year, someone found a stick of dynamite, and blew up the

caretaker's shack at the town dump.

Harmless pranks, I call them, and come Nov. 1, nobody died. ...

My buddy Brad used to host hay rides for members of the Eastern Star over on Abagadasset Road, and he used to "hire" me to do the ghoul in the ditch routine. I got two glasses of fresh cider and a piece of Marla's marvelous apple pie, just to jump out of a ditch, waving both hands and feet, screaming and growling at the girls on the wagon, and maybe grabbing the hand or hip of one once in a while, just to keep them engaged.

Then came the year when I thought it might be fun to jump onto the back of that wagon and give them a "real thrill." I growled and screamed, they screamed and yelled and I made my move, vaulting toward the tail of that trailer.

I looked up just in time to see this lady who had decided she was going to defend her trailer, her girls. All I really saw was this huge foot, making its way toward my shoulder! The foot caught me, I did a slow roll and landed hard on the road. I was one gone ghoul, believe me. I wouldn't try that again, not for a whole apple pie!

Another year I and several of my friends organized a Halloween scavenger hunt, centered on several of our town's cemeteries. Miles, Abbie and a dozen of their friends had to follow "maps" provided by me, to find pre-placed treasures on hand-selected graves. Oh, that was a good night! Miles and the Willis boys skipped along, playing their arrogant, unimpressible teenager routine, taking all we could deliver till they got to the cornfield.

Directions at the cornfield simply said, "pick any row, beat your friends to the

other end."

Maybe you've never walked through five acres of cow corn, in the dark, with the moon in a black quarter. Frost had nipped the stalk tips till they were crisp, and the typical stalk would be higher than the average teenager. The kids were game, but I could tell they were apprehensive. John and I smiled, we moved to the far end of the patch, and we knew about Linwood. Linwood came in behind the kids, yelled in his best booming voice, "you damned kids get out of my corn." and then he fired two rounds out of his 12-gauge shotgun toward the north star. Those kids were still gaining speed when they came off the cornfield, and it took us 10 minutes to gather them up and get them ready for the next challenge, which was to go back to our house, for cider, doughnuts, hot chocolate and candy, and the welcoming arms of their mothers.

Kids knocked on our door at their peril on Halloween night. More years than not, I met them on hands and knees, wearing my most evil devil's mask. Most kids would be eye to eye with me when I growled, "what do you want?" as the door creaked open. More than one kid decided not to say, and leaped a hasty retreat off our steps. Two brothers knocked on our door one night, and when I cracked it open to ask my question, the older, larger brother pushed his

Speaking Frankly

FRANK CONNORS



younger brother forward. The little guy looked me right in the eye and weakly said, "Candy!?"

I reached out with my good arm, grabbed that little guy by the costume and yanked him into our front hall, where I was showing him our candy bowl when the door burst open, and in crashed his mother! She was ready to deliver her foot, where ever it was needed!

Some kids never made it to my door. If the evening was warm enough, it would be my habit to dress as a scarecrow, lounging lifelessly in a lawn chair till kids passed me by, headed for the door. Once they were safely past, I'd spring up and wish them a happy Halloween most would never forget. I remember at least one kid who claimed, "I saw that scarecrow breathing, I'm not going in that house!"

Jane would tell you the transition to a quieter Halloween is a good idea, now that I have a pacemaker, and she'd ask if I really need the added excitement and, "being kicked around?"

Me, I'm not quite yet convinced, I see it as just another reason NOT to buy bowls of chocolate for the kitchen table.

Free flu shot clinic returns

More than 50 flu shots were given during last month's Lunch and Connections luncheon Sept. 18, and our CHANS nurses were so surprised and pleased with the turnout, they decided to come back next month.

So once again, CHANS will be offering a free flu shot clinic at People Plus during the Luncheon of Thursday, Oct. 16, from 11 a.m. until 12:30 p.m. Donations for shots are appreciated, but not required.

Garden Club meeting

The Harpswell Garden Club will meet Thursday, Oct. 16, at 12:30 p.m. at the Curtis Library in Brunswick.

Featured speaker is Stan Wakely, manager of Urban Garden Center in Topsham, who will discuss "The Care and Feeding of Indoor Plants."

For more information, call Becky at 833-6159.

New or returning members for September

* New member
• Additional donation with membership

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Autumn

BY CHARLES PAYNE JR.

March come rushing in rampant and lusty, and on its back is April full of promises.

May follows with the scent of lilacs, the sights and sounds of finches, chickadees and raucous crows.

June and July gives you a feast of riotous colors, perfumes of the mock orange, roses and lily of the valley.

It is also the time of feverish activity "Must do — must see" and of course a worship of the sun, all a glut to the senses.

Nature will take its due for this riotous gluttony, especially for the Octogenarian when the winter of life clasps you in its ice bosom!

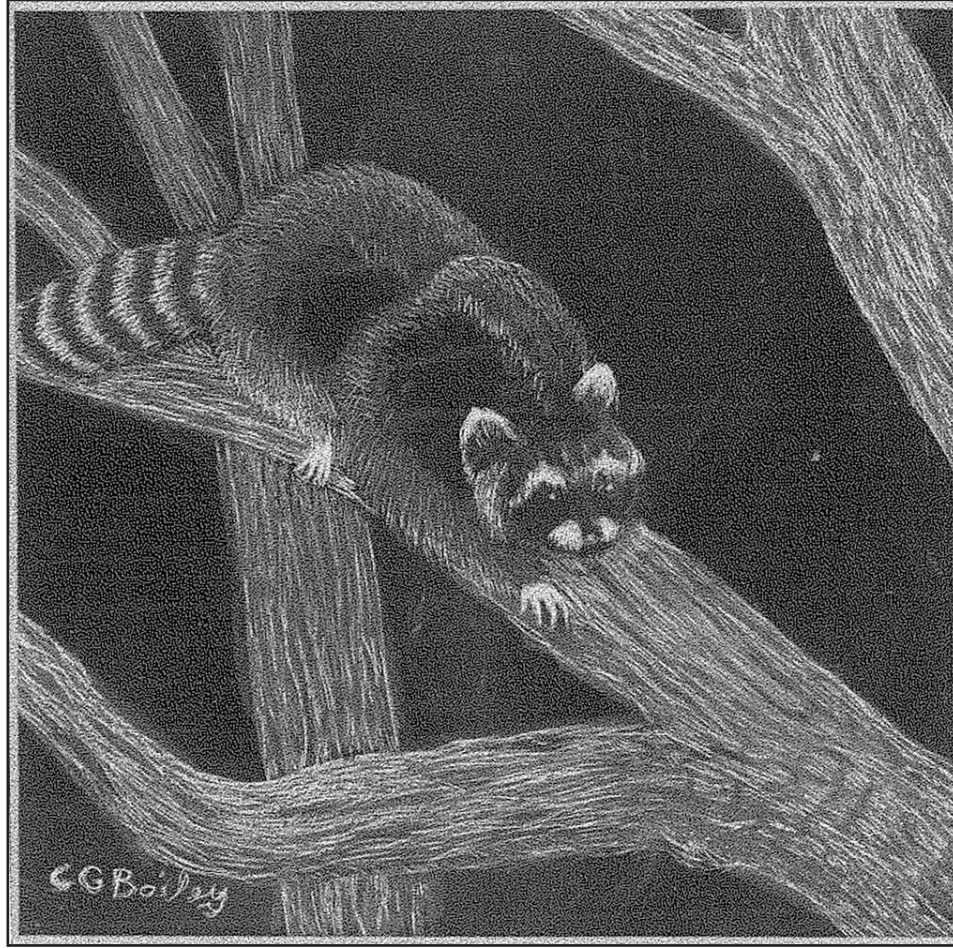
But wait! Nature has offered you a surcease from this merry-go-round. It is called "Autumn."

Autumn to me is a bittersweet time, a time to hold your breath, a quiet time, a time to reflect on the joys and friends you met on life's way.

Autumn is to me also an extended Sabbath — a time to count your blessings — a time to re-connect to our Creator.

Autumn is a time in life's cycle to mend your body and clear the cobwebs from your sole in preparation of "The Winter of Discontent."

October offers special art show



Raccoon, scratch art on board, by Connie Bailey.

Selected pieces submitted by members of the Merrymeeting Art Association, and two other painting members of People Plus will be featured for the month of October in our Union Street Gallery. "It should be quite new, varied and interesting," suggested Frank Connors, who helps coordinate the gallery shows.

Artists Lorraine Williams, Debbie Stubbs and Connie Bailey of the Merrymeeting Art group, along with pieces submitted by Alvina Menard and Priscilla Belanger, will complete the multi-media show. Bailey has long been an art instructor at People Plus, and has offered a piece of scratch art for the show. Stubbs' contributions will include color photography, and most of Williams' work is in water color.

Belanger, a Brunswick native until her death last October, learned to paint with Miss Varney at Brunswick High School, and dedicated much of her life to developing her talents and concentration. In her later years, she gained local notoriety as a commissioned architecture artist. Menard and Belanger were "great friends" according to Menard, who added, "this little show should become a tribute to Priscilla."

The collection may be seen weekdays, during regular business hours at the People Plus Center, 35 Union St., Brunswick.

Lunch Out!

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Summer garden, water color by Priscilla Belanger.

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