



35 Union St., Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

**People Plus**  
P.O. Box 766  
Brunswick, ME  
04011-0766

Non-Profit Organization  
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Permit No. 52

April 2015

Volume 15, No. 4

**FYI!**

## 'Finding Strength Through Community'

Known first as the owner of The Good Sports store, then as the director of marketing and development at the Maine State Music Theatre, Rob Jarratt has a resume in Brunswick a mile long.



ROB JARRATT

Serving on numerous boards, including the Brunswick Downtown Association and the Pejepscot Historical Society, Jarratt's good works are known far and wide.

What most don't know, however, is his journey, battle and ongoing struggle with chronic pain, and how he survived. Come spend an hour with Rob at the People Plus Center as he shares his personal journey through chronic pain and recovery.

His free talk on Thursday, April 23, at 1 p.m., "Finding Strength Through Community," will include a question-and-answer session.

## Spring healing clinic is set

Join us on Friday, April 24, beginning at 11 a.m., at the People Plus Center for the first Free Healing Clinic of the new season.

This event is sponsored jointly by our friends at Greater Brunswick Physical Therapy and the People Plus Center.

The quarterly Free Healing Clinics are an afternoon dedicated to physical and spiritual wellness, and target any area resident who might not otherwise have the opportunity, or resources, to try a treatment.

Nearly a dozen body-work professional practitioners are planning to donate their services, including licensed physical therapists, message therapists, reflexologists and Reiki masters. The clinic closes at 5 p.m.

Treatments are provided at no cost and there is no pre-registration. All appointments are provided on a first-come, first-served basis, and all care is provided while you are dressed in your street cloths. Refreshments will be served. Donations may be made to the People Plus Center.

If you have questions, please call the Center at 729-0757, or call the offices of Greater Brunswick Physical Therapy at 729-1164.

# LIGHTS, CAMERAS, ACTION! It's time for Music in April

Raise the curtain on the 13th annual Music in April!

This landmark, spring benefit for the People Plus Center will once again feature a unique and sumptuous buffet, prepared and served by more than two dozen of the area's premier restaurants; along with several live musical treats; a live and silent auction loaded with more than 200 items; plus a rousing \$5 raffle and a host of other surprising and interesting activities.

Doors open promptly at 5 p.m. in Brunswick's spectacularly transformed Knight's of Columbus ballroom, for what promises to be yet another sold-out show.

Rousseau Management, providing personal care in the Brunswick area for more than 30 years, returns as our Fortissimo Gala Sponsor this season; and Spectrum Generations is back as our Fortissimo Event Sponsor. The Maine State Music Theatre is our Mezzo Sponsor again this year: Twenty-two area businesses and organizations (see list at right) are filling the hall again as individual table sponsors.

"Touching Base" an organ trio built on traditional organ music, will be our new primary music attraction this year; and the Bowdoin College men's a capella group, The Longfellows, will return with their show. Organist Larry Kovac, working with Bob Knowles on the guitar, and Dave Rawson on the drums, promises "mood music" with a "volume low enough so people enjoy us and their conversations."

John Bottero of Thomaston Place Auction Galleries will again lead the live auction. More than 200 items have been acquired for the live and silent



David and Margo Knight, at center, host Win and Sharon Dodge, at left, and Don Kniseley last summer on their 28-foot daysailer on a cruise on Casco Bay. The trip is a perennial favorite item during the Music in April live auction. See lists of auction and raffle items on pages 6 and 7.

auctions at press time. Favorite items returning this year include original and print art, camp visits, plane and boat rides, unique trips, art and food items.

"The area's most stunning buffet" is once again being carefully assembled by chef Chef Chris Tool of The Highlands. At least two dozen of the area's top restaurants are providing "house specialties" to the buffet, including hors d'oeuvres, entrées and desserts.

Last year's sold-out event was attended by more than 250 people, and raised more than \$45,000 for the People Plus Center. A few individual tickets remain available at press time, and still cost only \$50. Call the Center at 729-0757 to reserve yours.

## Local businesses make MiA work

### ROUSSEAU MANAGEMENT

*Fortissimo Gala Sponsor*

### SPECTRUM GENERATIONS

*Fortissimo Event Sponsor*

### MAINE STATE MUSIC THEATRE

*Mezzo Sponsor*

### Forte Table Sponsors

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- Kathleen Winn, DMD
- Solo Bistro
- The Big Top Deli
- The Coast Bar & Bistro
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- El Camino/Flipside
- Frontier Cafe
- The Great Impasta
- Hannaford Supermarket
- Henry & Marty
- Kenebnek Tavern
- Lemongrass
- Pedro O'Hara's
- Scarlet Begonia's
- Shaw's Supermarket
- The Big Top Deli
- The Brunswick Hotel & Tavern
- The Highlands
- The Wild Duck Pub
- Thornton Oaks
- Trattoria Athena
- The Union Street Bakery
- Wickes Joe's Coffee
- Wild Oats Bakery

*Mezzo Forte sponsor*

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74 Maine St., Brunswick

## 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](mailto:frank@peopleplusmaine.org)

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

The Editor, People Plus News  
P.O. Box 766

Brunswick, ME 04011-0766

Office phone (207) 729-0757

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Check out past newsletters at  
[www.peopleplusmaine.org](http://www.peopleplusmaine.org)

## Like a 'well-oiled machine'

We've all heard the expression, "Like a well-oiled machine," and understand that generally it's used when something goes great and works exceedingly well.

I had someone tell me last week that Music in April is like a well-oiled machine. And it got me thinking about how many moving parts there really are to having a successful fundraising event for People Plus.

It started 13 years ago as a dinner event with a couple of restaurants pitching in some food and a little raffle. I think it raised a little over \$600. And it was going to be dead in the water not soon thereafter had Sig Knudsen not asked O Jeanne d'Arc Mayo to step in and keep it alive.

She, of course, had absolutely no time available to work on it, which meant that she gave it 110 percent ... And here we are, 13 years later and Mrs. Mayo is still our lead champion as we pull

together the finest dinner gala event in Brunswick.

There will be food from more than 20 restaurants and nearly 300 auction items. Great musical entertainment from the Bowdoin College Longfellow singers, as well as "Touching Base," an arioso trio from Bath, will be followed up by John Bottero as auctioneer extraordinaire. How can you go wrong?

We have a wonderful crowd, wonderful decorations by Maine Event Design & Decor, and it really is one of the best evenings all year for the Brunswick community.

And of course, we could not do it without our volunteers. Mrs. Mayo leads the charge, with help by a plethora of volunteers, including Casey Henson, Corie Washow, Gladys Szabo, Wilma Sarna, the entire People Plus board of trustees, and Chris Toole organizing and managing all of the food.

## From the Executive Director

STACY V. FRIZZLE



And the evening would not be complete without those white-shirted, high school kids helping to wait tables and clean up. Thanks to Rick Wilson at Brunswick High School for making that happen.

So here I sit 10 days before the event, asking myself that age-old question ... What dress will I wear? Do you think Frank is at home worrying about what he's going to wear? I hardly think so.

So I hope you can join us at Music in April, and if you can't, please stop by People Plus and see us sometime soon. It really is the center that builds community.

### From Anita's Plate

ANITA HUEY



## Adding nutrition to recipes

Well, daylight is increasing and the grill won't be buried in the snow for much longer.

I have written about adding layers of flavor and nutrition to our foods. This month I would like to give you some new ideas for making our food choices healthier. In most cases it is looking for places to add more vegetables:

- Cook up vegetables and use less rice or pasta when making a casserole.

- Spread hummus on chicken, drizzle with lemon juice and bake.

- Add cooked spinach or kale to spaghetti sauce.

- Add guacamole to baked fish.

- Use steamed cauliflower as a thickener in soups.

- Add low-sodium diced tomatoes, beans and spinach to soup.

- Use cannellini beans in place of rice for a fabulous stuffed pepper.

- Use guacamole in place of cheese for

ricotta cheese

### Directions:

- Cook all the vegetables in a skillet and cook until they are tender.
  - Blend roasted red peppers and combine with the ricotta cheese.
  - Combine all ingredients and place in an oven-safe dish.
  - Cook in 350 degree pre-heated oven for 35 minutes or until warmed through.
- Enjoy!

an egg muffin breakfast sandwich.

- Add hummus to your salad.

These are simple steps to add nutrition to your food. The other day I was thinking about what could make a new casserole that used the concept of adding more nutrition and flavor. This is what I came up with. I hope you try it!

For more information, contact Anita Huey at [info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com) or 504-6439.

## Topsham Public Library

### Bailey wins first-ever Sarah Whitten award

Consuelo G. Bailey, artist and art instructor, was awarded the first-ever Sarah Whitten Society community service award at the Topsham Library last month.

"For more than 20 years," Bailey has conducted art classes at the People Plus Center.

Given by the Topsham Public Library Trustees to recognize outstanding service to the library and community, the Sarah Whitten Society recognizes Bailey for her work as the Crocker Gallery coordinator and for the Joy of Art

exhibits she has organized since 2006.

In making the award, TPL Director Susan Preece said, "Connie is the heart and soul of the gallery ... Connie has developed the Crocker Gallery's reputation as an outstanding place for artists and local art appreciators."

The award and the Whitten Society are named to honor Sarah Whitten, an early benefactor of the Topsham library who bequeathed her house on Pleasant Street to the town of Topsham for use as its first public library.

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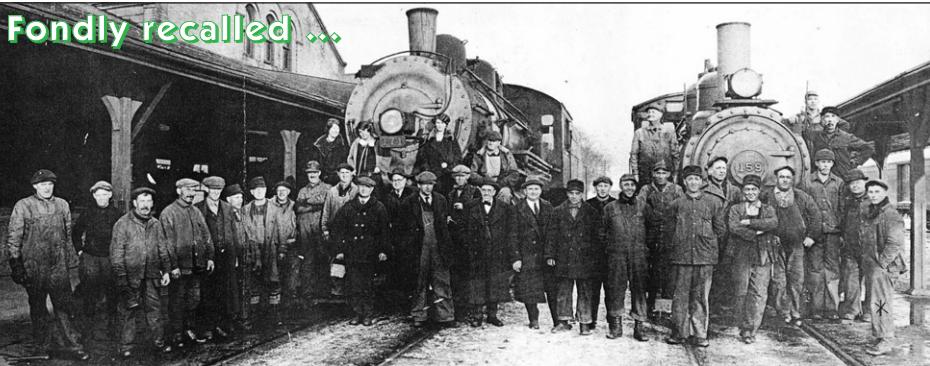
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**Fondly recalled ...**

Some of the people who made Brunswick's trains go gathered at the downtown station in this picture, taken about 1923. Hilman "Bunny" Utecht is in the photo, and identified most of his associates. Pictured, from left, are engineer Bill Mitchell, three "section men" remembered as Bowers, Bergeron and Dube; Tom Cutler, yard clerk; Dale "Buskie" Bousquet, brakeman; Ed Hennessey, conductor; Frank Hamlin, engineer; Bill Roach and Linwood Hunter, firemen; George Fortin, gate tender; Bill Durgin, telegraph operator; unknown; Joe Fortin, yard conductor; Carl Watson, way maintenance; George Priest, yard master; Fred Boutot, yard conductor; Buck Webber, janitor; John Lincoln, brakeman; Hilman Utecht, fireman; Joe Drapeau, section manager; Louis Couillard, switchman; Jeff Normand, section foreman; and four more section men; A. Bergeron, Rochford, Desjardins and LaChance. Standing on switching engine 171 are Florence Chapman, Western Union Operator; Peggy Hamlin, clerk; Edna Crimmins, secretary; and Ernest Leavitt, brakeman. On switching engine 159 is engineer Joe Higgins and two other section men. Photo courtesy of Alvin Menard of Topsham. If you have old area pictures to share with readers of the People Plus News, please contact Frank Connors, editor, at 729-0757 with your contributions, comments or suggestions.

## The Hat Shop Around The Corner

BY RUTH FOEHRING

Once upon a time women wore hats to church. Easter was a special time of the year for showing off ladies' hats. They were called bonnets then, and I was always proud to show off mine.

When I was about 15 my friend Barbara and I traveled into the big city to track down our bonnets and hoped we would be returning with two special catches for that year.

We usually started our hunt for one in the fancy department stores located in the busy heart of the city. This year we looked up millinery shops in the phone book and discovered a whole bunch of stores to our liking.

One really caught our attention and we decided to check it out. It was located on a quiet street, neatly hidden around the corner from one of the biggest department stores, and we loved the look of it at first sight.

It was a small shop, attractive but sensible. The windows held many hats and all affordable. Inside the shop were

many plastic heads and on each head was a hat. Hats were hanging from hooks on the walls and all in it looked like an old fashioned, quaint shop, with many treasures to behold.

We knew at once we were each going home with one, but which ones?? There were big hats and small hats and all too wonderful to ever just walk away from.

That day I picked out a small, navy blue straw hat. It was covered with very tiny conch shells and I fell in love with it. I have never forgotten it. I can recall Barbara's hat, but I know she loved her hat, too.

They put our hats in pretty hat boxes, covered them with white tissue paper and closed the lids with colorful cords. We marched to the train with our posessions and they sat on our laps all the way home. A feeling of contentment filled us with a spring glow and Easter saw us marching proudly into church together.

We visited that small store for many years but the memory of that first visit there lingers the longest.

## April Blessings

BY CHARLOTTE HART

The April morning sun bursts on the sea,

The tide at noon today? Perfect! Low. Sylvie, Miles, and Juneau, come walk with me.

On hard packed beach by racing foam we'll go.

Sylvie's boots stamp footprints in the sand.

April — her third — she greets with bounding joy!

Miles in his pram surveys his kingdom grand.

His own first April thrills this blue-eyed boy.

Juneau, great gentle beast, Alaskan malamute,

Makes one great racing dash along the shore.

Then takes a stand with us, nods a salute,

A guard, a guide, protector of charges to adore.

With near four score bright Aprils I've been blessed.

With each new year I know I've seen the best.

## Senior Season

BY BONNIE WHEELER

Living the Senior Life, Bad news —

Good news

The Bad News

You have lost coordination, drop everything, and have to bend and stretch to pick it up?

Do you forget where you left your keys,

purse, or glasses, and have to hunt through the house for them?

At night when you can't sleep, do you roam around or run to the bathroom often?

The Good News

It's nature's plan to keep us in shape by getting us out of the rocking chair.

So, it's all good!!!

## Joy in My Life

By BOB DOW

"Do you have joy in your life? You ask. Just getting up in the morning and still being here gives me joy. Not having anything I have to do gives me joy. I enjoy eating if I don't have to prepare the food myself. That gives me joy. I enjoy music! Being with family gives me joy. Walking along the beach gives me joy. I guess a lot of things give me joy."

## April Showers

By P.K. ALLEN

"April showers bring May flowers" is a saying we all know.

And with those showers that bring May flowers, this snow is sure to go.

## Spring

BY VINCE McDERMOTT

Spring is here Water everywhere  
(Ah choo!) (Squish squish)  
Flowers are Mud season threatens  
blooming (Wheeze) (Glop)  
Pollen is flying Walking difficult  
(Snuzze) (Glop glop)  
Snow is melting Isn't spring won-  
(Squish) derful?  
(Ahhhhh...choooo!!)

## Drippy Grey Days

BY NANCY SOHL

Drippy grey days Just part of spring Puddles of fun  
Drippy grey days Makes the birds Drippy grey days  
Drippy grey days sing Winter is done!

## Haiku for Spring

By PATTY L. SPARKS

snow left unmelted  
nightingale burst forth with song  
"the flower" opens

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## Memorial Donation

In memory of **John Bibber**

Oct. 12, 1926 — March 16, 2015

Served as Brunswick town manager from 1961 - 1989



## Read On!

Diane Laughlin, who is helping organize the Book Café, ponders a pile of books produced at the first meeting. More than a dozen avid readers attended, swapping information and books. The next meeting is April 21. The group meets the third Tuesday of each month at 3 p.m.

## Winery owner to speak to Garden Club

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

Guest speaker Bettina Doulton, owner of Cellar Door Winery at the Vineyard

in Lincolnville, will present "The Rewards and Challenges of Grape Growing in Maine."

The meeting is open to the public and membership is open to anyone in the Brunswick/Harpswell/Mid-coast area.

For more information, call Becky at 833-6159.

Please recycle this newspaper.

# Aging Well series asks, 'Are You Ready?'

People Plus will offer a special Lunch and Learn on April 27 as part of its "Aging Well" series. "Are You Ready" will help you learn how to complete your own advance directive and get an "aging" education, along with great tips, and considerations from Amy Berube, with Mid Coast Health Services; attorney Art Lamotte; and Christopher Ladner; of Brackett Funeral Home.

The talk begins at noon. Bring your own sandwich and we'll provide drinks, chips and dessert.

The event is free and open to the public. Call to register at 729-0757.

### Other programs

The Center is also offering several regular features throughout the month, including:

#### The Book Café

Join us on the third Tuesday of every month at 3 p.m. for a cool new book club. Share what books you've been reading and learn about what others think are good, too. Fiction, nonfiction, mystery or romance, it doesn't matter! Discussion of all types of books is encouraged. The more variety the better the exchange.

## Lunch & Connections

## Pork and potatoes are April feature

Our Thursday, April 16, our Lunch & Connections will feature roast pork, potatoes and pork gravy.

"It'll be a good one," Chef Frank Conors predicted. "An old-fashioned,坐 down, Sunday dinner, served on Thursdays."

The meal includes pork roast, mashed potatoes, with gravy like only Madeline can provide, red cabbage and peas. As a special treat, we're doing homemade biscuits with our bread this month, and surely there will be a bulging bowl of Frank's fabulous applesauce as a garnish for your roast. Dessert will be a spiced bundt cake with orange sherbet. Yum-m!

Of course there will be a fresh and green, lightly dressed garden salad for all, from herb, herb tea, fruit juices and milk available with each meal.

Remember, pre-registration for this luncheon is required and opens Wednesday,

### World War II Book Club

Don't miss our new World War II Book Club meeting the third Wednesday of every month from 3:45 p.m. We'll be discussing "The American Experience in World War II."

Both clubs are for members only, but you can join at the door.

### Pilates Lite

Have you ever wanted to try Pilates but thought it was too hard? Pilates Lite, led by Dennis Kimmage each Tuesdays from noon-1 p.m., strengthens the key core muscles in your body but more gently than a traditional Pilates workout. A six-week session, from March 24 through April 28, costs \$30 members/\$60 nonmembers. Drop in anytime to try it out.

### 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 tailors yoga to your individual needs, each Tuesday at 10:30 a.m. A six-week session, from March 24 through April 28, costs \$30 members/\$60 nonmembers. Drop in anytime.

## 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 their end stage of usefulness for health. This is just the beginning. You will be 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.

That is amazing! Consider that every second of our life, you are taking in millions of sensations, reading and adapting 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 equally remarkable the state of our mind that started approximately 3 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.

es from the moment you were conceived. Whereas you cannot change your history, you can change your future. You can become more aware of your life and 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 diet, exercise, posture, etc.), your mind (your diet, thoughts, what you eat, how much you eat), your thoughts (are 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 many different reasons to become healthy, 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**



**Brunswick Area Respite Care**  
Presents Our 15th Annual

# Barbershop Concert

AND  
Silent Auction

**SATURDAY, APRIL 18TH**

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**Dr. Jeffrey S. Slocum**

# APRIL 2015 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Teen Center</b> Monday, Tuesday and Thursday 2:30-5:30 PM					
<ul style="list-style-type: none"> <li>■ 9:00 AM Loosen Up!</li> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 9:00 AM Crafters</li> <li>■ 10:00 AM Apple Club</li> <li>■ 11:00 AM Zumba</li> <li>■ 11:00 AM Table Tennis</li> <li>■ 12:00 PM Bridge</li> <li>■ 6:00 PM Belly dancing</li> </ul>	<ul style="list-style-type: none"> <li>■ 8:30 AM AARP Free Tax Aide</li> <li>■ 9:00 AM Table Tennis</li> <li>■ 9:00 AM SC Bridge</li> <li>■ 10:00 AM Art I</li> <li>■ 10:30 AM Yoga with Ann</li> <li>■ 12:00 PM Pilates Lite</li> <li>■ 1:00 PM Quilting Club</li> </ul>	<ul style="list-style-type: none"> <li>■ 8:45 AM Inter. Cribbage</li> <li>■ 9:00 AM Loosen Up!</li> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 10:00 AM Table Tennis</li> <li>■ 10:00 AM Meals on Wheels</li> <li>■ 12:30 PM Advanced Tai Chi</li> <li>■ 1:00 PM Writer's Group</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>■ 8:30 AM WOMEN'S BREAKFAST</li> <li>■ 9:00 AM Table Tennis</li> <li>■ 10:00 AM SC Bridge</li> <li>■ 1:00 PM AARP Free Tax Aide</li> <li>■ 6:00 PM Beg. line dancing</li> <li>■ 7:15 PM Adv. line dancing</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 9:00 AM Loosen Up!</li> <li>■ 10:00 AM Table Tennis</li> <li>■ 10:30 AM Meals on Wheels</li> <li>■ 12:00 PM Beginning Tai Chi</li> <li>■ 1:00 PM Qigong</li> <li>■ 6:30 PM Folk Dance Brunswick</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>■ 10:00 AM Bridge</li> <li>■ 11:00 AM SAT Prep</li> <li>■ 1:00 PM HEMA Maine</li> </ul>
<ul style="list-style-type: none"> <li>■ 9:00 AM Loosen Up!</li> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 9:00 AM Crafters</li> <li>■ 10:00 AM Zumba</li> <li>■ 11:00 AM Table Tennis</li> <li>■ 12:00 PM Bridge</li> <li>■ 6:00 PM Belly dancing</li> </ul>	<ul style="list-style-type: none"> <li>■ 8:30 AM AARP Free Tax Aide</li> <li>■ 9:00 AM Table Tennis</li> <li>■ 9:00 AM SC Bridge</li> <li>■ 10:00 AM Art I</li> <li>■ 10:30 AM Yoga with Ann</li> <li>■ 12:00 PM Pilates Lite</li> <li>■ 1:00 PM Quilting Club</li> </ul>	<ul style="list-style-type: none"> <li>■ 8:45 AM Inter. Cribbage</li> <li>■ 9:00 AM Loosen Up!</li> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 10:00 AM Meals on Wheels</li> <li>■ 12:30 PM Advanced Tai Chi</li> <li>■ 1:00 PM Writer's Group</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>■ 8:00 AM MEN'S BREAKFAST</li> <li>■ 9:00 AM Table Tennis</li> <li>■ 10:00 AM SC Bridge</li> <li>■ 10:00 AM Art II</li> <li>■ 1:00 PM AARP Free Tax Aide</li> <li>■ 5:00 PM MUSIC IN APRIL</li> <li>■ 6:00 PM Beg. line dancing</li> <li>■ 7:15 PM Adv. line dancing</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>■ 9:00 AM Loosen Up!</li> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 10:00 AM Table Tennis</li> <li>■ 10:30 AM Meals on Wheels</li> <li>■ 12:00 PM Beginning Tai Chi</li> <li>■ 1:00 PM Qigong</li> <li>■ 6:30 PM Folk Dance Brunswick</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>■ 10:00 AM Bridge</li> <li>■ 11:00 AM SAT Prep</li> </ul>
<ul style="list-style-type: none"> <li>■ 9:00 AM Crafters</li> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 9:00 AM Loosen Up!</li> <li>■ 10:00 AM Zumba</li> <li>■ 11:00 AM Table Tennis</li> <li>■ 12:00 PM Bridge</li> <li>■ 6:00 PM Belly dancing</li> </ul>	<ul style="list-style-type: none"> <li>■ 8:30 AM AARP Free Tax Aide</li> <li>■ 9:00 AM Table Tennis</li> <li>■ 9:00 AM SC Bridge</li> <li>■ 10:00 AM Art I</li> <li>■ 10:30 AM Yoga with Ann</li> <li>■ 12:00 PM LUNCH OUT</li> <li>■ 1:00 PM Pilates Lite</li> <li>■ 3:00 PM German Club</li> <li>■ 4:30 PM TCAC meeting</li> </ul>	<ul style="list-style-type: none"> <li>■ 8:45 AM Inter. Cribbage</li> <li>■ 9:00 AM Loosen Up!</li> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 10:00 AM Meals on Wheels</li> <li>■ 12:30 PM Advanced Tai Chi</li> <li>■ 1:00 PM Writer's Group</li> <li>■ 3:00 PM WWII Book Club</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>■ 10:00 AM Art II</li> <li>■ 10:00 AM SC Bridge</li> <li>■ 11:00 AM Hearing clinic</li> <li>■ 11:30 AM BP Clinic</li> <li>■ 12:00 PM LUNCH &amp; CONNECTIONS</li> <li>■ 6:00 PM Beg. line dancing</li> <li>■ 7:15 PM Adv. line dancing</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 9:00 AM Loosen Up!</li> <li>■ 10:00 AM Table Tennis</li> <li>■ 10:30 AM Meals on Wheels</li> <li>■ 12:00 PM Beginning Tai Chi</li> <li>■ 1:00 PM Qigong</li> <li>■ 6:30 PM Folk Dance Brunswick</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>■ 10:00 AM Bridge</li> <li>■ 1:00 PM HEMA Maine</li> </ul>
 <p>Center will be closed.</p>	<ul style="list-style-type: none"> <li>■ 8:30 AM Table Tennis</li> <li>■ 9:00 AM SC Bridge</li> <li>■ 10:00 AM Art I</li> <li>■ 10:30 AM Yoga with Ann</li> <li>■ 12:00 PM Pilates Lite</li> <li>■ 1:00 PM Quilting Club</li> <li>■ 4:00 PM The Book Café</li> </ul>	<ul style="list-style-type: none"> <li>■ 8:45 AM Inter. Cribbage</li> <li>■ 9:00 AM Loosen Up!</li> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 10:00 AM Table Tennis</li> <li>■ 10:30 PM Advanced Tai Chi</li> <li>■ 1:00 PM Writer's Group</li> <li>■ 4:45 PM Prevent Diabetes</li> <li>■ 5:45 PM Girl Scouts</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>■ 8:45 AM Inter. Cribbage</li> <li>■ 9:00 AM Loosen Up!</li> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 10:00 AM Table Tennis</li> <li>■ 10:30 AM Meals on Wheels</li> <li>■ 12:30 PM Advanced Tai Chi</li> <li>■ 1:00 PM Writer's Group</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>■ 9:00 AM Table Tennis</li> <li>■ 10:00 AM Art II</li> <li>■ 10:00 AM SC Bridge</li> <li>■ 4:00 PM FYI: "Rob Jarrett - Finding Strength"</li> <li>■ 6:00 PM Beg. line dancing</li> <li>■ 7:15 PM Adv. line dancing</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>■ 9:00 AM Loosen Up!</li> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 10:00 AM Table Tennis</li> <li>■ 10:30 AM Meals on Wheels</li> <li>■ 11:00 AM FREE Healing Clinic</li> <li>■ 12:00 PM World Affairs talk</li> <li>■ 1:00 PM Qigong</li> <li>■ 6:30 PM Folk Dance Brunswick</li> </ul>
<ul style="list-style-type: none"> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 9:00 AM Crafters</li> <li>■ 9:00 AM Loosen Up!</li> <li>■ 10:00 AM Zumba</li> <li>■ 11:00 AM Table Tennis</li> <li>■ 12:00 PM Bridge</li> <li>■ 6:00 PM Belly dancing</li> <li>■ 6:30 PM Civil War Book Club</li> </ul>	<ul style="list-style-type: none"> <li>■ 8:30 AM Table Tennis</li> <li>■ 9:00 AM SC Bridge</li> <li>■ 10:00 AM Art I</li> <li>■ 10:30 AM Yoga with Ann</li> <li>■ 12:00 PM Pilates Lite</li> <li>■ 2:30 PM Café en Français</li> </ul>	<ul style="list-style-type: none"> <li>■ 8:45 AM Inter. Cribbage</li> <li>■ 9:00 AM Loosen Up!</li> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 10:00 AM Meals on Wheels</li> <li>■ 12:30 PM Advanced Tai Chi</li> <li>■ 1:00 PM Writer's Group</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>■ Gelato Fiasco Scopitone</li> <li>■ 9:00 AM Table Tennis</li> <li>■ 10:00 AM SC Bridge</li> <li>■ 10:00 AM Art I</li> <li>■ 10:30 AM Yoga with Ann</li> <li>■ 12:00 PM Pilates Lite</li> <li>■ 2:30 PM Café en Français</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>■ 8:45 AM Inter. Cribbage</li> <li>■ 9:00 AM Loosen Up!</li> <li>■ 9:00 AM Mah-Jongg</li> <li>■ 10:00 AM Meals on Wheels</li> <li>■ 12:30 PM Advanced Tai Chi</li> <li>■ 1:00 PM Writer's Group</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>■ 9:00 AM Table Tennis</li> <li>■ 10:00 AM Art II</li> <li>■ 10:00 AM SC Bridge</li> <li>■ 6:00 PM Beg. line dancing</li> <li>■ 7:15 PM Adv. line dancing</li> </ul>



## Pejepscot genealogists to meet

Brad McFadden of Orr's Island will be the guest speaker at the monthly meeting of the Pejepscot Genealogical Society on Sunday, April 12, at 2 p.m. in the Morrell Meeting Room of the Curtis Memorial Library in Brunswick.

McFadden will present "Long Journey Home," detailing his family's journey from the Highlands of Scotland to the shores of Bowdoinham, Maine.

The Ulster Scots were originally from the Highlands of Scotland and in 1690

went to Ireland, then on to Boston in 1718, then to Bowdoinham. The original family river front acreage, now in its 10th generation of ownership, provides the location for archaeological digs.

Brad will make all of this come to life with his visual presentation and display of artifacts found.

The meeting is open to the public. There will be a brief business meeting following this talk. Refreshments will be served.

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# CHECK OUR LISTS OF AUCTION, RAFFLE ITEMS

## SILENT AUCTION

### ARTS, CRAFT AND LITERATURE

- **View From The Giant Stairs,** "an original work by Consuelo G. Bailey.
- **Spalted tamarind hand-turned wooden bowl,** 7"x2". Handcrafted and signed by Bob Morrell, the craftsman.
- **Driftwood tree made** with wood collected from Popham Beach.
- **"Dandelion Present"** and **"Dandelion Past,"** 3"x4.5" matted to 5"x7".
- Two **original Dyer prints,** "Red Poppies – Monhegan Island" and "Spring Song III."
- \$20 gift certificate to Sherman's Books & Stationary.
- **Print of an oil painting** by Claude Bonang of a steam locomotive on the turntable of the Maine Central Railroad's Roundhouse in Brunswick.
- **Three Whimsy kits:** Owl Love, So Deer, and embroidered whimsy calf. Book: "Fairy Tail Sewing Projects" by Linda Crotty.
- **Beach/Sand proof book cover.**
- **"Pinecone Garden,"** a unique wall hanging hand-made by Joanne McDermott, 12"x12".
- **"Farm up the Road,"** original art by Katharine Muench. 4"x6" acrylic on board.

### LIVE AUCTION

- **Three-night long weekend** at Moosehead Lake, Camp Chenango, sleeps 6. Valued at \$850. Donated by Richard and Anne Bratigan.
- **Cruise on Casco Bay** for party of four aboard a 28-foot C&C sailboat with David and Marcy Knight. Valued at \$250.
- **Queen-size quilt** in red, black and white, made by the People Plus Quilters, machine quilted, 76"x92". Valued at \$400.
- **Policruse cruiser ride** for three at the head of the Memorial Day Parade with Brunswick Chief Richard Rizzo.
- **Eight-course beer dinner** for eight at Ebener's Brew Pub & Lively Brewing Co. Valued at \$575.
- **\$100 of fabulous homemade deep-dish fruit pies** tenderly crafted by Jane "that pie lady" Connors. Valued at \$150.
- **Two VIP passes to the Great State of**

- **Bayview Press Note Cards.**
- **"Spring Tide"** print by Sally Caldwell Fisher. Donated by Bayview Gallery.
- **"Spring Blossom,"** donated by Kat LaPierre.
- **Book Basket** donated by People Plus authors.

**Maine Airshow** on Sunday, Sept. 6. Valued at \$300. Donated by Midcoast Regional Redevelopment Authority.

• **Seascape with two figures** framed artwork by Betsy Bissell. Valued at \$250. Donated by Priscilla Davis.

• **Handmade spruce bench.** Valued at \$150. Donated by Hank Weizel.

• **Up to a week at Popham Beach at "Hazelrah,"** house sleeps eight. Valued at \$2,500. Donated by Popham Beach Cottage.

• **Guided tour of the night sky** for eight to 12 with Rob Burgess and other members of Southern Maine Astronomers. Valued at \$375.

• **Sunset Cruise to Merrymeeting Bay,** Valued at \$300. Donated by Rob and Amy Kerr.

• **One-hour airplane ride** in a Cessna 183 for up to three passengers with experienced pilot and Maine native Jim Gallagher. Valued at \$200.

• **Three night stay on Sugarloaf Mountain** during peak ski season. Valued at \$1,050.

Donated by Dustin and Kate Slocum.

• **Screen Print 16"x20".** Valued at \$195. Donated by Sarah Ewing.

• **Appetizers for 10** from Simply Elegant Catering. Valued at \$200.

• **Cruise the Cathance** with Frank Connors and his canoe. Enjoy a 3-4 hour tour of Bowdoinham's most majestic river. Bag lunch included from Town Landing Restaurant. Valued at \$300.

• **Wedding/Graduation Package.** Valued at \$805.

• **Mystery Dinner Theater** for eight. Valued at \$400. Donated by Linda Crotty.

• **Guest Celebrity for a Day** on the radio with Jim and Steve. Valued at \$150.

• **Red Sox Package.** Game tickets at Fenway Park and round trip to Boston on the Downeaster. Valued at \$276.

• **Maine State Music Theatre season ticket package.** Valued at \$510.

• **Hand-turned Cherry Bowl.** Valued at \$150. Donated by Bob Biette.

• **Traditional New England Clam/Lobster Bake** for 20 at the Brunswick home of Frank and Jane Connors. Valued at \$2,000.

## Embracing Life after Cancer

A Cancer Survivorship Series

- **Moving Beyond Treatment: An Overview of Survivorship** with Peggy Waterman, CNP Monday, March 16
- **Physical Challenges after Treatment** with Tina Phillips, PT; Lisa Clark, OT/Certified Lymphedema Specialist; and Yonca Berk-Giray, Speech-Language Pathologist Tuesday, March 31
- **Psychological Reactions to Cancer Diagnosis & Ways to Cope** with Allison Basile, LPC Wednesday, April 15 - Held in hospital's Morrell Boardroom
- **Genetics & Second Cancers for Survivors** with Tracey F. Weisberg, MD, and Jessica Cary, MS, RN, Certified Genetics Counselor Monday, May 4 - Held in hospital's Morrell Boardroom
- **Nutrition & Cancer: Changing Your Habits Does Matter** with Alison Fernald, RD, LD, and Anita Huey, MS, RD, LD, CDE Monday, May 11 - Held in hospital's Morrell Boardroom
- **Moving Toward Health: Exercise & Survival** with Cate Parker, MS, RN, CES; Mike Proulx, CSCS; LIVESTRONG at the YMCA Monday, June 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  
unless otherwise noted above



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## SILENT AUCTION

From Page 6

- Metal decorative bike.
- Hand-carved three-bird diorama, created by Ed Cardali.
- "Autumn Moments" by Thomas Kinkade, Donated by Martha Cushing.
- Sewing Basket, donated by Jonathan Waldo.
- "Tagged" digital photograph, 16"x20". Photo by Burke Long.
- Lego Basket with Lego book, donated by Leslie Bayers.

## CLOTHING AND JEWELRY

- \$50 gift card to Jill McGowan Retail Store in Freeport.
- Blue coral cuff bracelet, stuffed whale, sticker, and two drink cozies. Donated by Vineyard Vines in Freeport.
- Sailboat and sun tie, stuffed whale, sticker, and two drink cozies. Donated by Vineyard Vines in Freeport.
- Stalagmite pendant in sterling silver with diamond bail by Mark Theriault. Donated "In memory of Nick Payson" by R.D. Allen Jewelers, Freeport.
- Fleece mittens, size medium, handcrafted by Jeanine A. Duke of AdEelements from recycled 100 percent wool sweaters lined with polar tech fleece.
- \$25 gift certificate to Land's End Gift Shop on Bailey Island.
- Two beaded necklaces donated by What's Up Boutique in Brunswick.
- Designer fashion sunglasses with microfiber cloths and lens cleaner. Donated by Berrie's Hearing and Optical Center.
- Bearpaw Ladies Slippers, size 9, donated by Reny's.
- 15 pairs of fun socks donated by Inspyr Socks.
- Silver bracelet with stones.
- Earring and bracelet set, made of sterling silver with gems.
- Malab head bracelets. Set of three.
- Pearl bead pendant with hand-carved sterling silver fresh water pearl. Donated by Day's Jewelers, Topsham.
- Star necklace and pendant by Keith Field Classical Goldsmith, Brunswick.
- \$50 LL Bean gift certificate and water bottle, donated by David Forkey.
- Multi-colored beaded necklace. Donated by Indrani's, Brunswick.
- Spring bag of Cool as a Moose gear.
- Gina Pink Fleece Pullover, size 5/6, donated by David Forkey.

## FOOD AND DRINK

- Three \$15 Orange Leaf gift cards.



"Spring Tide," by Sally Caldwell Fisher, and donated by Bayview Gallery, will be available during the silent auction.

- \$15 Five Guys Burgers & Fries gift card.
- Two Pedro O'Hara's Irish Pub and Mexican Cantina \$20 gift cards.
- \$25 Bangkok Garden Restaurant gift card.
- \$25 Libby's Market gift certificate for one large or two small lobster rolls.
- Big Top Deli gift certificate, \$10 a month for a year.
- \$20 Cameron's Lobster House gift card.
- Patchwork Gardens gift basket with four potholders, jam, salsa, pickles and pickled beets. Donate by George and Sue Sergeant.
- Starbucks gift card, \$10, donated by Zack's Holiday Gifts-Toys.
- \$25 Brunswick Shaw's gift card.
- \$25 The Dolphin Marina and Restaurant gift certificate.
- \$25 Johny Rockets gift card.
- \$20 Mediterranean Grill gift certificate.
- Large one-topping pizza from Sam's Italian Foods in Lewiston.
- Starbucks coffee and mug gift basket.
- Italian dinner basket, donated by Jonathan Egerton.

Please see SILENT AUCTION, Page 8

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## RAFFLE ITEMS

Roving raffle tickets sold during event. Costs \$5 per ticket or 3 for \$10.

- Up to a week at Popham Beach in "Starfish Point" House, sleeps four, 8 minutes from beach on foot, and available before June 1 or after Oct. 1. Winner to arrange mutually agreeable dates with owner. Valued at \$1,500. Donated by Popham Beach Cottages.
- Actual Brunswick elm hand-turned wooden bowl, 11"x2". Handcrafted and signed by Bob Morell, the craftsman. Valued at \$150.
- Ride for three in Memorial Day parade in Brunswick on a fire truck. Party must include at least one adult. Monday morning, May 25. Winner to make arrangements with Brunswick Fire Department Chief Ken Brillant by May 20.
- Three Red Sox vs Baltimore Orioles tickets for Monday, April 20, at 11:05 a.m. in the Fenway Park right field bleachers, Section 42, Row 42, Seats 21, 22, 23. Valued at \$99. Donated by Mechanics Savings Bank.
- Handmade spruce bench crafted by Hank Weizel. Valued at \$150.



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## SILENT AUCTION

From Page 7

- One pound of coffee and mug, donated by Local Market/Wylers.
- 12 bottles of red wine, donated by David Forkey.
- Two French pork pies cooked by Madeleine Ashe.
- Fat Boy gift certificates, donated by Jeanne Burton.
- Soup Delivered to Your Home by Run With Soup.
- Don't Be a Wine-er Basket.
- Fire Engine Toy Box, donated by Island Treasures Toys.
- Family pass (4) to Monkey C Monkey Do in Wiscasset, good through 2015 season.
- L.L. Bean swim vest, size youth, by David Forkey.
- Squiggle Worms kids game.
- Scramble Squares puzzle.
- Monkey kids hanger.
- Our Generation Ride In Style scooter.
- Ten gift certificates: each good at Yankee Lanes for one free game of bowling for up to six people.
- Two children's books, donated by The Mustard Seed Bookstore.

## HOME AND GARDEN

- Two hours of on-site "yard decorating with flowers, grasses, and shrubs," consulting service with Jack and Judy Hudson.
- Emerson 32" HDTV, donated by Brunswick Ford.
- \$100 Walmart gift certificate.
- Two sets of metal flower string lights.
- Lobster pillow, red with white, donated by Patricia Porell at Timeless Cottage.
- \$100 Skillin Greenhouses gift certificate.
- "Dainty champagne flutes," set of six.
- Garden Treasures firepit, donated by Lowe's Home Improvement, Brunswick.
- Polar fleece lined cat bed with privacy cover and inner cover to convert to cat carrier, donated by Linda Potts-Crawford.
- \$50 Sweet Dreams Home Furnishings gift certificate.
- Cool Tube bedside table lamp, donated by

- Close Buy.
- Star Planter, donated by Tractor Supply Co.
- Two pottery wall hanging flower containers.
- Dog basket.
- Jet Setter bowl, two Jet Tea plates, two Halo rice bowls, Jet small jug, Donation by Now You're Cooking.
- White porcelain dish with gold circle and "crimp" on side.
- Tablecloth, woven multicolor, from Panama.
- Two vintage demitasse cups and saucers with red flowers.
- Keurig Coffee Machine.
- Large 100 percent cotton blanket, donated by Maine Bedding.
- Marion beverage server.
- Lion lamp with leather shade.
- "For the Birds" basket, donated by Brook's Feed & Farm Supply.
- Hand-carved and hand-painted chickadee, crafted by Richard Nickerson.
- Triple Planter donated by Tractor Supply Co.
- Hand-carved wooden tool, crafted by David Taft.

- passes.
- Brunswick Hotel & Tavern overnight stay, good Nov. 1 to June 30.

## MIXED BAGS AND OTHER CHOICE OFFERINGS

- Gentleman's Basket donated by House of Logan.
- Four painted metal containers with eight blank note cards of assorted original photographs titled "Berries, Butterflies & Birds" valued at \$37 each. Donated by Gail Ripa.
- Woven basket with 15 blank note cards of assorted original photographs titled "Surprise Me!" Donated by Gail Ripa.
- Antique scrolled metal basket with 12 blank note cards of assorted original photographs titled "Berries, Butterflies & Birds" valued at \$37 each. Donated by Gail Ripa.
- Wire basket with 12 blank note cards of assorted original photographs titled "Random Beauty." Donated by Gail Ripa.
- Wire basket with 12 blank note cards of assorted original photographs titled "Shadows & Textures." Donated by Gail Ripa.
- \$200 Bissell Moving & Storage packing material gift certificate.
- "Venus-Mytillus — The Artist," donated by Claude Bourassa.
- Framed starfish and framed Limulus, donated by Claude Bourassa.
- Goodie bag from Mix.
- Music and Munchies basket.
- Cozy Afternoon basket.
- Three Shades of Gray basket.

## EXCURSIONS, DAY TRIPS AND OVERNIGHTS

- Old Sturbridge Village admission for two adults and two youth. To be used before March 9, 2016. Old Sturbridge Village, Massachusetts.
- "Lobstermania, Wilton's of Mountineering Bay cruise for two from Maine Maritime Museum, Bath. Must be used before Oct. 12.
- Two #7 Maine Eastern Railroad gift certificates. Must be used during the 2015 operating season.
- Sunset sailboat cruise for two aboard SV Saorsa, a beautiful Island Packet 37-foot sailboat. Depart from Lumbots Hole in Harpswell and watch a lovely sunset in Harpswell Sound. Valid April 15 from June through August. Donated by Salt Creek.
- Two Coach Coach Lines bus tickets, round-trip from Brunswick to Boston/Logan Airport. Must be used before April 30, 2016.
- Two Museum of Science (Boston) exhibit hall

## MOVIES, MUSIC AND VIDEOS

- Two Regal Cinema passes, good at any location, not valid for IMAX or special events.
- Four Nordica Theater movie passes.
- Oral-B Professional Rechargeable Toothbrush, "Oral Essentials Precision 5000," donated by T. Kevin Sullivan, DDS, LLC.
- Thalassotherapy membership at Bath Area Family YMCA.
- Classic facial treatment with Laine Laliberte at Anew Studio.
- Classic pedicure at Nail World & Tanning.
- One-hour massage with Linda Morse at Serene Healing Arts.
- Two yoga sessions at Main Street Yoga.
- Gift certificate for shampoo, cut, and blow dry with Becky Calden at The Gallery Hair Studio & Spa.

- Product basket, donated by Looking Glass.
- \$50 Margarita's Hair Styles gift certificate.
- Two hours of Shamanic services donated by Leslie Bayers.
- Certificate for eye examination with Dr. Blaine A. Littlefield, of Maine Optometry, P.A.

## SERVICES

- Preparation of vital legal documents including Advanced Care Directive, Will and Power of Attorney, donated by N. Seth Levy.
- Photo Before & After Photo Restoration gift certificate.
- \$100 WellFree specialty tree services gift certificate.
- Two one-hour personal sessions with All Thumbs Computer Care.
- One complete auto detailing at Lee Toyota in Topsham.
- Indoor family portrait session and one 8x10 portrait, donated by The Pierce Studio. Expires April 30, 2016.
- Two Weeks of Chores certificates for \$25 off when you purchase services for \$75 or more for Mary Ellen and Maegan.
- Business Card Printing donated by Highpoint Graphics.
- Oil, lube and filter service, donated by Meineke Car Care Center.
- Four Wheel alignment, donated by Meineke Car Care Center.
- Wheel alignment, nitrogen inflation and tire rotation, donated by Tire Warehouse, Topsham.

## SPORTS

- One hour in the batting cage, donated by Coastal Ortho/Coastal Performance.
- Four Sea Dogs tickets vs. Bowsayox, for Sunday, June 7, at 1 p.m., Section 103, Row J, Seats 5, 6, 7 and 8. Donated by Bath Savings Institution.
- "Snuggles the Sea Dog" bubble head doll.
- Orion strobe and black light Phantom Pak, donated by Fleet Feet Sports.

## THEATER AND CONCERT PACKAGES

- Two tickets to any Portland Symphony Orchestra Tuesday Classical, Sunday Classical or PSO POPS! concert during the 2015 season.
- "Brunch and the Midcoast Symphony Orchestra."

## Successful Aging



Mid Coast Senior Health Center  
*Ounce of Prevention Series*  
Monday, April 13, 11 a.m.-NOON

### LEARN more about—

- Good health and disease management
- Mental and physical functioning
- Active engagement with life

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24 Maurice Drive, Brunswick (207) 725-4379	26 Cumberland Street, Brunswick (207) 725-5801



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](http://www.spectrumgenerations.org)

April 2015

## 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,

**Does Medicare ever cover dental care?**

—Betsey

Dear Betsey,

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

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

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

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

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

—Marci

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

### Choosing Wisely:

#### 5 Questions to Ask Your Doctor Before You Get Any Test, Treatment, or Procedure

1. Do I really need this test or procedure? Medical tests help you and your doctor decide how to treat a problem. And medical procedures help to actually treat it.
2. What are the risks? Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?
3. Are there simpler, safer options? Sometimes all you need to do is make lifestyle changes, such as eating healthier foods or exercising more.
4. What happens if I don't do anything? Ask if your condition might get worse—or better—if you don't have the test or procedure right away
5. How much does it cost? Ask if there are less-expensive tests, treatments, or procedures, what your insurance may cover, and about generic drugs.

Use the 5 questions to talk to your doctor about which tests, treatments, and procedures you need—and which you don't. Talk to your doctor to make sure you end up with the right amount of care—not too much and not too little.

### Second Affordable Care Act Open Enrollment Period Ends: Yet You Still Might Be Eligible to Enroll

The second Open Enrollment Period under the Affordable Care Act ended February 15, 2015. Many people who didn't purchase or re-enroll for coverage will need to wait for the Open Enrollment starting November 1, 2015, but some may be eligible for a Special Enrollment Period (SEP) allowing them to enroll sooner. Many Qualifying Life Events allow for an SEP and this year some people may be eligible if they find out they must pay the Shared Responsibility Payment (sometimes called a penalty or fee) because they did not have coverage in 2014.

The SEP for qualifying life events will be available throughout 2015. Some examples of these events include:

- Certain changes in family status (e.g., getting married, having a baby or adopting a child)
- Becoming a citizen or lawfully present
- Losing health coverage due to things like the loss of job-based coverage, aging off of a parent's plan, loss of Medicaid, or COBRA coverage expiration

The new SEP will begin on March 15th and end on April 30th. People are eligible for the new SEP if they:

- Live in states with a Federally-facilitated Marketplace (such as Maine)
- Are not currently enrolled in 2015 Marketplace coverage,
- Attest that when they filed their 2014 tax return they paid the fee for not having health coverage in 2014, and
- Attest that they first became aware of, or understood the implications of, the Shared Responsibility Payment after the end of open enrollment while preparing their 2014 taxes.

If you believe you may be eligible for a Special Enrollment Period, you can call the Health Insurance Marketplace at 800-318-2596 to discuss your circumstances or apply online at [www.healthcare.gov](http://www.healthcare.gov). Or if you are interested in joining the new CO-OP insurer in Maine, you can contact Maine Community Health Options at [www.maineoptions.org](http://www.maineoptions.org) or 855-624-6463 to discuss your eligibility for an SEP.

PROUD TO PARTNER WITH PEOPLE PLUS



### Senior Intermediate Cribbage

**Feb. 25:** Robert Mehlhorn, (perfect game) 726; Mike Linkovich, 707.

**March 4:** Robert Foehring, 687; Joe Tonely, 683; Tim Owens, 676.

**March 11:** Mike Linkovich, 723; Joe Tonely, 722; Lorraine LaRoche, 690.

**March 18:** Harry A. Higgins, 717; Lois Fournier, 697; Joe Tonely, 684.

**March 25:** George Hardin, (perfect game) 726; Rob Mehlhorn, 715; Robert Foehring, 695.

### Monday-Saturday Bridge

**Feb. 21:** Bill Buermeyer, 5,860; Lorraine LaRoche, 4,760; Martha Cushing, 3,920.

**Feb. 23:** Paul Betit, 3,880; Terry Law, 3,210; Sherry Watson, 3,102.

**Feb. 28:** David Bracy, 4,060; Fran Lee, 4,010; Lorraine LaRoche 3,690.

**March 2:** Bill Buermeyer, 4,060; Bill Washington, 3,420.

**March 7:** David Bracy, 4,190; Bill Buermeyer, 4,110.

**March 9:** Bill Washington, 5,690; Lorraine LaRoche, 3,940.

**March 14:** David Bracy, 4,740; Bill Washington, 4,530; Fran Lee, 4,430.

### GOT YOUR COPY YET?

Available now at the People Plus Center, Gulf of Maine Bookstore & Amazon.com. Only \$16.95 each or 2 for \$30.



### MSMT offers kids' shows

Maine State Music Theatre announces two Theatre for Young Audiences productions for the 2015 season.

On June 10, "Curious George" comes to the stage in a Theatrewrights USA production at 10 a.m., and 1 and 3 p.m. On Aug. 17, everyone's favorite ogre, "Shrek Jr.," hits the stage at 11 a.m., and 1, 3 and 7:30 p.m.

Visit [www.msmt.org](http://www.msmt.org) for more information.



BY JORDAN CARDONE

As we approach the seventh annual Gelato Fiasco Fundraiser we thought we would share a little of its history with you.

The first event was April 1, 2009, and was called The Fools Day Fiasco, as was the 2010 event. In 2011 the event was held on March 31st and was changed to the Fools Eve Fiasco event!

2012 brought more change, as the event and its past-identifying Jester design were re-vamped with a new design and a new name with the event becoming the Gelato Fiasco Scoop-A-Thon. The name stuck!

This will be the fourth year as the Scoop-A-Thon, and our ninth year overall of Gelato Fiasco supporting the Teen

Center program. The event runs for 12 hours, allowing the community to come together for a fun filled day/night of entertainment, friends, "surprise" scoopers and of course, some delicious Gelato, coffee or treats. All money made beyond the average for that day is donated to the Teen Center program.

Just as Gelato Fiasco continues to grow as a company, this annual event has grown in numbers attending and in funds raised.

Gelato Fiasco challenges us each year to come up with creative and effective ways to increase the outcome of the event.

Looking back at the numbers, we have been successful.

Look at the money that was raised, from 2009 to 2014, respectively: \$1,875;

\$2,024; \$2,500; \$3,367; \$5,000; and \$5,305!

For the past few years, other area businesses have joined in, purchasing sponsorships for the event. Last year, The Big Top Deli joined with Gelato Fiasco by donating all of its sales for the day to the event. As you can see, the addition of these other businesses increased the total greatly.

Also key to the event's success is Bowdoin College's annual participation. Each year, a Bowdoin student has served as liaison for the event and from 7-11 p.m. all scoopers and entertainers (and most of the customers) are from Bowdoin College.

So, the bar is high this year. We aim to exceed \$5,305 and we won't be able to without YOU.

See you at Gelato Fiasco on April 29.

### Teen of the Month:

#### PAIGE MERRILL

Paige Merrill is in grade 6 at Brunswick Junior High School and has been coming to the Teen Center since school began in September.

She is only able to come in once a week and says that being able to attend the Teen Center on Wednesdays is a privilege that she earns by being good at home the rest of the week. She is always encouraged by us to do a good job at home when she leaves here so that we can see her the next week.

It has been a very long time since she missed a week, so we can tell she is doing a good job! Paige is a sweetie, fun to have around and certainly has never had to be "spoken to" while at the Teen Center.

Congratulations Paige and have fun at the movies. She received two tickets to Regal Cinema as her reward.



### MIDCOAST YOUTH THEATER

PRESENTS

# SHREK

April 30, May 1 & 2 @ 7 pm

May 3 @ 2 pm

Crooker Theater, Brunswick High School

### GET YOUR 2015 SENIOR SEASON PASS!

Just \$50! - Admission for two for the entire season!

#### Shrek

4/30 – 5/3 (all ages)

#### Little Buggy

7/16 – 7/18 (grades K-2)

#### Jungle Book, Jr.

7/16 – 7/18 (grades 3 – 5)

#### Sweeney Todd

7/30 – 8/1 (high schoolers)

#### Alice in Wonderland

8/13 – 8/15 (middle schoolers)

#### Children of Eden

December (all ages)



### In a Pickle

Nancy Heiser, pickleball wizard at the Brunswick Recreation Center, has developed quite a following among People Plus members. If you want to learn the game or improve your skills, call the Rec Center for details on Wednesday afternoon classes.

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# The season's last cold adventure

I can't let this winter pass without me getting the last word. I mean, this winter started beating on me Thanksgiving day, and it was still playing games in March!

Its highlights included a blizzard like the ones my grampie used to talk about, the coldest February on record, and snowfall totals that will keep the ski areas going until May.

First gripe has to be my plow guy. I won't use his name because he knows who he is. He is a local boy, had a good reputation, and he'd served us well for the past two seasons. There was a half-hearted agreement in August that he'd plow us again, and me being me, I figured we were covered. But the 6 to 8 inches of snow that took out our power Thanksgiving eve left him as a no-show, and me shoveling snow for hours.

Hours!

Still I gave him the benefit, as that November snow was quick to melt, and the lack of frost left me thinking he didn't plow because he didn't want to mess up my lawns.

Right.

Well, when the weatherman started singing about January 2-footers, even I became nervous. I called my guy again, got a voicemail message that said his machine was full and he was unavailable. Jane and I had a heart to heart, she

reminding me of the day I called another plow guy to see if he was coming back to "clean up," and he told me he was in Hawaii, on a beach, and I should call such and such a guy, who was supposed to be standing in for him.

The 2015 blizzard was actually underway when I called our Jill to ask her a People Plus question, and at the end of the conversation, I said, "Who does your plowing, anyway?" She described a "great guy" who'd already been to her house three times this season (once that afternoon), and then she told me his name was Miles!"

I was enamored immediately, and perhaps not a little desperate. She gave me his cell number; I gave him a call.

If you were a plow guy, already working in a blizzard, how would YOU respond to a "new guy" wanting you to come right over and plow? Would you ask for cash up front? Would you want to know why there was a desperate twang to my voice? The only questions Miles asked were directions to my house.

Half-way through my description he laughed and immediately apologized. "I'm sorry," he said "are you the white-haired guy I've seen shoveling at the end of Caribou Drive?"

I told him he was correct, at least he didn't call me OLD!

Miles said he would meet me in an

hour, I could ride with him on the first plow and make sure he stayed between the ditches. I told him I'd be at the end of my drive, shoveling.

From that day to this, he's cleared our drive 11 times, always on time, always a good job, and still under budget. My old plow guy? Guess he dropped off the end of the earth. The day AFTER the blizzard, I got a call from a friend of his who had "heard I might need a plow guy." I said thanks, but I figured I was all set.

My count says we had a full dozen plowable storms. Multiply that by 293 feet, and you get an idea of the shoveling we had this season. (I like to clean out my neighbors' walks after I get ours done.) Jane makes fun of me not a little, but I really do like to shovel snow. It's good honest exercise, after all, and there's real satisfaction to a path that's straight, long and clear.

Jaden even got into the groove one time, shoveling all the way to Evelyn's house. But you know he lives in Massachusetts, so this year he had shoveling projects of his own.

I'll remember this winter for its unrelenting powder snow and cold. I just thank my stars that right in the middle of it, our Patriots won the Super Bowl. There were weeks when the thermometer didn't pass freezing, so we had 2, maybe 3 feet of powder, and yes, the salt

## Speaking Frankly

FRANK CONNORS



water cove in front of our place did freeze across for the first time in many a season.

Silas and I got a couple "cold adventures" off with the toboggan and snow shoes. One day we were mid-bay and a bald eagle crossed directly above us. At 4, he doesn't know the difference between crows and eagles, but he saw it and I have another story to tell him as he gets older.

Another day, he climbed with great effort to the top of a huge granite stone, only to be rewarded by me promising to name that rock, henceforth and forever, Silas' stone.

There was one day I fell over on my snowshoes and I could not get up! There was one day when Jane and Silas tobogganed downhill and the snow was so deep, they had to crawl to get back to my path. This will forever be the year that Silas learned to snowshoe, so really, everything considered, and with the snow behind us, it was a pretty good winter, as Maine winters go.

## New or renewing members — April

- \*Indicates new member
- Indicates additional donation with membership

### LIFETIME MEMBERS

Elena Eramo, Brunswick  
William Sabrowski,  
Harpswell  
Ann Swanson,  
Brunswick

**BRUNSWICK**  
Madeleine Ashe •  
James Baker  
Josephine Baker  
Gloria Beeman •  
Ruth B. Beck •  
Timothy Bernard  
Dorothy Boyett •  
Jane Briscoe  
Mark Briscoe  
Irene Brunelle •  
Pauline Burgess  
Robert L. Burgess

Beth Compton  
Judy Cornish •  
Kateri Costain •  
George Croston  
Carmel Davenport  
Glenda Derbyshire  
Priscilla Despres •  
Juliette Dionne  
Jacqueline Drapeau  
Corinne Dumont  
Philip Dumont •  
Barbara Endress  
Robert Frizzle •  
Marcia Good-Townsend\*  
Tom Hallenbeck  
Monica Hamkins  
Everett Hanke •  
Sally Hartlikka •  
Carole Heaphy  
Diane Jewell  
Bob Jorgensen \*  
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Claudia Knox •  
Ed Knox •  
Patsy Kortegast  
Paul Krakauske

Nancy Lauckner  
Frances Lee  
Fred Masciangelo •  
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William McCullough  
Margaret McPherson •  
Jacqueline Minott  
Richard "Dick" Moll  
Robert Mulligan  
Paulette Oboyski  
Beverly Ouellette •  
Anita Owens  
George Phipps  
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## Quilted Mandalas are a color-filled hit



An example of the quilt-work by Janet Clement on display this month in the Union Street Gallery at People Plus Center.

Nearly two dozen colorful quilted Mandalas crafted and collected by Janet Clement remain on exhibit at the Center's Union Street Gallery through the month of April.

"Like all quilters," offered Clement, "I love working with fabric and have built a wide palette to choose from. Sometimes I begin with a color family I'm drawn to and just start cutting. This process can take several months, until I'm finally satisfied with both the color choices and the order."

She uses Mandalas, bragalo quilting, "to bring art and color to her life." Clement is a membership and programming assistant at the People Plus Center, sponsored by the Senior Community Service Employment Program.

In addition to the gallery, there are two of Clement's full-sized quilts hanging in the Center's Maine Hall. One is a double Irish chain and the other a traditional pinwheel.

The collected works can be seen during normal business hours at the People Plus Center, 35 Union St., Brunswick, through the end of April.

## Lunch Out!

April 14, at 11:30 a.m.

### THE CHICKADEE RESTAURANT

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#### Guest Panelists

Carl DeMars, MD  
Hospital Medical Director  
OCEAN Home Health Care

Florin Olteanu, MD  
Geriatrician of Medical Director  
MID COAST SENIOR CENTER

Jessica Vickerson, FNP, MSW  
MID COAST Hospital Palliative Care Nurse Practitioner



#### SECOND SCREENING

7 p.m., Tuesday, April 7

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VISIT [WWW.GELATOFIASCO.COM](http://WWW.GELATOFIASCO.COM) OR CALL 607-4002

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INSPIRED BY ITALY. PERFECTED IN MAINE.

## FOOL'S EVE FIASCO

BENEFITING THE  
BRUNSWICK  
TEEN CENTER



Support Brunswick's teens by purchasing a dish of gelato or cup of coffee at regular prices. The Gelato Fiasco will donate sales beyond the daily seasonal average to the Brunswick Teen Center. Last year, more than 700 people came together to raise more than \$2,000 for the Teen Center.

Thursday, March 31, 2011 from 11 a.m. to 11 p.m.  
The Gelato Fiasco, 74 Maine Street, Brunswick

Purchases Qualify All Day  
Celebrity Scoopers and Ongoing Entertainment

FOR MORE INFORMATION  
VISIT [WWW.GELATOFIASCO.COM](http://WWW.GELATOFIASCO.COM) OR CALL 607-4002

The Gelato Fiasco has been supporting The Brunswick Teen Center through a one-day fundraiser for six years, and is about to launch its seventh on April 29. (See story on page 10.) In that time, the fundraiser has evolved from a Fool's Day Fiasco, to a Fool's Eve Fiasco to, finally, today's annual Scoop-A-Thon. According to Jordan Carbone, in the first six years the Maine Street business and its supporters have donated more than \$20,000 to support the Teen Center.

**GELATO FIASCO**  
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**BRUNSWICK TEEN CENTER SCOOP-A-THON**

WEDNESDAY, APRIL 29, 11 A.M. TO 11 P.M.

Support Brunswick's teens by purchasing a dish of gelato or cup of coffee at regular price. The Gelato Fiasco will donate all sales beyond the daily seasonal average to the Brunswick Teen Center. Last year, more than 700 people came together to support the Teen Center.

Purchases qualify all day. Visit [GelatoFiasco.com](http://GelatoFiasco.com).

Wednesday, April 29, 2015, from 11 a.m. to 11 p.m.

Gelato Fiasco, 74 Maine Street, Brunswick

## WHEN LOBSTER IS INVOLVED, MAKE STEW, NOT WAR

By ELIZABETH B. BATES

Not being a native Mainer, back in the '70s, when we moved to Maine, I knew nothing about how lobsters were caught and processed. I just knew they were delicious.

A lobsterman friend of my husband invited us to go on his boat early in the morning for a day on the water while he pulled his traps.

It was 4 a.m. before we climbed into his boat. The pre-dawn light on the horizon was encouraging, but there was a chill in the air. I was glad I had brought a sweater. I was excited to be able to witness just how those tasty creatures arrived on the dinner plate.

We chugged out into the harbor and then turned, following the nearby shore, through quite a few lobster buoys spread around us. Eventually we stopped where the lobsterman knew he had his traps. These particular buoys had his markings, so no mistake. He caught hold of a buoy with his hook and pulled up his first trap over the edge of the boat, water spilling everywhere. His yellow oilskin apron protected him from getting wet.

The trap had three lobsters in it, together with a couple of crabs and small fish. Those went overboard, making gulls appear out of nowhere, crying and diving for what must have been their breakfast.

One lobster he kept, into the waiting bucket. One was a short, too small, and went overboard, before the gulls could get it. The remaining lobster was a

female, with eggs attached, and had to go onboard also, for the sake of future lobsters. One-out-of-three didn't sound like much reward, but later on he had more luck.

With all traps, he had to remove the old bait bag and replace it with a new one, filled with smelly fish parts, that lobsters apparently loved. Then the traps went overboard with a splash and sank to the bottom again, taking the buoys with them, which remained on the surface ... and woe to anyone who cut the ropes to the traps and who tried to put their own traps there instead. That would be the beginning of another Lobster War.

Traps were placed where fathers and grandfathers had placed them, and everyone knew the rules. A lobster war could involve boats mysteriously sunk, with reriminations on all sides, and no real end to it.

In those days, traps were still made of wooden ribs, the metal ones were just beginning to appear, and most lobstermen swore they would never use them ... but for a long time now, that is all you see.

The sun was now getting hotter, and the coffee and sandwiches were all gone, and we were tired. We no longer appreciated the beauty around us, the green trees above the brown rocks, the blue sky and white clouds. Soon, we were back in the harbor, buckets of writhing lobsters at our feet. Some we would take home for our supper — lobster stew — worth it all!

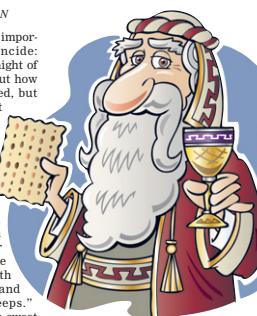
## An Interesting Occurrence Passover begins on Good Friday; eat up!

By WINNIE SILVERMAN

On April 3 this year two important religious events coincide: Good Friday and the first night of Passover. I could write about how the two religions are linked, but those observations are best left to religious scholars or Google. Rather, what I am going to write about is traditional food.

The celebration of Easter Sunday, which follows two days after Good Friday, features eggs, which are sometimes dyed in bright colors and hidden for children to find. There are Easter baskets loaded with chocolate Easter bunnies and yellow marshmallow "peeps." There are jelly beans. It's a sweet celebration.

Passover celebrates the Jewish people's deliverance from slavery. Hard-boiled eggs, which symbolize life, are also part of the traditional Passover meal. The most significant food on Passover, however, is



Matzo.

Since the Jews had to get out of town before Pharaoh changed his mind, there was no time to allow dough to rise to make bread, so instead flour was baked into flat crackers, which were sustenance

for a journey in the desert that would last years. During this celebration of freedom, instead of any foods made with yeast, which causes them to rise, there are no breads, no muffins, no cereals — not even noodles. No morning toast or luncheontime sandwiches; just matzo crackers. They are sometimes called the Bread of Affliction.

I agree. They are tasteless and crumbly. However, during the eight days of celebration they are a small daily reminder of the price paid for freedom.

A more delicious part of the traditional foods are chicken soup with matzo balls and yummy macaroons, which do not contain flour. Sweet wine is part of the Seder service preceding the Passover dinner. As a kid I was allowed small sips, though in some families the kids have grape juice instead.

One year I finished the wine left in all the glasses on the table and got tipsy.

## My Write-On Friends

By ELIZABETH B. BATES

Some are very serious, some are shy, but willing, some are learning fast, and some are just plain silly!

But all are helping me, in all kinds of weather, so I can become A New York Times best-seller!