

FYII!

'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, massage 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 clothes. 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 roving \$5 raffle and a host of other surprising and interesting activities.

Doors open promptly at 5 p.m. in Brunswick's spectacularly transformed Knights 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 Longfellers, 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 Kiseley 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 head Chef Chris Toal 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

- Atlantic Regional Federal Credit Union
- Bank of Maine
- Bar Harbor Bank & Trust
- Bath Savings Institution
- Bill Dodge Auto Group
- Bowdoin College
- Brackett Funeral Home
- CHANS Home Health Care
- Edward Jones Investments (Brunswick branch)
- Goodwin's Chevrolet
- Hammond Lumber Co.
- The Highlands
- Mechanic's Savings Bank
- Mid Coast Hospital
- Mid Coast Sr. Health Center
- Neighbors, Inc.
- Norway Savings Bank
- Primmera Investments
- Riley Insurance Agency
- Thornton Oaks
- Kathleen Winn, DMD

Mezzo Forte sponsor

- JHR DEVELOPMENT

... on our buffet, we offer:

- BOWDOIN COLLEGE FOOD SERVICES
- BYRNE'S IRISH PUBS
- CAPTAIN MIKE'S RESTAURANT
- THE COAST BAR & BISTRO
- EBENEZER'S BREWPUB
- EL CAMINO/FLIPSIDE
- FRONTIER CAFE
- THE GREAT IMPASTA
- HANNAFORD SUPERMARKET
- HENRY & MARTY
- KENNEBEC TAVERN
- LEMONGRASS
- PEDRO O'HARA'S
- SCARLET BEGONIA'S
- SHAW'S SUPERMARKET
- SOLO BISTRO
- THE BIG TOP DELI
- THE BRUNSWICK HOTEL & TAVERN
- THE HIGHLANDS
- THE WILD DUCK PUB
- THORNTON OAKS
- TRATTORIA ATHENA
- THE UNION STREET BAKERY
- WICKED JOE'S COFFEE
- WILD OATS BAKERY

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BRUNSWICK TEEN CENTER
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 WEDNESDAY, APRIL 29, 11 A.M. TO 11 P.M.

74 Maine St., Brunswick

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harperswell 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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Check out past newsletters at 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 organ 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 Sarina, 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.

Roasted Red Pepper with Ricotta Cheese Casserole

Ingredients:

- 1 zucchini, diced
- 2 carrots, diced
- 1 stalk of celery, diced
- 1 yellow onion, diced
- 1 bag of baby spinach or kale
- 1 cup of cooked brown rice
- 1 cup cooked chicken
- Italian seasoning to taste
- 7 ounce jar of roasted red peppers
- 1/2 of a 15 ounce container of nonfat ricotta cheese

ricotta cheese

Directions:

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

- 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

- an egg muffin breakfast sandwich.
 - Add hummus to your salad.
 - Mix kidney beans and salsa in rice.
- 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 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 Crooker Gallery coordinator and for the Joy of Art

exhibits she has organized since 2006. In making the award, TPL Director Susan Precece said, "Connie is the heart and soul of the gallery. ... Connie has developed the Crooker 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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People Plus!

Raised through April 22

\$42,536⁵⁰

Annual Fund Goal

\$50,000

Fiscal year ends June 30

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

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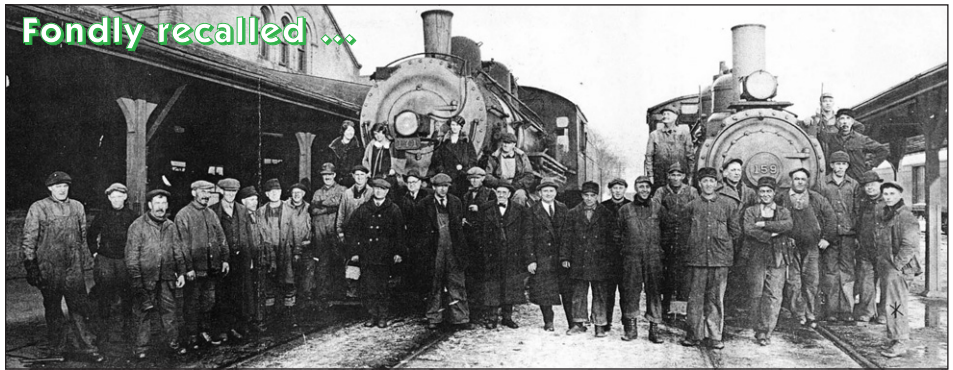
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Some of the people who made Brunswick's trains go gathered at the downtown station in this picture, taken about 1923. Hilman "Bunny" Utecht is in the photo, and identified most of his associates. Pictured, from left, are engineer Bill Mitchell, three "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 Boutou, yard conductor; Buck Webber, janitor; John Lincoln, brakeman; Hilman Utecht, fireman; Joe Drapeau, section manager; Louis Couliard, 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 all 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 not 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 possessions 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 thro'z 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

Have you 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 (Ah choot)

Flowers are blooming (Wheeze)

Pollen is flying (Snuzzle)

Snow is melting (Squish)

Water everywhere (Squish squish)

Mud season threatens (Glop)

Walking difficult (Glop glop)

Isn't spring wonderful? (Ahhhh...chooo!!)

Drippy Grey Days

By NANCY SOHL

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

Haiku for Spring

By PATTY L. SPARKS

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

Memorial Donation

In memory of **John Bibber**

Oct. 12, 1926 — March 16, 2015

Served as Brunswick town manager from 1961 - 1989

Check out past newsletters at www.peopleplusmaine.org

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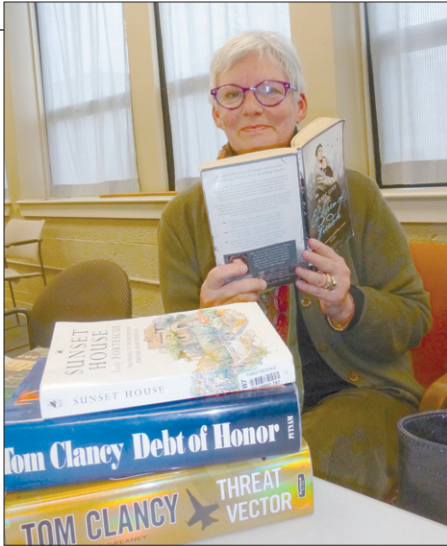
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Read On!

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.

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 Lamothe; and Christopher Lader, 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.

World War II Book Club

Don't miss our new World War II Book Club meeting the third Wednesday of every month from 3-4:30 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 Tuesday 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.

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 Connors predicted. "An old-fashioned, sit-down, Sunday dinner, served on Thursday"

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

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

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

April 1 (no joke), but we expect it to fill up fast. Call your reservation in early so you don't get disappointed. Cost is still only \$5 for card-carrying People Plus members, and \$7.50 for all others. But you should know that the new fiscal year WILL bring a price increase of \$1 per meal.

Each of our monthly Lunch & Connections meals are underwritten by a donation from Spun from Generations. A CHANS Home Health Care professional is always here by 11:30 a.m. to check and record blood pressures, and now, you can have a free hearing check with Mary Marino of Mary's Affordable Hearing Aids.

Come to the Center early (but NOT before 11:15 a.m., please), pick up your 50/50 raffle ticket (March's winner took home \$55) and be sure you are registered to win one of our free door prizes.

Lunch is served at noon.

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 Doulin, 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.

Brunswick Area Respite Care
Presents Our 15th Annual

Barbershop Concert

AND

Silent Auction

SATURDAY, APRIL 18TH

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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 be 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 in our life as it exists! 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 choice

es 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 cheer life up: an amazingly powerful position that leads to live and freedom).

As a chiropractor I cannot tell you how important conscious lifestyle choices are when it comes to living to your 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 freedom 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. Sloucm

Dr. Jeffrey S. Sloucm

APRIL 2015 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>Teen Center</h2> <p>Monday, Tuesday and Thursday 2:30-5:30 PM</p>		<p>8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group</p>	<p>8:30 AM WOMEN'S BREAKFAST 9:00 AM Table Tennis 10:00 AM Art II 10:00 AM SC Bridge 1:00 PM AARP Free Tax Aide 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 12:00 PM Beginning Tai Chi 1:00 PM Ojigong 6:30 PM Folk Dance Brunswick</p>	<p>10:00 AM Bridge 11:00 AM SAT Prep 1:00 PM HEMA Maine</p>
<p>9:00 AM Loosen Up! 9:00 AM Mah-Jongg 9:00 AM Crafters 10:00 AM Apple Club 10:00 AM Zumba 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly dancing</p>	<p>8:30 AM AARP Free Tax Aide 8:30 AM Table Tennis 9:00 AM SC Bridge 10:00 AM Art I 10:30 AM Yoga with Ann 12:00 PM Plates Lite 1:00 PM Quilting Club</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Meals on Wheels 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group</p>	<p>8:00 AM MEN'S BREAKFAST 9:00 AM Table Tennis 10:00 AM SC Bridge 10:00 AM Art II 1:00 PM AARP Free Tax Aide 5:00 PM MUSIC IN APRIL 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:30 AM Meals on Wheels 12:00 PM Beginning Tai Chi 1:00 PM Ojigong 6:30 PM Folk Dance Brunswick</p>	<p>10:00 AM Bridge 11:00 AM SAT Prep</p>
<p>9:00 AM Crafters 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Zumba 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly dancing</p>	<p>8:30 AM AARP Free Tax Aide 8:30 AM Table Tennis 9:00 AM SC Bridge 10:00 AM Art I 10:30 AM Yoga with Ann 11:30 AM LUNCH OUT 12:00 PM Plates Lite 3:00 PM German Club 4:30 PM TCAC meeting</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Meals on Wheels 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 3:00 PM WWII Book Club</p>	<p>10:00 AM Art II 10:00 AM SC Bridge 11:00 AM Hearing clinic 11:30 AM BP Clinic 12:00 PM LUNCH & CONNECTIONS 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 12:00 PM Beginning Tai Chi 1:00 PM Ojigong 6:30 PM Folk Dance Brunswick</p>	<p>10:00 AM Bridge 1:00 PM HEMA Maine</p>
 <p>Center will be closed.</p>	<p>8:30 AM Table Tennis 9:00 AM SC Bridge 10:00 AM Art I 10:30 AM Yoga with Ann 12:00 PM Plates Lite 1:00 PM Quilting Club 4:00 PM The Book Café</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:00 PM Prevent Diabetes 5:45 PM Girl Scouts</p>	<p>9:00 AM Table Tennis 10:00 AM Art II 10:00 AM SC Bridge 4:00 PM FYI: 'Rob Jarratt - Finding Strength' 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM FREE Healing Clinic 11:00 AM World Affairs talk 12:00 PM Beginning Tai Chi 1:00 PM Ojigong 6:30 PM Folk Dance Brunswick</p>	<p>10:00 AM Bridge 1:00 PM HEMA Maine</p>
<p>9:00 AM Mah-Jongg 9:00 AM Crafters 9:00 AM Loosen Up! 10:00 AM Zumba 12:00 PM Lunch and Learn: 'Are You Ready?' 12:00 PM Bridge 6:00 PM Belly dancing 6:30 PM Civil War Book Club</p>	<p>8:30 AM Table Tennis 9:00 AM SC Bridge 10:00 AM Art I 10:30 AM Yoga with Ann 12:00 PM Plates Lite 2:30 PM Café en Français</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Meals on Wheels 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group</p>	<p>9:00 AM Table Tennis 10:00 AM SC Bridge 10:00 AM Art II 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>		

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 Marrell 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 from 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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Je Parle Français

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 Morrill, the craftsman.
- **Driftwood tree made** with wood collected from Popham Beach.
- **"Dandelion Present" and "Dandelion Past,"** original works in acrylic by artist J.C. Krok, 3"x4.5" matted to 5"x7".
- **Two Sylvia 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 Roundhouse in Brunswick.
- **Three Whimsy kits:** Owl Love, So Deer, and embroidered whimsy calf. Book: "Fairy Tale Sewing." Donated by Heidi Boyd.
- **Beach/Sand proof book cover.**
- **"Pinwheel 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 Chemango, sleeps 6. Valued at \$850. Donated by Richard and Anne Brautigam.
- **Cruise on Casco Bay** for party of four aboard a 28-foot C&C sailboat with David and Margo 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.
- **Police cruiser ride** for three at the head of the Memorial Day Parade with Brunswick Chief Richard Rizzo.
- **Eight-course beer dinner** for eight at Ebenezer's Brew Pub & Lively Brewing Co. Valued at \$576.
- **Six 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**



- **Maine Airshow** on Sunday, Sept. 6. Valued at \$300. Donated by Midcoast Regional Redevelopment Authority.
- **Seascapes with two figures** framed artwork by Betsy Bisson. Valued at \$250. Donated by Priscilla Davis.
- **Handmade spruce bench.** Valued at \$150. Donated by Hank Welzel.
- **Up to a week at Popham Beach** at "Hazelrah," house sleeps eight. Valued at \$2,500. Donated by Popham Beach Cottages.
- **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.
- **Seirgraph Print** 16"x20". Valued at \$195. Donated by Judith Long.
- **Appetizers for 10** from Simply Elegant Catering. Valued at \$200.
- **Cruise the Cuthance** 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 Cronkite.
- **Guest Celebrity for a Day** on the radio with Jim and Stacy. 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.
- **Red Sox Package.** Game tickets at Fenway Park and round trip to Boston on the Downeaster. Valued at \$276.
- **Traditional New England Clam/Lobster Bake** for 20 at the Brunswick home of Frank and Jane Connors. Valued at \$2,000.

- **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.

- **Book: "Maine"** by Elliot Porter. Donated by Joan Phillips.
- **Ceiling mobile** created by Claude Bonang.
- **Desk mobile** created by Claude Bonang.
- **Handmade quilt** 36"x48" created by Shirley Bello.

- **Edyth A. Laws watercolor,** "Rainy Spring," donated by David Forkey.
- **Personalized portrait** of your home painted by Tricia Smith.
- **Pair of published art prints,** donated by Fogg Art Restoration & Custom Framing.

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, LCPC
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 Kinkadee. Donated by Martha Cushing.
- **Sewing Basket,** donated by Jonathan Waldo.
- **"Tagged"** digital photograph, 16"x20". Donated 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.
- **Stalagite pendant** in sterling silver with fiddlehead bail by Mark Theriault. Donated **"In memory of Nick Payson"** by R.D. Allen Jewelers, Freeport.
- **Fleece-lined mittens,** size medium, handcrafted by Jeanne A. Dube of JADElements 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.
- **Male bead bracelets.** Set of three.
- **Pearl bead pendant** with Galatea hand-carved sterling silver fresh water pearl. Donated by Day's Jewelers, Topsham.
- **Starfish necklace.** Donated 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.
- **Girls Pink Fleece Pullover,** size 5/6, donated by David Forkey.



"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. Donated by George and Sue Sergeant.
- **Spartina 449 Market Tote,** donated by Zack's Holiday-Gifts Toys.
- **\$25 Brunswick Show's** gift card.
- **\$25 The Dolphin Marina and Restaurant** gift certificate.
- **\$25 Johnny Rockets** gift card.
- **\$20 Mediterranean Grill** gift certificate.
- **Large one-topping pizza** from Sam's Italian Foods in Lewiston.
- **Starbucks coffee and mug** gift certificate.
- **Italian dinner basket,** donated by Jonathan Edgerton.

Please see **SILENT AUCTION, Page 8**

RAFFLE ITEMS

- Roving raffle tickets sold during event. Costs \$5 per ticket or 3 for \$10.
- **Up to a week at Popham Beach** in Stafford Place. House sleeps four, is 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 Morrell, the craftsman. Valued at \$150.
- **Ride for three in Memorial Day parade** on a Brunswick 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 Wetzel. Valued at \$150.



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FOOD AND DRINK

- **Three \$15 Orange Leaf** gift cards.

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SILENT AUCTION

From Page 7

- **One pound of coffee** and mug, donated by Local Market/Wyler's.
- **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 Treasure 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.
- **Scoutloggy 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.
- **Loobster pillow**, red with white, donated by Patricia Porelli at Timeless Cottage.
- **\$300 Skillins Greenhouses** gift certificate.
- **"Dainty champagne flutes,"** set of six.
- **Garden Treasures frepirt**, donated by Lowe's Home Improvement, Brunswick.
- **Polar fleece lined cat bed** with privacy cover and mesh 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 serving bowl**, two Jet tea plates, two Halo rice bowls, Jet small jug, donated 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 gold accents.
- **Wine bottle luminary** with purple flowers, handcrafted by Diana Gilliam. (Second bid item has red flowers).
- **Keurig Coffee Machine.**
- **Lavender Herb 100 percent cotton blanket**, donated by Maine Woolens.
- **Maroon velvet 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.

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, Massachussets.
- **Extraordinary Wildlife of Merrymeeting Bay** cruise for two from Maine Maritime Museum, Bath. Must be used before Oct. 12.
- **Two \$74 Maine Eastern Railroad** gift certificates. Must be used during the 2015 operating season.
- **Sunset sailboat cruise** for two aboard SV Seorma, a beautiful Island Packet 37-foot sailboat. Depart from Lombos Hole in Harpswell and watch a lovely sunset in Harpswell Sound. Valid in 2015 from June through August. Donated by Sall Casco.
- **Two Concord 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

- 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 "Blossoms." 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.
- **\$100 Bison Moving & Storage** packing material gift certificate.
- **"Venus-Myltus — The Artist,"** donated by Claude Bonang.
- **Framed starfish and framed Limulus**, donated by Claude Bonang.
- **Goodie bag from The Mix.**
- **Music and Munchies** basket.
- **Cozy Afternoon** basket.
- **Three Shades of Gray** basket.

- **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
- **\$25 Before & After Photo Restoration** gift certificate.
- **\$100 WellTree** specialty tree services gift certificate.
- **Two one-hour personal sessions** with All TruThumbs Personal 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 Chicks Do Chores** certificates for \$25 off when you purchase services for \$75 or more 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.

MOVIES, MUSIC AND VIDEOS

- **Two Regal Cinema passes**, good at any location, not valid for IMAX or special events.
- **Four Nordic Theater** movie passes.
- **Pampering and Wellness**
- **Oral-B Professional Rechargeable Toothbrush**, "Ortho Essentials Precision 5000," donated by T. Kevin Sullivan, DDS, LLC.
- **Three-month 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 Maine Street Yoga.
- **Gift certificate for shampoo, cut, and blow dry** with Becky Calder at The Gallery Hair Studio & Spa.

SPORTS

- **One hour in the batting cage**, donated by Coastal Ortho/Coastal Performance.
- **Four Sea Dogs tickets** vs. Bowie Baysox, for Sunday, June 7, at 1 p.m., Section 103, Row J, Seats 5, 6, 7 and 8. Donated by Bath Savings Institution.
- **"Sluggler the Sea Dog,"** bobble head, donated by Fleet Feet Sports.

THEATER AND CONCERT PACKAGES

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

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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.medicarights.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.medicarights.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. 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 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 Linkovitch, 707.
- March 4:** Robert Foehring, 687; Joe Tonely, 683; Tim Owens, 676.
- March 11:** Mike Linkovitch, 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, 3,010.
- 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.

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7 years of 'sweet support'

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 Pools 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 \$5,365! 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.



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 Theatreworks 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 for more information.

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 ever 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 @ 2pm

Crooker Theater, Brunswick High School

GET YOUR 2015 SENIOR SEASON PASS!

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

- | | |
|--|--|
| <p>Shrek
4/30 - 5/3 (all ages)</p> <p>Little Buggy
7/16 - 7/18 (grades K-2)</p> <p>Jungle Book, Jr
7/16 - 7/18 (grades 3 - 5)</p> | <p>Sweeney Todd
7/30 - 8/1 (high schoolers)</p> <p>Alice in Wonderland
8/13 - 8/15 (middle schoolers)</p> <p>Children of Eden
December (all ages)</p> |
|--|--|



Questions? info@youth-theater.org

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

Speaking Frankly

FRANK CONNORS



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 if 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 plowguy 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 under-way 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 I figured I was all set. She called him 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 was 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 trucks. Multiply that by 283 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.

Jadon 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 it's 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

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-day 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 make 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 Beaman • 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 Hartikka • Carole Heaphy
- Diane Jewell
- Bob Jorgensen • Lynn Kinee
- Claudia Knox • Ed Knox • Patsy Kortegast
- Paul Krakauske

- Nancy Lauckner
- Frances Lee
- Fred Masciangelo • Linda McCullough
- William McCullough
- Margaret McPherson • Jacqueline Minott
- Richard "Dick" Moll
- Robert Mulligan
- Paulette Oboyski
- Beverly Ouellette • Anita Owens
- George Phipps
- George Quittmeyer
- Joanne Quittmeyer
- Dave Reed
- Susie Reed
- Elizabeth Scully
- Winnie Silverman
- Cynthia Stevens
- Dorothy Sulzer • David Swanson
- Gladys Szabo
- Francis Taylor • Geraldine Taylor • Ruthanne Thibodeau

- Wayne Thibodeau
- Gladys Totten
- Linwood Townsend • Barbara Tucker • Raymond Tutts • Mary Alice Treworgy
- William Washington
- Shirley West
- Kathy E. Wilson • Frances Woodring •
- TOPSHAM**
- Suzanne Atwood
- Dana Cary
- Louis Philip Cousineau
- Elizabeth Durrell • Margaret Fearon
- Caryl Giggery

- Cheryl C. Green • Verian Kellner
- Linda Mallard
- Peg Miller
- Sherman E. Milliken
- Doris Nieman
- Carmella Pellerin
- Elizabeth Pettigrew • Romain Savoie
- Linda Schoenfeldt
- Merrilyn Tombrinck
- TOPSHAM**
- Sally Clifford
- Debbie Cowporthwaite
- Edie Francisco • Calvin Hooker • Linda Knowles

- Connie Lewis-Hooker • John Moulton • Sarah "Sally" Moulton • Connie Parsons
- Jarry Parsons
- Joanne Rogers • Sue Sabrowski
- Henry "Hank" Schwartz
- Karin Soderberg • Nancy Sohl
- Ray Sohl
- Ann Thomas •

OTHER PLACES

- Debra Fitts, Lyman
- Pat Hix, Lisbon Falls
- Henry "Hank" Welzel, Freeport

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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, bragello quilting, "to bring art and color to her life." Clement is a membership and programing 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

Route 196, Lewiston

AARP Tax Aides set for 'tax day' push

Appointments are still being taken as our trained and certified AARP Tax Aides continue to be at your service for what they are starting to call "last minute" tax services at the Center.

By the middle of March, Pat at the front desk estimated nearly 200 members and friends had cycled through the Center and completed their taxes. It's guessed by April 14, that number could double.

You can still make an appointment for

Tuesday mornings from 8:30 a.m. until noon, or Thursday afternoons from 12:30 until 4:30 p.m. Reservations are required and made available on a first come, first served basis. Anyone planning to use this free service should call the People Plus Information desk at 729-0757 to

schedule their appointment. The day of the service, they should arrive 10 minutes before their scheduled appointment, bringing a valid photo ID, copies of last year's tax returns, and any tax-related documents and receipts that they consider pertinent.

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Consider the Conversation *Discussing a taboo subject.*

A remarkable, thought-provoking documentary, *Consider the Conversation* looks at many of the issues we will all face at the end-of-life.

The film focuses on the emotional, spiritual, physical, and social aspects of this difficult and often taboo discussion, inspiring better quality care for caregivers, patients, and their families.



Guest Panelists

Carl DeMars, MD
Hospice Medical Director
CHASS Home Health Care

Florin Olteanu, MD
Geriatrician & Medical Director
MID COAST SENIOR HEALTH CENTER

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

SECOND SCREENING

7 p.m., Tuesday, April 7
Frontier Café-Cinema-Gallery
14 Maine Street, Mill 3 Fort Andross, Brunswick

Admission is FREE, but SPACE IS LIMITED. TICKETS REQUIRED.

GET TICKETS to hold your seat at
www.explorefrontier.com/schedule/film

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BENEFITING THE BRUNSWICK TEEN CENTER

Support Brunswick's teens by purchasing a dish of gelato at regular prices. The Gelato Fiasco will donate all sales beyond the daily seasonal average to the Brunswick Teen Center.

April 1, 2009 from 11 a.m. to 11 p.m.
The Gelato Fiasco, 74 Maine Street, Brunswick

Purchases Qualify All Day
Celebrity Scoopers and Giveaways, 6 to 9 p.m.

FOR MORE INFORMATION
VISIT WWW.GELATOFIASCO.COM OR CALL 607-4002

THE GELATO FIASCO
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 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 Cardone, 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
INSPIRED BY ITALY. PERFECTED IN MAINE.
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 prices. All sales beyond the daily seasonal average to the Brunswick Teen Center. Last year, more than 1000 people came together to support the Teen Center.

Purchases qualify all day. Visit gelatofiasco.com for celebrity scooper schedule.

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 near-by 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 oil-skin 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

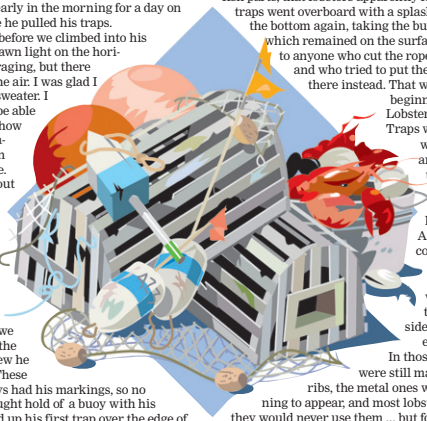
female, with eggs attached, and had to go overboard also, for the sake of future lobsters. One-out-of-three didn't sound like much reward, but later on he had more luck.

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 we 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 recriminations 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 scenery 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



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 lunchtime 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.

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

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!