

A LUNCHTIME OF LEARNING

Program explores VACATIONLAND

Do you know how many light-houses there are in Maine? How many fire towers? How many state parks? Acres in Baxter State Park?

Folks from the Maine Tourism Association will answer these questions and more on Monday, June 22, beginning at noon for this Aging Well Lunch & Learn that is bound to please.

Imagine what might be better for your mind, spirit and body than exploring our own great state. Is there a better time than during spring and summer? Than right now?

You'll be amazed by what there is right here in our own backyard for retirement, for vacations and special family weekends. This is a Lunch & Learn, so bring your own sandwich, we'll supply your beverages, chips, dessert and helpful information.

This program is free and open to the public, but we hope you will pre-register by calling Pat at the information desk, 729-0757.



'Tis the season!

Gardeners Dottie Gnauck (left) and Joan McDuff take a break from weeding and hoeing their radishes and beans to tell the photographer, "what we really need is a little water to get things growing!" Then along comes Brunswick's senior's garden supervisor (inset) Ursula Desjardins with two brand new, 150-foot garden hoses, with faucets, donated to the Center by our friends at The Home Depot in Topsham.

Annual fund 'only inches' from finish

With a full month left in the fiscal year, office manager Betsy White reports the Center is "only inches" from another very successful annual campaign.

As of May 26, the campaign total stands at \$47,231.50. White said the total includes \$4,368 made as an extra gift by members at the time of paying dues, but does not include \$2,500 in outstanding pledges, or \$7,925 in donations made directly to the Brunswick Teen Center.

"We are simply elated," offered Executive Director Stacy V. Frizzle. "Add that pledge to the total already in hand and we need only \$268 to top our target of \$50,000."

Frizzle said early challenge grants made by Richard and Eleanor "Smokey" Morrell, plus an anonymous resident of Thornton Oaks, lifted the campaign in its early days, "and we have never had to look back," she said.

Plus!	100
People	90
	80
	70
	60
	50
	40
	30
	20
	10
	0
Raised through May 26	
\$47,231⁵⁰	
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.	
Every donation matters. 94.5	

Frizzle and Member Services Coordinator Frank Connors taped their June News & Views show last week, and the two were chatting about the successful effort.

"Wouldn't it be great," Connors said, "if a hundred or more members came in during June and left \$2.68 for the campaign? I can't think of a better way to end what has been another wonderful year at People Plus."

The People Plus-MSMT partnership blossoms

Curtains Up! FYII opens MSMT season

Broadway returns to Brunswick when staff and acting interns from the Maine State Music Theater visit People Plus on Thursday, June 4, at 1 p.m., to perform numbers from the coming summer season, as well as time-honored favorites from the '30s, '40s, '50s and '60s.

The list of acting interns expected to participate includes James Spencer Dean, of Boston; Leah Nicoll, of Tuscaloosa, Ala.; Reagan Danel Ogle, of Kearney, Mo.; Stephanie Sable from Ardsley, N.Y.; Benjamin Henley from Charlotte, N.C.; Jordan Lipas of Geneseo, Ill.; Sara Bond of Winer Garden, Fla.; and DeAngelo Renard, of Nathpliothis, La.

Curt Dale Clark, the theater's artistic director, will describe the coming 2015 season, which includes "The Full Monty," "Sister Act," "Musicman" and "Young Frankenstein." Clark referred to his acting interns



Maine State Music Theatre interns will discuss the upcoming season at People Plus on June 4.

Ticket offer is back!

For the second season, MSMT is offering People Plus a main floor block of tickets to sell for each show's first Friday night performance. Tickets that normally sell for over \$60 will be available, on a first come, first sold basis, for only \$40! The Center will make \$10 from the sale of each ticket.

Tickets are available only for People Plus members and their guests, and may be purchased at the front desk. Ask for Pat or Jill. Purchases are not refundable, and should be made with cash or checks.

and pre-registration is required. Please call the People Plus information desk at 729-0757 to sign up. Refreshments will be served

Volunteers to be feted, recognized

The annual party to recognize volunteers at People Plus will be held at the Center on Tuesday, June 23, beginning at 1:30 p.m.

An old-fashioned ice cream social is planned around the "serious business" of making "volunteers understand how important they are to this Center," Program Coordinator Jill Ellis explained. Tasty finger foods, fresh fruit, cookies and good conversations will round out the activities.

"Without the hard work of our volunteers, there is just no way that People Plus could offer

even half of the programs and services we provide," Ellis added. "Volunteers remain the heart and soul of this Center."

She estimated more than 300 people routinely and regularly volunteer time and talents to the Center, working as receptionists, drivers, cooks, callers, cleaners, tutors, gardeners, instructors, greeters and more.

We hope you will plan to attend this very special event. Please confirm with the front desk by calling 729-0757. We need to know how much ice cream, yogurt and gelato to purchase.

SAVE THE DATE

Beans, burgers, hot dogs
Annual summer picnic
Thomas Point Beach
July 16, 11 a.m.-2 p.m.



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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For the latest Center offerings, check out the online calendar at www.PeoplePlusMaine.org.

Heading toward a strong finish

It has been a really nice May here at People Plus. The weather has finally turned, and thanks to Margaret, our planter boxes (built by Hank Welzel a few years ago) now look beautiful with pansies nestled snugly in the dirt.

The dust has settled on our April of fundraising and we are so proud to say that Music in April brought in \$45,000 and the Gelato Fiasco Scoop-a-Thon cleared \$5,500! Both events broke records with attendance and income. And neither event would have happened without the volunteers from our People Plus community pitching in.

Music in April took nearly 30 volunteers to organize, orchestrate, coordinate and "pull off" while the Gelato Fiasco fundraiser saw about 1,100 residents and volunteers participate by scooping, selling or buying gelato!

In addition to these two fantastic events, we are also ecstatic to learn that several grant applications have come to successful fruition! These grants include the Jumpstart Our Youth Fund, the Common Good Fund, Androskoggin Savings Bank, and First Parish Church.

These organizations have all opted to support either the Teen Center program or our senior community. That is really encouraging and I think speaks volumes to our other supporters in terms of being confident about where they direct their funds.

So as we look toward wrapping up our fiscal year, I'm pretty darn excited that at this point we only have \$268.50 outstanding to reach our goal of \$50,000 for the annual campaign! If everybody throws in a dollar next week when they're at the Center, we should make that goal by June!

The other exciting thing that happened this month, is that I graduated from the Leadership Maine program. It is a year-long course taught by the Maine Development Foundation. I was selected as a candidate last summer and spent the past 12 months with a group of 50 other participants learning about the economy of the state, leadership responsibilities and techniques, and the overall outreach and networking opportunities available.

We did a day in Augusta with a mock legislature in which we had to defend and vote upon a bill, and we spent three days last fall on a bus touring "the county." A day in Rangeley, a day in Bar Harbor and many other days around the state has opened my eyes to this beautiful state of Maine, its diverse economies, and its incredibly rich and caring communities.

From mill towns that are struggling to stay alive, ski resorts that are reinventing themselves, broccoli farms that are flourishing, main streets that are dying and main streets that are growing and

From the Executive Director

STACY V. FRIZZLE



international distribution factories like L.L. Bean and Poland Springs, which are setting the standard for other large businesses to come to Maine, we saw and met hundreds of people who are shaping the economy of Maine.

I learned this past year what it takes to be a better leader. I hope I learned how to be a better and more empathetic person and how to turn those learnings into a benefit for our Brunswick area community of seniors and teens as well as a better director for the staff and board of People Plus.

I'm now honored to be among the alumni of the Leadership Maine program, which includes people like Angus King and Jim Howard. I am especially honored to bring this new found knowledge back to People Plus and to hopefully educated the many people I met along the way this year about People Plus. As you can expect from me, I talked my head off about how great our Center is and I brought the newspaper to the meetings every month. So I essentially "put us on the map" for Leadership Maine!

OK, I'm being told they are out of space in this paper, so I'll close by inviting you as I do every month to stop by and see us down here on Union Street at the center that builds community! And please bring a dollar for the collection jar!

From Anita's Plate

ANITA HUEY



40 plus years of diets....

I can remember the first diet that I heard about, many years ago. It was called the Scarsdale diet.

Since then there have been hundreds of diets that have come and gone. Most of the time these diets only provide for short-term success. I encourage people to start with a plan and work toward making permanent changes.

I was happy to hear about a person on TV that took a journey and lost 100 pounds. She did it without the aid of surgery, pills or shake! I encourage peo-

Summer Pasta Salad with Baby Greens

Ingredients:

- 4 cups baby arugula and baby spinach
- 1 cup of cooked whole wheat pasta
- 1 cup zucchini noodles, cut in quarters
- 1/3 cup sun dried tomatoes, sliced thin
- 2 tbsps balsamic vinegar
- 1 1/2 tbsps extra virgin olive oil

Fresh pepper to taste
2 Tbs. freshly shaved Parmesan cheese

Directions:

1. In a large bowl combine all the ingredients except for the cheese.
2. Toss to combine.
3. Top with the cheese.

Serves: 4

Note: This is a great way to have pasta salad but replace some of it with the arugula. Add cooked meat and you have a great easy meal on a hot night!

ple to have a plan. Things to consider are:

- What are you snacking on?
- How many times are you dining out each week?
- How many processed foods are you consuming?
- What are your beverages?
- What size are your portions?

Consider using smaller portions of lean meat and replacing some carbohydrates with vegetables:

- Cooked vegetables with less rice or pasta in casseroles.

- Using zucchini noodles in soups instead of pasta.

- More vegetables in a shepherd's pie with dollops of potato on the top.

By using some of these ideas and having a plan, I have helped hundreds of people lose weight. Summer is a great time to start a journey of healthier eating and weight loss.

On my website I now have new recipes and shopping lists on my meal-planning tab. Check it out at www.nutritionforeverday.com.

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Fondly recalled ...



Brunswick's Pastime Theater was a hub of social activity in town for many years. It has been said that it was one of the first theaters built as a motion picture theater in America! Can you confirm that? These two exterior views, from old post cards loaned by Suzanne Neveux, were obviously taken decades apart. Notice in the left, earlier shot, the street is unpaved and there's a water fountain at the end of the mall. The facade is altered radically in the picture at right. **Do you have old area pictures to share with readers of the People Plus News? Please contact Frank Connors, 729-0757, with your comments, contributions or suggestions.**

News that was heard around the world

By ELIZABETH B. BATES

Franklin Roosevelt was elected in 1932. I was 6 years old. I didn't know anything about politics. As I grew up during those difficult Great Depression years, I heard his name a lot; sometimes people who didn't like him surprised me, but I thought them crazy. On our little radio, I didn't understand the discussions of what was going on in our country until I got older.

As time went on, the war in Europe started. I was just beginning my teens, sure that Roosevelt would protect us from that war. I remember writing an essay when I was in high school about the just passed Lend-Lease law ... (lending our ships to Great Britain to help her because her fleet was beginning to be wiped out by the Germans). I defended that law in my essay.

I was absolutely shocked when I heard President Roosevelt on Dec. 7, 1941, tell our nation of the Japanese attack on Pearl Harbor. Germany was the enemy we had all been afraid of. We didn't know anything about Japan! Germany and Japan were allies, so we now had two enemies to be afraid of. Even so, I felt the president would be able to keep us safe from invasion.

The war was horrible. All the men in my family and the men in my future husband's family were fighting our enemies ... some against Germany, some against Japan. There were windows

with black-out curtains everywhere, rationing of butter, meat and sugar, and rayon stockings ... nylon stockings were new, but not available. We were asked to donate anything made out of aluminum ... we donated our dish-washing pan. When our planes flew over us, we would wave at them, pretending our dishpan was flying over us.

President Roosevelt was very good at trying to win our wars, in my opinion. Little was said about his health, though you could see him sometimes in black clothing, not looking so well. We felt we were winning the wars, but sometimes Germany would look like they were winning ... Japan was fighting as if they would never give up.

When news of the president's death was announced on the radio, I was shocked. We still had the war to finish, and the vice president, Harry Truman, was not well known to most people. Roosevelt had been the president for most of my life. His death to me was like losing someone almost like a father.

Very soon after his death, the war in Germany ended, in May of 1945. In August of that year, the troops were about to leave Germany to go to Japan, when that war ended ... mostly due to our use of the atomic bomb on Japan. We didn't know anything about that bomb ... we were just thrilled that both wars had ended.

Somewhere, President Roosevelt was smiling.

My Missing Cat

By GLADYS SZABO

Looking around as I usually do, making sure Sunny, my cat, didn't escape as I let my dog, Noel, out.

I found she was nowhere in the house. We combed the yard and woods. Still no trace of Sunny. I was getting nervous!

After several hours of searching, fliers were made, hung in neighborhood, notices on Facebook of a lost cat.

Registered Sunny with Maine Lost Cat Recovery. A call from the Missing Cat Recovery surprised me that same night.

Very supporting and helpful. Suggesting several things to try luring her home.

Encouraging that most indoor cats stay nearby.

Offered to lend me a Havahart trap. I did everything they suggested.

One suggestion was to look at night. Rain pouring and temperatures dropping.

The next night, Monica and I searched around and under sheds, into the woods and all areas of the yard.

I sobbed with every thought of Sunny. I thought I heard her bell, provoking yet another search.

Thoughts occurred, was I losing it? I imagined her cold, scared, hungry!

Was she under cover somewhere? Could she not find her way home?

I was devastated — thinking I would never see her again!

No cuddles, butterfly kisses morning and night. No "conversations" while getting dressed in the morning.

Sunny was more like a dog than my dog Noel. Sunny greeted me when I came home.

If Sunny was sound asleep, I would just say "Hi." She would tip her head back, look up at me and "Meow."

Three days, no sign or word of anyone spotting her.

I prayed, sobbing, "Please at least give me a sign she is alive."

On the third night I heard a faint "Meow, meow."

I ran to the front yard thinking she must be near. Nothing — no more sounds all night.

I was a bit hopeful this was my sign she was alive.

The following morning, rushing to an important function, again I heard the same faint "Meow, meow."

Now I was losing it. It seemed like the sound was in my bedroom! IMPOSSIBLE!!

I called my daughter to come down. We tore my room apart, looked like a tornado hit.

Nothing! Then as Dawn called, "Sunny" we heard the faint "Meow."

Dawn asked, "Could she be in the hope chest?"

My reply, "Really now? How could she have gotten in there?"

"Well, did you open it for some reason?"

"No — well maybe I did but thought I did it after she was missing."

I opened it about 6 inches to put my sheets in there then slammed it shut.

Dawn decided to open the hope chest!

Low and behold there she was, curled up on my comforter.

With the speed of lightning, sobbing with relief, I snatched her up, crushing her to my body so hard. It is a wonder I didn't squeeze the life out of her.

I finally put her down with much urging from Dawn.

Sunny strolled to her food and water dish as if nothing happened!

I am still in disbelief that she could have been two feet away from me for three-and-a-half days and never made a sound.

My daughter's explanation is, "I think you are going deaf."

A Wedding

By P.K. ALLEN

A wedding is a special event blessed from up on high, that fills the air with happiness and makes the ladies cry.

It brings together families and friends from far and wide,

My Stay in Thomaston State Prison

By L.C. TOWNSEND

For many years, when I lived in Thomaston, I would go into the "big house" and referee basketball games. Outside teams often came in to play the inmates, or as they preferred to be called, "the residents."

One Sunday I went in, having missed two weeks, and I was curious as to how the team had done. Had I had my wits about

me I would have inquired, "have you been winning?" or "How's your team doing?"

Instead, I walked up to the nearest resident and asked innocently, "What's your record?" The 6-foot-4-inch inmate scowled, leaned down to look me in the face and replied, "Armed robbery and murder. What's it to you, Bub?"

As casually and nonchalantly as I usually, I slunk away.

Quaker Ladies and Dandelions

By CHARLOTTE HART

Daffodils dance beside the stone wall. Tulips! Cups full — fit for a queen. Brave loyal blossoms — my favorite of all — Quaker Ladies and dandelions grace the spring scene.

Iris dignifies banks by old woodland roads. Breathe! The perfume of arbutus trailing.

Forsythia bursts by the white wooden fence. Dandelions and Quaker Ladies abound without failing

Sweet orchard blossoms last just a few days. Goldfinch and blue birds through apple trees dart.

Lovely lilacs visit but will not stay long. Dandelions and Quaker Ladies will not soon depart.

Azaleas stand guard by the great castle gate. Walk away 'til the lower field ends. In the quiet and peace of soft evening breeze

Find Quaker Ladies and dandelions, my soul mates, my friends.

Write ON! Readers Present

at the Topsham Public Library
Friday, June 12, at 2 p.m.
Readings from their book,
"Times & Seasons."
Light refreshments.
Guitar music by Erwin Robinson.

Summertime

By CHARLES PAYNE

That sweet something fills the air.
All nature is ready for its summer affair.
A riot of color covers the ground.
The trees are all groomed and their greenery unbound.
The song of the wren on the wing is a delight.
It tells us we can put winter out of sight.
The heavens at night sparkle with light.
It is a testament of God's love of the creatures below.
A promise He will forever keep, we know.

Thomas Point Beach welcoming to Center membership

It is definitely NOT too early to pencil in Thursday, July 16, on your calendar, so you do not miss the annual People Plus summer picnic at Thomas Point Beach.

"This is our big summer membership event," member services coordinator Frank Connors promised. "Burgers, beans, hot dogs, music and sunshine. If the weather is half as good as last year, it will be spectacular — AGAIN!"

Connors added that beach maestro Patti Crooker has arranged for the tide to be, "just a little past full," this season. "We can't wait to get this one going," he said.

Again this season, Crooker is extending her special offer to People Plus members. Flash your valid, paid up membership card at the gate any weekday, Monday through Friday and general beach admission for the day is only \$1. Regular admission is \$3. Crooker makes this offer to honor her parents, Harry C. and Marion Crooker, who were "great Brunswick



Members of the Easy Riders Biking Club visit Thomas Point Beach in Brunswick.

boosters, and long-time members and supporters of People Plus. Beach goes over the age of 80 and under the age of 3 are always admitted free, she added.

Plenty on tap at Center in June

People Plus is offering a variety of "specials" during June, in addition to its regular slate of programming. (Check out the calendar on page 5.)

Among the offerings:

'Oh My Aching Back'

Dr. Richard Giustra returns on Thursday, June 11, 1 p.m., with a presentation on the lower back, how to keep it healthy and what to do if you have persistent pain. Free, open to the public. Call to register.

Center Stage Players present 'Families Affairs'

The Center Stage Players are excited to be returning to People Plus on Tuesday, June 16, at 11 a.m. to perform their own original spoof of the classic radio soap opera, complete with sound effects and commercials!

"Families Affairs," a saga of the trials and tribulations of the Capulet and Montague families, almost doesn't make it on the air as the producer, director and the cast muddle through a rehearsal.

Throw in some improv and nothing is predictable.

"Tune in" to this episode as the families face burning questions: Will Hyacinth and Leopold marry? Will it be bigamy? And, who is Dante's father?

"Families Affairs" is an original CSP piece. Patricia Johnson wrote the script. Millie Ackley created the commercials. Sheila Cohen prepared the sound effects, and the cast, well, they keep things lively with their improv.

Fortunately for all concerned, the steady — and patient — guidance of director Al Miller of The Theater Project brought it all together.

The Center Stage Players are a group of "seasoned" actors (also called seniors) that meet weekly. A part of The Theater Project of Brunswick, they create and perform original and classic pieces that are performed readers-theater style.

Call to register!

The Book Cafe

Join us on the third Tuesday of every month at 3 p.m. to 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 World War II Book Club meeting the third Wednesday of every month at People Plus from 3-4:30 p.m. Discussing "The American Experience in World War II," it's not to be missed!

Easy Riders Biking Club

Meet in the People Plus parking lot at 9 a.m. on Wednesdays to join the People Plus bike riding club. Enjoy an hour long ride with friends as you explore the local community.

Lunch & Connections

Grilled chicken on the menu this month

Fresh chicken thighs and breasts, marinated overnight in butter and lemon juice and grilled to perfection on the lawns of People Plus will be our lunch feature, Thursday, June 18, beginning at noon.

"This is always a good one," Center chef Frank Connors said. "There's little that compares with chicken off the grill, and served up with some super sides." Connors said, "sides" include baked bread stuffing, cranberry sauce, roasted red potatoes with onion and pepper chips, and a "heaping helping" of Rose's spectacular spinach-cheese casserole.

A fresh, lightly-dressed green garden salad will be waiting for everyone, our bread offering will once again come from Brunswick's own Wild Oats Bakery and the dessert this month will be a crowd pleaser we like to call glazed

applesauce spice cake, served with ice cream. To mark national iced tea month, we'll bring back Norman's secret recipe iced tea, with juices, milk and coffee for all who need more. Favors and themes will commemorate Flag Day, National Smile Month, and yes, the beginning of SUMMER!

Our monthly Lunch & Connections meals are sponsored by Spectrum Generations, and are planned to focus on nutrition, useful information, fun and variety. A CHANS home healthcare provider is always in attendance to take and record members' blood pressures.

Arrive at 11:30 a.m. to chat with friends and claim your favorite place setting. There's always time to pick up a \$0.50/50 raffle ticket (last month's ticket paid \$40) and to register for one of several free door prizes. Seating is limited

and pre-registration is required. Please remember, if you ARE registered and can't attend, call us so we can activate our waiting list.

Cost is still only \$5 (one more month) for members and \$7.50 for nonmembers. (Why wouldn't you be a member?) Lunch is served buffet style, promptly at noon. To register, call the People Plus information desk at 729-0757, but remember, we do not take reservations until after June 2. See you there!

Casino trip planned

There will be a bus to Bangor's Hollywood Casino for a day of fun and action on Wednesday, June 24. This is a new, 40-passenger bus equipped with bathroom facilities, and underneath storage for all types of walking aids. Cost is only \$30, payable at time of registration at the Bath Senior Center.

The bus leaves the Bath center on Floral Street promptly at 9 a.m., and picks up at the Topsham Fair Mall Park and Ride in front of Home Depot at 9:20 a.m. The bus will leave Bangor at 4:30 p.m. for the trip home.

Members of People Plus, the Bath Area Senior Citizens or the Topsham Merry Meeters are invited to register.

Golfing 'Fore' a cause

The 13th annual Day of Golf to benefit Spectrum Generations programs opens June 8 at The Natanis Country Club, Vassalboro. Check in is at 11 a.m., tee time is noon. Tournament participants receive complimentary goodie bags, green fees and cart and are eligible for men's or women's awards for closest to pin, longest drive and accuracy drive. Everyone is eligible for the barbecue dinner, an auction and a \$0.50/50 raffle.

Spectrum's Meals on Wheels, Ani-Meals, We Sustain Maine and Aging in Place programs all benefit from this annual event. To register a team or as an individual player, please call 620-1677 and ask for Amanda.



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COMING SOON - FALL 2015



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www.coastallanding.com

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JUNE 2015 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00 AM Crafters 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Apple Club 10:00 AM Zumba 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly Dancing 6:30 PM Civil War Book Club	8:30 AM Table Tennis 9:00 AM SC Bridge 10:00 AM Art I 1:00 PM Quilting Club	8:45 AM Inter. Cribbage 9:00 AM Biking Club 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Meals on Wheels 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group	8:30 AM WOMEN'S BREAKFAST 9:00 AM SC Bridge 9:00 AM Table Tennis 10:00 AM Art II 1:00 PM FYI! MSMT - Curtains Up! 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs Talk 12:00 PM Beginning Tai Chi 1:00 PM Qigong 6:30 PM Folk Dance Brunswick	10:00 AM Bridge	
9:00 AM Loosen Up! 9:00 AM Crafters 9:00 AM Mah-Jongg 10:00 AM Zumba 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly Dancing	8:30 AM Table Tennis 9:00 AM SC Bridge 10:00 AM Art I 11:30 AM LUNCH OUT 3:00 PM German club 4:30 PM TCAC meeting	8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Biking Club 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	8:00 AM MEN'S BREAKFAST 9:00 AM SC Bridge 9:00 AM Table Tennis 10:00 AM Art II 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs Talk 12:00 PM Beginning Tai Chi 1:00 PM Qigong 6:30 PM Folk Dance Brunswick	10:00 AM Bridge <div style="border: 1px solid black; padding: 5px; text-align: center;"> Teen Center Monday-Thursday 2:30-5:30 PM </div>	
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	8:30 AM Table Tennis 9:00 AM SC Bridge 10:00 AM Art I 11:00 AM Center Stage Players 1:00 PM Quilting Club 3:00 PM The Book Cafe	8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Biking Club 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	9:00 AM SC Bridge 10:00 AM Art II 11:00 AM Hearing Screenings 11:30 AM BP Clinic 12:00 PM LUNCH & CONNECTIONS 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs Talk 12:00 PM Beginning Tai Chi 1:00 PM Qigong 6:30 PM Folk Dance Brunswick	10:00 AM Bridge	
9:00 AM Crafters 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Zumba 12:00 PM Bridge 12:00 PM Aging Well Lunch 6:00 PM Belly Dancing	8:30 AM Table Tennis 9:00 AM SC Bridge 10:00 AM Art I 1:30 PM Volunteer Appreciation Event 2:30 PM Cafe en Francais 4:00 PM Brunswick School of Dance	8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Biking Club 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 5:45 PM Girl Scouts	9:00 AM SC Bridge 9:00 AM Table Tennis 10:00 AM Art II 10:00 AM Good Morning Program meet and greet coffee 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs Talk 12:00 PM Beginning Tai Chi 1:00 PM Qigong 6:30 PM Folk Dance Brunswick	10:00 AM Bridge	
9:00 AM Loosen Up! 9:00 AM Crafters 9:00 AM Mah-Jongg 10:00 AM Zumba 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly Dancing	8:30 AM Table Tennis 9:00 AM SC Bridge 10:00 AM Art I	<h2>NEWS & VIEWS</h2> <p>FRANK CONNORS & STACEY FRITZ chat about summer programming Viewed weekly on Cable Channel 3, Brunswick Community TV</p>			MONDAY AFTERNOON 4 P.M. WEDNESDAY MORNING 7 A.M. SUNDAY EVENING 9 P.M.	<ul style="list-style-type: none"> RADIO 9 WCME Each Monday at 8:35 a.m. on AM 900 or radio9wcme.com. THE TIMES RECORD People Plus page the fourth Monday of month, and Pic of the Week on Fridays.

Curtis Friends to hold last mega sale

The Curtis Friends Book Sale returns to the Brunswick Junior High School gymnasium, 65 Columbia Ave., Friday through Sunday, June 26-28.

There will be more than 70,000 items for sale (all books just \$3 or less) — including books, tapes, CDs and DVDs — making it the largest annual book sale in Northern New England.

The book sale is presented by Curtis Friends and all proceeds directly benefit the library and its programs.

The sale begins with a Thursday evening Member Appreciation Sale from 5:8 p.m. on June 25 for members of Curtis Friends (up to a 30-book limit). Memberships are available at the door for levels beginning at just \$10.

The regular sale runs from 10 a.m.-7 p.m. on Friday, June 26, when all books will be \$3 or less. On June 27, the sale

will be from 10 a.m.-5 p.m., when books will be \$2 or less. On the final day, June 28, the sale runs from 11 a.m.-3 p.m. and books cost \$3 for a grocery bag full.

This year's sale will be the last one sponsored by Curtis Friends for the foreseeable future. One week after the sale's end, a year-round bookstore, Twice-Told Tales, will be opening at 11 Pleasant St. in Brunswick and be manned by Friends' volunteers.

For information about the book sale, please visit www.curtislibrary.com/ /booksale, e-mail friends@curtislibrary.com, or call Scott Johnson at 721-6593.

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Kellogg Church barn sale is June 27

The Elijah Kellogg Church in Harswell will hold its annual summer barn sale on Saturday, June 27, from 9 a.m. to 2 p.m.

This year's sale will again feature a fine assortment of collectibles, furniture including antiques, as well as some unexpected treasures. Hot dogs and lemonade will be available during lunch, and the Women's Fellowship Society will hold a bake sale.

Carrie Bubier and Louise Huntington are co-chairs of this year's event. Call Bubier at 729-6267 and Huntington at 725-5657 for more information. Members of the community may rent their own sale tables for \$25. Call Blee Horton at 833-6809 to register.

The historic church is located on Route 123 in Harswell Center, about 10 miles from Brunswick.



Noses are Red

Merrilyn Tombrink celebrated national Red Nose Day in style last week, calling tables for the luncheon while sporting the latest in red fashion.

CENTER SNAPSHOTS



Pitching forward

Cecelia "Red" Ross Hilyard proudly displays the commemorative baseball presented to her son Larry Ross after he pitched a rare no-hitter for the Yarmouth High School Clippers on May 17, 1971. Ross died suddenly last winter, aged 59. Red, a very proud People Plus member, intends to give the baseball to Brian Gordon, who was a life-long friend of her son, and was the catcher during Ross's no-hitter. The Clippers defeated the Falmouth Yachtsmen 21-0 in that legendary game 44 years ago.



Fine work

Topsham resident Dana Cary proudly displays a custom quilt created by his wife Marilyn and finished before her death last August. As a lasting tribute to his wife, and her work, Cary is loaning the Center two quilts to exhibit in our Maine hall. Come see!

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Start the conversation with your OB/GYN.



Snack sale

Casey Henson, Meals on Wheels coordinator for Spectrum Generations, offers her best sales pitch during a bake sale at last month's spaghetti and meatball luncheon. The two-hour effort netted more than \$200 for the local meal program.

Lunch Out!

June 9, at 11:30 a.m.

RICETTA'S

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Melissa J. Streeter, MD, and Gregory L. Gimbel, MD, are board certified in Obstetrics & Gynecology and in Female Pelvic Medicine and Reconstructive Surgery. Both are on the active medical staff of Mid Coast Hospital.

Photos by Jeff Harwood of The Press Herald



Savvy scoopers, all

Topsham benefactor Jim Howard (second from left) joins People Plus board members Richard Rizzo, Dustin Slocum, Gordon Brigham and Claudia Adams behind the counter at the Gelato Fiasco in Brunswick during the seventh annual Brunswick Teen Center benefit Scoop-A-Thon on April 29. The exhausting 12-hour event netted more than \$5,500 for the Teen Center and produced more happy customers (see inset, two unidentified kids) than we could count.

Hiker's visit Wells Reserve



A solitary Thursday hiker enjoys a private moment overlooking a stretch of salt marsh in the Wells Beach Reserve on May 14. At far left, the entire crew of Thursday Hikers gather for a "family portrait" in front of Lautholm Farm on the reserve.

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- Guidelines for safe alcohol consumption
- The warning signs that you may need help

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Director of Outpatient Behavioral Health
Mid Coast Hospital
and
Melissa Fochesato
Director of Access Health
A Healthy Maine Partnership

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Mid Coast Senior Health Center
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Senior Intermediate Cribbage

- April 29:** Colleen Petrin, 721; Nancy Lafely, 720; Lorraine LaRoche, 716; Bob Frost, 708.
- May 6:** Anita Owens, 706; Lois Fournier, 704; Robert Mehlnom, 698; Colleen Petrin, 686.
- May 12:** Lorraine LaRoche, 716; Bob Frost, 711; Bob Foehring, 705; Gaby LaRoche, 700.
- May 20:** Lois Fournier, 726 (perfect game); Bob Hehlhorn, 721; Patricia Johnson, 707; Lorraine LaRoche, 704.

Monday-Saturday Bridge

- April 18:** Gladys Totten, 3,900; Lorraine LaRoche, 3,440.
- April 20:** Joyce Lyons, 4,390; Paul Bettit, 4,270; Tony Monaco, 3,820.
- April 25:** Gladys Totten, 4,800; John Rich, 3,630.
- April 27:** Bill Washington, 4,580; Tony Monaco, 3,900; Gladys Totten, 3,640; Sherry Watson, 3,600; Jeff Lauder, 3,520.
- May 2:** Lorraine LaRoche, 4,700; Bill Washington, 4,670; Bill Buermyer, 4,580.
- May 4:** Sherry Watson, 5,550; Bill Buermyer, 5,370; Joyce Lyons, 4,530; David Bracy, 3,800; Alan Reder, 3,780.
- May 9:** John Rich, 4,440; Bill Washington, 4,000; Sherry Watson, 3,970.
- May 11:** Lorraine LaRoche, 4,380; Joyce Lyons, 3,740; John Rich, 3,680; Tom Alley, 3,420; Alan Reder, 3,400.

After gelato scoopers come Upward Bound helpers

June is here! June 22 is the last day of school for Brunswick students. We start our summer schedule the very next day with our Upward Bound Interns joining us.

For six weeks, Upward Bound Bridge students spend the mornings at Bowdoin College taking a course so they can begin college with a credit already, and they intern in the community in the afternoons from 1:45-4:30 p.m., so our summer hours will be Tuesday to Thursday from 1:30-4:30 so that once again this summer we can add them to our staffing.



Jordan Cardone

So, gelato Fiasco Scoop-a-Thon has come and gone. Hope you were there. Because the event was so late in April, you are reading about it this month instead of May. It was, once again, a great and fun event. We did our annual "field trip" down to Gelato Fiasco where all the teens got a free Gelato and got to visit, get balloon animals (well swords and stuff) and listen to some music.

It just so happened that four of our regular "food angels" were at Gelato Fiasco, two scooped that day, one manned — er, woman-ed — the raffie table and one brought his wife in for some Gelato.

So, Hank Welzel brought his wife, Gloria, in and is seen standing with Winnie Chan (who scooped). These two People Plus members are a huge part of our week each week, both having taken on one day per week to provide snacks for



Teen Center members take part in the celebration at The Gelato Fiasco in April.

the kids — EVERY WEEK — that's a lot of snacks!

And, Ethan Minton, who scooped, and Laurel Kopeke at the raffie table both work at Mid Coast Hunger Prevention Program where we get the other portion of our weekly food. Winnie happens to also volunteer every week at MCHPP. They are all a core part of our week, every week.

An anniversary year

June 5 marks the 10th anniversary of the opening of the Teen Center. Ten years ago, the Center opened in the basement of the then-55 Plus Center building on the corner of Noble and Maine streets.

The program was initially open just one day a week and staffed by volunteer personnel, Melissa Orth from Curtis Memorial Library and Conan McNamara, currently a teacher at Brunswick Junior High School.

During the coming year we will be sharing some of the Teen Center history with you as well as some pics from the past. On June 4, the teens will be marking the occasion with a small outside cookout and in the fall, we will hold a bigger bash so you can all celebrate with us.

Ten years is a remarkable amount of time for a smallish program, started as a grassroots type effort, to last and not

only last, but flourish. In search of an actual location, the Teen Center program was able to become a reality in 2005 when the People Plus Board of Trustees agreed to allow use of space in one of their buildings and also act as the center's fiscal agent as well as offering support in many other ways.

After a number of years, People Plus officially "absorbed" adopted, merged with "the Teen Center and it became, and continues to be, an official program of People Plus.

The Teen Program continues to do well. We have quite a few regulars who come every day that we are open and many who come a couple times a week. Still others come once in a while, making every day a little different.

And we never know what or who summer will bring! Last year it was a big influx of "about to enter sixth-graders" and they seemed sooooo young. We ended up with a lot of them continuing to frequent the program which has changed the dynamics so that we continue to have primarily junior high age members. We shall see what this summer brings...

It seemed like forever for spring to get here this year. Hopefully we will get some summer weather that will be nice enough to offset the winter we've had.

— Jordan and the gang

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TEEN OF THE MONTH:
GAGE SOMERVILLE

Gage Somerville is in eighth grade at Brunswick Junior High School and has been attending the Teen Center program since entering sixth grade.

This year Gage was on the BJHS Math Team and his favorite thing to do while at the Center was to play Wii with the "guys."

Both of Gage's older and younger brothers are also members of the Teen Center. Gage is receiving Teen of the Month for his easy going nature and willingness to join in. For his reward, Gage will receive two tickets to Regal Cinema. Congratulations Gage.

All processes take time

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

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

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

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

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

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

As a chiropractor I cannot tell you how important conscious lifestyle choices are when it comes to living to our full potential! The people I see daily in my office have made a conscious choice to become healthy, to get stronger, to honor their physical body, to free their nervous system from stress, and live each day as the first day of the rest of their lives; an amazing powerful position that leads to celebration and freedom.

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

You have TIME. Use it wisely.

Dr. Jeffrey S. Sloucm



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

June 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,

My senior center gave me information about different services that can help seniors to save money, including one relating to Medicare. One discussed Medicare Savings Programs. What are Medicare Savings Programs?

—Lori

Dear Lori,

Medicare Savings Programs (MSPs) are assistance programs that help to pay certain Medicare costs for people with limited incomes. MSPs can help to pay your monthly Part B premium, and possibly other Medicare costs depending on your income.

To qualify for an MSP, you must meet certain income and asset guidelines in your state, and you must have Medicare Part A, the hospital insurance part of Medicare. If you do not already have Part A, you may still apply for an MSP if you qualify for the MSP that pays your Part A premium. To learn more about MSPs in your state and how to apply, contact your local Department of Social Services, or your State Health Insurance Assistance Program (SHIP).

If you have an MSP, you will also automatically get Extra Help, the federal program that helps to pay certain Part D prescription drug costs.

—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.



Save The Date

For the 3rd Annual Meals on Wheels Celebrity Chef Challenge, Wednesday, September 16th at the Maine Maritime Museum in Bath. For more information about this event, including sponsorship or ticket mailing list, contact Nick Cloutier at 620-1655 or ncloutier@spectrumgenerations.org

All Spectrum Generations locations will be closed
on Thursday, June 11th for
Employee Appreciation Day.



Every year an estimated 5 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23 cases go unreported.

What is Elder Abuse?

In general, elder abuse refers to intentional or neglectful acts by a caregiver or "trusted" individual that lead to, or may lead to, harm of a vulnerable elder. Physical abuse; neglect; emotional or psychological abuse; verbal abuse and threats; financial abuse and exploitation; sexual abuse; and abandonment are considered forms of elder abuse. In many states, self-neglect is also considered mistreatment.

Who is at Risk?

Elder abuse can occur anywhere – in the home, in nursing homes, or other institutions. It affects seniors across all socio-economic groups, cultures, and races. Based on available information, women and "older" elders are more likely to be victimized. Dementia is a significant risk factor. Mental health and substance abuse issues – of both abusers and victims – are risk factors. Isolation can also contribute to risk.

What Should I do if I Suspect Elder Abuse?

You do not need to prove that elder abuse is occurring; it is up to the professionals to investigate the suspicions.

Visit spectrumgenerations.org and click the Report Elder Abuse button.



Or call the Maine Department of Health and Human Services' Adult Protective Hot Line at 1-800-624-8404.

Remember: Most cases of elder abuse go unreported. Don't assume that someone has already reported a suspicious situation.

Together, we have the power to
prevent elder abuse

Spectrum Generations is an equal opportunity provider.

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Strawberry fields forever!

EDITOR'S NOTE: During the summer months we want to feature car-based trips to areas that make our region special. We hope you'll jump in your car and tour with a spouse or friend. We expect you'll come away with a finer appreciation of what Mid-coast Maine is all about.

By FRANK CONNORS

I don't consider it summer until at least one full crop of native strawberries have passed my lips, and of course I have a special place to pick them. I know there are hundreds of people living in this area who only get to Bowdoinham once a year — during strawberry season — but I have to say that's OK. I want to give you directions from the Brunswick area, but first, you need some background.

I remember the first year that David Prout planted maybe an acre of strawberries on a piece of East Bowdoinham.

Please see **SIDE TRIP**, Page 11

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Yearly Membership Fees: \$35 per person (Brunswick) \$250 for Lifetime Membership (65 or over)

\$45 per person (all other towns)

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(*Donations above Membership Fees are tax deductible)

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Membership has its benefits

The following businesses offer discounts for People Plus members.

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Reflections: 10%, Monday and Friday 2 Center St., Brunswick 729-8028, www.reflectionsbylucy.com

Candy
Wilbur's of Maine: 10%, Anytime 43 Maine St., Brunswick; 729-4462

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

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

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www.paulinesbloomers.com

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Autometrics: 10% Anytime 21 Bath Road, Brunswick; 729-0842

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 118 Pleasant St., Brunswick; 729-6653 www.billdodgeautogroup.com

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Lee's Tire & Service: 10% on Parts (excludes tires) 35 Gurnet Road, Brunswick; 729-4131 27 Monument Place, Topsham; 729-1676

Tire Warehouse: 20% on Labor 24 Topsham Fair Road, Topsham 725-7020, www.tirewarehouse.net

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Maine Optometry: \$30 off complete pair of glasses 82 Maine St., Brunswick; 729-8474 www.maineoptometry.com

Recreation/Entertainment
Eveningstar Cinema: Discount bag of popcorn at evening shows (\$1 small, \$1.50 medium) 149 Maine St., Brunswick; 729-5486 www.eveningstarcinema.com
Yankee Lanes: \$1.85/String, 7 days a week, 9 a.m.-5 p.m. 276 Bath Road, Brunswick; 725-2963 www.yankeelanes.com

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June is the month of graduations

The air is filled with lilac scent, anticipation and mortar boards as graduates of the class of 2015 cheer, scream, take "selfies" and hug each other, not really understanding what just happened, and not quite anticipating what comes next.

Jane and I had the pleasure of attending a close cousin's graduation from a storied, Ivy League school last month, and maybe it was Jenn graduating, but the pleasure was pretty much ours! For Jane it was a repeat of her graduation late in the last century, for me it was a reminder I hadn't yet graduated from college.

First came the drive down there. Upstate New York this time of year was like stepping into an extra spring. Lilacs were out, lush green field grass is knee deep. Apple blossoms are falling like the snow we're still trying to shake up in Maine. We did our time on Mass Route 90, the Turnpike, bumper-to-bumper crazy the people, but when we crossed into

New York, the route number was Route 20 and the drive was a pleasure. Farm fields on both sides of the road, corn to the height that the crows prefer and farmers were working their John Deere's by headlights, just trying to catch up. Two, maybe three times I woke Jane up, just to get her to look at the view. Three, maybe four times, I catch myself saying we need to come back to this region and explore.

Jenn's parents have rented a lakeside cottage to serve as our base of operations. I immediately start noise about going swimming. It was just a gorgeous little place, and Robert (the father) admits he reserved it four years ago! Is that confidence or what? We gather and go to this wonderful lodge for a pretty good dinner: I think Jenn was too nervous to eat, and there was some friction about her packing and getting out of her apartment while festivities were flying.

Jenn is one of the sweetest little co-eds I ever hope to know (can I say that, Stacy?) but her plan was to party with her friends (every one of them, at least one more time before SHE drove down the road to the rest of her life). She dragged us, her parents and grandmother along when she could, when she had to, but it really was a chore to get her to focus. Good that I wasn't in charge. I started to see some value to cellphones.

The night before graduation we were witness to a torch-light parade that rumbled through campus. No one died, no property was lost to flames. Just to be sure, there was plenty of beer around to quench the flames.

Graduation was in the field house. We were there so early I wanted to help with chairs, but, as Robert pointed out, we did get great seats. There were a couple speeches, one much better than the other, and maybe six pages of graduates to walk across stage and get their diplo-

Speaking Frankly

FRANK CONNORS



mas. Of course we screamed and stomped our feet at Jenn's 15 seconds of glory! After yet another reception, Jane and I said we were ready for the road home, without my swim in the lake, and the parents said they were riding home together, leaving Jenn to pack on her own. Good move, parents!

Somewhere back on Route 20, headed east this time, I'm looking at fresh farm fields and telling Jane I should go back to college. I remind her my mother didn't get her bachelor's degree until she was 80-something, but mercifully Jane's head was back and she was sound asleep.

Congratulations, Class of 2015!

SIDE TRIP

From Page 10

Kennebec River-front land he rented from his father, Harry Prout. Back in those days, even the most discriminating berry picker went to Fenimore's in Bowdoin, or Popp's in Dresden. I immediately became one of Prout's most valued customers.

My Jane makes pies to die for, and the best pies she produces are fruit-based. If you try to put Jane on the spot (and I recommend against that) she'll tell you the best fruit base for baking pies is a strawberry, and that one reason she keeps me around is because I like to pick them for her. Strawberry Rhubarb comes to mind immediately, then strawberry peach, strawberry blueberry, "fresh" strawberry... see where my mind is going?

These days, Cathy and Pete Karonis are running the Bowdoinham berry patch as part of their Fairwinds Farm operation, and we all need to thank them for that. Best way to thank them, of course, is to get out there and pick a pound, or two, as soon as the fields open. Cathy told me last week the berries are setting up well, loaded with blossoms and this season is pointing to another busy year, "if we can keep the water going to them."

She guesses the season will be starting June 22-26, and carry through the Fourth of July, I hope so.

Grab a bucket, get in your car and cross the bridge to Topsham. Nearly up the hill, turn right at the Baptist church

on Elm Street/Route 24, and follow that road out of town. If you want to take your time, (I usually do) go under the railroad overpass, turn right and go around Topsham Foreside. It's a pretty detour, and you'll be back on 24, "soon enough!" The Foreside takes you past Topsham's library, recreation area, and offers some great views of the Androscoggin River/Merrymeeting Bay, and the Muddy River. Half way around if you take another short, right-hand detour on Pleasant Point Road (this one's a dead end) you'll be rewarded with some up close looks at the bay.

Foreside Road rejoins Route 24 a couple hundred yards from the Bowdoinham town line. Follow 24 along Cathance Neck Ridge till you get to the river, and cross the bridge, and railroad tracks, into Bowdoinham village. You'll intersect State Road 125 (Main Street) at the old Popham cannon (on your left) and continue north toward Richmond. Ride along the tracks over the Cathance River's east branch, climb Clay Hill and take your first right onto Browne's Point Road. The strawberry fields are three-miles ahead!

Wear old cloths, you'll need to crawl around on your knees, bring a hat and some water, and expect to eat a few berries when Cathy and her helpers aren't watching. I prefer to pick in the early morning or later afternoon. As soon as the season opens, a call to Cathy at 729-1872 will give you all the information you need for a fun-filled, fruit-filled berry picking expedition.

Say "Hi" if you see me down a row!

New or renewing members — May

- * indicates new member
 - * indicates donation made with membership
- | | | |
|--|---|---|
| <p>NEW LIFETIME MEMBER</p> <p>Rosalie Bean, Brunswick
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Marilyn Nulman
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James Pratt
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Carl Smith *
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Priscilla H. Hall
John L. Kethner
Mary O'Connell
Joanne Levesque
Judy Michaud *
June Wilson</p> <p>HARPSWELL</p> <p>Linda Despres
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"Moxie Lake," pastel, by Wilma Sarna

Students' art show continues

Students in art instructor Consuelo Bailey's Tuesday and Thursday art classes are being featured through the end of June in the Union Street Art Gallery at People Plus.

This perennially popular multi-media show features more than two dozen new and original works, and is the first of the season for Bailey's morning classes.

Students invited to exhibit include: Beth Aldenberg, Lorraine Berte, Sandra Cox, Karen Guistra, Pat Hix, Richard Jordan, Judy Krok, Donna Lemieux, Richard Nickerson, Valerie

Robbins, Ann Sanfasin, Wilma Sarna, Francis Stone, Ann Thomas and Alfred Tyrol. Bailey also exhibits several pieces in the show.

Mixed-media include works in watercolors, watercolor pencil, graphite and charcoal, colored pencils, pen and ink, pastels and scratchboard. Bailey intends to introduce her students to each of these media during a normal season of classes. The collected works can be seen during normal business hours at the People Plus Center café, 35 Union St., Brunswick.

THE WAY LIFE USED TO BE....

Willowbrook tour set for June 18

You can visit a restored, 19th century village right here in Maine, on Thursday, June 18, with friends from the Bath Senior Citizen's club.

The bus leaves Bath at 9 a.m., the Topsham Home Depot park and ride at 9:15, and returns late the same day. Willowbrook at Newfield, Maine, "The

way life used to be," is a restored village with farm implements, home scenes and a blacksmith shop, among other features and museums. Bring your sneakers, the \$30 price for members of People Plus, the Bath Senior Citizens and the Topsham Merry Meeters (\$35 for everyone

else) includes general admission, your lunch at the village, bus transportation to and from Newfield and a guided docent tour.

Register in Bath before June 11, by calling the Center at 443-4937, but you are not on the list until you pay.

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Honored for her service

Elizabeth "Betsy" White, left, the office manager at People Plus, was honored recently for her 15 years of service to the nonprofit organization. At right if Executive Editor Stacy Frizle. White has served longer than any other current staff member.

Poisson, Poisson

By MARCIA GOOD TOWNSEND

I've read about people who are sitting quietly, reading or doing something which occupies their mind ... then they have an odd feeling come over them, like someone is watching them. Weird. Couldn't imagine it in anything but a fictitious story.

But I was wrong. Tuesday evening my husband and I were sitting on our couch, feet propped up watching television and enjoying homemade chili and fresh biscuits.

I had an eerie feeling about "eyes" seconds before the dog started barking for what we thought was no reason. I looked away from the TV and noticed a lone hen turkey staring in my direction from behind the fire tree in our yard.

Now, it's common for a number of hens and toms to visit us several times a day. They are quiet and they clean up the seeds our smaller feathered friend strew about the ground beneath our feeders. This lone hen wasn't standing up tall, but her long, gizzardy neck was down and forward ... like she wary of what oddity she was looking at.

This was too much for me. Setting down my chili, I stood so I could get a better look out the window. I couldn't believe what I saw! A very fresh 11-inch fish was laying on the ground about three feet from our living room window and one foot from our porch steps!

No wonder that hen looked awe struck! Bet it narrowly missed her when it fell from the sky! All we could think was that an eagle or osprey flying over had been wrestling with a feisty catch and never made it back to its nest. Caused a bit of a fuss in our yard.

A neighborhood cat ate half of it over night and this evening, about dinner time, I noticed two cats staking out the head ... oh yummy! Fish head for dinner. Meeeuuw!

This is not the end of our 24 hours of fish tales.

I was in the kitchen this afternoon when Linwood called to me that there was a ruckus in the fish tank in our living room.

"Someone keeps banging on the glass!" he said. I shook my head in disbelief because it isn't in the nature of our very large angel fish and the 13-inch plecostomus is really very docile ... hanging on the side all day, filtering algae.

Rounding the corner from the kitchen into the living room to look, I had to laugh. I had a small hollow rock that serves for one of several "abodes" for loaches in my other smaller aquarium. It collects algae fast and I get tired of cleaning it, so I had plucked it out last evening and dropped it into the larger one, assuming one of the algae eaters would suck it clean. I was right ... but I had not counted on the Chinese Algae Eater's inability to make a good decision ... or he had "little dog" syndrome like Great Danes often do!

What I saw was priceless. He is e-x-t-r-e-m-e-l-y shy and spends much of his time inside a log in the corner. He's about 8 inches long and as thick as my thumb, but thought he could squeeze into that little white cave! He was stuck, head first in it, with half his body and tale sticking out and wiggling. When he couldn't extricate himself, he panicked and kept swimming forward, running into the glass walls, thus the "knocking" sounds my husband heard.

After taking a photograph (who would believe this story if I didn't?) I grabbed the kitchen step stool, climbed up and reached down to the bottom of the aquarium. I had to be quick! Got hold of the cave and held it up, hoping gravity would help. It did and he slid out quickly. I never saw anything disappear so fast! He literally flew into his log and there he hung, all day ... after an hour or so, his gills began to slow. Bet he was wishing there was someone he could tell about his ordeal! "I" certainly was!

I've Done What I Came To Do

By NANCY SOHL

I've been able to check a lot of things off my "to do list" — many before I knew I had a "to do list."

I was a good kid. Sure there was one time I had to stay after school when I was in second grade. We ate lunch at our desks back then and we weren't supposed to talk. Well the kid in front of me turned around to say something and in the process knocked over my bottle of milk with his elbow. I went to get paper towels to clean up the mess and I got in trouble for leaving the room without permission.

I didn't seem fair then, and it doesn't seem fair even now.

Oh, and there was the time I skipped my piano lesson and walked a mile or so to my dad's office. I thought he'd be happy to see me, but I got a spanking and was sent to my room when we got home. I wasn't perfect, but I was a good kid.

I didn't win any honors at school or even take honors classes, but my teachers always liked me and I can't remember ever having a fight with anyone in or out of school. I was a solid "B" student. I got my degree, my

teaching certificate, and my masters. I was educated.

I had a job as a teacher for 33 years with only one year I would call a struggle. My principals liked me. The parents were supportive and the kids were both respectful and happy at school. I helped a lot of kids develop their own knowledge and talents while appreciating the talents of others. I did my job well.

I've been a good wife. We've been married almost 42 years and while my husband may have some things concerning me on his wish list, he also says that without me he'd be a sad, lonely man living in a cardboard box under the train tracks. I've been a good wife.

I've enjoyed my life and the people in it. I've had enough money to be comfortable. I've been healthy enough to be active. I've helped a few people and a few good causes.

I've loved and been loved my whole life. What I really wanted, I set out to get and got. What I didn't need, or couldn't have, I didn't worry about. I have many things I'm grateful for and very few regrets.

I've done what I came to do.

Life's Flower Gardens

By BONNIE WHEELER

In the flower gardens of life we carefully plant and nurture, we learn to ignore the weeds grow.

The sun shines, the rains fall, flowers bloom and weeds grow. So much beauty in Life's gardens, we learn to ignore the unwanted weeds.

Moon Glow

By CHARLES PAYNE

A bright moon rides high
lovers delight
brings them nigh
and they seal their plight
a deep sigh
then a tender goodnight.



My Present

By MARCIA GOOD TOWNSEND

- Five years from today, I will ...
- still be "Grandma"
- continue to fix things.
- have finished the siding on Leslie's house.
- Five years from today, I will ...
- be close to publishing my thoughts.
- still be healthy enough to take long walks with the "grands"
- be able to roller blade while they ride scooters.
- Five years from today, I will ...
- be learning and attending classes.
- be watching YouTube videos on things from which I hope to learn something new.
- be just as starved for learning, sharing and being present ...
- Because ...
- that IS a present
- ... for me!