

## Annual Fund exceeds goal!

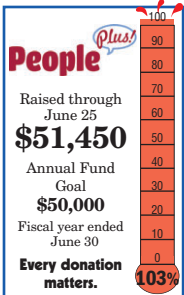
With less than a week to go in the 2014-15 fiscal year, it is clear that the annual fund to support People Plus will exceed its goal of \$50,000.

"There are always last minute additions," offered office manager Betsy White, "but we're there."

As of June 25 the campaign total stands at just over \$51,450, White said. She said the total includes \$4,633 made as extra gifts by members at the time of paying dues; but does not include \$8,025 donated directly to the Brunswick Teen Center's annual fund, which runs in conjunction with, but is not included in the People Plus campaign.

"This is absolutely amazing," Executive Director Stacy V. Frizzle said. "We think it shows there is so much going right at People Plus."

Frizzle said early challenges offered by Richard and Eleanor "Smokey" Morrell, and by Topsham developer Jim Howard lifted the campaign in its earliest days, "and we never had to look back," she said. Frizzle added that it had also been a great year for the Center in successful grant applications. She said the Center received more than \$12,000 in directed grants from Brunswick's Senter Fund, the Maine Women's Giving Tree, from Jumpstart Our Youth, from Bowdoin College's Common Good fund, from Androscoegin Savings Bank, from Androscoegin Savings Bank, and from United Way of Mid-coast Maine. None of these grants are included in the annual fund total.



**SUMMER MEMBERSHIP PICNIC**  
 Burgers, baked beans and hot dogs. Live music by Peepsport Station, Thursday, July 16, 11 a.m.-2 p.m. Thomas Point Beach, Brunswick.  
 Story on page 4.



Members of the Lunch & Connections kitchen crew sport new oven mitts given to them during the Volunteer Appreciation event held June 23. It was pointed out the group has members aged 20-88, and they "seldom" miss an opportunity to please!

## Recognizing, honoring those who serve

More than 50 volunteers and several board members attended the annual party to recognize volunteers at People Plus on Tuesday, June 23. All enjoyed an old-fashioned ice cream social as part of the celebration, and the "meet and greet" that followed was a rousing event indeed.

Special recognition went to Madeleine Ashe, who is leaving the Brunswick area in a couple months to live closer to her family in the Boston area. Ashe was cited for her many accomplishments, from beginning the Center's Café en Français French-speaking program, to doing detail cooking at luncheons, to her leadership in the Good Morning Program to doing on-call alterations to member's clothing.

"Sometimes we just wondered if we might as well close

the Center when you leave," quipped member services coordinator Frank Connors, who has "seen her good work on a daily basis" for years.

Connors added that she has, "already contacted a senior center in the town where she is moving" and he wondered if he should call them and warn them that she's "coming and will take over!"

Bernie Breitbart was named Volunteer of the Year for all the work he has offered constructing a video history of People Plus as the Center enters its 40th year, and Trustee Corie Washow received Board Member of the Year honors for her work as secretary of the board.

Ralph Laughlin was awarded his own embossed apron for outstanding service to the Center, as did Rose Collins. The two were called "central to the

perennial success" of several of the Center's food distribution programs.

Lunch & Connections volunteer coordinator Gladys Szabo then came to the microphone and credited her "beloved crew" who "make a mammoth task look easy, month after month."

Spectrum Generation's Meals on Wheels Coordinator Casey Henson recognized a group of her volunteer drivers, and several other volunteers who perform services out of People Plus. All were given special drinking cups and other gifts.

Service statues were awarded to more than a dozen volunteers who help direct individual programs at the Center, they include: Gladys Totten for bridges, Gladys Szabo for lunch and desk coordination, Mike Linkovitch for cribbage, Bever-



Singled out for service, Rose Collins, left, Ralph Laughlin and Madeleine Ashe were given "honorary aprons" for services above and beyond the call of duty.

ly LaPointe for crafter-quilters, Steve Winter and Ron Roy for Table Tennis, Edie Rentz for German club, Charlotte Hart and Bonnie Wheeler for Writer's group, George Phipps for camera crew, Connie Bailey for gallery coordination, and Chris Toole for restaurant coordination at the Center's Music in April event.

Executive Director Stacy V. Frizzle closed the event with a long list of services and duties provided every day by hundreds of named and unnamed volunteers.

"We're here for you," she said, "but we could never be here without you!"

## Wasileski will offer Author's Chat

John Wasileski, who built The Highlands in Topsham, and who is widely considered the leading developer of senior housing in Maine, has published a book about his experiences at The Highlands, and will be our Author's Chat guest on Thursday, July 30, beginning at 1 p.m.

The 163-page, full-color vol-

ume chronicles the development of The Highlands with precise history and a huge resource of photographs, and has a foreword by Sen. Angus King, who says the Wasileski story is "almost too American."

Many of the photographs feature current and past residents of the community — "it is about them, after all," observed

Wasileski — The Highlands is their home.

In typical Wasileski style, all proceeds from the sale of the book will benefit the Resident Assistance Fund at The Highlands.

This program is free and open to the public, but please pre-register with Pat at the front desk, 729-0757, if you plan



to attend. Seating will be limited to the first 100 people who register.

## People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsam-Harpswell area. Editorial submissions and advertising queries should be e-mailed to:

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

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

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P.O. Box 766  
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# It IS all about our people!

Well, it's the year-end wrap up. I know we're in the July newspaper at this point, but for me it's all about a new budget season and finishing up this fiscal year!

I could not be more thrilled with some of the numbers that we have been able to pull together this year!

It really speaks volumes when you think about how many people support this organization financially as individuals, businesses, municipalities and community foundations. It adds up to about \$200,000 a year!

Yet the heart and soul of this organization is it's volunteers. Where would we be without them?

There would be no front desk crew, no monthly lunch, no teen center assistance, no envelopes licked, no cribbage program, no Mah-Jongg game, no bridge club, no writing group, no crafters, no quilting club, no technology support, no Facebook class, no painted parking lots, no breakfast programs, no book clubs, no dance classes, no laughter yoga, no word discussion group, no French club, no German club, no gardens planted, no grass mowed, no Volunteer Transportation Network, no Good Morning Call Program, no Meals on Wheels delivery, no gala fundraisers, no Board of Trustees, no Teen Center Advisory Committee, no Gelato Fiasco Scoop-a-thon, no ice cream socials, no new curtains for the hall, no Senior Health Expo, no Thomas Point Beach picnics, no pansies

in the planter boxes, no Monday morning radio show, no monthly TV show, no monthly newspaper, no books published, no paintings donated, no gallery art hung, no table tennis, no hikers, no bikers, no hearing tests, no blood pressure readings, no diabetes classes, no Medicare classes, no taxes filed, no check books balanced and...

No reason to come to the People Plus Center?

So, I ask again, "where would we be without our volunteers?"

I think we would not exist actually. We could not do it – not just as a staff of six. Nothing would happen.

I see that so very clearly at the board level. This month we say goodbye to three board members who have filled their terms with their time, energy and generosity. Gordon Brigham, Fraser Ruwet and Corie Washow have all donated individually and as parts of the team that make up the foundation of this organization, and we thank them.

I also have to give a special shout out to Bob Davis at Mechanics Savings Bank. He has been the chair of this board and my direct mentor and manager for the last three years. I could not have achieved the financial success or programming and membership growth that People Plus has seen come to fruition in the past three years without his guidance and tutelage.

We are all in his debt. And, of course, I have to mention how

## From the Executive Director

STACY V. FRIZZLE



amazing the staff is here at the Center. They all do their jobs fantastically well and I am truly in their debt. They make my job of raising money easier as they pave the way with great programs, wonderful events and a well-run organization that serves more than 2,500 seniors a month and 1,800 teens a year!

Betsy is now into her 15th year with People Plus while Frank is knocking on the door of his 10th year. Jordan is into year 10 as well and Jill and Pat are both into year two. It says a lot about an organization that can retain it's staff for decades.

So, as we enter the heady days of summer, I hope you'll take a minute to think about what the People Plus Center means to you. I can say without a doubt that it means the world to me and that that world is filled with lovely people who give their time and energy to making this Center the vibrant and productive place we all know and love.

I thank each of you for your donation of time and funding to People Plus. And I hope to see you down here soon at the Center That Builds Community on Union Street. Please don't ever hesitate to pop your head in my office for a visit. Gertie is always glad for the company.. Just don't forget to bring her a treat!

## From Anita's Plate

ANITA HUEY



## It is OK to eat potato, seriously

This month I am going to write about the potato. Yes, you read that correctly, the potato!

I often hear people say that they shouldn't eat a potato. Let's face it, it is the portion size and what is put on it that can be the game changer. Driving to work the other day I heard a radio advertisement offering free french fry refills. French fries can provide more calories and fat than the burger. Yikes!

At a recent family barbecue there was a tub of potato salad on the counter. I couldn't resist looking on the label. A half cup portion had 350 calories! A sweet potato may not be a better choice

## Potato Salad

### Ingredients:

- 2 pounds potatoes, peeled and diced
- Nonfat Italian dressing, enough to coat the potatoes
- 1/2 cup celery, diced
- 1/4 onion, diced
- 3 hard boiled egg yolks
- 1 T Dijon mustard
- 1 Tb. Low fat mayo
- Celery powder to taste

### Directions:

1. Put the potatoes in water and bring to a boil.
2. Simmer until the potatoes are tender.

3. Drain.
4. Hard boil the eggs.
5. Place the potatoes, onion and celery in a bowl and add the Italian dressing to keep moist.
6. In a small bowl mashed the egg yolks with mustard, mayo and celery powder.
7. When ready to serve add the egg mixture to the potatoes. If needed, add a bit more dressing or mayo.

*Note: I made this for my daughter's graduation and it was the best potato salad I have ever made. Thank you to my client who gave me the Italian dressing idea. Enjoy.*

if it is loaded with marshmallows and candied.

This month's recipe is a great one to try for a healthier potato salad. Here is another idea. The next time you bake a potato (sweet or white), serve it topped with black beans and salsa.

On Sept. 24, the fourth Diabetes Prevention Program will get under way. This year-long program offers participants the opportunity to reduce their risk of developing diabetes and, in some cases, returning blood glucose levels to the normal range.

This program runs weekly for 16 weeks and then monthly for the next six months.

The focus is to strive for a 7 percent weight reduction and 120 minutes of physical activity per week. It helps people to develop strategies for problem solving and tools for long-term success.

As of July, state of Maine employees and retirees will have this program covered by their health insurance. Participants have found real value to the program and those that have completed the program have asked for on-going follow up sessions. We will move forward with these individuals meeting twice per month starting in July.

For more information on the Diabetes Prevention Program, please contact me at 504-6439.

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



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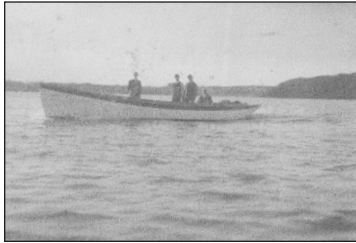
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## Fondly recalled ...



Open power launches like this one used to connect the New Meadows River and the Harpswells with Portland and other "ports" on Casco Bay during the summer months. This boat is believed to be the *Dirigo*, which Alonzo Fisher of Bath used on the New Meadows for many years. **If you have old area pictures to share with readers of the People Plus News, please contact editor Frank Connors, 729-0757, with your contributions, comments and suggestions.**

## Maine in Summer

By WINNIE SILVERMAN

Ants and weeds, weeds and ants  
Crawley bugs go up your pants  
Black flies begin in May to bite  
Mosquitoes draw blood in the  
night  
Bugs share with us the summer  
season.  
But flowers in bloom are one

good reason  
For us to enjoy Maine summer.  
Tired plants then wilt from sun  
and heat  
They'll rest 'till next year to  
repeat  
Their glorious season  
Leaves start to fall, the end is  
near  
Fall is coming, have no fear  
Summer comes again next year.

## South Bristol Old House

By ELIZABETH B. BATES

I first saw the old house at the age of 15 ... it was the oldest house I had ever seen. I was told it was built in the late 1700s ... it began as a small four room cape-style fisherman's dwelling overlooking the ocean.

In the kitchen was an ancient iron wood stove. The stonelined sink had a pump to bring water from the dug well, but the pump no longer worked. The old well, though, was still working ... a pail tied by a rope could be dropped into the best water I had ever tasted ... but the well-house that covered it was sadly in ruins.

No bathroom ... just a rickety outhouse leaning at a crazy angle. It was a one-holer with the biggest spiders I had ever seen occupying webbed corners. There were lots of flies for them. There was a bucket of wood stove ashes to be used to cover the droppings at the bottom of the hole. They sweetened the odors. Anyone sitting in there never closed the door

because there was a lovely view to be enjoyed of the ocean and the occasional passing boat.

There were very narrow stairs going up to what used to be the attic ... at one time the roof had been raised to make room for two bedrooms. From one bedroom the view was stunning ... the ocean sparkling in the near distance. A falling down fishhouse led to a crumbling pier.

There was a small beach with many rocks. You could pick the mussels to eat, plus wave down the fisherman who lived next door to buy a lobster from his just-anchored small boat. In winter, you could see another neighbor dragging for sea scallops out in the ocean. His scallops were the best I had ever eaten.

The smell of the sea was penetrating and wonderful! I loved that place!

Two years later I married the son of the man who owned this house.

Eventually, it became ours!

They'll sail the oceans of this world  
to preserve and strengthen the  
peace,  
While in the cause of freedom,  
may their efforts never cease.  
At night each officer and seaman  
can put to rest his fright,  
For there's a night watch on the  
bridge commanding,  
"I have not yet begun to fight."

## Night Watch on the John Paul Jones

By P.K. ALLEN

There's a night watch on the  
John Paul Jones,  
the ship that bears his name,  
Who fought for God and Country,  
gaining triumph and true fame.  
We honor his spirit and bravery as  
we launch this ship of steel.  
And man it with our finest  
young men  
of courage, strength, and zeal.

# It's the Fourth of July!

By CHARLOTTE HART

"It's the Fourth of July! Summer's over!"  
My mom used to say that each year.  
What a weird thing to say! Ridiculous!  
It is ages 'till school starts, Mom Dear!  
We can bike to the lake for weeks now!  
To swim the whole warm afternoon.  
We can fish from the dock with fat wriggly worms.  
Fall will not come anytime soon.  
Cousins will come from the city.  
We'll play ball in the field every day.  
We'll sleep on the porch under skies full of stars.

School is eons and eons away.  
In July, Dad will drive to the mountains.  
We will hike Mount Chocorua once more.  
In August we'll go to the ocean. Sparkling water!  
Icy surf! Warm sand on the shore.  
That was then. It is now decades later.  
My grandchildren romp. They laugh when they fall.  
Though they are now in preschool and grade school.  
They will wear caps and gowns in no time at all.

## ELIZABETH KING



Elizabeth King and her granddaughter, Sara King, collaborated on snowflake decorations featured for many years in the Write On! group's annual Christmas supplement insert.

No movement anywhere except  
For the dog's casual lope. He doesn't stop  
To nose burrows or tracks;  
Everything is way underground today.  
The tiny brooks are frozen in mid-babble,  
Encased in ice – but for one irrepresible  
Little waterfall, like a chattering child

Betty grew up on the North Chicago shore. She graduated from Massachusetts Institute of Technology with a degree in architecture and a major interest in solar and environmental design. She worked in Boston in the fifties, then discovered Maine, and moved back to the land to raise eight children on a hardscrabble saltwater farm in Woolwich. Betty's brilliant poems and insightful essays and stories appear in Write On!'s books, "Muses and Memories," "From Maine and Away" and "Times and Seasons," as well as the writer's group CD, "It's About Time." She also had many editorials printed in local newspapers.

Betty enjoyed writing, painting, gardening, singing, playing with her grandchildren, enjoying her many friends, and doing lots of community volunteer work. Betty will not only be missed by her family friends and community, but also those of us at Write On! who enjoyed her readings and her delightful company.

The following are two of her nature poems:

### Hard Freeze

For once the woods are completely silent.

### Memorial Donation in Memory of

## Elizabeth "Betty" King

from her friends in the Write On! group

### Our Betty King

By BONNIE WHEELER

There's an empty chair at our table.  
One of our family is gone.  
Our season with Betty was sweet,  
But much too soon was complete.  
Betty had a joy for life and also a gift with words.  
We miss her, and the community misses her  
Passion to make life easier for others.  
She left the world a better place.

Which will not be silenced, no matter what.  
I, in my muffled great coat, feel noisy and clumsy  
And out of place. The dog, unselfconscious  
In his brindled fur, is totally at home in  
This, or for that matter, any other scene.

### Today Daffodils Bloom

By the stone wall. Red maple flowers  
Dust the hillsides. Pools in the wet woods  
Fill with frog songs in six part harmony.  
Just yesterday the forest floor Suddenly carpeted itself wall to wall  
With shiny green. We look for shady places  
To park the car. Dogs lie panting in the sun.  
The annual resurrection, annually despaired of,  
Has just astonished me again.

## Flash Point

By CHARLES PAYNE

Fireflies are flash dancing on a moon beam.  
The heavens are ablaze in sheer delight.  
On the earth below — a hot jazz team.  
The tree frogs trill; the cricket sings, and the bullfrogs' voices fill the night.  
The moon slides down and into a gurgling stream.  
A praying mantis turns out the moonbeams' light.  
It's Matins time; awake from your dream.

## Haiku

By PATTY L. SPARKS

SILK threads of sunlight  
peer over the horizon,  
waving at ... July!

## A Weed Asks

By WINNIE SILVERMAN

What do you have against us?  
Why are you bent on destroying us?  
Why do you call us "Weeds" when we are nature's "Flora"?  
We sleep underground during the cold months until our beds of earth warms, then we march upward. We have natural impediments to combat, but we struggle and emerge from every crack and rock, hard clay and too-soft sand.  
We then must survive your efforts to eradicate

us.  
May I remind you that what you call "Flowers" are actually pretty "Weeds." They are our brothers and sisters which you tend to carefully feeding and watering them. We all enjoy this extra attention.  
You are losing the battle, admit it. We are tough. We survive and return again and again.  
Though some of us could be considered pretty, you still don't like us.  
Why can't you just give up and let us be?  
Better yet, create a "Weed Garden" where unimpeded we can flourish.



**Lunch & Connections**

# Annual picnic set for Thomas Pt. Beach

Hamburgers, baked beans and hot dogs, with just a dash of beach sand added, will be served up Thursday, July 16, beginning at 11 a.m. and continuing, "until the food is gone," according to Chef Frank Connors.

"This is our annual summer extravaganza and a great time," Connors added. "We expect good weather and we go from there. How can we miss at a venue like Thomas Point Beach?"

Blues band Pejepsot Station is returning this year, featuring its unique blend of country, blues and jazz. Thanks to Scott Lemieux at Ameriprise Financial for making that possible.

Come early to try your luck at bean bag toss, horseshoes, or a quiet stroll along this scenic Brunswick beach (we have arranged for the tide to be HIGH

this year). Ralph Laughlin will be back this year as well, trying to coach the "Connors boys" — Frank and Grant — as they flip burgers and dogs off their duel gas and charcoal grills. Featured drinks will include iced tea, bottled water and sodas.

Betsy will be staffing the gate starting at 11 a.m. Please bring your own lawn chair if you can; we'll have tables arranged and ready. Cost is \$7 for members and \$10 for nonmembers, which includes beach admission.

Special thanks to Patti Crooker and the staff at Thomas Point Beach. Her donation of the site each year makes this celebration of summer possible and affordable. Each year, Crooker makes this donation to Center members to honor the memory of her parents,

Harry C. and Marion Crooker.

Our monthly Lunch & Connections meals are sponsored by Spectrum Generations, and are planned to focus on nutrition, information, fun and variety. Lunch is served at noon. This month there is no limit to seating but we need to know who is attending so we can plan and order appropriately.

To register, call the People Plus information desk at 729-0757. We accept registrations only after the first of July.



Pejepsot Station will be the musical guests during the annual People Plus picnic at Thomas Point Beach on July 16. Their appearance is sponsored by Scott Lemieux of Ameriprise Financial Services.

In case of inclement weather, this picnic will NOT be rescheduled.

## Summer bring programming changes

People Plus is changing things up a bit this summer, including new times for some programs and a well-deserved summer hiatus for others.

To register for, or to gather more information on, any of the following programs, call the information desk at 729-0757.

**"Aging Well" Lunch and Learn: Need Work?**

Michele Roberge will be at People Plus on Monday, July 27, at noon to talk about the Goodwill Senior Community Service Employment Program (SCSEP).

SCSEP is an on-the-job training and employment program designed to help those aged 55 and older update their job skills, build work experience and confidence, and continue to have economic security and well-being. Bring lunch; we

provide drinks and chips. Call to register:

**New summer times for Suzanne's Friday classes**

Please note that for July and August, Beginner's Tai Chi and Qi Gong offered on Fridays will have new times.

Beginner's Tai Chi will start at 10 a.m. and Qi Gong will start at 11 a.m. Loosen Up will continue to be at 9 a.m.

Spend the whole morning with Suzanne!

**Easy Riders Biking Club: New time for summer**

Meet in the People Plus parking lot at 8:30 a.m. on Wednesdays in July and August to join the People Plus bike riding club.

Enjoy an hour long ride with friends as you explore the local community!

**New Friday Table Tennis time**

Table Tennis will move to 1 p.m. on Fridays in July and August.

**Please note:** There are more summer changes to the regular schedule. The Book Cafe and the Civil War Book Club will not meet in July and August. There will be no Thursday art classes in July (Tuesday art classes will still be held). Pilates Lite and Yoga with Ann are taking a break for the summer and will resume in September.

**Welcome to Medicare with Spectrum Generations**

This session is designed to provide you with knowledge about Medicare and its many "Parts" so that you can make an informed decision about health care coverage. This class is held the 2nd Tuesday of each month from 12:30-2 p.m. Free and open to the public. Registration is required.

## Bowdoin Music Festival visiting Center

People Plus will once again host guest musicians of the Bowdoin International Music Festival in a free concert on Thursday, July 9, beginning at 2 p.m.

The Bowdoin Festival's community concert series features, "gifted classical musicians from around the world, performing in solo and in chamber music arrangements," a college spokesperson said. This year's student performers represent nearly two dozen foreign countries as well as students from many of the United States.

"These performers are conservatory or graduate students who attend our summer program to hone their performing skills in preparation for a professional life in music," the promoter explained.

Over its 50-year history, the Bowdoin Festival has established itself as a vital force throughout the music world. It was founded in 1964 by Lewis Kaplan and the late Robert K. Beckwith. The mission of the festival is to prepare gifted young musicians through study and interaction with world-class artists.

To reserve your seat at this free concert, please call 729-0757.

For more information, visit [www.bowdoinfestival.org/community\\_concerts.php](http://www.bowdoinfestival.org/community_concerts.php).

### "Danke Schoen!"

More than a dozen members of the People Plus Kaffeestunde! met at Richard's Restaurant on June 23 to enjoy chatting (in German) and fresh Rhubarb Kuchen and Sachert Torte prepared by restaurant owner Richard Gnaueck.

Organizer Edie Rentz said a good time was had by all, and that the Sachert Torte, a 7-layer cake drenched in whipped cream, was "unforgettable."



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# JULY 2015 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Teen Center Summer Schedule</b> <b>June 23 through Aug. 20</b> Teen Center hours will be 1:30-4:30 p.m. Tuesdays, Wednesdays and Thursdays Closed Monday and Friday Closed the weeks of July 13 and Aug. 24					
		■ 8:30 AM Biking Club ■ 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	■ 9:00 AM Beg./Int. Bridge ■ 9:00 AM Table Tennis ■ 6:00 PM Beg. line dancing ■ 7:15 PM Adv. line dancing	■ 10:30 AM Meals on Wheels ■ 6:30 PM Folk Dance Brunswick	■ 10:00 AM Bridge 
■ 9:00 AM Mah-Jongg ■ 9:00 AM Crafters ■ 10:00 AM Loosen Up! ■ 10:00 AM Zumba ■ 10:00 AM Apple Club ■ 11:00 AM Table Tennis ■ 12:00 PM Bridge ■ 6:00 PM Belly Dancing	■ 9:00 AM Table Tennis ■ 10:00 AM Beg./Int. Bridge ■ 10:00 AM Art I ■ 1:00 PM Quilting Club	■ 8:30 AM Biking Club ■ 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 ■ 4:00 PM Prevent Diabetes	■ 8:00 AM MEN'S BREAKFAST ■ 9:00 AM Beg./Int. Bridge ■ 9:00 AM Table Tennis ■ 2:00 PM Bowdoin Int. Music Festival ■ 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 Beginning Tai Chi ■ 10:30 AM Meals on Wheels ■ 11:00 AM Qigong ■ 11:00 AM World Affairs Talk ■ 7:15 PM Adv. line dancing ■ 6:30 PM Folk Dance Brunswick	■ 10:00 AM Bridge
■ 9:00 AM Crafters ■ 9:00 AM Loosen Up! ■ 9:00 AM Mah-Jongg ■ 10:00 AM Zumba ■ 11:00 AM Table Tennis ■ 12:00 PM Bridge ■ 6:00 PM Belly Dancing	■ 9:00 AM Beg./Int. Bridge ■ 9:00 AM Table Tennis ■ 10:00 AM Art I ■ 11:30 AM LUNCH OUT ■ 12:30 PM Welcome to Medicare ■ 3:00 PM German club ■ 4:30 PM TCAC meeting	■ 8:30 AM Biking Club ■ 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	■ 9:00 AM Beg./Int. Bridge ■ 9:00 AM Table Tennis ■ 11:00 AM Picnic at Thomas Pt. Beach ■ 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 Beginning Tai Chi ■ 10:30 AM Meals on Wheels ■ 11:00 AM Qigong ■ 1:00 PM Table Tennis ■ 6:30 PM Folk Dance Brunswick	■ 10:00 AM Bridge
■ 9:00 AM Mah-Jongg ■ 9:00 AM Crafters ■ 10:00 AM Loosen Up! ■ 10:00 AM Zumba ■ 11:00 AM Table Tennis ■ 12:00 PM Bridge ■ 6:30 PM SAGE Square and Round Dance Club	■ 9:00 AM Beg./Int. Bridge ■ 9:00 AM Table Tennis ■ 10:00 AM Art I ■ 1:00 PM Quilting Club	■ 8:30 AM Biking Club ■ 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 ■ 4:00 PM Prevent Diabetes ■ 5:45 PM Girl Scouts ■ 6:30 PM Coin & Stamp Club	■ 9:00 AM Table Tennis ■ 9:00 AM Beg./Int. Bridge ■ 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 Beginning Tai Chi ■ 10:30 AM Meals on Wheels ■ 11:00 AM Qigong ■ 1:00 PM Table Tennis ■ 6:30 PM Folk Dance Brunswick	■ 10:00 AM Bridge 
■ 9:00 AM Mah-Jongg ■ 9:00 AM Crafters ■ 10:00 AM Loosen Up! ■ 12:00 PM Aging Well L&L: Need Work? ■ 12:00 PM Bridge ■ 6:00 PM Belly Dancing	■ 9:00 AM Beg./Int. Bridge ■ 9:00 AM Table Tennis ■ 10:00 AM Art I ■ 2:30 PM Café en Français	■ 8:30 AM Biking Club ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Mah-Jongg ■ 9:00 AM Loosen Up! ■ 10:00 AM Table Tennis ■ 10:00 AM Meals on Wheels ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group	■ 9:00 AM Beg./Int. Bridge ■ 9:00 AM Table Tennis ■ 1:00 PM Author's Chat ■ 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 Beginning Tai Chi ■ 10:30 AM Meals on Wheels ■ 11:00 AM Qigong ■ 1:00 PM Table Tennis ■ 6:30 PM Folk Dance Brunswick	■ 10:00 AM Bridge

## Special designer to speak

The Harpswell Garden Club will meet Thursday, July 23, at 12:30 p.m. at the Elijah Kellogg Church, Route 123, Harpswell. Featured speaker will be guest floral arranger Sara Scollay of Custom Floral Design in Portland. The talk is free.

Scollay began her design career 20 years ago in Chicago before moving back to New England. She designs for special events around the country and has even helped to decorate the White House for Christmas.

For information, call 833-6159.

## Golfers take Big Swing to help BBBS

Golf teams needed for the Big Swing Charity Golf Tournament at Brunswick Golf Club on Friday, Sept. 11.

Teams consist of four golfers at a cost of \$150 per golfer or \$500 per team. Sign up for our special deal: \$600 for your team will also include a hole sign for your business — this is a \$100 savings on a "hole sign sponsorship."

We will provide 18 holes of golf with cart, contests, lunch, awards, giveaways and silent/live auctions.

All proceeds will support Big Brothers Big Sisters of Bath/Brunswick mentoring programs.

To reserve a spot, call 729-7736.

Check out the website at [www.bbbs-bathbrunswick.org](http://www.bbbs-bathbrunswick.org) and like us on Facebook.

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[www.sethlevylaw.com](http://www.sethlevylaw.com)



**Coming Oct. 20**  
Mark your calendars.

# Center café gets upgrade

Brunswick building contractor Fraser Ruwet (also a People Plus trustee) installs new cabinets in the Center's café. The project was funded with grants from the Senter Fund, The Maine Community Foundation and First Parish Church. Additional donations from Suzan Wilson and Daniel McLaughlin, Judy Wilbur and Hammond Lumber Co., meant added plumbing, cabinetry and new electricity to the area. Improvements will allow new nutritional programs in the café area and will improve operations of existing programs.



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# Our Goal: Keeping You Well!

**W**E ARE COMMITTED TO HELPING YOU STAY WELL AND HEALTHY. The best way to do this is to have a primary care physician who will provide regular check-ups. This way, problems can be caught early and treated, preventing them from becoming chronic concerns and avoiding far more expensive hospital care.

We invite you to call the adult or pediatric primary care office that is right for your family's needs. Their addresses and phone numbers are listed below.

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<b>Pediatrics</b> for <i>MaineCare</i> Patients	81 Medical Center Drive	(207) 373-6844
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(207) **373-6033**

[www.midcoasthealth.com/ourdoctors](http://www.midcoasthealth.com/ourdoctors)



# Leadership Circle of Giving recognized

Nearly 36 area families and organizations qualified for the first year's giving level of the People Plus Center's Circle of Giving. Their names have been placed on banners and will be hung in the Center's main hall.

The list includes: Alfred M. Senter Fund, Androscoggin Savings Bank, David and Ann Swanson, Bar Harbor Bank and Trust, Barry and Karen Gordon Mills, The Big Top Deli, Bill Dodge Auto Group, Bowdoin College, Dean R. Lanphear, Ellen Asherman, First Parish Church, Gelato Fiasco, The Goodwin Motor Group, Linda Cronkwhite, The Maine Community Foundation, The Maine Women's Giving Tree, Robert and Margery Healing, Charles and Maria Woodman, Maine State Music Theatre, Mechanics Saving Bank, Mid Coast Health Services, Robert and Nancy Morrell, Richard and Eleanor Morrell, Richard and Ann Nemrow, Priority Real Estate Group, Riley Insurance Agency, Rousseau Management, Spectrum Generations, Suzan Wilson and Daniel McLaughlin, The GE Foundation, the Slocum family, Vincent and Joanne McDermott, Town of Brunswick, Town of Harpswell and United Way of Mid Coast Maine.



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## Keeping Your Hands Well

Mid Coast Senior Health Center  
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Tuesday, July 14, 11 a.m.-NOON

LEARN—

- Signs and symptoms of common hand problems
- Ways to manage symptoms and when to seek medical care
- Treatment options for common hand problems

Join  
Peter H. Hutchinson, MD  
Orthopedic Surgeon  
MID COAST MEDICAL GROUP-Orthopedics  
and  
Stephen Vance, PT, CHT  
Manager, Orthopedic Therapy Center  
MID COAST MEDICAL GROUP-Orthopedics

Tuesday, July 14, 11 a.m.-NOON  
Community Room  
Mid Coast Senior Health Center  
58 Barbeau Drive, Brunswick

FOR MORE INFORMATION, call 373-3646.

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**Senior Intermediate Cribbage**

- May 27:** Gerry LaRoche, 725; Joe Toney, 702; Anita Owens, 690; Ray Lourie, 685; Tim Owens, 671.
- June 3:** Leah Nelson, 724; Lois Fournier and Lorraine LaRoche, (tie) 722; Rob Mehlforn and Rick Fortin, (tie) 707; Mike Linkovich, 705.
- June 10:** Mike Linkovich, 713; Rolande Fortin, 711; Richard St. Cyr, 697; Lorraine LaRoche, 693.
- June 17:** Lorraine LaRoche, 726 (perfect game); Rob Mehlforn, 719; Tim Owens, 692; Leah Nelson, 690; Rick Fortin, 679.

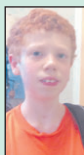
**Monday-Saturday Bridge**

- May 16:** Sherry Watson, 5,270; Gladys Totten, 5,130; Fran Lee, 5,000.
- May 18:** Lorraine LaRoche, 5,740; Bill Washington, 5,660; Bill Buermeyer, 4,980; Dick Brautigam, 4,970; Paul Betit, 4,880.
- May 23:** David Bracy, 3,800; Sherry Watson, 3,420; Mary O'Connell, 3,410.
- May 25:** John Rich, 5,390; Terry Law, 4,530.
- May 30:** Bill Washington, 5,520; Mary O'Connell, 5,210; John Rich, 4,280.
- June 1:** Sherry Watson, 5,390; Joyce Lyons, 4,690; Libby Scully, 4,610; Gladys Totten, 4,440.
- June 6:** John Rich, 7,950; Bill Buermeyer, 5,400; Donna Dillman, 5,240.
- June 8:** John Rich, 4,950; Lloyd Jones, 4,890; David Bracy, 4,580; Alan Reder, 4,280.
- June 13:** Bill Buermeyer, 4,750; Martha Cushing, 4,610; Bill Washington, 4,120.

**Teen of the month:**

**CHRIS BISSON**

Chris is in seventh grade at Harpswell Coastal Academy and is 12 years old. He has been attending the Teen Center program for more than six months and is so quiet that when we are closing for the day, I have found myself doing an "is Chris still here somewhere?" check!



He is sweet and has a great smile. Some interesting data on Chris: Although he just finished seventh grade, he will be going into high school in the fall! He is skipping a grade and he also took the SAT test in June (and attended our free SAT Prep course in April. We are all awaiting his test scores!).

Chris is a regular part of our day, attending just about every day and arriving about 4:15 p.m., and is known as the little guy with big foot-prints as we all shout, "Chris is coming" when we hear his feet at 4:15 p.m. Congratulations Chris! He has chosen two tickets to Regal Cinema as his reward.

I almost had to submit this with no photo but at the last minute he reluctantly agreed to let me snap one to include here. Shy!

**New faces, summer changes at Teen Center**

By JORDAN CARDONE

Brooke Smith is one of three students who will be doing summer internships at the Teen Center this summer. We have not met the Upward Bound interns yet, but do know that joining us will be Johnny Yim from Lisbon, who plans to attend Denison College in August; and Jamie St. Pierre of Lewiston, who will attend Central Maine Community College in the fall. Meanwhile, Brooke has joined us from Hartwick College in New York. She is from Bailey Island and is majoring in psychology and minoring in criminal justice.

Brooke's passion is horseback riding and she has been riding since she was 8 years old. Brooke has had Lexi for four years and trained her herself. Lexi goes to school with Brooke every year and comes home to Maine with her each summer!

It should be a fun summer here with all these new faces.

We have a new logo now for the Teen Center thanks to David Gillis, who also designed the People Plus logo. David also made a 10th anniversary edition because the Teen Center program opened up 10 years ago as of June 1.

A few new things we have around the Teen Center are our tomato plants, which so far are doing well in a sunny window. One day someone had some 10 pound weights that were popular with those wanting to "get buffer," so I think we may get some to keep for regular use.

This year we did not close the week between school ending and our summer schedule starting. We are closing for a week in July (minus any vacation) which involves a family reunion week with a wedding in the middle of that.

We are on the hunt for a couple of boys bikes again this summer. Anyone who did not clean out their old bikes already for us last summer and still has one around can contact me at the center. By the time you are reading this, fin-



Brooke Smith of Bailey Island, pictured with her horse, Lexi, will help at the Teen Center this summer.



gers crossed, we will have an actual full size refrigerator up in the Teen Center space! This has been a need for quite awhile now with the growth in both numbers of youth we have coming in and therefore the amount of food we need to have on hand for our free food program. Biggest bonus, finally full size freezer space!

So, in July we are looking forward to outdoor b-ball, hopefully a cookout or two, the 4th of July fireworks, and did I mention my vacation week! The kids would add: swimming, White's Beach, bike riding and maybe some traveling, too. Oh yes, and the air conditioning in the building. It may be hard to imagine right now, but we do remember some hot hot days last summer where walking into the building was the most pleasant experience.

June was a steadily busy month in the Teen Center with some high number attendance days and we have quite a core group of "every dayers" or three-out-of-four days, so there are some "familiar faces" of regulars around the center now. And that reminds me to add a special THANK YOU to the front desk staff who more and more often are spending time with teens who arrive early and just hang out in the reception area while they wait for us to open.

Happy July!

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<p><b>24 Maurice Drive, Brunswick</b> (207) 725-4379</p>	<p><b>26 Cumberland Street, Brunswick</b> (207) 725-5801</p>

**Teen Center Summer Schedule**

Now that summer has arrived and school is out, the Brunswick Teen Center has released its new schedule, in effect through Aug. 20.

Teen Center hours will be 1:30-4:30 p.m. on Tuesdays, Wednesdays and Thursdays.

The Teen Center will be closed each Monday and Friday, as well as the entire weeks of July 13 and Aug. 24.

**DON'T FORGET THE WATER**

This time of year it is important to stay hydrated. Most people agree that drinking water is common sense.

We also know many people report they never drink just water, and literally live on liquids that dehydrate the body. Examples of such dehydrating liquids are coffee, soda and tea, all of which contain caffeine. Switching from these dehydrating beverages can be the first step toward the health you desire.

The human body is composed of 75 percent water and as adults we can only survive three to four days without water.

Only nerve function and the air we breathe are more important for life than water. Hydrated people perform better on tests than dehydrated people.

**Twenty percent more strength and aerobic power** can be seen in a typical 150 pound person who has optimum body water levels as compared to individuals who lose three pounds of water weight during the same activity.

**Water as an aid to weight loss.** We often turn to food when in fact we're only really thirsty. Drinking water can fill you up, replenish fluids and even give you energy, allowing your body to function properly and reduce weight.

**Water and toxin/waste removal.** Water prevents damage to kidneys by helping dissolve the waste the kidneys remove. Without water a person

would be poisoned by their own waste products and toxins resulting from their body's metabolism.

**Stay tall and maintain nerve integrity as you age.** The loss of height and decrease in nerve function seen in some individuals can be linked to dehydration as well as joint dysfunction.

If each spinal disc loses 10 percent to 12 percent of its water content, an average person will lose approximately two inches in spinal height as they age. This loss of height impairs proper nerve signals exiting the spine and reduces overall health. The combination of proper hydration and proper spinal hygiene can help to minimize nerve and disc issues.

**The Action Steps: How much water is enough?** BMI water requirements can be calculated by dividing your body weight in pounds by two. That number is the number of ounces of water that you should have. Water requirements come from clear fluids. Add 2 glasses of water per day for each cup of coffee, tea, pops or serving of alcohol.

Keep hydrated and get your nervous system and spinal systems checked to improve overall function and the quality of your life.



Dr. Tim Coffin

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

July 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,

I was in the hospital recently, but my hospital visit was covered under Part B instead of Part A. Someone told me that I was probably under observation during my hospital stay. What is an observation stay?

—Robin

Dear Robin,

During an observation stay, your doctor decides to keep you in the hospital to monitor your conditions and determine whether you need to be admitted as an inpatient. Observation stays are considered outpatient hospital stays, and most of the services you receive are covered under Part B; inpatient hospital stays are covered under Part A. The costs associated with an outpatient observation stay are different than those associated with an inpatient stay, and you may have higher out-of-pocket costs for services received during an observation stay.

Observation stays can last just a few hours or longer. If your doctor expects you to need care for an amount of time that crosses two or more midnights in the hospital, the doctor should formally admit you as an inpatient. If you are under observation as an outpatient, you will have two types of costs after you meet the Part B deductible. You will typically pay a co-pay for each medical service you receive in the hospital, which will vary in cost depending on the service. You must also pay a 20 percent coinsurance for physician services you receive as an outpatient.

Observation stays can look and feel just like inpatient stays. Know that staying overnight in the hospital does not make you a hospital inpatient. You only become an inpatient after a doctor signs an order to formally admit you to the hospital. You can ask your doctor at the hospital whether your status is inpatient or whether you are receiving observation care. Your status may change during your stay, so it is important to ask regularly.

—Marci

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

### Medicare Savings Program

The cost of your Medicare part B premium is now \$104.90 a month and this payment is typically taken out of your Social Security check before you receive it. Did you know that there is a federal program called the Medicare Savings program that, if you qualify, will make this payment for you each month? The income and asset limits for this program are listed below. If you fall within these guidelines and would like to apply for this program, please call Spectrum Generations at 1-800-639-1553 for assistance.

#### Single Person:

Monthly income must be below \$1,792.00 a month with less than \$50,000 in total cash assets\*.

#### Married Couple:

Combined monthly income must be below \$2,424.00 with less than \$75,000 in total cash assets\*.

\*Cash assets include money in the bank, value of stocks and bonds, CDs, or anything that can be turned into cash (your home and car do not count).

**Call us today for assistance with applying for this benefit and you could start saving over \$100 a month!**



The 2015 open enrollment period for the Health Insurance Marketplace created by the Affordable Care Act (ACA, or "Obamacare") is over unless you qualify for a special enrollment period.

#### What is a special enrollment period?

Some people may be able to enroll in Marketplace health insurance even if Open Enrollment is over. For example, if you:

- Recently married
- Had a baby or adopted a child
- Had a change in immigration status
- Moved to a new coverage area
- Were recently released from jail
- Lost health insurance recently (but not if you lost due to non-payment or voluntarily dropping COBRA)

#### You must act quickly!

In most cases, you will have 60 days to sign up for health insurance through the Marketplace if you have a Special Enrollment Period triggering event.

#### Some people can enroll in health insurance at ANY time!

You can enroll at any time in the year if you are:

- Eligible for MaineCare (Medicaid) or CHIP (Children's Health Insurance Program)
- A small business owner who wants to offer employee coverage
- A Native American or Alaska Native

#### If you don't qualify for a Special Enrollment Period,

the next general Open enrollment for the year 2016 plans starts November 1, 2015. If you don't enroll in a health insurance plan by January 31, 2016, you cannot enroll in a plan in 2016 unless you qualify for a Special Enrollment Period. Also, you will likely be penalized at tax time for not having enrolled in a plan.

*Information supplied by the Consumers for Affordable Health Care, your free Marketplace advocates. Call CAHC at 1-800-965-7476 for more information about your choices in the Marketplace.*

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

# 'MY' Summer Trail Challenge

*Editor's note: During the summer season, we are featuring car-based trips to areas that make our region special. We hope we can stimulate you to 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've never been bashful about driving down country roads, climbing over ledges, fences and ridges to see what's on the other side, or walking on beaches with my shoes in my pocket. Any summer I've ever had, for as long as I can remember, has always included some sort of adventure, so when Stacy came back from one of her meetings, carrying a raft of cards marked Summer Trail Challenge, I was immediately interested.

The card is set up like a Bingo card, and represents a partnership between our friends at Access Health, Bath Trails, the Brunswick-Topsam Land Trust, The Kennebec Estuary Land Trust and Harpswell Heritage Land Trust. How can a guy go wrong?

Each card lists two dozen ways to get outdoors, to have fun and to maybe win a prize or two this summer. I'm starting my card this weekend. The goal is simply to visit one or 24 sites, record your visit and you are eligible to win! What could be more simple? The sites include many of the best land trust trails in our area, just get out and do it!

There are simple challenges like: "Visit a farmers' market, attend an outdoor event, look something up in a field guide, or sit on a table at the Cathance River Head of Tide Park, Topsam."

Others sites take you to Stover's Point or Curtis Farm preserves, Cliff, or Giant's Stir trails, in Harpswell; the Green Point Preserve in West Bath; or the Skifffield Preserve in Brunswick. There are two trails in Lilly Pond Community Forest, Bath, a Perimeter Trail at Bradley Pond, Topsam; and a Loop Trail in the Sewall Woods Preserve, Bath. There is the Main Loop and Blueberry Loop at Brunswick's Crystal Spring Farm; the Narrows Trail, on Thorne Head, Bath; and the Highland's Trail in the Cathance River Preserve.

The challenge is simply to visit the properties, check off the squares and record your visit by taking a photo or two. Return your card and submit your photos, on or before Labor Day, Sept. 7, to Access Health, 66 Baribeau Drive, Brunswick, ME 04011; or e-mail to: [challen@midsouthhealth.com](mailto:challen@midsouthhealth.com). All photos should be submitted electronically.

For more information, a list of prizes and directions to trails and attachments to land trusts, visit [accesshealthme.org/focus-areas/physical-activity/trail-challenge](http://accesshealthme.org/focus-areas/physical-activity/trail-challenge).

We have at least a hundred cards at People Plus, waiting for you to come get yours so you can get started. YOUR summer challenge awaits!

**Have a suggestion for a SIDE TRIP?**  
Please let Frank Connors know at [frank@peopleplusmaine.org](mailto:frank@peopleplusmaine.org).

**People PLUS MEMBERSHIP** Date \_\_\_\_\_

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(LAST) (FIRST)

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I would like People Plus News via  Mail  Email Email address \_\_\_\_\_

**Yearly Membership Fees:**  \$35 per person (Brunswick)  \$250 for Lifetime Membership (65 or over)  
 \$45 per person (all other towns)

New Member  Renewal

Membership Dues: \$ \_\_\_\_\_  Cash  Check (payable to People Plus)

Additional Donation\*: \$ \_\_\_\_\_  
(\*Donations above Membership Fees are tax deductible)

Total: \$ \_\_\_\_\_ Signature \_\_\_\_\_

OFFICE USE:  Accounting  Data  Membership Card Sent

## Membership has its benefits

The following businesses offer discounts for People Plus members.

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### Candy

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

### Cleaning/Organizing

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### Dry Cleaning

**J&J Cleaners:** 10% Pickups, Wednesdays (customers over 55)  
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### Florist

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### Auto Service

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 21 Bath Road, Brunswick; 729-0842  
**Bill Dodge Auto Group:** 10% off parts and service; 262 Bath Rd., Brunswick; 800-652-6118  
 118 Pleasant St., Brunswick; 729-6653  
[www.billdodgeautogroup.com](http://www.billdodgeautogroup.com)  
**Brunswick Ford:** 10% off on Parts and Service  
 157 Pleasant St., Brunswick; 725-1228  
**Lee's Tire & Service:** 10% on Parts (excludes tires)  
 35 Gurnet Road, Brunswick; 729-4131  
 27 Monument Place, Topsam; 729-1676  
**Tire Warehouse:** 20% on Labor  
 24 Topsam Fair Road, Topsam  
 725-7020, [www.tirewarehouse.net](http://www.tirewarehouse.net)

### Legal

**Attorney N. Seth Levy:** Discounted legal services & documents for members, including wills, living wills and estate work.  
 14 Maine St., Suite 109D, Brunswick phone 319-4431; [www.sethlevylaw.com](http://www.sethlevylaw.com)

### Medical Services

**Augat Chiropractic:** Free consultation and cursory exam  
 9 Pleasant St., Brunswick; 725-7177  
**Berrie's Opticians:** 20% off complete pair of glasses  
 6 Maine St., Brunswick  
 725-5111, [www.berrieopticians.com](http://www.berrieopticians.com)  
**Maine Optometry:** \$30 off complete pair of glasses  
 82 Maine St., Brunswick; 729-8474  
[www.maineoptometry.com](http://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](http://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](http://www.yankeelanes.com)

### Restaurants

**Arby's:** 10%, Anytime, excluding coupons  
 Topsam Fair Mall Road, Topsam  
 729-8244, [www.arbys.com](http://www.arbys.com)  
**Big Top Deli:** 10%, Anytime  
 70 Maine St., Brunswick  
 721-8900, [www.bigtopdeli.com](http://www.bigtopdeli.com)  
**Fairground Cafe:** 10%, Anytime  
 Topsam Fair Mall; 729-5366  
**McDonald's:** Free Dessert with Purchase  
 11 Gurnet Road (Route 24), Cook's Corner, Brunswick; 729-4416  
[www.mcmaine.com/1080](http://www.mcmaine.com/1080)  
**Sam's Italian Foods:** 10%, Except for Specials (Patrons over 60)  
 Cook's Corner, Brunswick; 725-4444  
**Brunswick Hotel and Tavern:** Buy one entrée, get one half off  
 4 Noble St., Brunswick; 837-6556  
[www.thebrunswickhotelandtavern.com/tavern\\_dining/](http://www.thebrunswickhotelandtavern.com/tavern_dining/)  
**The Great Impasta:** 15% off Wednesday lunch (food only)  
 42 Maine St., Brunswick; 729-5858  
[www.thegreatimpasta.com](http://www.thegreatimpasta.com)

### Stores

**Indrani's:** 10% on Non-sale Items, Mondays  
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**Portland Glass:** 10% on Materials (\$50 max)  
 61 Bath Road, Brunswick; 729-9971  
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"May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right."  
 — Peter Marshall



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# The glory days of the year are here!

Is it my imagination or is there an overabundance of things that crawl, bite, spit and irritate these days? Just when summer starts to kick in, when the air gets warm, and the days get long ... life moves outside ... here come the pests!

We have ticks in our fields, worms in our trees, mosquitoes in our air and pollen everywhere else.

We've talked about ticks. My tick jar is back on the kitchen window sill, and already contains three to four luckless bugs. I found one in my hair in early May and one climbing on me AT THE CENTER last week! Is there sanctuary nowhere? Grand boy Silas has already been tick bitten this spring, and is now taking antibiotics for 21 days. I don't even mow lawns without raised awareness to the slightest tickling touch, and sadly, the possibility of ticks in the neighborhood really does affect the way I look at our natural world.

Worms have literally defoliated oak trees in our neighborhood this spring. These are 100-year-old trees mind you. Will they survive this onslaught from multitudes of inch-long worms? Botanists call them Brown-tail moth

worms, I'm told, and yes, the trees will survive if, (BIG IF) the worms move on in another season or two.

They crawl on everything. When standing under the trees, you can hear them chewing and little black pellets of worm poop drop from above, with the regularity of a light rain. They make me crazy. Three weeks ago, I started collecting worms in a gallon bucket, filled with maybe a quart of water and just a touch of gasoline. I just scoop them off leaves, off my truck, off my steps, off my house, using an old spoon. (I don't want to touch them.)

The gas makes them twist and scream little worm screams when they hit the water, and it guarantees they don't crawl from the bucket. Jane calls me morbid, and says the hundred or three I kill each evening will make no difference. It makes a difference to me, darling.

And mosquitoes! Jane and I can be standing side by each, and mosquitoes will flock on me and bite until I approach anemic. They bite her only if they can find no space to land on me. Can I be that much sweeter than Jane? The world tells me no!

When my brothers and I were kids,

we'd lay bare chested on our lawn, sweating and clapping mosquitoes as they swarmed around us. We'd collect the carcasses in cups on our chests, each trying to collect more than the other, and I'd almost always win.

There is a game I've never convinced Jane to play!

A story from my Vietnam days comes to mind. Did you know that if a mosquito is biting your forearm, you can pull the skin tight from below with your other hand and the mosquito can NOT release itself as it fills with blood? It will literally fly until it loses its ability to fly!

Well, think of a squad of GIs sitting on the side of a trail, feeding the mosquitoes while they await orders. One guy traps a mosquito on his forearm, tells his buddy, and the whole squad gets excited! (Folks, do NOT try this at home!) The buddy takes his M-16, loads and locks one round and points it at the mosquito. BLAM! A shot rings out! If his aim was true, the buddy has taken the life of yet another mosquito with the flash of his weapon. If the GI hosting the mosquito happens to move, or his buddy on the trigger flinches, there's yet

## Speaking Frankly

FRANK CONNORS



another paratrooper getting orders for a Purple Heart.

I turned in my M-16 many years ago, and long ago dismissed the urge to be careless with a rifle. But I have to admit to you folks, I still occasionally trap a mosquito on my arm, and smile as the thing realizes it will never escape.

Lastly, I'm one of those folks who seems to be immune to pollen dusts. I just am. Everyone catches a break. But this past spring, the pollen was crazy! I could see it blowing off pines at a rate that could be confused with smoke. Jane is bothered and just chooses to stay indoors on certain days.

So with summer among us, the glory days of the year are here. We all try to get outside more to work, to play, to enjoy. But we all need to turn an eye toward the pests that surround us, and stay vigilant, less we fall prey ... and remember, fall is a mere 90 days away.

## New or renewing members for June

\* indicates new membership  
 • indicates donation made with membership

### LIFETIME MEMBERSHIP

Bernard Breitbart, Brunswick  
 Jane Millett, Brunswick  
 Judy Wilbur, Manchester, N.H.

### BRUNSWICK

Elma Avery  
 Elizabeth Basinet  
 Albert Boothby •  
 Sarah Boothby •  
 Jo Bouchard  
 Patricia Brown  
 Linda Bubar  
 Donna Chale  
 Jacqueline Caron •  
 Brenda Darcy •  
 Margaret Dunlop  
 Guy Emery •  
 Ann Galloupe •  
 Robert Galloupe •  
 Muriel Gamage  
 Arlene Gauvin  
 Eleanor Grace

Jean Hodgkins  
 Melvin Hodgkins  
 Karen Jones  
 Mona Kinney  
 Nancy Laffely  
 Raymond Lourie  
 James Nacke  
 Sheila Nacke  
 Elizabeth S. Newman  
 Leah Nelson  
 Joan Peck  
 Ted Perry •

### HARPSWELL

Priscilla Rooth •  
 Wendy Sirois  
 Elisa Stark  
 Richard Stark  
 Mary Lee Ward  
 Charles White  
 Susan White  
 Alice Willard-Michaels  
 Sue Weissman  
 Pauline Wyman

### TOPSHAM

Elizabeth "Betty" Bavor  
 Dorothy Boddard  
 Deb Considine •  
 Romana Cornish  
 James Elwell  
 Margaret Enright •

Charles Evans  
 Mary Lemieux  
 Ralph Newton  
 Steve Obrin •  
 Charles Tuttle

### OTHER PLACES

Donald Adams  
 Hannah Dring •  
 Geoffrey Hole  
 Sharon Hole  
 John LaForge  
 Peggy LaForge  
 Louise McIntire  
 Barbara McLaren •  
 Parker McLaren •  
 Mary Welner  
 Chanel Swinerton, Lisbon  
 Richard Krejsa, Durham

Fireworks may be legal, but are still dangerous. Be careful as you celebrate America's birthday this Fourth of July holiday.

"Liberty means responsibility. That is why most men dread it."  
 — George Bernard Shaw

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Two of several Russell Kinne photos that will be on exhibit during July and August at the Union Street Gallery of People Plus Center.

**Kinne photographs are featured in gallery**

A remarkable group of photographs collected by Russell Kinne will be exhibited in The Union Street Gallery of People Plus during the months of July and August.

Kinne, a Rhode Island native who describes himself as, "self-employed my whole life," says he got into photography because, "you put a camera in your hand, you can get into odd places, do odd things at odd times and not attract lots of attention." To that, we'd have to add, "he's become pretty good at it!" His collection of photographs, mostly

from the natural world, are truly impressive.

"Early on I decided I wanted to travel the world," Kinne said. "I knew I never have enough money so I developed trades and talents what would get me where I wanted to go, with someone else paying the bill."

He described himself as, "about 500 miles shy," of finishing a circumnavigation (at various times) of the world. He said he has had a boat since the age of 9, and admits to being, "eighty something."

He is a Coast Guard master mariner, a pilot and "the principal" of what he calls "Old salt services. I deliver boats for others, now," he said, acknowledging he knows the waters from Nova Scotia to Key West in Florida.

Kinne has self-published several books and says he still wonders what might interest him next.

The collection of photographs can be seen during normal business hours at the People Plus Center café, 35 Union St., Brunswick.



**Lunch Out!**  
 July 14 at 11:30 a.m.

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515 Basin Point Road, Harpswell

**Summer series kicks off in downtown**

Summer music on the Brunswick Mall is back thanks to the Brunswick Downtown Association and several other sponsoring businesses.

The first concert of contemporary classics opened June 24 and the Bath Municipal Band opens on Wednesday, July 1, beginning at 6 p.m. The concert band from Bath is always a great season opener.

Admission is free. Bring a chair or blanket.

Children's night with Anne Sparding begins at 5 p.m. on July 8; and on July 15, Jimmy Jo & the Jumbol' Ayahs deliver their Cajun and Zydeco sound.

The Colwell Brothers offer blues, rock and country on July 22, and on July 29 the Back Woods Road brings bluegrass, country and Americana.

The Music on the Mall series is presented by the BDA with sponsorships by Parkview Adventist Medical Center, the Brackett Funeral Home, the Brunswick Hotel and Tavern, Maine Natural Gas and Brunswick's Nathaniel Davis Fund.



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**Break in the business — SMILE!**

Outgoing Board chairperson Robert Davis chats with Sandra Morrell Rooney, center, and Kara Johnson, Mid Coast Hospital's development director, during an introductory meeting of the People Plus Center's Circle of Giving, hosted by Thornton Oaks Retirement Community on June 17.

**The Longest Day**

By NANCY SOHL

The longest day of the year is the day before my birthday. I don't say that because I can't wait for my birthday. My birthday is June 22 and the longest day of the year, the summer solstice, is June 21.

Last year was my Beatles birthday – “Will you still need me, will you still feed me, when I'm sixty-four?” This year is my Medicare birthday. The one where you get that little card from the government, now in my wallet, that officially pronounces me “old.”

There's nothing exciting about turning 65. When you turned 21 you could drink legally. That was exciting.

At 30 you were officially an adult. If you weren't making good money, making mortgage payments, and perhaps tucking your own children into bed at night, you'd better get going. Your 30s had responsibilities, but there were also lots of rewards.

Your 40s were a decade you sailed through – good years that went by so quickly!

Fifty began a time for some concern. Have I saved enough

money? Why are my kids still living at home? I'm beginning to feel like a dinosaur in a “techno-savvy” world.

Inevitably comes that 60th birthday. Sixty! How did that happen? I don't feel a day over 45! But people are treating you differently – getting up to offer you a seat or smiling sweetly when they ask if you'd like the senior discount. But at least you're not 65 yet.

Well my 65th birthday comes the day after the year's longest day – the summer solstice. I'm thinking now that maybe there is something exciting about turning 65. Like the summer solstice that celebrates the long warm days of summer, 65 means I can celebrate the long climb up to this pinnacle and enjoy the slow, but inevitable, shortening of days to winter.

Summer doesn't last forever, but it seems like it will. And it sure is wonderful while it's here. So I celebrate my 65th birthday, and the longest day of the year, knowing that they are both special days worth acknowledging and enjoying.

**Local garden club wins National Historic Preservation Award**

Sixty-five years of dedicated work has finally paid off for a local volunteer organization. The Harpswell Garden Club has reason to smile as it has just been awarded a national historic preservation award for its continued preservation of a local landmark, the Union Church, built in 1841.

The award, the May Duff Walters Achievement Award for Preservation of Beauty, is given by the National Garden Clubs Inc., the largest volunteer gardening organization in the world.

The NGC announced the winner on May 16 at its national convention held in Louisville, Kentucky. On hand to accept the award was Kathleen Marty, outgoing president of the Garden Club Federation of Maine. Also on hand for the presentation was Suzanne Bushnell of Harpswell, who had nominated the group for its 65 years of hard work and dedication to the preservation of the church.

“When they announced our name, I was absolutely stunned,” said Bushnell, “since I thought the preservation award had gone to the Garden Club of Alabama for one of its historic gardens.”

The Alabama group was given a first place award but the Harpswell Garden Club was

announced as the overall winner.

“The competition is tough as you're competing against projects nominated from all over the country,” she added.

Bushnell had to keep the award a secret from her club for a month since the award, a silver engraved tray, wouldn't be presented at the state level until the Garden Club Federation of Maine's annual convention in Kennebunkport on June 18.

Receiving the award at the Colony Hotel in Kennebunkport on behalf of the club was Rebecca Gallery, outgoing president of the Harpswell Garden Club. Several members of the club were on hand not only for the award presentation, but also for the installation that day of Bushnell as the new state president.

She acknowledged receiving invaluable help from several longtime club members to find documents tracing the history of the club's involvement in the restoration of the church. She also contacted the Maine Historic Preservation Commission who pointed her in the direction of archives kept by the Portland Press Herald and The Times Record in Brunswick. The Press Herald archives now reside at the Portland Public Library where

Bushnell spent several hours looking through microfiche for photos and articles dating back to 1950 that showed the church before restoration began.

She also contacted Dave Hackett of the Harpswell Historical Society who was able to provide a copy of the original Document of Intent to build the Church, dated Dec. 25, 1840. On that document are the names of many of the early families who settled in Harpswell – Curtis, Dunning, Alexander, Stover and Pennel, just to name a few.

When the club's former Civic Committee decided to rescue the church back in 1950, the church had stood abandoned by its congregation for more than 30 years. Windows were broken, a family of raccoons was living in the old choir loft, and the ceiling was starting to collapse.

Members of the club worked alongside ship's carpenters to restore the church to its original beauty. Today the church stands as a testament to the dedication of a group of volunteers, saving a church without the financial support of a congregation.

Club volunteers use their own garden flowers to provide floral arrangements for weddings, and through monetary contributions.