

Great day, great picnic!



Center members and friends packed Thomas Point Beach for the annual People Plus summer picnic in July. Executive Director, Stacy V. Frizzle, assaults a watermelon “for the good of the company” and members Bob and Millie take some time in the shade to play cribbage. The day was sponsored, in part, by Scott Lemieux of Ameriprise Financial and Pati Crooker, owner of Thomas Point Beach.

Senior Health Expo is Coming

The fall edition of your People Plus Senior Health expo comes to the Cook's Corner Shopping Mall on Tuesday, Oct. 20, and all expectations are this will be the biggest and best expo ever. Presented with Spectrum Generations, more than 70 sponsoring organizations, businesses and individuals are expected to participate.

“This is the premier event of its kind in our community.” People Plus programming coordinator Jill Ellis said, “Last season more than 600 seniors attended and our sponsorship and exhibitor opportunities sold out.” She said the expo is a great “meet and greet opportunity,” for vendors and visitors alike.

Non-profit exhibitor tables are still only \$75, (same as last year) for-profit tables are \$125. Businesses can be Sponsors for \$500, or Partners for \$1,000. Open registration begins August 1, and tables are released on a first come, first registered basis. Visit www.peopleplusmaine.org for more information or call Jill Ellis at 729-0757.

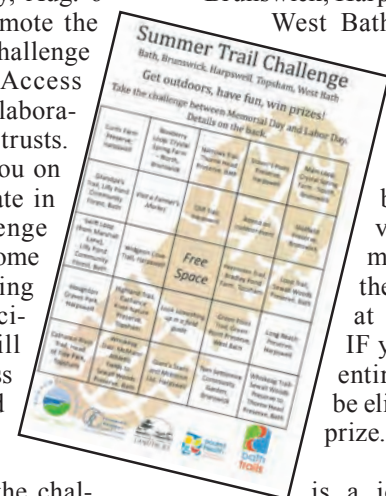
FYI! Join the Summer trail challenge

Colleen Fuller, Physical Activity and Nutrition Specialist with Access Health, will visit People Plus on Thursday, Aug. 6 at 1 p.m., to promote the Summer Trail Challenge developed by Access Health and a collaboration of local land trusts. She will coach you on ways to participate in this free challenge and will reveal some of the prizes being offered to participants. Fuller will demonstrate access to websites, and offer tips on some of the trails that are part of the challenge. Fuller called the challenge a, “great reason to get outdoors, explore new trails and still be eligible for prizes.”

This first-ever challenge encourages you to visit just one or all 24 activities and trails offered on a free card, and encourages you to

submit photos (via e-mail) that highlight your trip. Trails featured on the entry card are located in Brunswick, Harpswell, Topsham, West Bath or Bath. One activity on one card is all you need to be registered. The challenge might be to simply visit a farmer's market, or to walk the perimeter trail at Bradley Pond. IF you complete the entire card you will be eligible for a grand prize.

This challenge is a joint project of Access Health, Bath Trails, the Brunswick-Topsham Land Trust, the Harpswell Heritage Land Trust and the Kennebec Estuary Land Trust. Please pre-register if you plan to attend by calling Pat At the People Plus information desk-729-0757.



spectrum generations PRESENTS

People SENIOR HEALTH Expo

CONNECTING COMMUNITIES

Tuesday, Aug. 4 is Senior's Day

161st Topsham Fair

Admission for seniors is only \$3 all day

Grant won to abate hunger and improve nutrition

Directors of the Maine Community Foundation have awarded the People Plus Center and the Brunswick Teen Center \$7,500 to create a hunger abatement and improved nutrition program for seniors and teens in the Brunswick area. The challenge, called, “Community Cafe,” is built upon an effort to add improvements to the People Plus Center's cafe and kitchen areas. When complete,

new electrical service, water and plumbing service, cabinetry, and counter areas will have been developed.

In accepting the grant, Executive Director Stacy V. Frizzle said, “Hunger and improved nutrition are two problems too commonly faced by teens and by elders. This grant will get us into the business, improving our physical areas, help us staff and develop programs, and put food on the table in front of

people.” Added electrical circuits to the area immediately improved service for the Meals on Wheels program operated by Spectrum Generation at the Union Street Center. Frizzle expects expanded water service to the cafe area of the Center will open new venues and opportunities for food service and sociable functions in the area. Most improvements are expected to be in place before fall.

People Plus News

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

frank@peopleplusmaine.org

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

The Editor, People Plus News
P.O. Box 766
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Check out past newspapers at
www.peopleplusmaine.org



Summer, fiscal year end bring changes

Well summer certainly is moving along well at the Center! With the summer picnic behind us, strawberries making way for blueberries, and the staff planning vacations, we are heading into the dog days of summer and guess what we have here on Union Street?? AIR CONDITIONING!!

I'm happy to report that at the last meeting of the board in June, we elected a new slate of executive officers as well three new board members. There's a great story about the three new board members in this edition of the paper but I'd like to take one second to personally welcome Tony Sachs the owner of the Big Top Deli – known by most of you already, Kelsie West the Edward Jones financial advisor in Topsham and Charlie Evans a zoologist and physical therapist who moved to the Highland Greens about a year ago. All three of these new Board Trustees have diverse and interesting backgrounds and bring enthusiasm to the board.

But in order to have "room" for them, it means we must have lost three others...

It was bittersweet to say goodbye to long-time board members Gordon Brigham and Fraser Ruwet. Each having served six years in volunteer service with the People Plus board of trustees. Gordon, has already booked lunch with me and has attended several things at the Center so I know we

haven't seen the last of him, while Fraser will remain active on the Teen Center Committee. Cory Washow the former owner of Shift on Maine Street also left her post on the board after three years of service as the board secretary. She has promised to stay "in charge" of the auction for Music in April and I guess because I've told all of you that, she really is on the hook for it!

We will miss all three of them and appreciate their service to this organization.

Our new slate of executive officers includes Don Kniseley the Director of Thornton Oaks as our chair of the board for the next two fiscal years. Thanks to Don for taking the helm!

Bob Davis of Mechanics Savings "retires" from his post as chair of the board over the last three years and steps into a supportive role as Vice Chair to Don for a year. We could not have reached the financial health or stability that we have acquired without Bob's leadership. I owe him a large debt of gratitude and can attribute the a fair amount of my learning and professional growth to his mentoring and guidance.

Jack Hudson takes on a new role for himself, that of 2nd Vice Chair for his next few years on the board. With that position comes a focus on the long-term direction and strategy for the organization.

New Board Members



Charlie Evans

Charlie Evans recently retired from his work as a canine Physical Therapist, having moved to this unique career after some years practicing physical therapy on humans. He came to this work late in life, having earned an M.S. in P.T. in his mid-50's. Ask him to tell you about some of his experiences helping dogs who are aged, injured or have gone through surgery to regain their quality of life.

In earlier life chapters, Charlie served in the US Navy at the National Security Agency as a communications technician with a top secret clearance. In his 30's and 40's, he had a business creating fine furniture, cabinets and architectural woodworking.

Charlie moved to Topsham with his wife, Carol in 2014 and loves the stimulating environment and region. He took up golf and Bocce as well as pickleball on retiring to Maine. He is working as volunteer with the Cathance River Education Alliance. He sees People Plus as a way to become more involved in the community helping people to lead a better life.

Tony Sachs is a graduate of Drexel University and the Baltimore International Culinary College who spent a chunk of time honing his cooking skills in Ireland where he says "The Guinness was good." Returning to settle in Maine, he was a chef at the Captain Daniel Stone Inn but decided to open a deli/catering business in order to have more regular family hours. He bought the Big Top deli in May of 2000 and has been the owner/operator for the past 15 years. He has served on the Teen Counsel Advisory Committee for the Brunswick Area Teen Center for the past three years and begins a three-year term as the Teen Committee's liaison to the People Plus Board of Trustees. Tony, his wife and two daughters live in Brunswick where he is a regular fixture for anyone who eats in Downtown. Tony's larger than life personality is matched only by his height and surpassed only by his generosity.



Tony Sachs



Kelsie West

Kelsie West is a financial advisor for Edward Jones, and runs the Topsham office. She has a passion for helping people make sense of investing and realizing their financial goals. She loves volunteering in her local community. A graduate of USM, she is a Bowdoin native and chooses to live in this area to be close to her parents, grandparents and 3 siblings. She and her spouse Nicole live in Brunswick and enjoy gardening, sea kayaking, various outdoor adventures and their two yellow labs, Bailey and Cody.

From the Executive Director

STACY V. FRIZZLE



Chris Perry of Bangor Savings (with an 8 week old baby son at home), will serve his second year as our board treasurer while he divides his time between work in Portland and changing diapers.

And last but not least, David Forkey of LL Bean has been voted into the role of Secretary for the board. After a year on the Governance Committee David was clamoring for more involvement so we gave it to him!

Thanks so much to all of you for your willingness to help lead this group! We appreciate it very much!

So, I'm planning a little time off this month, as is Frank and Jill. If only we could get Betsy to take a vacation... But we still have a bunch of fun things to do here all the time including a fantastic talk from John Waseleski on July 30th! Hope you will join us for that and everything else that is happening here all summer at the Center that builds Community!

From Anita's Plate

ANITA HUEY



Summer is a great time for fruits and vegetables. You may have your own garden, purchase them from the farmer's market or your local grocery store. I like to be creative with recipes and I will share some ideas with you. Unlike baked goods you don't have to follow a recipe exactly for it to come out tasting delicious.

- Grilled eggplant topped with salsa
- Vegetable kabobs
- Fruit salsa
- Corn and red onion salad in a marinade
- Grilled pineapple or peaches
- Sliced tomatoes topped with a bean salad
- Vegetables in foil on the grill
- Zucchini boats stuffed with lean meat and tomato sauce
- Celery, broccoli and carrots topped with a blackberry marinade
- Radicchio lettuce boats stuffed with tuna salad
- Cherry tomatoes stuffed with guacamole

These are just some ideas to help make for a tasty summer. Take advantage of this time of year and enjoy something different this summer!

Last month the 2 groups that have completed the Diabetes Prevention Program came together to meet twice per month. They have found real value in the program and likes the support of on-going meetings. The next session starts on September 24th.

Look for the **Chicken, Cabbage and Guacamole Salad** recipe on page 4.

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Scientists in Antarctica photographed by Russ Kinne

Nature Photographs are a hit

The exceptional nature photographs collected by Russ Kinne and exhibited in the Union Street Gallery at People Plus have created lots of comments among members. Several have commented on the show, which includes pictures of small animals, ice formations and insects. The exhibit continues through August.

Kinne is a People Plus member and a native Rhode Islander who describes himself as, "self-employed my whole life." He says he got into photography because, "you put a camera in your hand and you can get into odd places, do odd things at odd times and not attract lots of attention."

"Early on I decided I wanted to travel the world," Kinne added, "I knew I'd never have enough money. So I developed trades and talents that would get me where I wanted to go, with someone else paying the bill." He describes 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 today admits to being, "eighty something."

Kinne 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. He has self-published several books, and says he still wakes in the morning, wondering what might interest him next.

This collection of photographs can be seen during normal business hours at the People Plus Center's cafe, 35 Union St., Brunswick.

BUCKET LIST

By SALLY HARTIKKA

I've just made up a bucket list of where I'd like to go. Places that I haven't been but want to get to know. I love to see new countries and get to meet new folks, Make new friends, learn new cultures, laugh and sing with blokes.

Iceland is the first place on this illustrious list. I've flown over and observed its moonscape through the mist. I'm curious now to see what else can be discovered there; I'll take a hike or rent a car and see the sights so rare.

Next, Alaska with its impressive scenery... Regal mountains, rushing rivers and abundant greenery. The whales, the elk, the grizzlies, polar, and black bear Exquisite northern lights that often sparkle there.

Time for someplace warmer should be the next on tap. The Caribbean would be nice and closer on the map. Will it be Jamaica, Haiti, Aruba or Saint Kitts? Or maybe the Bahamas with all its style and glitz?

Madagascar is far, exotic and really quite mysterious With animals and plants that are unusual and various. Lemurs, aye-ayes, mongoose, or should it be mongeese? Many are endangered now, but we hope for their increase.

And now to finish up, I'll save the best for last. The U.S. has a lot to view, the country is so vast! I've never seen the Rockies, Grand Canyon, or Old Faithful. If I've completed this whole list, I'll really be quite grateful!

August Assignment

By VINCE McDERMOTT

The deadline for the August People Plus News is approaching rapidly, and I haven't written a thing. It shouldn't be too difficult. I'll just get a theme from the events in August. After all, May has Mother's Day, Armed Forces Day, and Memorial Day; June has Flag Day, Father's Day, and the First Day of Summer; July has Independence Day; and September has Labor Day, Grandparents Day, and the First Day of Autumn.

Let's see what August has - what? Nothing? Zippo? Nada? There is no significant event noted on my August calendar! I had better try another calendar. Nothing again! OK. When in doubt, consult Mr. Google. Hmmm. Oh, boy. Only International Friendship Day and International Left-handers Day. I am in deep trouble. I'll have to write something original.

YOU

By BONNIE WHEELER

Someone will always be smarter, richer, better looking, younger, slimmer, and more successful than you.

But no one will ever be as loved by their children, grand children, sisters and brothers, friends, or husband as you are!

Doesn't that make you want to stand a little taller?

Identity

By PATTY L. SPARKS

Chick-a-dee fledgling chirp and tweet

then repeat then repeat

Chick-a-dee fledgling chirp and tweet

Until you sing your NAME

Summer in Maine II

By WINNIE SILVERMAN

My friend in Arizona complains about 5 straight days of temperatures of 104 degrees. My California family complains of extra hot weather spells and the 25% cutback necessitated by four years of drought. My niece in Upstate New York complains of weather which is similar to Maine being not far from our border, but south and west. Her Facebook posts regular updates on everything from snow and ice to heat and storms. Summer in Maine does have its problems. Extra blanket or no blanket? Long pants. Capris or shorts? Tank top, tee shirt or ¾ sleeve? Of course one should always carry a sweater. It is prudent to use bug spray and sunscreen for more than 5 minutes outdoors. On second thought, for flying insects it means always be prepared. Close a door quickly. Trees keep my place somewhat cooler but provide lots of homes for mosquitoes, black flies and other food for both critters and human flesh. The Circle of Life. Many squirrels also call it home year round and their family appears to be growing. I have more squirrels than birds around here. They tell me there is no way to get rid of garden ants and I guess I am lucky this kind doesn't like living indoors. Working in my garden I disturbed a nest and got bitten. If anyone knows a sure fire remedy for ants I would be interested in hearing about it. For my first Summer in Maine read the July 2015 People Plus news.

August Odyssey

By CHARLOTTE HART

We always made the trek at August's end Past cornfields with White Mountains' summits' view. "High summer will last forever," we'd pretend By Winnepesaukee's rippling acres blue. On through lake country, apple orchards, streams, To shingled cottage, giant lake, Big Squam, Screened porch for deepest sleep with soothing dreams, Canoe to glide through lakeside breezes warm. Speed boats skimmed coves then ziplined waters wide. The cottage filled; soft laughter warmed the air. A woodland walk! Wild berries grew lakeside. Aunt Alice welcomed all of us with flair. Fire-roasted feasts, long swims, deep clear lake treasure Loon lullabies—lake's magic—impossible to measure.

Clouds (Haiku)

By SALLY HARTIKKA

Clouds race through the sky, Gray, wind-whipped and menacing. Quick, find some shelter.

Azure sky today. Puff ball clouds adorn the sky. Let's have a picnic!

A Day at Sebago State Park

By P.K. ALLEN

Cool, clear water Relief from the midday heat Walking along the beach Hot sand beneath my feet

Laughter from my grandchildren Having lots of fun People at the next table Speaking a different tongue

The breeze off the water Filling colorful sails with air A mother swimming by with her ducklings Guiding them with care

Burgers on the grill Their aroma filling the air Returning to the beach To sit in a reclining chair

It's a great day at Sebago Enjoying Mother Nature's gift Taking in all the excitement And giving my spirit a lift

Notice!

For non-emergent medical needs...



Walk-In Clinic
at Parkview Adventist Medical Center

329 Maine Street, Brunswick

Daily 8 am-8 pm (207) 373-2220

Parkview Adventist Medical Center's Walk-In Clinic is open daily 8 a.m.-8 p.m. to treat common, non-life-threatening conditions.

If you have a medical emergency, please call 9-1-1 or visit Mid Coast Hospital immediately. Mid Coast Hospital is located at 123 Medical Center Drive, near Cooks Corner in Brunswick.



August Programming at People Plus

“Aging Well” Lunch and Learn: Five Tips to Aging Well



Melinda Baxter of Pathways to Health presents at People Plus on Monday, August 31, 12:00 pm on Five “doable”, important practices to add to daily life to help us age in a healthier way. Baxter is a Certified Holistic Health Coach, Master Life Coach, Certified Yoga teacher, LMT and FDN-P.

Through her practice she loves helping people find their true home in their bodies and learn to live a full, healthy life on all levels. She specializes in whole foods cleanses, weight loss, digestive health and stress related issues.

You can learn more about her at www.melindabaxter.com. Bring lunch and chips, drinks and a “healthy” dessert will be provided. Call to register.

Tech Times at People Plus

People Plus teen intern Cameron Stevens knows a lot about technology. Have questions? Need help? Bring your laptop, phone or device to the Center during designated times in the last three weeks of August, (call FMI) to get a chance to chat with Cameron. Call the Center to register. (Need a bigger chunk of time? Contact Jill Ellis at the Center). This is drop in – first come, first served. 729-0757

“Lively but polite”

Members of People Plus are invited to participate in a Current Events Forum occurring each Thursday, beginning at noon, in the Morrell Room of the Curtis Memorial Library.

Each week a moderator, chosen in advance, prepares several topics gleaned from the week's local, national or international news and these subjects are offered to attendees for discussion. The interchange is usually lively but polite. This forum is free and open to the public, and is a partnership between the library and Midcoast Senior College. Pre-registration is not required.

Looking for more “Dragons”

Maybe you didn't know that People Plus has a modest collection of Brunswick High School yearbooks, and we're always interested in acquiring more. Last month People Plus devotee Dottie Moody gave us a pair of yearbooks-1947 & 1948- which she recently acquired, and she promises to be on the hunt for more.

We have a BHS yearbook from 1930, 1940 and 1941. Other dates include: 1955, 1957, 1962, 1964, 1966, 1967 and 1969. If you are cleaning out or want to share a family yearbook, People Plus will accept it happily, and add it to our collection in the Center's activity room library.

Welcome to Medicare with Spectrum Generations

Designed to provide educate about Medicare. This class answers 90% of basic questions and is held the 2nd Tuesday of each month from 12:30 – 2:00 pm. Free to the public. Registration required.

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



People Plus Easy Riders gather on Wharton Point Landing. The group rides every Wednesday morning, beginning at People Plus at 8:30. New riders are always welcome.

Diabetes Prevention Program – New Session in September

Take Control to Prevent Diabetes, a division of Everyday Nutrition Associates, LLC will be offering its 4th program this fall at People Plus. Developed by the CDC, and led by Anita Huey, dietitian and exercise physiologist, this 16 week life-style program (with 6 month monthly follow-up meetings) begins September 24 and is designed to

reduce the development of diabetes. If you or someone you know is at risk for Diabetes please consider this program. Take charge of your health and join a program that reduces the risk of developing diabetes by 58%! Please contact Anita Huey at info@nutritionforeveryday.com or 504-6439.

Recipe from Anita Huey

Chicken, Cabbage and Guacamole Salad

Ingredients:

- 2 boneless chicken breasts
- seasonings to taste
- 4 cups shredded cabbage (this can be purchased already shredded in a bag)
- 1 tomato, diced
- ¼ onion, diced
- 2 Tb. Olive oil
- 2 t Dijon mustard
- 2 t vinegar
- 2 t lemon juice
- 2 small containers of pre-packaged guacamole (can be found just before the deli, in the grocery store)

Serves: 2

Note: *One of my clients shared this with me. I tried it the other day and it was delicious. Enjoy!*

Directions:

1. Cook the chicken on a grill or skillet on the stove.
2. Season with your favorite spices.
3. Place cabbage, tomato and onion in a bowl.
4. Combine oil, mustard, vinegar and lemon juice.
5. Slice chicken and place on top of the cabbage.
6. Toss with the oil mixture.
7. When ready to serve add a container of guacamole to each portion.

Collette trip to Europe set

Ever think about eating dinner at the Eiffle Tower, in Paris, France? People Plus is working with Collette Travel adventures, planning a trip that will go to the European cities of Paris and London, England, leaving from Boston in Oct., 2016.

Collette District Manager Matt Voccola will come to People Plus on Monday, Oct. 26, to offer an outline of this spectacular trip, and other offerings by Collette. It is never too early to make your reservation. The program starts at 6 p.m.

The Harpswell Garden Club will meet Thursday August 20, 2015 at 12:30 p.m. at the Kellogg Church Route 123, Harpswell Center. Guest speaker Clay Kirby, Associate Scientist, U Maine Extension will speak on "Flower Garden Pests: How to Control Them." The presentation will include slides. The meeting is free and open to the public. FMI call Becky at 833-6159.





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AUGUST 2015 AT PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 ○ 10:00 Bridge
3 ● 9:00 Loosen Up ○ 9:00 Crafters ○ 9:00 Mah-Jongg ● 10:00 Zumba ○ 10:00 Apple Club ○ 11:00 Table Tennis ○ 12:00PM Bridge ● 6:00PM Belly Dancing	4 ○ 9:00 Beg/Intermediate Bridge ○ 9:00 Table Tennis ○ 1:00PM Quilters	5 ● 8:30 Easy Riders Biking Club ○ 8:45 Cribbage ● 9:00 Loosen Up ○ 9:00 Mah-Jongg ◇ 10:00 Meals On Wheels ○ 10:00 Table Tennis ● 12:30PM Tai Chi - Advanced ○ 1:00PM Write On!	6 ○ 9:00 Table Tennis ○ 9:00 Beg/Intermediate Bridge □ 1:00PM FYI! Summer Trail Challenge ● 6:00PM Beg. Line Dancing ● 7:15PM Adv. Line Dancing	7 ○ 9:00 Mah-Jongg ● 9:00 Loosen Up ● 10:00 Beginner's Tai Chi ◇ 10:30 Meals on Wheels ● 11:00 Qigong ○ 1:00PM Table Tennis ● 6:30PM Folk Dance	8 ○ 10:00 Bridge
10 ● 9:00 Loosen Up ○ 9:00 Crafters ○ 9:00 Mah-Jongg ● 10:00 Zumba ○ 11:00 Table Tennis ○ 12:00PM Bridge	11 ○ 9:00 Beg/Intermediate Bridge ○ 9:00 Table Tennis △ 10:00 Tech Time ○ 11:30 LUNCH OUT □ 12:30PM Welcome to Medicare ○ 3:00PM Kaffeestunde! German Club	12 ● 8:30 Easy Riders Biking Club ○ 8:45 Cribbage ● 9:00 Loosen Up ○ 9:00 Mah-Jongg ◇ 10:00 Meals On Wheels ○ 10:00 Table Tennis △ 12:00PM Tech Time ● 12:30PM Tai Chi - Advanced ○ 1:00PM Write On!	13 △ 9:00 Tech Time ○ 9:00 Table Tennis ○ 9:00 Beg/Intermediate Bridge ● 6:00PM Beg. Line Dancing ● 7:15PM Adv. Line Dancing	14 ○ 9:00 Mah-Jongg ● 9:00 Loosen Up ● 10:00 Beginner's Tai Chi ◇ 10:30 Meals on Wheels ● 11:00 Qigong □ 11:00 World Affairs Talk ○ 1:00PM Table Tennis ● 6:30PM Folk Dance	15 ○ 10:00 Bridge
17 ● 9:00 Loosen Up ○ 9:00 Crafters ○ 9:00 Mah-Jongg ● 10:00 Zumba ○ 11:00 Table Tennis ○ 12:00PM Bridge ● 6:30PM SAGE Square and Round Dance	18 ○ 9:00 Beg/Intermediate Bridge ○ 9:00 Table Tennis △ 10:00 Tech Time ○ 1:00PM Quilters	19 ● 8:30 Easy Riders Biking Club ○ 8:45 Cribbage ● 9:00 Loosen Up ○ 9:00 Mah-Jongg ◇ 10:00 Meals On Wheels ○ 10:00 Table Tennis △ 12:00PM Tech Time ● 12:30PM Tai Chi - Advanced ○ 1:00PM Write On! □ 3:00PM World War II Book Club	20 △ 9:00 Tech Time ○ 9:00 Table Tennis ○ 9:00 Beg/Intermediate Bridge △ 11:00 Hearing Screenings △ 11:30 CHANS Blood Pressure Clinic □ 12:00PM Lunch and Connections ● 6:00PM Beg. Line Dancing ● 7:15PM Adv. Line Dancing	21 ○ 9:00 Mah-Jongg ● 9:00 Loosen Up ● 10:00 Beginner's Tai Chi ◇ 10:30 Meals on Wheels ● 11:00 Qigong ○ 1:00PM Table Tennis ● 6:30PM Folk Dance	22 ○ 10:00 Bridge
24 ● 9:00 Loosen Up ○ 9:00 Crafters ○ 9:00 Mah-Jongg ● 10:00 Zumba ○ 11:00 Table Tennis ○ 12:00PM Bridge	25 ○ 9:00 Beg/Intermediate Bridge ○ 9:00 Table Tennis △ 10:00 Tech Time ○ 2:30PM Café en Français	26 ● 8:30 Easy Riders Biking Club ○ 8:45 Cribbage ● 9:00 Loosen Up ○ 9:00 Mah-Jongg ◇ 10:00 Meals On Wheels ○ 10:00 Table Tennis △ 12:00PM Tech Time ● 12:30PM Tai Chi - Advanced ○ 1:00PM Write On! * 5:45PM Girl Scouts	27 △ 9:00 Tech Time ○ 9:00 Table Tennis ○ 9:00 Beg/Intermediate Bridge ● 6:00PM Beg. Line Dancing ● 7:15PM Adv. Line Dancing	28 ○ 9:00 Mah-Jongg ● 9:00 Loosen Up ● 10:00 Beginner's Tai Chi ◇ 10:30 Meals on Wheels ● 11:00 Qigong ○ 1:00PM Table Tennis ● 6:30PM Folk Dance	29 ○ 10:00 Bridge
31 ● 9:00 Loosen Up ○ 9:00 Crafters ○ 9:00 Mah-Jongg ● 10:00 Zumba ○ 11:00 Table Tennis ○ 12:00PM Bridge □ 12:00PM Aging Well Lunch & Learn					

KEY: ● Fitness Class ○ Club/Team □ Lecture/Discussion ◇ Meals on Wheels △ Tech Time △ Clinic/Screening * Other

Public pot roast supper planned

There will be a pot roast supper at Harpswell's historic Elijah Kellogg Church on Saturday, August 22, from 5-7 p.m. A portion of dinner proceeds will be donated to the Brunswick area's Mid-Coast Hunger Prevention Program.

The meal is open to the public, cost is only \$8 for adults, children (under 12) are \$4, and maximum cost for an immediate family will be \$20. The Kellogg church is approximately 10 miles beyond Bowdoin College on Route 123 in Harpswell Center. For more information contact Louise Huntington at 725-5657.

New or renewing members for July

* indicates new membership
• indicates donation made with membership

BRUNSWICK

- Ann Baldwin •
- Dudley Baldwin •
- Joan B. Bussiere
- Catharine Chase •
- Mary Coleman
- Cheryl Crockett *
- Shirley Davis •
- Yvonne Fast
- Louis Harding
- Donald Harris

- Theresa Howell •
- Barbara Jones
- Karen Klatt
- Randy Klatt
- Janet Maimone
- Jennifer Mason
- William 'Bill' Mason
- Sandra Norton
- JoAnn Paul
- Philip M. Paul
- Art Treffry

- Nancy Tucker
- Ralph Tucker
- Sharon Ward *

TOPSHAM


- Jennifer L. Ford •
- Kathy Jacques *
- Dorothy J. Pelletier
- Alice Ponziani

HARPSWELL

- Virginia Sabin *
- Barbara Sawyer
- Hannah F. Trowbridge

OTHER PLACES


- Thomas Walling, *
- Bowdoinham



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Surprise guest. Bob Dow (third from left) made a surprise appearance at the People Plus Write On! group on July 22. Dow, now living in Nahant, Mass., is well know to the group. With him, (from left) is Solveig Smith, also Bonnie Wheeler, current president of the writer's group and Charlotte Hart, group member. Smith brought a basket of Swedish buns to the well attended meeting.



Load 'em up! Volunteers work to keep the line moving at the annual picnic on July 16th. More than 100 people got their hamburgers and hot dogs in about 20 minutes.

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Guest Panelists

Hannah Reese, PhD Assistant Professor
 Psychology Department, Bowdoin College *and* **Benjamin Tipton, MPA-C** Physician Assistant
 MID COAST MEDICAL GROUP- Bath

Anne Brown, MD
 Integrative Medicine Practitioner
 St. Mary's Medical Associates

7 p.m., Tuesday, August 18
Frontier Café+Cinema+Gallery
 14 Maine Street, Mill 3 Fort Andross, Brunswick

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

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

For general information, call (207) 725-5222.

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 (207) 373-6957
 www.accesshealthme.org



Fantastic Fantaisie. Harpist Clara Wang plays "Fantaisie" during a Community Concert offered by the Bowdoin International Music Festival at People Plus on July 9. This is the fifth consecutive year the summer festival has played at the center, more than 50 members attended.

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Island Strategy

Members of the People Plus Table Tennis Team escaped to Wood Island recently, paddles in hand, to discuss how they can repeat their championship performance at this year's Maine Senior Olympic Games. The 2015 games are in August.



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Senior Intermediate Cribbage

June 24: Mike Linkovich, 706; Robert Mehlhorn, 700; Dick St. Cyr, 688; Joe Tonely, 687.
July 1: Anita Owens, 726 (perfect game); Lorraine LaRoche, 721; Dick St Cyr, 711; Gerry LaRoche, 698, Rick Fortin, 676.
July 8: Linda Paisley, 719; Rick Fortin, 710; Robert Frost, 708; Joe Tonely, 705.
July 15: Robert Frost, 715; Tim Owens & Lorraine LaRoche, (tie) 706; Anita Owen, 705.

Monday-Saturday Bridge

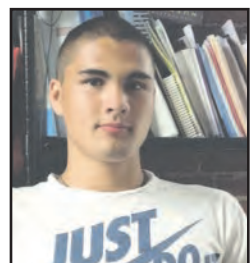
June 15: David Bracy, 4,220; Bob Cressey, 4,050, Gladys Totten, 4,040; Alan Reder, 3,850.
June 20: Edna Seeley, 5,540; Bill Buermeyer, 4,930; Bill Washington, 4,060.
June 22: Lorraine LaRoche, 6,080; Bob Cressey, 5,090; John Rich, 4,490; Anne Brautigam, 4,330; Bill Washington, 4,320.
June 27: Lorraine LaRoche, 4,560; Gladys Totten, 4,370; Bill Washington, 4,330.
June 29: David Bracy, 6,150; Bill Washington, 4,870; Gladys Totten, 3,910; Lloyd Jones, 3,670.
July 4: Bill Washington, 4,700; Lorraine LaRoche, 4,540; Bill Buermeyer, 4,380.
July 6: Joyce Lyons, 4,930; Bill Buermeyer, 3,090; Sherry Watson, 3,040.
July 11: Gladys Totten, 4,020; John Rich, 3,890; Sherry Watson, 2,980.
July 13: Bill Washington, 5,020; Lorraine LaRoche, 4,940; David Bracy, 4,640; Mary O'Connell, 4,050.

Summer volunteers keep teen center "hot"!

Teen Center News

JORDAN CARDONE

In last month's newsletter I introduced Brooke, one of our summer volunteer staff and this month I would like to introduce our two Upward Bound Bridge Program interns, Johnny and Jamie.



Johnny Yim

Johnny Yim just graduated from Lisbon High School and has been in the Upward Bound program for three years (this summer being the final step (bridge) before leaving for college). During the bridge

summer, interns spend 6 weeks earning a college course credit and the other part of the day volunteering at a local non-profit.

Johnny is going to attend Denison University in Grainville Ohio and his goal is to go into Athletic Training when he finished school.

Interested in sports and studying the human body, Johnathan wants to work with athletes, helping them get back on the field as quickly as possible after sustaining an injury.

The Upward Bound program has helped him "become a better writer and better organized trying to balance studying, sports and volunteering"

Johnny volunteered while he was in High School for Big Brother Big Sisters and also with a group of students "Students Against Destructive Decisions", who encourage other students to make good decisions around drugs, alcohol and substance abuse issues. He is a nice addition to the Teen

Center program this summer!

Our second Upward Bound Intern this summer is **Jamie St. Pierre**. Jamie just graduated from Lewiston High School and has also participated in the Upward



Jamie St. Pierre

Bound program for three years. Jamie is going to be attending Central Maine Community College to study elementary education and would like to eventually become a teacher as she loves kids

and comes from a big family (and wants to have 20 of her own!). Upward Bound has helped her overcome extreme shyness and become more confident and very outgoing.

Jamie has done volunteer work at a boys and girls club and at a nursing home in the past. She is a talented gymnast and has wowed us with her disclosure of having 15,000 followers on Twitter!

Dan Stadden, whom many of you have heard or read about over the years, is going to be a junior at Colby Sawyer College this



Dan Stadden

fall and is working towards a bachelor's degree in exercise science.

Dan is an avid cyclist and runner and has been participating in numerous running and bike races with his

most successful race this summer being the LL Bean 10K 4th of July race where he set a personal record for finish time in a 10K, 48 min. and 21 seconds which is an average of 7 minutes and 47 seconds per mile! Dan also participated in a 100-mile bike ride for the American Diabetes Association and finished just under 6 hours! Go Dan.

These students have inspired our tweens/teens with their talents, interests, life goals and life stories. By Mid August they will all be gone and the staff and members of the Teen Center and People Plus will miss them and as always, we wish them the best!

Summer Hours

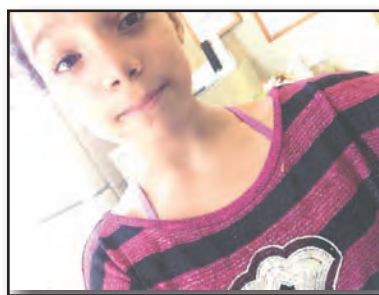
The Brunswick Teen Center Summer Schedule will be in effect through Aug. 20.

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

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

Teen of the Month

KEARSTIN DRAKE



Kearstin Drake is going to 7th grade in the Fall and has been coming to the Teen Center program since last summer, so for a year now! Kearstin is a regular here, coming in just about every day.

About the Teen Center program Kearstin says she likes coming here and that she thinks the Teen Center is amazing because "you're here" (me, Jordan :) -how sweet!) and it is social here and Kearstin is very social! You may have seen her in previous pics because she is always willing to do a photo shoot. She took this picture of herself and picked it to include with this article.

Kearstin is getting the Teen of the Month award because she wanted "so bad" to be "so good" so she could get this award and therefore, definitely tried the hardest :) Kearstin is a sweetie and she really did do a pretty good job. She received 2 tickets to Regal Cinema and used them immediately going to see Jurassic World. Congratulations Kearstin!

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

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Dr. Tim Coffin

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 decreased 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?
DAILY 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, pop, 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.

-Legion of Chiropractic

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207-729-0475 - www.spectrumgenerations.org

August 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 receive \$1,300 each month from my Social Security retirement benefits. This is my only source of income, and I have about \$10,000 in assets. Do I qualify for Extra Help?

—John

Dear John,

Yes, based on your income and assets, you will likely qualify for Extra Help. Extra Help is a federal assistance program that helps to pay Medicare prescription drug costs for people with limited incomes.

In 2015, individuals who receive less than \$1,471 in income each month and have up to \$13,640 in assets should qualify for Extra Help. Married couples who receive less than \$1,991 in income each month and up to \$27,250 in assets should qualify for Extra Help.

Know that if you have Medicaid, a Medicare Savings Program, or receive Supplemental Security Income (SSI), you should automatically receive Extra Help.

You can apply for Extra Help online by visiting www.ssa.gov. You can also apply by calling the Social Security Administration at 1-800-772-1213 or by visiting your local Social Security office.

—Marci

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

Welcome to Medicare


Spectrum Generations holds Welcome to Medicare informational sessions at its offices in Brunswick on the second Tuesday of each month from 12:30 to 2pm. These sessions are designed to help Medicare beneficiaries cut through the red tape of Medicare and its many "parts" so people can make informed decisions about their health care coverage. Free and open to the public. Registration is required. Call 729-0757 to register.



October 20, 2015 9am-1pm
Cook's Corner Mall, Brunswick

Maine has the highest percentage of older adults in the country and the Mid Coast is where this population is growing the fastest. The People Plus Senior Health Expo brings together a variety of resources for this increasingly important segment of our community. The Expo provides an excellent opportunity to learn about products and services in the categories of medical services, fitness and health, technology, legal, community services, housing/respite care, and finance.

Spectrum Generations is a proud sponsor of the People Plus Senior Health Expo



All proceeds benefit Meals on Wheels

Wednesday, September 16th
Maine Maritime Museum, Bath

\$75.00 per person
\$550.00 per table of 8

Things are heating up!

Four Celebrity Chefs from mid-coast and central Maine compete in a fun, friendly competition of "best dish" using locally grown ingredients while following Meals on Wheels rules and guidelines.

Three Celebrity Judges have the difficult but delicious task of sampling each plate to choose a "Judge's Choice" winner. There will also be a "People's Choice" vote.

Silent Auction and Cash Bar at event.

All proceeds help end senior hunger by going back into our Meals on Wheels program which helps keep seniors happy, healthy and independent in their own homes, where they want to be. Good health starts with good nutrition.

The event sold out last year and is expected to do so again this year so make sure you get your tickets while they last!

Tickets can be purchased at:
spectrumgenerations.org/celebrity

Stay tuned for the release of this year's Celebrity Chef line-up, including the talented Celebrity Judge panel, our Keynote Speaker and other celebrity attendees.

For more information about this event, including sponsorship or ticket purchases:

Contact **Nick Cloutier**
Community Engagement Specialist
ncloutier@spectrumgenerations.org
207.620.1655

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PROUD TO PARTNER WITH PEOPLE PLUS

“One of the prettiest places”

Editor's note: During this summer season we are featuring car-based trips to areas that make our region special. We hope these Side Trips 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 have to say the last ten miles of Maine Route 24 are the best. If you have NOT been to Bailey and Orr's islands lately, August is perhaps the best time of year for a visit. I suggest you leave right now, these islands never seem to disappoint.

Start at Cooks corner, where there's a Subway shop or six other places to buy a sandwich. Have them put it in a bag for you and get underway. Land's End is just over 15 miles from “the Corner,” and the Harpswell Islands offer six or sixteen places for a scenic turnout, or a place to eat.

The Islands really start at the Gurnet Bridge, a narrow sluice of water called

SIDE TRIP

Gurnet Strait is racing under, connecting Long Reach with the New Meadows River. There is a safe if narrow sidewalk on the bridge, and the views are worth a second look. Magical

vistas appear to your east and west. Most of what you see here is “Coffin Country” immortalized by local poet/writer Robert P. T. Coffin. If you have not seen Coffin's work, borrow a copy at your library, take it to the islands, sit on a rock and read!

Great Island for 25 years has been the site of the Sebascodogan Artist's gallery, a quaint little church perched precariously on a ledge above the road. The revolving show offered by some of the area's best artists is always worth a peek or a purchase. Just beyond the gallery, you run out to a picturesque look at Orr's cove and the side road (left) onto Gun point.

Roll past the Mountain Road intersection on your right, and another mile will take you to Lombo's Hole, the twisted bridge onto Orr's Island and a near unforgettable climb up what locals call the Devil's Back. Your approach is made through what used to be called the “deep Cut” a massive slice through rock that made the approach manageable for motor vehicles, not that many years ago.

There are still folks alive in the Harpswell islands who remember when it was easier to go by boat to Portland to shop, rather than risk the questionable roads and bridges that took you up to Brunswick.

Orr's is one of the sweetest little villages you'll find in the islands, they've just completed a wonderful restoration of their library, and if you're ready for a break, just past the library take a left and go down the hill to Lowell's cove, it's your first real beach worthy of a walk.

Orr's and Bailey islands are connected to each other by a newly restored engineering marvel called the Cribstone Bridge. Just over 1,100 feet in length, massive, loosely stacked chunks of granite spirit the roadway across Will's Gut and onto Bailey Island. There is a safe sidewalk and you just have to stop and do it. Built originally in 1928. Local traditions say the crib bridge replaced a ferry service in an open boat that cost a nickel to go over and a dime to get back. People were always willing to pay the extra money to get off the island, the story goes. Me, I've never been in a hurry to leave Bailey Island.

Cook's Lobster house is across the cove on your right, the climb to the top of the island is quick and quaint. Watch for sea gulls in the road. Pretty soon on your right comes

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SIDE TRIP

Mackeral Cove, loaded with fishing boats, pleasure boats and amazing views. Look to seas and you can see Monument Island, and on a good day, Portland and Halfway rock lighthouse.

This is a wonderful place to stop for a moment and praise the town of Harpswell. The field in front of you, and a dozen more scenic areas on Harpswell's islands and Harpswell neck, have been preserved as public sites for all to enjoy. Bully to the Town, and thanks to the Harpswell Heritage Land Trust. It is so good of you to share.

But you need to get back in your car. Land's End is up the road maybe two miles, and it's worth the trip. There's the mandatory gift shop, you just need to go in and buy something with MAINE written on it. The Lobster fisherman statue is right there on the end of the point, and if you just wait a minute, a lobster boat will rumble past. Here you get a clear shot of the Halfway Rock lighthouse, here you have another beach to explore. Here is one of the prettiest places on earth, enjoy!

Membership Benefits

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

CANDY

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

CLEANING/ORGANIZING

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DRY CLEANING

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

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

AUTO SERVICE

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

Bill Dodge Auto Group: 10% off parts and service 262 Bath Rd., Brunswick; 800-652-6118 118 Pleasant St., Brunswick; 729-6653 www.billdodgeautogroup.com

Brunswick Ford: 10% off parts and service 157 Pleasant St., Brunswick; 725-1228

Lee's Tire & Service: 10% off 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

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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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Not just another summer hike

We'd just finished supper and were chatting our way through the pleasant summer evening when "Hey," says I, "wouldn't this be a great time for us to start our Summer Trail Challenge?" I got an immediate groan from Jane, a sarcastic eye roll from Beth and a flat refusal from Robert. "I'm going with a college buddy for a beer and a chance to count fireflies," Robert said, obviously glad to have an excuse to avoid my suggestion. Only Jenn, our precious, wonderful, adventurous cousin Jenn, hinted she might be interested.

"But isn't it too late," someone asked, "won't there be bugs?" said another, "Do we know where the trail is?" Everyone wanted to know. I answered every doubt as quickly and positively as I could, and five minutes later, the girls and I were packed in Beth's new Volkswagen, rolling down Route 24. "Go ahead, Robert," I'm thinking, "count your silly little fireflies, we're headed for Harpswell's Cliff Trail and a summer romp!"

Yes, it was ten after eight and sunset was 8:19 p.m. "light lingers this time of year," says I, and yup, I described the trail as "a little over a mile," just to put all at ease. Jane, who has been on "adventures" with me before, had the good sense to grab a couple flashlights as she went out the door. The trail head for Cliff Trail is behind the

Harpwell town offices. When we pulled in, two sheriff's deputies saw us and gave us a look like, "what are those old people doing heading up the trail this time of day," but they don't try to discourage us. We grab a trail map and learn the hike is actually 2.3 miles, average hike time is a hour plus, and the official rating is difficult to challenging. Just to make everyone feel better, I tell them I did the walk up to the ledges one afternoon and it was a piece of cake. "Come on," said I, "we're here, the moon will be up before we need it."

The first leg of the trip runs parallel to Strawberry Creek, is easy and nearly level. I pushed the gang a little to walk faster in the failing light, but the girls linger around the collection of fairy houses, and there was a pitched conversation with a pair of clam-diggers. Beth didn't know the difference between a Quahog and a softshell clam.

We turn the corner and cut uphill, it looks like darkness might hit any minute now.

The trail cuts onto an old roadbed, I guess it might be a section of the old Island road that runs past Ed & Jane's house. My Jane is immediately suspect, "really," she asks, "we're headed in that direction?"

There's water in the roadbed, I'm wearing boat shoes. I jump for a rock, slip and do a slo-o-w roll. A seconds later, I'm covered with mud and water, my hip hurts, a knee

is cranked, left arm feels funny and Jane wonders aloud if my pacemaker is okay. "At least I didn't hit my head," I said, and Jane mutters something about it might have been better if... I squat beside a puddle, wash the mud off myself and realize my arm is bleeding. "It'll stop, I said, "we shouldn't. We talk about going back, I guess it might be shorter of we continue. Forward we go.

We go through an acre of scrub spruce or pine, it's kind of hard to tell in the dark. Flashlights are out, people are tripping, muttering, complaining Trees are very close together, it becomes more complicated to see the white trail blazes. A couple times we wander off trail and need to backtrack. There are comments from the ranks about whose idea was this, anyway.

At the crest of the Cliff trail, we break out onto the first dramatic ledge outcropping, the one with the dramatic 150-foot drop to Long Reach. We see a brief corner of the full moon, before it slips behind a cloud. I recall that it was more exciting in the daylight, but no one seems impressed. We stumble forward. It really is dark, now. Beth asks me a couple questions about my service in Vietnam, she encourages me to walk in front of her. I think she might be afraid I'm gonna have a flashback or something. I tell her it was "really dark over there, darker than this." She didn't seem too impressed.

Speaking Frankly

FRANK
CONNORS



We hear a noise off trail. A raccoon? A skunk? Maybe a deer? We see nothing with our flashlights, maybe because the batteries are starting to weaken. We decide it will be safer if we stay closed together. I claim there is no way we could be lost, Long cove is left, Mountain Road is straight ahead. "We could walk in circles," someone said, "not if we stay on the trail," I countered.

Ten lo-ong minutes later, we see a light through the trees. "Salvation!" someone yells! Maybe it's appropriate we broke out of the woods, right behind the Harpswell recycling Center. Right about then, we all felt pretty used up. We made it to the car, there was a brief discussion about making me walk home because I was still covered with mud, and blood, and of course, Beth's car's interior was immaculate white leather.

There was a blanket in the trunk, I got the ride I was hoping for.

Back at the house, Jane told me to hose myself off. "You'll need a shower and some Tylenol before bed," she said, "So much for summer adventures."

"The Article That Called To Us"

BY RUTH FOHRING

The May Issue of the People Plus Newspaper contained a super article by our own Frank Connors. It intrigued my husband and I and we decided to take Frank up on his idea of a self guided tour of the area we were surrounded by. "Circling the Bay," was the article and we studied it. We then cut it out, made some notes, put them in an envelope with the article, and put it in the glove compartment of our car. We set a date, and were eager to go. That article had called to us and we were going to check it out.

We left at 11:34 A.M. from Topsham and quickly found ourselves on Route One. It was May 24th., a Sunday morning, and there was little traffic. The bridge from Bath over to Woolwich had as usual a great view of the Bath Iron Works and the tall majestic cranes.

We turned left on Route 127 and soon approached the most intriguing town we had seen in a very long time. It was love at first sight for me! Day's Ferry was so beautiful and peaceful. A sign announced that it was very old and had been settled in 1740. We had not seen an old colonial town like it for ages and were alert to notice everything we could about it. The wide green fields and many colonial style homes would be the perfect setting for any movie depicting

life at this time in our country's history.

We saw views of the Kennebec River sprinkled through the trees as we drove along marveling at all we saw. Lilac bushes and apple and cherry blossoms were added attractions too. We spotted a sheep farm and a very old barn. Passing a cemetery dotted with American flags was significant on this Memorial Day weekend. Stone walls scattered along the edge of meadows indicated hard work had been done here and stories were here that I wished I could listen to.

We passed one car going in the opposite direction and one biker peddling furiously up a hill. I was loving this ride and never wanted to leave this beautiful area.

Turning on to Chopps Point Road we found ourselves in a wooded area and on a bumpy but well maintained road. Reaching the end of the road we parked the car and walked down to the river. Before us we viewed a very narrow section of the Kennebec. This section of the river was at low tide when we arrived so we did not see the rapids and the wonderment of a great deal of fast moving water. The water that passes through this narrow spot and ventures on and beyond Augusta, and then returns, goes right through there. The buildings surrounding us looked most interesting. A young woman called to us and we were delighted to meet one of the teachers who taught at the Chopps Point School. Her

father in 1960, had purchased the land and the buildings that we were looking at. She lived in one of the homes with her family, and only had to walk a short distance to the school. I envied her and hoped I would see her again some time.

We left there smiling and happy we had made this trip, and continued our journey. We turned left on Route 128 and found ourselves surrounded by neat, peaceful fields. Dresden came into view with its big, marvelous farms. Richmond sported a new cement bridge, and interesting architecture. We stopped there, ate our lunch, and watched the boats by the river and chatted about the history that is so abundant in this section of our world. Bowdoinham and the Kennebec came into view and Pleasant Point Road and the bay up close was another treat. Then we started back to where we had started from.

We arrived home at two still smiling. We had a wonderful experience that day, one that will be on our memorable list. We had

read the article, pursued it, and now were experiencing what the article had intended us to feel. This trip is highly recommended for anyone with a sense of adventure, a love of peace and beauty, and a touch of interest in Maine's history.

No August Breakfasts

Remember, in the spirit of eating light over summer, there will be NO men's or women's breakfasts served during the month of August at People Plus. These popular events will return in September on their usual schedule; the women's breakfast on the first Thursday, Sept. 3, beginning at 8:30 a.m.; and the men's breakfast will follow on the second Thursday, Sept.10, beginning at 8 a.m. Both breakfasts are served, based on a donation of only \$4.

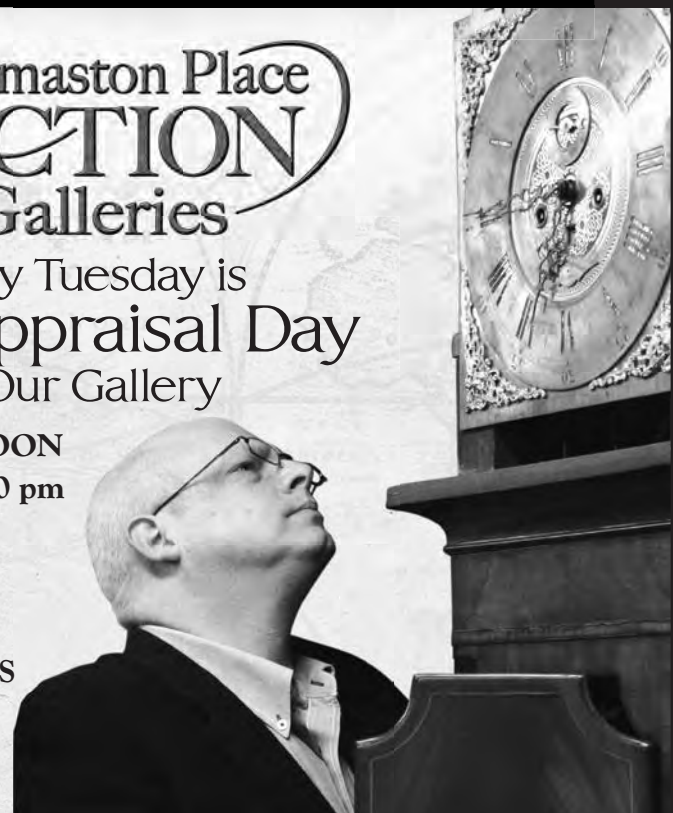
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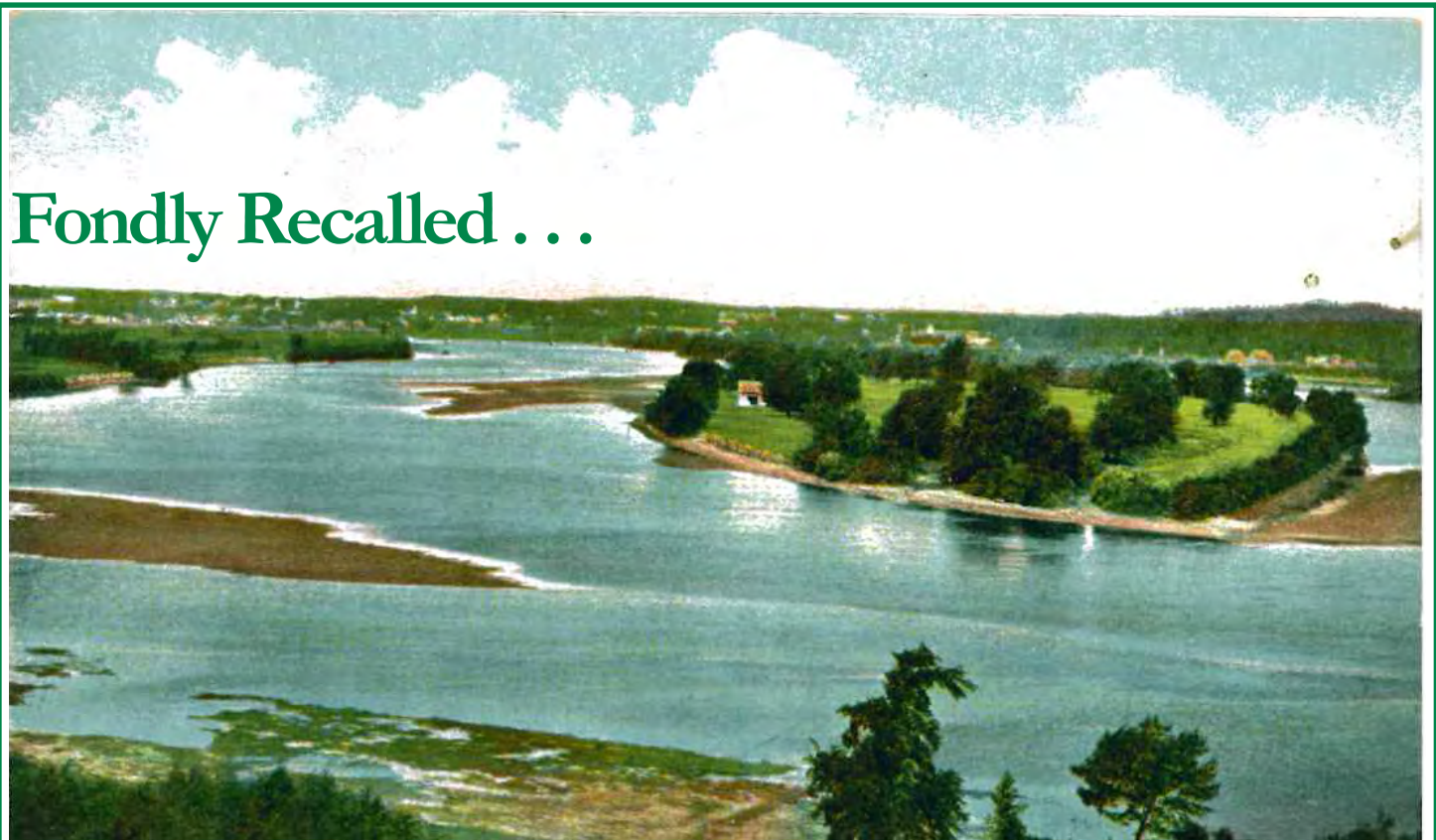
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Part-time help, mailroom. Alliance Press (at the Times Record) always looking for help inserting papers, prepping for mailings, running insert machines. Day shift work, starting early in the morning. Ask for Jeff, 504-8272.

Exercise balls. People Plus would like to place several exercise balls, some 24-inch, some 22-inch, in new homes. Take your pick, only \$10. See Frank at the Center, 729-0757.

Nuisance Wildlife? Call Critter Catchers (Grant Connors) at 729-0460 for the safe and humane removal of skunks, opossum, squirrels and other natural pests. ADC licensed. Call 729-0460.

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Fondly Recalled . . .

IF the casino at Merrymeeting Park still existed, you could climb to its tower, look up the Androscooggin River toward Topsham and Brunswick and hope to see this picturesque view of Cow Island. Of course the casino is gone, the island is overrun by vegetation, and we guess if you tried to graze a cow there now, the poor thing would fare badly. This hand-colored post card image was printed about 1900. **If you have old area pictures to share with readers of the People Plus News, please contact Frank Connors, 729-0757 with your contributions, comments and suggestions.**



Lunch out!

August 11th at 11:30 a.m.

TASTE OF MAINE

US Route 1, Woolwich

Sebascodegan art reception

Sebascodegan gallery artists invite the public to a reception for Bath artist Shirley Lewis at the gallery on Sunday, Aug. 9, from 2 to 4 p.m. Twenty traditional and contemporary artist exhibit at the old church gallery, which is located at 4 Old Orr's Island Road, off Harpswell Islands Road (Rt. 24) seven and a half miles from Cooks Corner.

Shirley lives in Bath, Me., and specializes in oil painting and encaustics. Her special interest is in the natural world around her—both land and sea. Lewis particularly enjoys working in a small or miniature format.

The Sebascodegan gallery is open daily, 10 a.m. to 5 p.m. through Labor Day. Refreshments will be served during the reception. For more information call 833-5717.

Bus trips coming

Trips to the Carousel Theater and the Sawyer foundation are set for September, thanks to the collaboration of the Bath Senior Center and People Plus. Avery and Ralph Lovely play the Sawyer on Sept. 11; and the "Y'all come back Saloon" is at Boothbay's Carousel Music Theater on Sept. 22.

The Lovely father and son team have been at the Sawyer Foundation in Greene, Me., before, and always draw a great crowd. Their mix of bluegrass, country and hill-billy swing, played on banjo and guitar, is a wonderful, unique sound. A full-course dinner at The Sedgley Place will follow the show. Cost, including show, transportation and dinner, is \$37 for members of the Bath Senior Center or People Plus, and \$40 for non-members. The bus leaves Bath at 12:20 p.m., and picks up at the Topsham Home Depot Park and Ride at 12:40 p.m. Pay when you register in Bath, registration is

required by Sept. 1.

The first 48 people to register for the Carousel Music Theater program, "Y'all come back saloon" will be the ones who get to go, and you are not registered until you pay in Bath at the Floral St. Senior Center. The \$34 cost for members, (\$37 for non-members) includes the show, the bus trip, and soup, a sandwich, your drink and dessert at the theater. The bus leaves Bath at 5:30 p.m. And there is no pick-up in Topsham. For more information call the Bath Area Senior Citizens Center in Bath, at 443-4937, or contact Frank Connors at People Plus, 729-0757. All registrations are maintained at the Bath center.

The August 23rd trip to New Hampshire's Lake Winnepesaukee Playhouse to see "Accidental Death of an Anarchist," followed by dinner at Hart's Turkey Farm, is full, but you can check with the Bath Center to be placed on a waiting list.

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