



Planting Ahead. Terri Burgess (left), Corie Washow, and O. Jeanne d'Arc Mayo, three veteran Music in April organizers, take time after a planning session to plant bulbs that will be used as table centerpieces at the fourteenth annual Gala.

SENATOR ANGUS KING

11th at 11!

We are delighted to announce that Maine Senator Angus King will visit the People Plus Center at 11 a.m. on Friday, March 11, to help us memorialize the 40 fantastic years that your Center has been serving the Brunswick area. This is the rescheduled event from Friday, Feb. 5, that was postponed because of bad weather.

You can expect great food, great music, and a wonderful 'historic' slideshow along with Senator Angus King's keynote, "message of salutations and encouragement." The Senator has been a long-time supporter, member and friend of the Center, and spoke at the People Plus Center's 25 anniversary celebration, when he was Governor of Maine!

"We've been scanning in old photos since summer, and are excited to show them to everyone," said Jill Ellis, event coordinator at the Center,



"It will be an afternoon to remember." If you were registered for the original event, we have to ask you to re-register for this one. Please call 729-0757 early, as we expect this to become a standing-room only event.

Prep for gala hits high gear

Business sponsorships, restaurant support and auction items are flowing into "Music in April Central" at People Plus, and Executive Director Stacy V. Frizzle is already pointing to another record breaker as plans come together for the 14th annual Music in April event on Thursday, April 7th. "I just have a good feeling," she said, "this will become the best one yet!"

This season's show starts at 5p.m., April 7, at Brunswick's Knights of Columbus lodge, again under the watchful eye and able direction of legendary general chairperson O. Jeanne d'Arc Mayo, who has had a hand in every one of the 14 annual events. "There's no reason to assume this will not be the best one yet," Frizzle said.

"We're making this one fresh and springy," Frizzle said, talking of fresh flowers, new lighting schemes and some "eye-popping color!" She said this fundraiser is also a "tribute and a thank you" to the businesses and individuals who remain so supportive of the Center, "year after year...we feel a huge obligation to make it as special as we can!"

A special thank you to our 2016 sponsors

- Fortissimo Gala Sponsor:** Coastal Landing
- Crescendo Healthcare Sponsor:** Mid Coast-Parkview Health
- Crescendo Financial Sponsor:** Bangor Savings Bank
- Mezzo Decor Sponsor:** Maine State Music Theatre
- Duet Event Sponsor:** Spectrum Generations

Explorer bus reducing service

Effective Monday, February 29, 2016, the Brunswick Explorer bus service began running on a shortened daily schedule. According to a press release, the reduced schedule is necessary "because the Explorer has fallen short of its goal for the local funding needed to operate at current levels." The bus is still running Monday through Friday on an hourly schedule in each direction, but with the new schedule, service begins at 9 a.m., and busses come off the road for the day about 3:45 p.m.

Most of the funding for the bus service comes from the Federal Transit Administration and requires a local match which changed recently from approximately \$60,000 to over \$105,000. Local funding for the first three years of operations came from a "small but generous group of supporters"

including the Town of Brunswick, the Brunswick Housing Authority, Sweetser, Bowdoin College, Mid Coast Health services and the United Way of Mid-Coast Maine.

Commencing Monday, Feb. 29 the bus runs hourly eastbound from Mallard Pond housing center to Sweetser, starting at 9 a.m. It arrives at People Plus about 17 minutes later. The last eastbound bus will leave Mallard Pond at 2:00 p.m. The westbound bus runs hourly from Sweetser toward Mallard Pond, starting at 10 a.m. The last bus westbound will leave Sweetser at 3 p.m. and arrive at Mallard Pond about 3:45 p.m.

The notice said "the Brunswick Explorer apologizes for any disruption this reduced service might cause" it's customers, and added that "it hopes the shortened schedule will be a temporary one."

See What's Buzzing on page 5



Forte Table Sponsors: Atlantic Regional FCU; Bar Harbor Bank and Trust; Bath Savings Institution; Bill Dodge Auto Group; Bowdoin College; Brackett Funeral Home; Camden National Bank; CHANS Home Health Care; Developers Collaborative; Edward Jones Investments, Brunswick Branch Office; Goodwin Motor Group; Hammond Lumber Company; The Highlands; Mechanics Savings Bank; Mid Coast Senior Health Center; Neighbors, Inc.; Norway Savings Bank; Primerica; Riley Insurance Company; Rousseau Management; Thornton Oaks; Kathleen S. Winn; DMD. **Mezzo Forte Sponsor:** JHR Development, LLC

FREE Healing Clinic with Greater Brunswick Physical Therapy

Friday, March 25, 11:00 am – 5:00 pm
 Free massages and healing treatments at People Plus with professional health practitioners, massage therapists, physical therapists and Reiki masters. No pre-registration; all appointments scheduled on a first-come, first-serve basis. Treatments are free of charge. Donations are welcome.

SPECTRUM GENERATIONS

March for Meals Lunch

On Wednesday, March 23rd, Spectrum Generations' Southern Midcoast Aging & Disability Resource Center will host a community lunch at People Plus in celebration of March for Meals. Spectrum Generations participates in the national March for Meals campaign, which is an annual month-long event, led by Meals on Wheels America. It is designed to generate public awareness about senior hunger and isolation and to celebrate the invaluable services provided by the Meals on Wheels

programs – both home-delivered and congregate – in virtually every community across the country. All community members are invited for an informal lunch of soup, sandwiches, and salad. Lunch will be served from noon until two and will be provided at no charge, although donations will gratefully be accepted. Reservations are not required. "Senior hunger and isolation are huge issues, especially here in Maine where we have such a growing population of aging

adults and the rural nature of the state. I'm excited that we get to hold a March for Meals lunch this year, it's a great way for community members to come in and see what important work the Meals on Wheels program does. I hope we can get a ton of folks to drop in, have lunch, and say hello." Casey Henson, Nutrition Coordinator
 For more information about Meals on Wheels or the March for Meals Community Lunch, please contact Casey at 607-4406.

SAVE THE DATE!
GELATO FIASCO
 INSPIRED BY ITALY. PERFECTED IN MAINE.
BRUNSWICK TEEN CENTER
SCOOP-A-THON
 April 27, 2016



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:

news@peopleplusmaine.org

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

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All in a month

I'm always amazed as to the breadth of topics and situations in which I find myself over the course of a month at People Plus.

It could be a surprising turn of events, the sad loss of a member, an uplifting lecture, or the donation of financial support - all of which never cease to amaze me.

All of these things have happened in the last 30 days of People Plus. We launched both the teen center and senior program endowment funds and had three significantly large donations come in within the first week! One family delivered us a check for \$20,000 to support the teens. I will confide in all of you that when the gentleman handed me the check I began to cry. After taking a minute to collect my wits, I was able to stammer out an appreciative response - I hope. This community's generosity amazes me.

We also had sad news about one of our most beloved drivers for the volunteer transportation program. Wil Arsenault passed away this month and his loss will be felt in ripples within our community for years

to come. Hundreds of people have been provided free volunteer transportation by Wil in the last few years. He has touched so many lives in such a positive way with his generous and selfless service.

On a happier note, we had an average of 30 people enjoy lunch here on Mondays this month with our new Monday Munchies program serving a hearty bowl of soup and chunk of bread. And for the last few weeks we are excited to have a donation of a sweet little treat from Bun Bun's Bake Shop. Thanks!

Lots of the work this month has been around development of the Music in April fundraising gala. Our save the date cards went out thanks to Jenn and we hope that you've got it on your calendar for April 7th! This is a very upscale shin dig and has raised up to \$45,000 for the organization in the last year or two. That is a good sized chunk of the annual budget and specifically benefits our senior and teen nutrition programs.

We are collecting auction items right now

From the Executive Director

STACY V. FRIZZLE



so if you have a really interesting family heirloom that you're willing to part with perhaps it would be good for our auction?

And we are hopeful to reschedule Angus King for March. What a disappointment it was to cancel due to the snowstorm. The Senator was so gracious and we are working diligently to get him here! Stay tuned for that one.

As we crank through this winter, I hope that you come see us all soon as we have wonderful speakers lined up for the next few months including a master beekeeper, Jackson laboratory and BIW. There will be lots of good brain food; lots of good lunch food and best of all lots of your good friends are here - which is food for the soul...

So come see us down here at the Center that builds Community at the corner of 35 Union Street!

From Anita's Plate

ANITA HUEY



March is National Nutrition Month and each year The Academy of Nutrition and Dietetics selects a theme. This year they have chosen "savor the flavor of eating right!" This information campaign is meant to help guide people towards a healthy eating pattern. It is meant to encourage families to enjoy food traditions, eat flavorful food that provides good nutrition and being mindful. Each individual/family develops an eating plan that works for them. There are so many great recipes that can help people move in this direction. I chose this month's recipe because it is packed with flavor and nutrition!

On April 5th from 6-7 pm. I have been asked to speak at Mid Coast's chronic pain support group. I will discuss quick and healthy meal ideas for cooking earlier in the day when most people have more energy and one-pot meals!

I am excited to announce that we will be offering another Diabetes Prevention Program at People Plus! It will start on Thursday March 3rd from 11-12 pm. This will be the fourth program that I have offered. The results have been amazing. People have lost weight and lowered their glucose! The participants meet weekly for 16 weeks and then monthly for the next 6 months. The goal is to promote a 5-7% weight loss, increase physical activity and use tools to problem solve and manage healthy food choices. The cost of the program is \$125 members and \$150 for non-members. If you or someone you know could benefit from this program, give me a call! Everyday Nutrition Associates, Anita Huey, MS, RD, LD, CDE Phone: 504-6439

Lasagna Soup

Ingredients:

For the soup:

- ½ cup onion, diced
- 1 t. garlic powder
- 3 cups low-sodium, fat-free chicken broth
- 1 cup cooked chicken
- 2 1/2 cups water
- 2 cups low sodium marinara sauce
- Freshly cracked black pepper
- 6 oz. broken lasagna noodles
- 1 bag of baby kale

For topping:

- 6 Tb. part skim shredded mozzarella cheese
- 1/2 cup part skim ricotta cheese
- 3 Tb grated parmesan cheese
- 1/4 cup fresh basil, sliced

Directions:

1. In a Dutch oven over medium heat add 1 teaspoon of olive oil. Add onion and cook until tender.
2. Add the garlic powder, broth, chicken, water, marinara sauce, pepper, noodles and kale.
3. Cook until the noodles are tender.
4. Combine the ingredients for the topping.
5. Divide the soup into bowls and top with the topping.

UUCB Concerts for a Cause: Ellis Paul

One of Maine's most popular and lauded singer-songwriters, Ellis Paul, will be bringing his music and storytelling to the Brunswick Unitarian Universalist Church on March 12th at 7:30 pm. The UUCB Concert Series raises money for the UUCB Church and local non-profits.

Paul is a key figure in what has become known as the Boston school of songwriting, a literate, provocative and urbanly romantic folk-pop style that helped ignite the folk revival of the 1990's. Not only has Paul won 14 Boston Music Awards, but he has published a book, played thousands of

shows and released over 16 albums. His pop music songs have appeared in movies and on television, bridging the gap between the modern folk sound and the populist traditions of Woody Guthrie and Pete Seeger. Last year Paul was invited to give the commencement address at the University of Maine and was given an honorary doctorate.

Tickets: \$20 in advance, \$22 at the door. Available at the church office (729-8515), at Gulf of Maine Books (729-5083), or ONLINE at <http://uucbpaul.brownpapertickets.com>.

Memorial Donation in Memory of

Arvilla Ames

March 21, 1922 – January 23, 2016



Check out past newspapers online at
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Gratitude

BY JONI LARLEE

The glass, 1/2 empty or 1/2 full is a metaphor for life. I am the glass, the container, and whether I see it as 1/2 empty or 1/2 full is determined symbolically by all of the beliefs I have held since the beginning of my life.

The glass 1/2 empty is about my belief in lack, my perception that I will be deprived and that there will never be enough, or that I am not enough, therefore I am not worthy. It brings up fear because I feel separated from my good, from Source, from God.

The glass 1/2 full is about my belief in abundance and my belief that there will always be enough, and that I am enough, therefore I am worthy. I am one with Source, I am prosperous and a child of the Universe. It's about a shift in Consciousness, how I view my world viscerally and what I believe in my heart to be true.

It's all about the feeling and not so much about the glass being 1/2 empty or 1/2

Reflections

BY GLADYS SZABO

Thoughts of the past year
 Times of joy, times of fear
 Remembering those with whom I have lost touch
 Their part in my life meaning so much
 Memories revived oh so vivid
 Fun, sharing for which we lived
 Tragedies happens, emails are graphed
 Knowledge of people directly effected
 Classmates, friends whom I had no idea
 Time is now to reconnect.
 By notes, calls or emails
 My thoughts and feeling to reveal.
 My New Year challenge is now devised
 My reconnection, hopefully a happy surprise.

MAKING SENSE OF SPRING

BY P.K. ALLEN

Spring is in the air
 With its fresh scents in the breeze
 Of gently falling raindrops
 And of flowers and of trees
 Spring is in the air
 With its sound of trilling songs
 Of a bird's mating melodies
 To the one for which he longs
 Spring is in the air
 With its colors shining bright
 Like the greenness of the grass
 Or the fireflies at night
 Spring is in the air
 With its delightful sugary flavor
 Of thick maple syrup
 On the pancakes that I favor
 Spring is in the air
 With its sunlight on my skin
 Giving warmth and comfort
 To the soul within
 These gifts of Mother Nature
 Make my senses aware
 Of this time of year again
 When Spring is in the air

full, it's more about my ability to feel grateful either way. As I release the doubts and fears and the beliefs that keep me feeling limited in a glass 1/2 empty, I realize I have the power to make the changes to live a more fulfilling life, and for that I am grateful. When you are grateful the Universe will provide more opportunities for you to be grateful.

This is an Affirmative Prayer: "I am grateful for this day and I am grateful for all of the good that this day brings. Thank you! And so is."

If you can live in this highest state of gratitude, you will never have to ask for anything. Everything you want will be given to you before you ask, because gratitude is the magnetic substance that opens every single door to the Universe.

(Quote, source unknown)

Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world.

John Milton

SNOWFALL

BY VIRGINIA SABIN

Even with a threat of being blown away
 Of changing over to rain
 Of freezing
 I will remember this moment
 Of snowfall
 Words cannot describe its beauty
 Its fluffy white comforting
 Its covering all
 Even the tiniest twig
 Protecting it from an icy change



All Saints Parish
St. Charles Borromeo Church

LENTEN SUPPERS

March 4proceeds benefit
The Gathering Place

March 11 ...proceeds benefit
**Habitat for Humanity,
 7 Rivers Maine**

March 18 ...proceeds benefit
Mid Coast Hunger Prevention

Adults \$8.00, Youth \$4.00
 Under 5 yrs. \$2.00
 Served 5 to 6:30 p.m. on Fridays

Tasty Fish Dinner ...
 Baked Haddock, Corn,
 Mashed Potato,
 Green Beans, Coleslaw,
 Rolls, Beverage, Dessert
 Pizza also available

Come all! Tickets available at door. 132 McKean St., Brunswick

55 Plus Center

WHAT'S HAPPENING ON THE HILL

6 Noble Street, Brunswick, ME 04011 - 729-0757 - March 2004 - Volume 4, No. 3

The mission of the 55 Plus Center is to enrich and enhance the quality of life for people who are 55 years of age or older through advocacy, organized social, recreational and educational programs, and to serve as their center for information, referrals and support services.

THRU THE YEARS *a 40th anniversary feature*

March 2, 2000: Trustees unanimously accept new mission statement: "To enrich and enhance the quality of life for people who are 55 years of age or older through advocacy; organized social, recreational and educational program; and to serve as their center for information, referral and support services." Two years later, Trustees enacted a policy that prohibits staff and volunteers from accepting any gifts, money, or items of value from "grateful" Center members. "Home-cooked goodies" were specifically excluded from the ruling.

Senator King

BY BONNIE WHEELER

Senator Angus King—where for art thou!!!
 Waiting patiently in the senate
 To make a run for the U.S. presidency
 I do wish it was this year

AN UNEXPECTED GIFT

BY ELIZABETH B. BATES

Our son had gone to Logan, Utah to the University there in the Fall. He wanted to fly home for the Christmas break. I had missed him so much, my first child to live away from home!

Of course, we sent him a round-trip ticket to Massachusetts, where we lived at the time. His two younger sisters were happy, too. They had a lot of questions for him about what it was like to live in Utah.

We met the plane and wanted to help him carry his things to the car, but he did most of it himself. He had one small paper bag in his hand, which he insisted on carrying himself. We thought it was something special to eat.

When we got in the car, he finally opened the bag and looked inside. What is it, I asked. He gave me the bag, telling me to be very cautious with it.

When I looked inside, I saw something, but couldn't figure out what it was. I looked at my son, questioning him. He said, look again. It's alive.

I did, and saw a little movement. My son loved all kinds of creatures, including snakes, so I was a bit hesitant. I looked again, and realized what it was. It was a very tiny kitten! It was waking up slowly. My son said he couldn't bring the kitten onto the plane to sit with him, it was not allowed. He had asked a vet for a sleeping pill for the kitten, and it hadn't moved or meowed in that paper bag all the way from Salt Lake City.

As soon as we got home, we took it out of the bag and saw that she was a Siamese kitten. We named her "Princess" and loved her immediately.

My son told us he had met a girl in his school who had a Siamese cat who had just had kittens. She had given one to him so he could bring it to us.

We didn't know it then, but he was very much in love with that girl. She was soon to become our much loved daughter-in-law! So, in a way, we had a double gift that day!

Mar 23, 1987: Janet Foley hired, Executive Director of 55 Plus Center.

Mar 4, 1988: First-ever Maine Flower & Garden Show at the Maine Mall. Cost of trip is \$3.50.

Mar, 1992: BINGO! Every Friday and Saturday, 6:30 p.m. to closing; Sunday, beginning at 1p.m. Donald & Shirley Hart are your hosts.

Mar, 1992: Remember that our **Quilt Doctors** are on hand ever Monday, to help you treat your ailing quilts or help you make the quilt of your dreams.

Mar 10, 1992: Maine Mall Trip, \$5! pick up stations are the Center and Maine Street Baptist Church at 9 a.m.

Mar 21, 1992: 9 a.m.- 3p.m., **Attic Treasures and Memories**, our annual flea market in the main hall. Reserve your table and come to shop, of course we'll have coffee and refreshments.

Mar 2, 2000: Jim Dodd offers lessons in **Ballroom Dancing**. First & third Thursday evening from 7: 15 p.m. to 8: 15 p.m. Only \$4 per class.

Mar 2, 2000: Tai Chi is coming to the Center. Elizabeth Sylvester teaching and coaxing from 4-5 p.m. 8-week session is \$30.

Mar, 2001: Crafters are settling into their new space on the lower level of the hall, and the **Boutique** has moved from the balcony to this same area. Our new library is sharing the same space.

Mar, 2002: Claude & Ann Bonang of Brunswick are featured in What's Happening on the Hill paper as Center members of the month.

Mar, 2002: A computer is set up at the Center to help process **Canada RX** orders. For a handling fee of \$9.99 (Canadian) members may order drugs for a substantial savings over local costs.

Mar 15, 2003: Broadway Revisited a fundraiser for the Center at Bowdoin College, with MSMT cast members.

Mar 15, 2004: Membership memo: 791 members. (49 new, 742 renewed)

Mar 20, 2004: Second Dinner-Theater gala, **Music in Mar**, at Bowdoin College with MSMT features Ruth Vogel.

Mar, 2006: Jack Frost walks, on snow-covered trails with Libby, or Frank (or both). Hot chocolate served at the Center afterwards.

Mar 16, 2006: Corned beef & Cabbage served at St. Patrick's Day dinner, cost is \$7, wear a touch of the green and be eligible for a door prize.

Mar, 2009: Sig Knudsen announces plans to retire in September, "has been synonymous with the development of People Plus for more than a decade."

Mar, 2009: Member **Robert Dow** profiled in PPNews, as a notable writer / photographer.

Mar, 2011: The exceptional watercolors of Brunswick artist **Bev Bevilacqua** are featured in the Union Street Gallery, show is titled, "The way I see Brunswick."

Mar 29, 2011: The Carefree Cafe, a joint effort of Brunswick Respite Center, People Plus and Spectrum Generations, has first outing in the Union Street Cafe.

Mar, 2012: Healers Burt Brewer and Merrilyn Tombrinck invite us all to check our newly painted and reorganized healing room.

Mar, 2012: Jack Hudson, our "Computer Tutor" offers three classes this month, "Intro to Excel, Troubleshooting Word and Excel, and Searching the Internet safely."

Mar 21, 2012: Freeport author and poet **Ken Nye**, author of "From the Heart" a collection of poems reflecting on growing old in Maine is today's Author's Chat.

Mar, 2015: "It's gonna' be so-o-o busy this month at People Plus, and we are so-o-o done with snowstorms....!" Teen Center Coordinator Jordan Cardone wrote in the Mar PPNews.

WHAT'S HAPPENING IN MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm	1 8:30 Table Tennis 8:30 AARP Free Tax Aide 9:00 Beg/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 1:00pm Quilters 6:00pm Girl Scout Meeting	2 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers	3 8:30 WOMEN'S BREAKFAST 9:00 Beg/Interm Bridge 9:00 Table Tennis 11:00 Diabetes Prevention 1:00pm AARP Free Tax Aide 6:00pm Beg. Line Dancing 7:15pm Adv.d Line Dancing	4 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 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	5 10:00 Bridge
7 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Apple Club 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 1:00pm "Theater For Anyone" 6:00pm Belly Dancing	8 8:30 Table Tennis 8:30 AARP Free Tax Aide 9:00 Beg/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Welcome to Medicare 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting 6:00pm Girl Scout Meeting	9 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin/Stamp	10 8:00 MEN'S BREAKFAST 9:00 Beg/Interm Bridge 9:00 Table Tennis 11:00 Diabetes Prevention 1:00pm AARP Free Tax Aide 1:00pm FYI! "What's the Buzz?" 6:00pm Beg. Line Dancing 7:15pm Adv.d Line Dancing	11 9:00 Mah-Jongg 10:30 Meals on Wheels 11:00 40th ANNIVERSARY KICK-OFF! 6:30pm Folk Dance Brunswick	12 10:00 Bridge
14 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge	15 8:30 Table Tennis 8:30 AARP Free Tax Aide 9:00 Beg/Interm Bridge 10:00 Art with Connie Bailey 1:00pm Quilters 3:00pm Books a la Carte 6:00pm Girl Scout Meeting	16 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 3:00pm World War II Book Club	17 9:00 Beg/Interm Bridge 11:00 Hearing Screenings 11:00 Diabetes Prevention 11:30 CHANS BP Clinic 12:00pm LUNCH/CONNECTIONS 2:00pm AARP Free Tax Aide 6:00pm Beg. Line Dancing 7:15pm Adv.d Line Dancing	18 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 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	19 10:00 Bridge
21 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 10:00 Tech Time 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing 6:30pm Civil War Bookclub	22 8:30 Table Tennis 8:30 AARP Free Tax Aide 9:00 Beg/Interm Bridge 10:00 Art with Connie Bailey 2:30pm Café en Français 5:00pm NAMI Maine Workshop 6:00pm Girl Scout Meeting	23 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:00pm March for Wheels Community Lunch 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin/Stamp	24 9:00 Beg/Interm Bridge 9:00 Table Tennis 11:00 Diabetes Prevention 1:00pm AARP Free Tax Aide 6:00pm Beg. Line Dancing 7:15pm Adv.d Line Dancing	25 9:00 Mah-Jongg 9:00 Loosen Up 10:30 Meals on Wheels 11:00 World Affairs Talk 11:00 Healing Clinic with GBPT 6:30pm Folk Dance Brunswick	26 10:00 Bridge
28 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 12:00pm Bridge 1:00pm LUNCH AND LEARN: "The Bucket List" 6:00pm Belly Dancing	29 8:30 Table Tennis 8:30 AARP Free Tax Aide 9:00 Beg/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 5:00pm NAMI Maine Workshop 6:00pm Girl Scout Meeting	30 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers	31 9:00 Beg/Interm Bridge 9:00 Table Tennis 11:00 Diabetes Prevention 1:00pm AARP Free Tax Aide 6:00pm Beg. Line Dancing 7:15pm Adv.d Line Dancing		

"Third Tuesdays" looks at Healthcare Levels

Amy Berube, LMSW, who is the Marketing and Outreach Coordinator, Elder Care Services at Mid Coast Hospital, will review the varying levels of healthcare, during her "Third Tuesday" Lecture at the Orr's Island Library, on Tuesday, March 15, beginning at 7 p.m. During the question and answer session, Berube will explain how needs for each level of care is determined. "Third Tuesday" lectures are open to the public and conducted at the Orr's Island Library, 1699 Harpswell Islands Road (Route 24) Orr's Island.

"Vikings in Ireland"

The March meeting of the Pejepsco Genealogical Society (PGS) will be held in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, March 13, 2016 at 2 pm. Award-winning local author, James L. Nelson, will be presenting "Vikings in Ireland". In medieval times, the Vikings swept out of Scandinavia in their devastating descent on Europe. Nowhere was their impact greater than on Ireland, where they came first to raid, but then became an integral part of Irish society. Mr. Nelson is the author of the Norsemen Sagas, including the recent novel, Glendalough Fair. He will discuss the Viking invasion of Ireland and the impact of that collision of cultures that can still be felt today.

As a boy growing up in Lewiston, Jim Nelson always had a deep love of sailing ships and the sea. He built many models of ships and in the 9th grade he built an actual working 12-foot Skipjack. He graduated from UCLA and shortly

thereafter decided to work on board traditional sailing ships. According to his website, he soon realized, after six years, that "it would be easier to write about sailing rather than actually doing it". His first book was published in 1994 and he has since written 20 books on maritime fiction and non-fiction. Nelson has lectured all over the country and appeared on the Discovery Channel, History Channel and BookTV. He currently lives in Harpswell, Maine with his wife and four children. Following his presentation, Jim will be available for book signing.

Everyone is invited to join the PGS meeting on Sunday, March 13, beginning with a brief social period before and after the speaker. A business meeting will follow.

For more information contact John Webster, PGS President at (207) 833-5430

People Plus in the Media



With Frank Connors & Stacy Frizzle

Viewed weekly on Cable Channel 3, Brunswick Community TV

Monday afternoon 4 p.m.
 Wednesday morning 7 a.m.
 Sunday evening..... 9 p.m.

And viewed online, anytime:
<http://vimeo.com/harpswelltv>

Check out What's Cookin' at People Plus



Radio 9 WCME

Here People Plus staff discuss the Center on WCME each Monday at 8:35 a.m. on AM 900 or radio9wcme.com

The Times Record "Pulse" Page

Check out the Pulse Page in the Times Record on the fourth Monday of every month; and the "People Plus Pic of the Week" every Friday.

Congratulations to People Plus as it celebrates its fortieth anniversary. Founded in partnership with the Town in 1976, People Plus, delivering its many programs and social opportunities, is an exceptional partner and key contributor to the fabric of our community. Best wishes for another outstanding forty years.



- John S. Eldridge, Brunswick Town Manager

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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 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.



Dr. Tim Coffin

-Legion of Chiropractic



Beekeeper Rick Cooper shows off a tray of his prized bees.

FYI! “What’s the Buzz?”

Thursday, March 10, 1:00 pm

Rick Cooper, Maine’s first Master Beekeeper, gives us the “buzz” on beekeeping. Learn about types of hives, flowers, wax and a year in the life of a bee! Honey tastings with jars available to purchase. Free to PP members/\$2 non-members. Call to register for this sweet event!

BIG BROTHERS BIG SISTERS OF BATH/BRUNSWICK

Bowl For Kids’ Sake

Join us on Friday, April 1st at the Bowling Bowl in Brunswick or Saturday, April 2nd at Yankee Lanes! ****NEW**** High School Galactic Bowl at Yankee Lanes Friday, April 1st.

Bowl For Kids’ Sake is our largest fundraising event. Donations raised through BFKS allow us to support kids living in Brunswick, Harpswell and Sagadahoc County who benefit from having a mentor in their life.

NEW THIS YEAR: Online Registration and Fundraising Available through FirstGiving.

All you need is three friends to join you with the will to do something great for our community. Create a team and register. You

can add your teammates or they can sign on individually and join your team later. You will lead the charge and help lead us to the most successful year for BFKS ever!

To register for one of our three bowling events go to: <http://www.firstgiving.com/bbbsbath-brunswick>. Don’t forget to create your own fundraising page to share through social media.

*If you are not comfortable registering online or you have questions it’s OK! Contact Taylor at 207-729-7736 or adminfundraising@bbbsbathbrunswick.org. We can provide you a packet just like we always have and answer all of your questions!

March at People Plus

Lunch & Connections

Corned Beef and Cabbage

Celebrate St. Patrick’s Day in style with “heaping helpings of corned beef, vegetables and some 75 of your closest friends” when we serve our Lunch & Connections dinner at noon, on Thursday March 17. The person wearing the most green will receive a special Prize!

“This is a dinner the members wait for,” insisted chef Frank Connors, “we salt our own beef, we use locally grown veggies and the results are spectacular, or better!” This traditional New England feast includes corned beef, with potatoes, carrots and turnip boiled in a flavorful onion broth. Yes, we will have pickled beets, and of course there will be a fresh and green, lightly dressed garden salad for all. Coffee, tea, fruit juices, milk, and water are always available with each meal. There will be a broccoli-cheese casserole for our vegetarian friends, and we’re planning a special Irish bread as an added treat.

Dessert will be frosted carrot cake, and you won’t believe what Gladys is doing for a table treat to mark St. Patrick’s Day, the arrival of spring AND American Chocolate

Week!

Our monthly Lunch & connections meals are underwritten by a grant from Spectrum Generations, and are prepared to focus on nutrition, information, and variety. A CHANS healthcare professional is always in attendance to offer and record free blood pressure checks, and Mary Morano of Mary’s Affordable Hearing Aids is available in the privacy of the Teen Center to complete free hearing checks from 11 a.m. Until noon.

Please remember you must pre-register after the first of March to be included. Cost of the meal is still only \$6.00 for members and \$8.50 for non-members, payable when you arrive at the door. Yes, you can pre-order a take-out and pick it up after 11:30 a.m. Plan to arrive at the center after 11:15 a.m. To claim your seat and chat with your friends. Always register for one of our several free door prizes, and plan to purchase your 50/50 raffle tickets. {Last month’s 50/50 raffle winner took home \$42!} Our buffet-style luncheon is served at noon.

“Theater for Anyone, Anywhere”

Monday, March 7, 1:00 pm
Directed by Al Miller, this workshop will introduce participants to the art of improvisation! Offered to community members who are over 55, young at heart and interested in theater, Miller and the Center Stage Players will work with participants in groups focusing on voice, gestures and facial expressions while having lots of fun! Free, open to the public. FMI call Millie at 729-5883.

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

Welcome to Medicare with Spectrum Generations

Designed to provide educate about Medicare. This class answers 90% of basic questions and will be held on Tuesday, March 8, 12:30-2:00 pm. Free to the public. Registration required.

Yoga for Seniors with Ann

Stretch, flex, breathe and relax for optimum well being. Designed for older bodies, this yoga is a wonderful way to re-balance and feel grounded. Jan. 12 -May 10 (no classes Feb. 16, Mar 15, Mar. 22), Tuesdays, 10:30 am. \$5/class members, \$10/class non-members. Pay by the month at the front desk. Call to register!

“Aging Well” Lunch and Learn: “The Bucket List”

Monday, March 28, 2016, 12:00 pm



The older we get the more we realize we need to start checking things off that list! Some lists are realistic and others may be unrealistic but most of us have a list. What is on your list? A trip to Hawaii? Parasailing? Front row seats at a Red Sox game? **How about running a 5K Road Race? Dusting off that tennis racquet? OR try something new!** Take a deep breath, lace up your sneakers, grab a buddy and get your

second wind! Maine Senior Games is a great opportunity to have fun, meet new folks and keep the heart pumping. It is a program of the Southern Maine Agency on Aging for athletes ages 45 and older to compete in athletic and wellness events ranging from team sports like basketball to individual sports including track and field, swimming and many more. **So if your bucket list is to compete in an athletic event look no further than the Maine Senior Games!**

Join us on Monday, March 28 at noon as Jo Dill tells us how to get involved at our monthly Lunch and Learn! Bring lunch, we supply drinks, chips and dessert! Free, open to public. Call to register!

Only 4 Spots Left! Deposits due 3/31/16

“London Tower to Eiffel Tower” trip is being planned!

An 8 day trip trip to London and Paris is being planned for October 5-12, 2016. Highlights of the trip include Buckingham Palace, Big Ben, London Theatre Performance, Eurostar Train, dinner on the Eiffel Tower, Seine River Cruise, Arc de Triomphe, and Paradis Latin Cabaret. People Plus has reserved 12-15 seats on this tour. Deposits due March 30, 2016. FMI contact Jill Ellis, 729-0757.

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Hours: Monday, Wednesday & Friday 8 - 11:15 A.M. and 12:15 - 5 P.M.



Exiles from Maine. Rudy Smith and Shirley Davis enjoy last month's People Plus News on a beach in South Florida.

Funds make gains

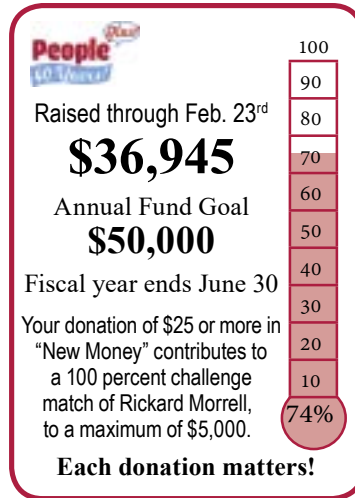
The launch of both the senior and teen center endowment funds is off to a great start!

A "seed" gift from three of our longtime female members;

K Schmidt, Ellen Asherman and Ria Woodman, who together each gave a gift to create the foundation for the endowment campaign for our senior program, has got us off on the right foot. Thanks ladies!

And the teen center endowment fund received an anonymous donation it's first week of \$20,000! This gift is from a long time member and resident of Brunswick who says, "there's nothing as valuable as protecting our children and their future. You don't have to sell me on this program. I'm a believer."

"Let's hope this sort of support continues all year as we strive to reach our goal of a secure future for both our seniors and teen member!" says Executive Director Stacy V. Frizzle.



Know Your Medications

Medication safety is everyone's job!

MEDICATION SAFETY REMINDERS

- Keep track of your medications with a Personal Medication Card.
- Review your medications at every medical appointment.
- Learn about your medications (name, dose, purpose, side effects, and things to avoid while taking it).
- Use your medications only as prescribed and never share with others.
- Ask your provider what medications may not be needed and if there are other lower cost treatment options.
- If you are no longer taking a medication, learn how to properly dispose of it at your local police department.



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For a free, downloadable Personal Medication Card, please visit www.midcoasthealth.com/medsafety



Last of the snow?

A lone Thursday Hiker enjoys a downgrade at Twin Ponds.

OMNIPOTENT

BY R. LAUGHLIN

I can raze mountain ranges
 ...into sand-dunned deserts
 ...convert oceans into beds of mud
 or
 ... devastating walls of destruction.
 I can create entire universes
 ...mould men and monsters alike
make kings out of paupers
heroes into villains and
 ...mortal men to super freaks.
 I can summon demons from the
 depths of Hell
 ...angels from the heights of
 Heaven
 ...annihilate entire populations and
 ...grant life to the dead.
 I can slither up your spine
 ...crawl through your ear
 ...and imbed in your brain.
 I possess the power of life
 ...and of death
and of the many miseries
 ...and pleasures between.
 My reach is endless.
 My vision is panoramic.
 My hearing limitless.
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TEEN OF THE MONTH



Gage Somerville

Gage is in 10th grade this year and has been attending the Teen Center program for 4.5 years!!!! His older brother attended the program and now his younger brother attends the program too! Gage says it hasn't changed too much over the years. His favorite thing about the Teen Center is being able to play Minecraft (game) with friends. Gage remains one of our most helpful, polite and pretty "chill" members! Congratulations Gage! He's going to the movies on us!

Weekly Winners



Senior Intermediate Cribbage

Jan. 27: Linda Paisley, 707; Lorraine LaRoche, 702; Lois Fournier, 699.
Feb. 3: Lois Fournier, 704; Mike Linkovich, 701; Linda Paisley, 688.
Feb. 10: Joe Tonely, 711; Gabrielle Niffka, 700; Lorraine LaRoche, 698.
Feb. 17: Anne Bouchard, 700; Lois Fournier & Gabriele Niffka, (tie) 695.

Monday-Saturday Bridge

Jan. 11: Bill Coop, 3,720; Bob Cressey, 3,250; Tony Monaco, 2,950.
Jan. 18: Sherry Watson, 4,280; Bill Coop, 4,220.

Jan. 23: Bill Coop, 5,560; David Bracy, 5,340; Gladys Totten, 4,660.
Jan. 25: John Rich, 4,260; David Bracy, 3,370; Sherry Watson, 3,170; Paul Betit, 2,980.
Jan. 30: Sherry Watson, 4,390; John Rich, 4,370; Lorraine LaRoche, 4,270.
Feb. 1: Bill Beurmeyer, 4,920; Lorraine LaRoche, 4,300; John Rich, 4,100; Sherry Watson, 3,440.
Feb. 6: David Bracy, 4,580; Sherry Watson, 4,470.
Feb. 13: John Rich, 4,410; Hazel Guyler, 4,030; Gladys Totten, 3,980.
Feb. 15: John Rich, 5,260; David Bracy, 5,050; Bill Beurmeyer, 3,660.

"Into March we go!"

Teen Center News



JORDAN CARDONE

February was calm and pretty laid back in the Teen Center. February was also a short month due to February school break week.

I checked in with the kids after break to see how the break was for them and how they spent the week and some of the responses are below!

- "I waited at home for the Teen Center to open again and school to start...vacation week is boring"
- "I spent most of the week on facebook talking to my boyfriend because I couldn't see him in person :)"
- "Facebooked my boyfriend all week because I couldn't see him in person"
- "My family went to the Mall (4 of them) and all got shoes etc. and spent a lot of money"
- "I went to Boston to the Harvard Museum (that's where I want to go to school) and the Science museum, the Children's museum and one other place that has some missing art pieces or something"
- "Stayed at home mostly"
- "Went to the Bath Skate Park, slept, ate and texted"
- "Went to a party where someone threw someone's keys into the snow, they were eventually found! I also almost catnapped the cat that was at the party!" "I had to do babysitting too"
- "I spent extra time at dad's and lots of time at my Nana's. I hung out with my mom and we went to see the movie Zoolander 2"

- "It was a rough week for me"
- "I got some new games on my laptop and found a good website to watch anime"
- "I went bowling twice, got a haircut and mostly stayed home a lot"
I also happen to know one of our members turned 14 over break.....
So, that's the scoop on "how I spent my February vacation"
Sometimes the first day back after break is wild but they returned from break happy to be back with friends (even if it means school again~) :) We were happy to see them too!
Into March we go, and yes we're gonna have March snow! I remember last year about this time we were learning how to spell leprechaun!!!! Hate to report we had to look it up again this year while I was writing this, no one remembered from last year!!! Lots of interesting guesses though...
I suspect this will be the month we serve corned beef to the teens! We haven't tried that yet! Or Rubens! The Irish half of me wishes you a Happy St. Paddy's day!
Jordan and gang

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March 2016

March for Meals with Spectrum Generations

Meals on Wheels serves virtually every community in America and is powered by a network of independently-run providers, like Spectrum Generations. Every March we come together to raise awareness for the program and the seniors we serve.

Providing so much more than just a meal - At the core of the Meals on Wheels service is a nutritious meal, companionship and a watchful eye on the health and safety of our seniors.

- **A nutritious meal** - Adequate nutrition is necessary for health, functionality and the ability to remain independent. Healthy eating can increase mental acuity, resistance to illness and disease, energy levels, immune system strength, recuperation speed and the ability to manage chronic health problems. Meals on Wheels ensures that seniors have access to adequate nutrition even when family support, mobility and resources are lacking.
- **A friendly visit** - For many seniors, the trusted Meals on Wheels volunteer who shows up with a hot meal and a warm smile is the only person they see or speak with all day. This special delivery is a reason to get up in the morning, something to look forward to, and a reminder to take good care of themselves.
- **A safety check** - Along with the inevitable impacts of aging come the increased risks of medical emergencies, falls, and accidents. The safety check that accompanies each meal delivery helps to reduce falls, trips to the hospital, or premature institutionalization. It also ensure that, in the case of an emergency or problem, medics will be called, families will be notified and our seniors will not be forgotten.



Please join us at the Southern Midcoast Aging & Disability Resource Center, located in the People Plus building at 35 Union Street in Brunswick, on Wednesday, March 23rd for a special **March for Meals community lunch**. Everyone in the community is invited to come and have soup, a sandwich, and salad and learn more about the Meals on Wheel program. Lunch will be served from noon to two and will be provided at no cost, although donations will gratefully be accepted. For more information about the

March for Meals community lunch, please contact Casey Henson at 207-607-4406.

To learn more about March for Meals, visit www.marchformeals.com and for more information about the services that Spectrum Generations provides, visit www.spectrumgenerations.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. Call 729-0757 to register (required).

Spectrum Generations' Animeals Program

The Spectrum Generations' Animeals program delivers pet food to seniors that receive Meals on Wheels. We currently serve over 120 pets in our service area and the number is always growing! The Animeals program allows individuals to keep their beloved companions at home while avoiding sacrificing their own food and nutrition. The Animeals program relies on the generosity of community members and local businesses to help feed these furry friends and right now we need your help! Donations of dog and cat food (both wet and dry) are gratefully accepted at any of our community centers. Visit spectrumgenerations.org to find the center nearest you. Cash donations are also needed for the purchase of special-diet foods.

New this year! Hot off the presses is the 2016 Spectrum Generations' Animeals calendar, which features those we serve and their beloved pets. For the discounted price of only \$5 you can help make sure no senior or their companion goes hungry. Calendars are available at every center, including People Plus. **Get yours before they're gone!**



Spectrum Generations is an equal opportunity provider.

Spectrum Generations' Money Minders Program

Are you 55 or older and finding managing your finances is becoming difficult? Have you had to start paying the bills for the first time ever, or paid a bill twice? Maybe you have started receiving late notices, spending more than you have, or are just feeling overwhelmed by bills. The Spectrum Generations' Money Minders program can help.

The Money Minders program is a free service that matches well-trained, highly skilled, bonded volunteers with clients who are over 55 and need help getting their monthly bills paid in a timely and accurate manner. This service reduces the number of overdraft and late fees incurred, helps protect against the barrage of frauds and scams, and brings peace of mind to the client.

Our volunteers meet their clients in their homes and can help read and sort mail, create a basic budget, prepare checks, record transactions in a check register, reconcile the check register to a bank statement, and help connect them to other services they may need. We've put several safeguards in place within the program to help protect both clients and volunteers, including no direct access to client funds, background checks and bonding of volunteers, and regular audits by other independent volunteers.

We are currently recruiting both clients and volunteers. Clients must meet certain income and asset guidelines as well as have the cognitive ability to direct the management of their finances. Volunteers should have previous experience managing their own household budget, bill paying, and account reconciliation. Previous experience with banking, bookkeeping, or helping an older relative with bill paying is helpful but not required - we provide all of the initial training as well as regular in-service training sessions.

The Money Minders program is a great tool to use outside of the family structure that helps older adults stay independent longer. FMI about becoming a client or a volunteer, please contact Aryana Davis at 207-607-4405 or adavis@spectrumgenerations.org

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- Autometrics**, 729-0842, 10% off parts, anytime
- Berrie's Opticians**, 725-5111, 20% off complete pair of glasses, 10% off retail price for hearing aides
- Big Top Deli**, 721-8900, 10% off, anytime
- Bill Dodge Auto Group**, 800-652-6118, 10% off parts and service
- Brunswick Ford**, 725-1228, 10% off parts and service
- Bun Bun's Bake Shop**, 844-3390, 10% off, anytime
- Eveningstar Cinema**, 729-5486, Discount bag of popcorn at evening shows (\$1 small, \$1.50 medium)
- Fairground Café**, 729-5366, 10% off, anytime
- Indrani's**, 729-6448, 10% off non-sale items, Mondays



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(LAST) (FIRST)

Name (2) _____ Phone _____ Birthdate _____ Female Male
(LAST) (FIRST)

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(*Donations above Membership Fees are tax deductible)

Total: \$ _____

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J&J Cleaners, 729-0176, 10% off pickups: Wednesdays (customers over 55)

Lee's Tire & Service, 729-4131, 10% off parts (excludes tires)

Maine Optometry, 729-8474, \$30 off complete pair of glasses

Maine State Music Theatre, 725-8769, Senior discount (60+) on matinee tickets

McDonald's, 729-4416, Free dessert with purchase

Pauline's Bloomers, 725-5952, 10% off, anytime (within normal delivery range)

Portland Glass, 729-9971, 10% off materials (\$50 max)

Reflections (Salon), 729-8028, 10% off, Monday and Friday

Sam's Italian Foods, 725-4444, 10% off, excluding specials (patrons over 60)

Studio 119 Hair & Nail Design, 729-6119, FREE haircut with color or perm; services by Missy Stockford

Tavern at Brunswick Hotel, 837-6556, Buy one entrée, get one half off

The Great Impasta, 729-5858, 15% off Wednesday lunch (food only)

Thomas Point Beach, 725-6009, \$1 weekday admission

Tire Warehouse, 725-7020, 20% off labor

Wilbur's of Maine, 729-4462, 10% off, anytime

Yankee Lanes, 725-2963, \$1.85 per string (7 days, 9-5)



Get 'Em While They're Hot. Member Vince McDermott, wearing a People Plus t-shirt from the 35th anniversary, models a 40th anniversary t-shirt. Shirts are available for purchase for \$6.00 at People Plus.

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Bed 'lamb' in Bowdoinham

Maybe you didn't know that for two, maybe three years, pre-depression Bowdoinham was home to more sheep than any other American town east of the Mississippi River! That is a little known factoid, folks, and if you didn't know it, probably I'm not surprised. I only repeat it here because it has always affected the way I look at sheep, and sure, there have been times in my life when I've considered having my own flock. But there is also that dreadful night in March, not that long ago, that always seemed to make me hesitate.

It started simply enough. The Willis family was over for supper, their kids playing with our kids, good sounds all over the house, the smells of supper wafting from room to room, folks gathering 'round the woodstove, chatting of stuff that mattered and things that didn't. Ah, March in Bowdoinham, spring was in the air!

Neighbors who could have all escaped to Florida for a week or three. Jane's folks were down in Clearwater, offering daily reports of water temperature and weather from their seventh floor condo, but this was an off year so we weren't going to join them for a break. Even those folks across the street, keepers of the neighborhood sheep herd, had darkened their house, asking the kids and me to water and feed their flock of expectant ewes while they romped on a south Florida beach. "No problem," he promised, as he backed his car through a snowdrift, onto an ice-covered street on the road to the airport, "my vet guarantees there will be no births before April first."

Who was it that said, "beware the ides of March," was it Julius Caesar?

Jane poked her head into the room and said, "food's up in 30 minutes, why don't you and the kids go put the girls to bed?" Kids all over the house grabbed coats and boots, and before I could fill two pails of water, I had five helpers ready for the dark, cold walk to the barn.

It had the look of a manger scene; eight ewes, most burdened with lambs, bulging with wool, gently circling, calling, as we opened the door with our water, grain, and hay. One dusty 60-watt bulb lit the area. Miles and Haven managed the hay, scattering it into the corners, Abbie and I dumped the water and grain. "Dad!?" Miles opened the drama with a question as he pointed at the back end of one sheep, "Is that supposed to be like that?" There is no gentle way to describe what we saw - a tiny lamb's foot was projecting from the birth canal of the sheep rubbing against Miles' leg!

Clearly, the answer was "no...NO!" There was going to be a birth in this barn tonight, and more likely than not, it would be a complicated, breeched birth! We got the kids out of the way, they sat on stairs, unwilling to miss anything. I sent Abbie after Jane. I know the expert on having babies in MY family!

A quick survey found no one in our circle had any experience delivering sheep, so naturally, we moved to widen our circle! We called Mike, a sheep herder and weaver who lived on Main Street, and he came right over. Thanks Mike! One of the first things he suggested horrified us all, "sheep follow sheep" he predicted, "if we get one birth, chances are we'll get four, or six. How many of these ladies are carrying?" he wanted to know. We didn't know. "It's going to be a long night," he suggested. Jane sent Abbie home to shut off the soup, and get towels. "Do we need hot water?" she asked. Miles' eyes were widening, there was another ewe down in the west corner of the stable, about to deliver!

The hours that followed were filled with exceptional drama. Mike saved the breech birth, and produced a beautiful baby lamb for the gallery of clapping kids, but the success was short-lived. We had a lamb born dead,

Speaking Frankly

FRANK CONNORS



prematurely, then another. Mike talked about dividing the flock, decided it was too late. We had a first-time delivery that ended with a live birth but a protracted uterus. One of the kids in the gallery threw up! I decided it was time to call Susan, the veterinarian, who Jane knew from church. Mike said please, and thank you. Jane came over with steaming bowls of soup, but very little was eaten. No one was hungry, everyone was busy.

By midnight, Doctor Sue had the situation under control. The score was three lambs lost, six alive on the floor. There was a set of twins. There was one ewe we decided was just fat, and jealous. There were mothers rejecting lambs wanting to feed. There were lambs trying to nurse with wrong mothers. Mike was trying to show the kids how to mix formula, and nurse newborns. Jane was worrying about the kids getting up for school in the morning, I was suggesting what they were learning right now is more important than a day of classes. Doctor Sue left Mike and me in charge about two a.m., saying something like, "for a couple guys, you did a pretty good job." Jane came over with coffee about three, and there were hugs all around. Mike and I spent the rest of the night, semi-asleep in the manger, trying to manage the first of spring off spring.

First light of the next day, we called our neighbor and told him he better get himself on the next plane to Maine, we were spending his money at an alarming rate, and we were eager to give up any claims we had to maternity. He said he'd talk with his wife, I suggested he rent a car if there was no morning plane. First light of the next day, he was back in town, dazed by jet lag, and marveling at his newly arrived family.

In Others' Words...

Do you have comments, notes or clarifications to share with People Plus members? Address them to the Editor, People Plus News, 35 Union St, Brunswick, ME 04011 or news@peopleplusmaine.org

"Our Son Chris"

Someone passed along a cut-out page of People Plus News of your piece "On Being a 'Native'" to us recently. In it you mentioned our son, Chris, who was born in Bowdoinham. We were living in Dresden at the time and had just passed the exit for Rt 125 on our way to Parkview hospital when my wife said "pull over". After hesitating I did that and a short time later a new baby was in my hands. A couple had stopped to help and had called 911. The man on the phone made everything go well, and the police, first responders and ambulance crew all arrived just after the

birth. Rebecca and the baby were taken to Parkview, and I thanked the people who were there before joining my wife and son at the hospital. We became friends with the couple who helped us that morning, getting together on that day each year for many years. We also made a visit to Bowdoinham to meet several of the first responders and they met our son, almost 1 year old then, I think. He will turn fourteen this July. It is, as you wrote, a great story and one we can never forget, even if Chris has tired of it for now. Thank you for remembering.

-Kevin & Rebecca Shields, Dresden

New or renewing members for February

* indicates new membership
• indicates donation made with membership

Lifetime membership

Doris Nieman,
Topsham
Fred Masciangelo,
Brunswick

Brunswick

MaryEllen Banton
Judy Bauman
Gloria Beeman •
Shirley Bello
Ann Bonang
Claude Bonang
Heidi L. Boyd *
Jeanette Cakouros
Chloe Carmer

Jeanne Clampitt •
Eleanor Doherty
Gloria Doney
Nancy Dout •
Aline Duball
Harold Duball
Rae Duval
Helen Frati
Peter Frati
Gayla Galbraith
Judi Gray *
Beverly Guditis
Cecelia Hilyard •
Frank Heymann •
Michael Jacubois
Carolyn Johnson
Judith Kamin •
Lynn Kinee
Patsy Kortegast
Ed Langbein

Dianne Laughlin
Ralph Laughlin
Judith Lemons
Sonia Lofgren
Nancy Lougee
Mary Maverick *
Joanne McCarten
Dick Moll
Caroline Murphy
Jim Murphy
Suzanne Neveux •
Beverly Nickerson
Richard Nickerson
Susan Olds •
Beverly Ouellette •
George Phipps
Jane Primmer
Stanley Primmer
Fleurange Renaud
Edith Rentz •

Billie Reynolds
Sandra Morrell Rooney
Carolyn Skolfield
Barbara Senecal
Gloria Smith
Jean Smith
Kay Smith
Patty Sparks
Philip Steadman •
Lois Thacker •
Donald M. Trice
Rosann Wade
Claire Wallace
Edward Ward •
Dorothy Weeks
Donald Whittemore •
Sally Whittemore •
Mary Wood
Barbara Wyman •

Topsham

Suzanne Atwood

Wanda Barlag
Thomas Fitch *
Anita Huey
Lorraine LaLoche •
Pat Michaud
Sherman E. Milliken
Naoma Moody
Dina Moore *
Marie Murray
Carol Scribner
Barbara Tibbitts *
Minka Wallis

Harpswell

Liliette Breton *
Lou Brown
Lee Cheever *
Calvin Hooker •
Connie Lewis-Hooker •
Natalie Johnson *
Pamalee Labbe
William Labbe

Sarah 'Sally' Moulton •
John Moulton •
Susan Sabrowski
Marjorie Stanley •

Other places

Jeffrey Lauder,
Bowdoinham
John R. MacGregor,
Bath
Janet Mansfield,
Auburn
Arthur M. Melville,* •
Bath
Joanne Melville,* • Bath
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Holy Week Worship Schedule at Good Shepherd

Palm Sunday, March 20th, 9 am Worship
5:30 pm Celtic Evening Prayer

Maundy Thursday, March 24th, 7 pm Worship

Good Friday, March 25th, 7 pm Worship

Easter, March 27th, 9 am Worship-No Celtic Evening Prayer

CLASSIFIED ADS

Part-time help. Alliance Press is always looking for part-time help in our mail room; inserting papers, prepping for mailings or staffing the inserting machines. Job requires lots of time on your feet, and the ability to work quickly and accurately. This is day-shift work, usually starting early in the morning (around 5:30 a.m.) but rarely later than 2:00 p.m.. FMI Call 504:8200.

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

Items to sell? Services to offer? Contact over 4,000 readers, in print and online. Advertise in these classifieds. Cost is only \$10 per inch, per month, paid in advance. Call 729-0757

Bus offered for flower show

Tired of all this snow and cold weather, want to spend the day surrounded by green leaves, the smell of fresh mulch and blooms, and people? We have a bus trip headed south to the Boston Flower and Garden Show on Wednesday, March 16, and one of the remaining seats could be yours.

The school bus leaves the Bath Senior Citizens Club, Floral St., in Bath at 6:50 a.m. on the 16th, and picks up in Topsham at the Home Depot Park & Ride at 7:05 a.m., to connect with a VIP motorcoach for the ride to Boston. Cost is only \$62 for members of People Plus or the Bath Center, and \$65 for non-members, and that includes your round trip to Boston, and admission to the day-long show.

Lunch at the show is on you, return to the Brunswick-Bath area is expected to be between 7 and 8 pm.

Please register at the Bath Center with a phone call, 443-4937 a check will reserve your seat. If you need more details, contact Frank Connors at 729-0757.

Oils by Elizabeth Bates in Center Gallery

Landscapes and seascapes painted in oils by Elizabeth B. Bates are the subject of our show at the Union Street Gallery during the months of March and April. Bates is a member of the center's Write On group, and has enjoyed painting as a hobby for years.

Bates said she has taken painting classes from Audrey Bechler, Elizabeth Knox and Daisy Green, all teachers at the Round Top Center for the Arts in Damariscotta. She said her husband was an excellent painter, and she decided she wanted to be a painter as well. She has painted in watercolors, acrylics and oils, and has decided she prefers working in oils.

"I was born in Puerto Rico in 1926," Bates explains, "my mother was from Boston, my father from the island of Mallorca, in the Mediterranean Sea." She said her parents met in New York City, and her brother and sister were born there. "We moved to Boston when I was 10," she explained, "I've always loved classical music, reading and writing poetry. I fell in love with painting when I was married."

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



Coastal Scene, Oil on board.

Elizabeth Bates



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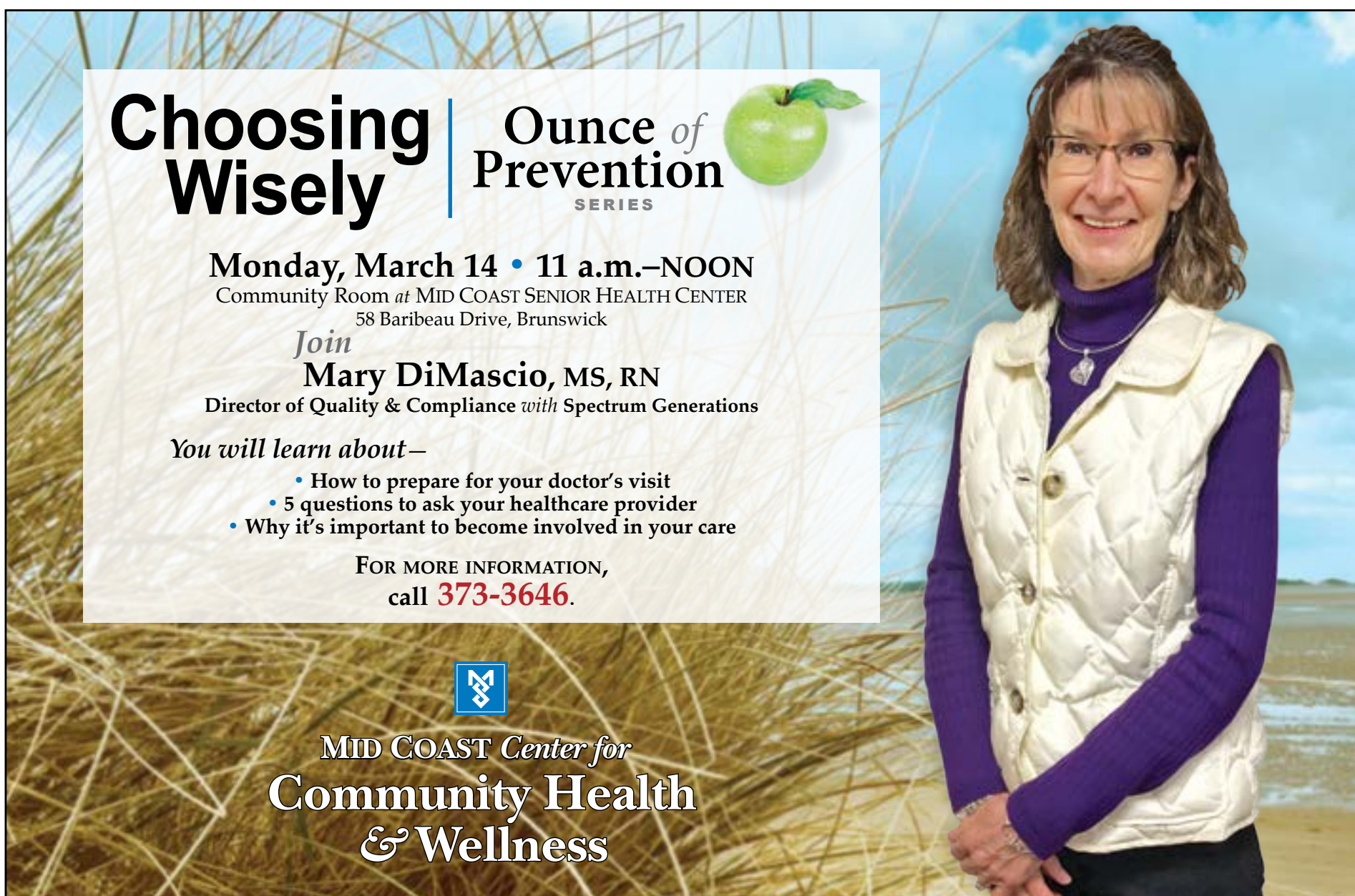


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The Harpswell Garden Club

will meet Thursday March 17, 2016 at 12:30 p.m. at the Kellogg Church in Harpswell. "Making Rustic Garden Trellises" will be demonstrated by Susan Perrine, contemporary fiber artist. Free and open to the public.

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