



People Plus
P. O. Box 766
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People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages



Doin' the Mailing. Volunteers and Board Members take a break and share a light moment while producing the annual membership appeal to support People Plus.

50 Bags for 50 kids at the Brunswick Area Teen Center

Help give our teens a wonderful holiday by "stocking" the Teen Center and filling the teen gift bags with much needed items:

- **Movie ticket vouchers for Regal Cinema -STILL NEEDED!!**
- Girls' and Boys' socks
- Tic Tacs (green or orange)
- Fingernail Polish
- Gummy bears
- Assorted holiday candy - lots needed!

Along with items for gift bags, we are looking for items (in \$5 range) to be used for a Yankee swap again this year. Things like universal phone chargers, a couple "movie size" boxes of candy, a few stuffed animals, scented lotion for girls, mini flashlights, etc.



Fund campaigns showing increases

The annual campaigns to support the People Plus Center and its Brunswick Area Teen Center are "off and running," according to the Center's Office Manager Betsy White. As of Wednesday, November 22, White said, the People Plus effort had collected \$7,120 with an additional \$1,230 given as gifts at time of dues payments, for a total of \$8,350. The goal is to collect \$50,000 before June 30. On the same date, the Teen Center collection number stood at \$10,250.

More than 1600 letters were mailed to

members and friends of the Center in mid-November to launch both appeals. Executive Director Stacy Frizzle said the drives are "at the very center" of the fund-raising mix that supports both organizations. She emphasizes that the Center receives no direct Federal or State funding, and remains more dependent on gifts, grants and donations from individuals, businesses and organizations in the community. Last season's campaigns both finished successfully.

Get Fit for Free?

See inside, page 3.

Member Holiday Party features "Porch Time" barbershop quartet

Our annual holiday party commences on Thursday, December 14 at 1:30 p.m., with seasonal goodies and deco-rations, holiday punch, choc-olates, live music by "Porch Time" barbershop quartet, and please, do wear your crazy and festive holiday attire. If you like to bake, will you bring a batch of your favorite



cookies to share? We hope you'll bring a non-perishable donation to support our Mid Coast Hunger Prevention Program food drive, Frank will be driving around with his wheelbarrow. Call Pat to pre-register at 729-0757.

Coats, food drives making gains

The effort to collect coats for seniors topped last years event, and the drive to collect 1,000 pounds of food for the Mid Coast Hunger Prevention program is "on track" for the ninth year, according to Member Services director Frank Connors.

"There was an extra bag of coats this year," Connors said of the campaign to collect "gently used" winter coats, operated in cooperation with the Maine Association of Area Agencies on Aging. More than 60 coats left the Center to be cleaned and distributed, he said. As a bonus, Freeport outfitter L.L.Bean contributes \$5 toward fuel

assistance for older adults, for every coat that is privately donated.

Connors said the effort to collect 1,000 pieces, 1,000 pounds of non-perishable food for the MCHPP is "gaining momentum," and "nearing the halfway point" as the calendar changed to December. He said he hoped a "December push" would put the drive over its goal before New Years Day, "for the fourth straight year!"

The People Plus Center collects non-perishable foods for MCHPP and delivers them in bulk every week. Brunswick's non-profit community food bank lists canned soups, fruits and vegetables, peanut butter, and baked beans as items that are in constant need, and people wanting to donate money directly to MCHPP may do so. (So far this season, People Plus has collected \$120 in cash and checks) Last season, the Center collected nearly 1,100 pounds of food, and closed the campaign just after Christmas. "We want to be right back there again tis season," Connors said.



FYI! "Mission to Mars"

Ever wonder what it is like on Mars? Join us on December 7th at 1:30 pm as Dr. R. Aileen Yingst introduces us to the Curiosity rover and takes us on a remarkable journey through Gale Crater on Mars!

Dr. Yingst, a resident of Brunswick, is a Senior Scientist at the Planetary Science Institute, a research institution headquartered in Tucson, AZ. She is Associate Principal Investigator on the Mars Exploration Rover Mission and Deputy Principal Investigator for the Mars Handlens Imager instrument on the Mars Science Laboratory rover



Curiosity. She is also an associate on the Dawn at Ceres mission. Other missions that Dr. Yingst has worked on include Dawn at Vesta, Mars Pathfinder, Mars Polar Lander, and Galileo. Dr. Yingst served as Director of the Wisconsin Space Grant Consortium for 14 years.

Dr. Yingst received her AB from Dartmouth College in Physics and Astronomy, and her M.Sc. and Ph.D. in Geological Sciences from Brown University.

Free, open to the public. Registration appreciated!

A Special Gift



Enjoy our pull-out section of poems and other works

from the
People Plus
 Write On
 Writers

Save the Date!

Music in April

April 5, 2018
 5:00-9:00 pm
 Brunswick Recreation Center

Wishing you and yours a joyous holiday season!

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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Check out past newspapers online at www.peopleplusmaine.org

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Giving back is where the value lies

As I write this column it's "#Giving Tuesday". Giving Tuesday was created in 2012 by Henry Timms as he envisioned an initiative that would encourage people to give more to their communities and local nonprofits. And it's worked!

Apparently 70% of millennials in America gave in some capacity to a nonprofit last year. Of those donations, most were under \$100 and the bulk of them were \$50 or less. And they've all added up to billions of dollars in funding for organizations that serve the community.

I don't think people realize how valuable a small contribution can be to an organization. With thousands of members of our community giving small gifts to all the local nonprofits today, the gifts can add up to really large impacts. 100 gifts of \$25 can make or break a program that serves hundreds.

And it's not just all about money. Often, the gift of a coat or food or a ride to the doctor can change a person's life. The gift of volunteering can be just as important as cold hard cash.

Giving back in whatever form it takes is where the value lies. Over the Thanksgiving week, People Plus provided a full Thanksgiving dinner for three families in need. My daughter and I delivered a turkey and all the fixings to a single mother with three young ones at home who lives just steps from the Center. Her child is in the Teen Center program so we had an inkling that they could use a little support. Violet and I were really honored to be able to bring them a whole turkey, stuffing, potatoes, and all the rest. The mother began to weep very quietly so that her kids wouldn't see and Violet had to look away so she didn't cry as well. The impact that delivery had on that family is immeasurable. They will eat off that turkey for weeks.

And equally as impactful was they affect on my 14-year-old daughter. She was extremely happy. She wanted to do it again and again. Fortunately we had enough donations come in, that on Tuesday afternoon we did get to do it again and then again on Wednesday. We found three families in our community (with teens in the Teen Center program) who needed a helping hand.

We were also able to send home leftovers from our monthly luncheon with many of the senior members of our organization. A tinfol pan full of turkey, stuffing, carrots and green beans goes along way toward helping our community of LOL's get through a week without cooking or shopping. Wondering what's a "LOL"?

It's not Laugh Out Loud, as you might guess. It stands for Little Old Lady and we have a huge number of them living all alone in our community. These women have survived their husbands, paid off the houses and hunkered down. They're not going anywhere and are barely making ends meet while using the People Plus Center for social activities, meals, and an outlet for support, getting rides to the grocery store and medical appointments, and staying active and healthy while being connected to a community that cares about them and notices when they don't come around the Center.

Same is true for our Teen Center program. It's really expanded this year with more kids from the junior high than ever before. A lot of these kids have two working parents and need a safe place to go after school to be with friends and have a healthy snack. A lot of those kids don't have any parents and live with their grandmother or couch surf with a relative or friend of the family. Those kids also need a

From the Executive Director

Stacy V. Frizzle



safe place to go after school for a hot meal, a safe environment in which they can be intellectually challenged, and emotionally guided toward a positive and productive future. We expect all of our teens to do well in life and it is often that expectation alone that gets them there.

So as we move through this season of giving and sharing time with friends and family, I would like to thank you for everything YOU have done to contribute to the people in your community who have less than you. Whether that's through a gift of financial support to People Plus or the Teen Center program, whether it's by being a volunteer driver and picking up your neighbor for a ride, whether you've donated stuff for the teens holiday bags, brought in a coat, or a can of food for Frank's red wagon, brought in a pack of diapers, attended music in April, or any number of 100 different ways you could give back to your community; I thank you. Your gift means more than you know and you may never see the impact it has on a senior living alone, a teen struggling to get by, or a family in need.

I wish you and your loved ones health above all else and happiness to follow. Have a safe holiday season and I truly hope we will see you at People Plus, the Center that Builds Community. Whether you come in empty-handed or carrying a load of donations, you will leave with a full heart.

From Anita's Plate

Anita Huey



207-504-6439, shebakme@comcast.net

Mentioned the word "holidays" and many people will automatically go into panic mode. There is so much pressure to buy the right gift, clean the house, make a delicious meal etc. Many times this stress takes the fun out of the holidays. Then we are faced with all of the temptations at work, dinners out, food gifts and family get-togethers. I encourage people to keep it simple but elegant and healthy. Have a plan to enjoy the holidays without over doing it! This month I am including two recipes. A recipe for a delicious, easy dinner and a healthier dessert.

I have asked Amy, who is a participant in the program, to write a bit about her journey with the diabetes prevention program. Here are her thoughts...*Anita goes above and beyond to take everyone's individual needs and concerns in consideration; she teaches positive healthy life style changes, empathetically coaches you and is always there to keep you on track with your goals. This class has helped shape me by realizing that I am not alone. Everyone is so supportive and we learned to problem solve to set us for success. I made friends and we all helped each other manage our weight and issues related to food that go beyond*

Salmon with orange salsa

Ingredients:

- 2 Tb light brown sugar
- 2 t. unsweetened cocoa powder
- 2 t. ground coriander
- 1 t. smoked paprika
- 1/2 t. cayenne pepper
- 1/2 pounds salmon fillet, cut into 6 portions
- 1 small shallot, thinly sliced
- 2 Tb. red-wine vinegar
- 2 large navel oranges
- 2 Tb. extra-virgin olive oil
- 2 Tb. fresh parsley, chopped

Directions:

1. Position a rack in lower third of oven; preheat to 450°F.
2. Combine brown sugar, cocoa, coriander, paprika, and cayenne in a small bowl.
3. Place salmon on a baking sheet and rub with the spice mixture.
4. Roast on the lower rack until just cooked through and still opaque in the middle, 6 to 8 minutes.
5. Meanwhile, combine shallot, vinegar in a small bowl. Let stand for 5 minutes. Coarsely chop the oranges. Add the oranges, parsley and oil to the shallot mixture and stir to combine. Serve the salsa with the salmon.

nutrition. After assessing our eating routine, we realized what was holding us back from reaching our goals. Anita helped guide us in the right direction. In terms of a strategy Anita determines what's best. Some wanted a structured plan, complete with personalized meal plans, recipes, and grocery lists. Others do better with simple, concrete goals to work

on, such as making specific changes to their usual meals, or modifying their meal timing. It was also informative to learn how the human body works and the understanding of nutrition science. I recommend and I look forward to signing up for Anita's class again. Enjoy your holidays and keep them happy and healthy!

Chocolate oatmeal cookies

Ingredients:

- 3 ripe bananas
- 2 C. old-fashioned oats
- 1/4 C. creamy peanut butter
- 1/4 C. unsweetened cocoa powder
- 1/2 C. unsweetened applesauce
- 2-4 Tb. honey
- Dash of cinnamon
- 1 t. vanilla extract
- 1/4 C. mini semi-sweet chocolate chips

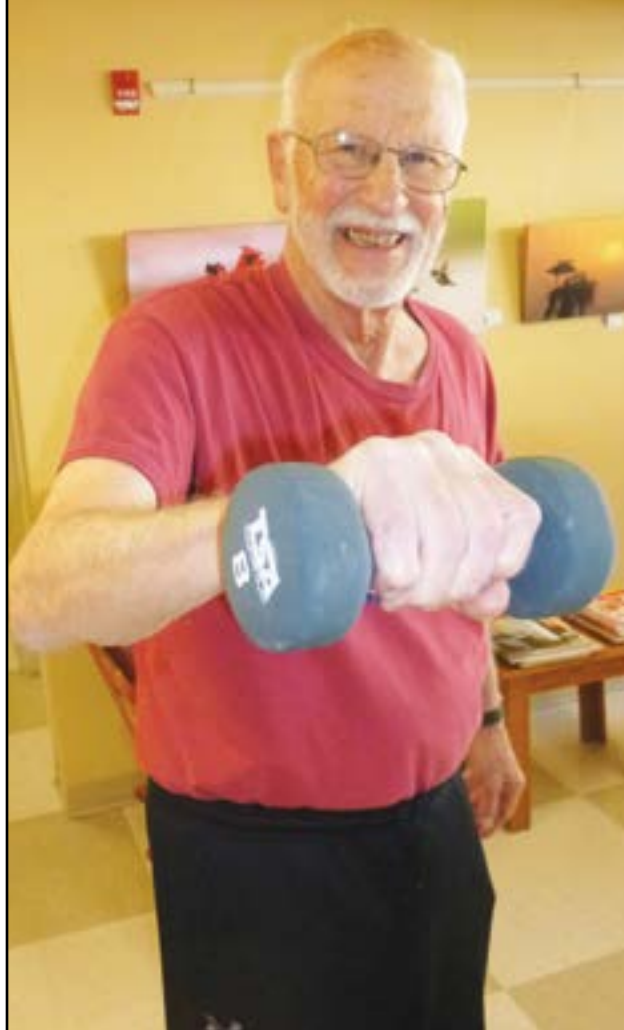
Directions:

1. Preheat oven to 350°F.
2. Mash bananas in a large bowl, and then stir in remaining ingredients.
3. Let batter stand for approximately 20 minutes, then drop by heaping teaspoonfuls onto ungreased cookie sheet.
4. Bake 10-12 minutes

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Get Fit for free this season!



Stacy Frizzle, Center member, Dick Brautigam, bike rider, ping-pong player and fitness guru uses the Center regularly to stay fit.

Do your dues!

People Plus is serious about your wellness (and fitness!), so from Monday, January 8 to Friday, January 19, we want you to try out any of our nearly dozen fitness classes for FREE! This is an offer for new attendees to come try the fitness classes and see what the fun is all about!

"It's a new year coming," offered Membership Coordinator Frank Connors, "it's a season when some of us let our weight and/or fitness go off the rails, it's a time when maybe it's just easier not to exercise. We want to fly in the face of that."

Loosen Up, the popular chair-based exercise program, is offered each Monday, Wednesday and Friday at 9 a.m. Zumba dancing with Bea follows every Monday at 10 a.m., and Table Tennis in the hall starts every Monday

at 11 a.m. Pick-up games in Table Tennis, singles or doubles, can be joined at the Center at least four days each week, Monday through Thursday.

Tuesdays we have Yoga with Ann, Aerobics Lite and Chair Yoga on the schedule, and Wednesday, there's a 12:30 class in Tai Chi and the Winter Outing Club at 9 am replaces the Biking Club for the winter months with local walks.

Thursday at 11 a.m. Yoga is repeated, and Thursday evening at 6 and 7:15 p.m. we have classes in Line Dancing. Friday we have Qigong and Tai Chi again with

Suzanne Neveux, and every Friday night at 6:30, join Folk Dance Brunswick for instruction or for the fun of it.

"The goal is to get folks engaged," explained Executive Director Stacy Frizzle, "This offer is for new attendees who want to try out a new class, as often as they want during the two weeks, to see if they like it. There is no better investment than the one we make in our own personal health. As they say, Use it or LOSE it!" Call the Center at 729-0757 with questions and to sign up.

Books, prints, cards make great gifts!

Buying that extra holiday gift from People Plus is a great way to personalize your holiday and, at the same time (with the same investment) help your Center. We still have four of five of our Holiday Heritage prints in abundance, plus a unique collection of cards, cups and books that will make your Christmas gift one to remember.

The latest publication from our own Write On Writers, *Journeys and Reflections*, contains original fiction and non-fiction, stories and poetry offered by members. The 230-page, soft-covered book contains 76 stories and 120 poems, written by 24 member-authors of the WOW group, with 108 original illustrations and 11 photographs.

The second printing of "Speaking Frankly" includes more original art by John Gable, some photography by author Frank Connors, a complete by-subject index, publication dates for all of the original essays and, to quote Connors, "a few other surprises." Originally printed in 2013, the book of essays has sold more than 750 copies, with all proceeds benefiting the Center. The new edition sells for \$15.00, and can be ordered by

mail from the Center. Numbered and artist-signed prints have been part of the Christmas scene at People Plus since 2002, and we still have cards and wrapped prints, for only \$55 each. Prints include: "Chuting the Androscoggin," "High Noon, High Tide," and "Fall at Topsham Fair" by muralist John 'Jack' Gable; and "Holiday at Merrymeeting Park," by watercolorist Ernst 'Bev' Bevilacqua. Finally, we still have a pretty good selection of cards, based on our prints, selling for 12 for \$15, and we have a few of our full color mugs left, selling for \$10 each. Come see Betsy

and make your best deal, and remember, 100 percent of your purchase price benefits YOUR Center!

If you are unsure how to best spend your money, this year you can just give a Gift Certificate! Your loved one can apply the credit toward annual dues, a class or three, or against the cost of any of our gift items.

PEOPLE PLUS GIFT CERTIFICATE

Pay this gift certificate for People Plus, promoting health and good life (Subtotal \$15.00)

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Amount: _____

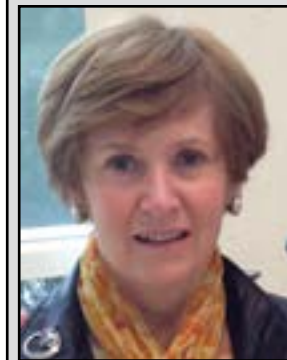
People

Changes to the People Plus Board

Freeport resident Carol Aderman becomes the first female chairperson of the People Plus Board in 17 years when she replaced outgoing chair Donald Kniseley at the end of the Center's fiscal year. Members leaving the board at the same time included Claudia L. Adams, Robert Davis, Jim Pierce and Tony Sachs.

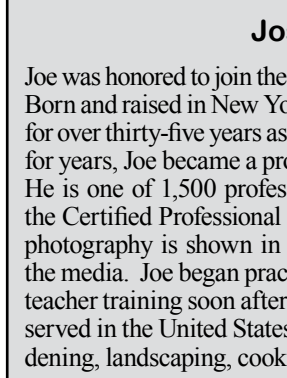


Carol S. Aderman, Board Chair



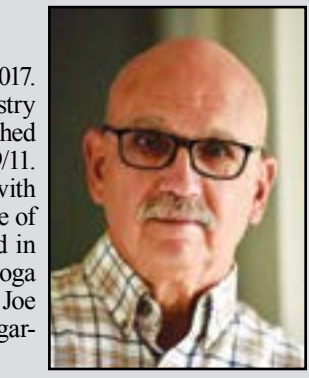
Carolyn Ross Bulliner

Carolyn was appointed to the board in October 2017. She retired from the US. Army Nurse Corps after 30 years of service in 2000 and continued to serve as a health facility master planner for the Army Surgeon General for the next 13 years. She retired, moved from northern Virginia to Brunswick in 2010 and now serves on the Board of Rotary Club of Brunswick and volunteers at Midcoast Hunger Prevention Program and the local clothing bank.



Joseph Palma

Joe was honored to join the board of People Plus in November 2017. Born and raised in New York, Joe worked in the financial industry for over thirty-five years as an equity trader. Having photographed for years, Joe became a professional photographer following 9/11. He is one of 1,500 professional photographers worldwide, with the Certified Professional Photographer designation. His love of photography is shown in his work in private collections and in the media. Joe began practicing yoga in 1990 and began his yoga teacher training soon after. Joe teaches yoga in the midcoast. Joe served in the United States Army Infantry. He loves fishing, gardening, landscaping, cooking and being with his family.



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December at People Plus...



'Tis the season. Spectrum Generations student intern Brittany Weathers loads up with Meals on Wheels storm packs during a recent distribution. Recipients are provided the meals in anticipation of stormy days and missed deliveries. A typical meal contains a juice box, canned tuna salad, beef stew, crackers, applesauce and cookies, and do not need to be refrigerated. Weathers is a student at Southern Maine Community College, majoring in Behavioral Health and Human Services.

Lunch & Connections

Hams & Yams for the Holiday

We're preparing crisp, oven-roasted hams, smothered in our own rich raisin sauce and served up with golden whipped yams for our Holiday Luncheon feature on Thursday, December 21. Our hearty Holiday menu includes sides of glazed carrots and broccoli crowns bathed in cheese, and a tasty garnish of Frank's famous applesauce. Our fresh bread comes from across the street at the Union Street Bakery, and our dessert this month will be homemade holiday cookies in a cup of ice cream.

As usual, we'll have a fresh, lightly-dressed green garden salad for everyone, and our featured drinks will include local apple cider, fresh-brewed coffee, hot teas, fresh milk and iced water.

Our monthly Lunch & Connections meals are always underwritten by our friends at Spectrum Generations, and are planned to focus on nutrition, information, socialization

and variety. We always have a CHANS home-healthcare professional waiting in our cafe area to complete and record free blood pressure checks; and Mary Marino of Mary's Affordable Hearing Aids will offer free hearing screenings in the upstairs hall.

Please arrive around 11:30 a.m. to claim your favorite seat, register for one of our free door prizes and purchase your 50/50 raffle tickets. (last month's winner took home \$49!) Remember, our meals are always open to the public, but you must pre-register, as seating is limited to the first 68 who sign up AFTER December 1st! Call Pat at 729-0757 to reserve your seat. Cost is still only \$6 for members and \$8.50 for non-members. Yes, you CAN pre-order a take out (same cost) to be picked up after 11:45 a.m.

Our buffet-styled lunch is served beginning at noon.

Lobby Donation Tree:

Take a second look at our lobby Christmas tree this month and you'll notice ways you can make the year 2018 even merrier at People Plus! Among the decorations, you'll see scattered wish list cards for items that will benefit ongoing programs. The list includes food items and gift cards for the Brunswick Area Teen Center, gas cards for the Volunteer Transportation Network (VTN), and other assorted items for the Center.



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

Come Travel with Us!

Still spots open on our trip to Spain & Portugal, Oct 17-30, 2018 with Collette Travel! Highlights include Lisbon, Fatima, Nazare, Madrid, Royal Palace, Toledo, Cordoba, Seville, Granada. Open to the public. FMI contact Jill at People Plus.

STORM POLICY

When Brunswick schools are closed due to weather, all People Plus programs, classes, and activities are canceled for the day. The Center may remain open for business, unless conditions warrant a complete closure. Check www.peopleplusmaine.org, or local media for information.

Winter Outing Club Replaces Easy Riders Biking Club for the winter!

The weekly People Plus 'Easy Riders' Biking Club is "switching gears" to a Winter Outing Club for the colder months with a different winter activity every Wednesday at 9 am. Activities will center around local walks to get outside and enjoy the fresh air. Contact the front desk for weekly information.

'Tis the Season for Giving!

We are collecting:

- MCHPP Food Drive (non perishable)
 - Brunswick Area Teen Center Holiday Gift Drive
- Check out our program wish lists on the Holiday Tree in the People Plus lobby!

Select People Plus at smile.amazon.com and Amazon donates 0.5% of the price of your eligible AmazonSmile purchases.

Medicare 101 Session with Spectrum Generations

Tue, Dec 12, 12:30 pm. Learn about Medicare and its many "Parts". Free, open to the public. Registration required. Please notify us two weeks prior to an event if you require special accommodations.

Desk volunteers needed

Your Center is looking for volunteers to staff the reception area desk on weekday afternoons. Duties include greeting members and answering their questions, answering the phone and directing calls to appropriate phone extensions, as well as mailings and other special projects as needed.

If you are interested in this opportunity, please contact volunteer coordinator Gladys Szabo, come in and chat with Pat at the desk, or leave you name with a staff member.

Mon	Tue	Wed	Thu	Fri	Sat
People Plus Cooks! Slicing things up at the Center!	People Plus in the Media News & Views with Frank & Stacy viewed weekly on Cable Channel 3, Brunswick Community TV: Mon 4 pm, Wed 7 am, Sun 9 pm. And viewed online, anytime: http://vimeo.com/harpsswelltv	News & Views with People The center that builds community	People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Living w/ Chronic Pain	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 1:00pm Quilters 2:00pm Chair Yoga	8:45 Cribbage 9:00 Winter Outing Club 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 5:30pm Knights of Columbus	8:30 Table Tennis 8:30 Women's Breakfast 9:30 Beg/Intermediate Bridge 10:00 Apple Club 11:00 Yoga 1:30pm FYI! Mission to Mars! 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Living w/ Chronic Pain	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 11:30 LUNCH OUT 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 4:30pm TCAC Meeting Hanukkah begins at sundown	8:45 Cribbage 9:00 Winter Outing Club 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	8:00 Men's Breakfast 8:30 Table Tennis 9:00 Spectrum Generations Volunteer Holiday Breakfast 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:30pm Member Holiday Party 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:30pm Civil War Book Club	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 1:00pm Quilters 2:00pm Chair Yoga 3:00pm Books a la Carte	8:45 Cribbage 9:00 Winter Outing Club 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 5:30pm Knights of Columbus	9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch and Connections 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	10:00 Bridge
Center Closed Merry Christmas	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 12:30pm Aerobics Lite	8:45 Cribbage 9:00 Winter Outing Club 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	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	10:00 Bridge

Tuesday, December 12th First Night of Hanukkah

Investments designed with you in mind

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Bath Savings Trust Company is a wholly-owned subsidiary of Bath Savings Institution. Investment products are not insured by the FDIC, are not deposits or obligations of the Bank, and are not guaranteed by the Bank. Investment products are subject to investment risk, including the possible loss of principal. Past performance is not an indication of future results.

Drivers Needed!!

People Plus provides FREE rides for community members in need of transportation. **Volunteer Drivers Needed** for the growing number of ride requests!
Become a Driver TODAY!

Do you live alone?

The Good Morning program is a FREE daily safety check-in phone call *providing peace of mind.*

Sign up now!

In partnership with Brunswick Police Department **People Plus Good Morning Program**

FMI 729-0757 www.peopleplusmaine.org

Changing your perception on health care

Medical definition of health care: The maintaining and restoration of health by the treatment and prevention of disease especially by trained and licensed professionals (as in medicine, dentistry, clinical psychology, and public health). *What is your definition of health?*

WHO definition of health: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Health care vs Sick care - We live in a nation that focuses on trying to fix problems rather than preventing them. We live in a "Sick Care" world.

Symptoms vs Cause - Are we just chasing symptoms or treating the cause? Simply look at the drug commercials; we are chasing one symptom after another covering up one with a drug to have to cover another caused by the same drug. I use a metaphor all the time that I think makes it easy to understand. Think of your problem as a burning fire, the smoke alarm is going off letting you know that there is a problem (symptom). Does it make more sense to take the battery out of the smoke alarm so the sound stops and go about your business (drugs) or to put out the fire (take care of the cause)? We tend to cover up issues rather than putting the fire out.

Where do you think the US ranks within the world in terms of health?

- US spends more on healthcare than the next 3 countries combined
- Spends over \$8,000 per person per year
- US ranks 37th in world health care through studies done by world health organization
- Neighbors to the north have not figured it out either they rank 30th
- Better living through pharmacology? - How is this working out for us.

Prevention is the key. It is easier to maintain a healthy body than it is to regain one. Proper health starts day 1 of life. Healthy kids make healthy adults.

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. - Thomas Edison



Dr. Tim Coffin

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from all of us to all of you!
People *Plus!*
 The center that builds community



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 Treat your family, friends & neighbors!
20 % off \$25.00 or more!

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 (AND SOMETIMES CHUCK)
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 ★ ATTICS • BASEMENTS • DECKS • FENCES • GARAGES • GARDENS • OFFICES • YARDS etc.
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www.chicksdochores.com

Casey Henson, (left) Meals on Wheels coordinator for Spectrum Generations at People Plus, thanks Elizabeth Lakeman of the Bath Garden Club for 100 holiday cups created by club members for distribution to meals on wheels recipients. Each cup is "custom designed" and was delivered with Thanksgiving meals.



FEELING the SEASON! Members of Thursday hikers (top left) gather in the shelter of a rock at Reid State Park for a group portrait, before striking off for a late season stroll on the beach (top right). A week earlier, the group walked the wooded trails around Dresden's Pownalborough Courthouse (above) and paused for a moment to "enjoy?" a set of stocks outside the historic building.

Freeport chorus to perform "A Baroque Christmas"

The Greater Freeport Community Chorus will present "Un Natale Barocco" (A Baroque Christmas) in performances Dec. 9 and 10 in Yarmouth and Brunswick.

The concert will feature the 60-voice chorus, accompanied by a 10-piece chamber orchestra, singing Antonio Vivaldi's "Gloria" and Francesco Durante's "Magnificat in B-flat Major." Performances are set for 7 p.m. Saturday, Dec. 9, at Sacred Heart Church, 326 Main St., Yarmouth, and Sunday, Dec. 10, at 2:30 p.m. at First Parish Church, 9 Cleveland St., Brunswick. The group is directed by Virgil Bozeman and accompanied by pianist Kellie Moody.

The setting of "Gloria" that the chorus and orchestra will be performing is Vivaldi's most popular choral work. The Italian composer, who was also an ordained priest, wrote many of his sacred vocal works while employed at an orphanage for girls, and so the pieces, like "Gloria," have solos for only women's voices. Each of the composition's 12 movements is based on just one or two lines of text.

The performance will also include other works from the Baroque and pre-Classical periods, plus Italian carols.

Residents of 15 Midcoast towns make up the Greater Freeport Community Chorus, and the orchestra of strings, trumpet and oboe accompanying these concerts will also consist of local musicians.

Concert admission is \$10 for adults, with a per-family maximum of \$25 and free admission to anyone younger than 18. Tickets may be purchased at the door. Visit the chorus on Facebook or at www.gfccsings.org.

Mid Coast Hospital Receives "A" grades

Mid Coast Hospital has once again achieved an elite designation of "straight A's" for its "ongoing achievements in patient safety" during a national survey. The Leapfrog Group, a national nonprofit health care rating organization uses 27 measures of publicly available hospital safety data to assign grades of A, B, C, D, or F to more than 2,600 American hospitals twice each year. Mid Coast Hospital is one of only 59 hospitals in the United States to be awarded an "A" grade, consistently since 2012!

"Being recognized among the nation's top safest hospitals is a reflection of the hard work of the physicians, nurses and staff who achieve superior results by continuously looking for ways to improve everything we do," said Lois Skillings, President and CEO of Mid Coast-Parkview Health. "We're grateful for organizations like the Leapfrog Group, who help us to measure these efforts on an ongoing basis." Mid Coast Hospital is one of 11 Maine hospitals who also received an "A" grade this past fall, and one of three which has received perfect marks since it started.

Stay Positive as You Age

Ounce of Prevention SERIES

Monday, December 11 • 11 a.m.–NOON
 Community Room at MID COAST SENIOR HEALTH CENTER
 58 Baribeau Drive, Brunswick

Join **Ingrid O. Plunkett, LCSW**
 A Psychiatric Social Worker with
 Mid Coast Senior Mental Health Services

You will learn about—

- How to keep your brain active
- Building resiliency as you age
- Ways to care for your mental wellbeing

FOR MORE INFORMATION,
 call 373-3646.



Presenter Photo by Jeff Morriss of The Press Starfile, Brunswick

MID COAST Center for
Community Health & Wellness

www.midcoasthealth.com/wellness

Healthy Weight for a Lifetime

FREE INFO SESSION
 Tuesday, December 5 from 5-6 p.m.
 Suite 2200, 121 Medical Center Drive, Brunswick

- Program overview • How to enroll • Q&A

Healthy Weight for a Lifetime provides a long-term solution for weight loss by addressing the emotional, physical, and nutritional issues contributing to obesity. The 12-week **mindful living program** includes nutrition counseling, integrated behavioral health, and exercise coaching, creating a foundation for overall better health.

NEXT SESSION STARTS Thursday, JAN 11
 Registration closes Jan. 5, 2018.

For more information, please call (207) 406-7446
www.midcoasthealth.com/weightloss

MID COAST Center for
Community Health & Wellness
www.midcoasthealth.com/wellness

Weekly Winners

Senior Intermediate Cribbage

- Oct. 25: Lorraine LaRoche, 721
Lois Fournier, 710
Anne Bouchard, 695
- Nov. 1: Priscilla Sargent, 714
Mike Linkovich, 707
Joe Tonely, 694
- Nov. 8: Priscilla Sargent, 726,
(Perfect game!)
Julie Swol, 708
Rick Fortin, 682
- Nov. 15: BRick Fortin, 711
George Tetu, 701
Harry Higgins, 697
- Nov. 22: Anita Owens, 726,
(Perfect game!)
Lois Fournier, 721

Monday-Saturday Bridge

- Oct. 21: Richard Totten, 2,800
Lorraine LaRoche, 2,480
- Oct. 23: Bob Cressey, 3,880
Paul Betit, 3,800
David Bracy, 3,640
- Nov. 6: Richard Totten, 6,050
Cathy Cooper, 4,570
Art Treffry, 3,830
- Nov. 13: Joyce Lyons, 4,180
Richard Totten, 3,470
- Nov. 20: Bob Cressey, 3,750
David Bracy, 3,280

Brunswick Area Teen Center

Ho, Ho, Ho for the holidays

Ho Ho Holidays. The season is upon us. Shopping, cooking, wrapping, company, decorating, parties and more! Not only do many of us spend December at home doing the above, but we do it at the workplace too!

We will be putting together 50 holiday gift bags for 50 of our youth members in December as well as wrapping over 25 small Yankee swap gifts for our youth holiday party and Yankee swap. We hope to fill each bag with two movie tickets each along with other assorted items! If you are

interested in helping with items to fill the bags, please see the list at People Plus or e-mail teens@peopleplus.org to see what items we still need. Thank you!

With 25+ new members joining our regulars since school began, we have a lot to do!

A full house for sure this year with many new Jr. High age students now old enough to officially become members and they have been coming in droves!

The kids have energy, are young, are fun and as they become more used to the Teen

Teen Center News

Jordan Cardone



Center there is more dancing, singing, giggling, acrobatics, noise and eating! We have been fortunate to have some very dedicated PP members, and others, cooking for our kids on a regular basis, enabling us to offer good homemade food along with snacks and drinks! We owe them many, many thanks!

As always with a holiday, and especially in December, as we near the end of the month, the kids will be wound up and excited!

It will be interesting to see with a New Year approaching and so many new members, what the next year will be like in the Teen Center program!

In the meantime, tis the seasons to be jolly and celebrate the year end. Then we get to get out our shovels and hunker down for a while!

Until then, Happy Holidays to all!!!! Enjoy!

Jordan and Gang



Teens gather around the pool table for a holiday salute.

CLIP AND RETURN FOR \$5 FRANK BUCKS

Tell Us What You Think!

We are always looking for ways to tweak what we do at the Center to make it the best it can be for our members. Please take this short survey (also available online) to let us know what you think. **Bring your completed survey to the Center and get a \$5 Frank Bucks coupon!**

Are you a member of People Plus?

YES - How long have you been a member (check one)?

- Less than 1 year
- More than 5 years
- 1-4 years

NO - what prevents you from joining?

Where do you live? (check one)

- Brunswick
- Topsham
- Harpswell
- Bowdoinham
- Other _____

Where do you get information on our programs? (check all that apply)

- Word of Mouth
- Local Paper
- People Plus News
- People Plus website
- Peek at the Week email
- News & Views TV Show
- Other _____

How often do you visit the Center on Union Street? (check one)

- Many times a week
- Once a week
- Once a month
- Rarely

What time of day is best for you for activities? (check one)

- Morning
- Lunchtime
- Afternoon
- Evening

How do you utilize the Center? (check all that apply)

- Volunteer
- Listen/Learn
- Take classes
- Belong to a club
- Social events
- Other _____

What extra things would you like to see at the Center?

Bring a friend to People Plus

Are you already a regular visitor to People Plus? Is there a special program/event you use regularly? Do you have a friend, or two, that you just don't seem to see as often as you'd like?

Spending time at People Plus is a great way to visit, to stay focused and become more social, more fit and engaged. Imagine if you started to share what you like best about People Plus with one or several of your friends.

All you need to do is encourage a friend to join, cost is still only \$40 if you live in Brunswick, \$50 if you live anywhere else. Your friends will start getting our great little newspaper, and before you know it, they'll be calling YOU about getting to programs, or events.

Membership Benefits

The following businesses offer discounts for People Plus members.

AUTO SERVICE/SALES

Autometrics, 10% off parts, 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

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

Tire Warehouse, 20% off labor
Topsham Fair Mall, Topsham, 725-7020
www.tirewarehouse.net

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

BEAUTY/HAIR SALON

Reflections (Salon), 10% off, Mon and Fri
12 Center St., Brunswick, 729-8028
www.reflectionsbylucie.com

Studio 119 Hair & Nail Design, FREE haircut with color or perm; services
119 Bath Road, Brunswick, 729-6119

CHIROPRACTOR

Augat Chiropractic, Free consultation and cursory exam
9 Pleasant St., Brunswick, 725-7177

DRY CLEANER

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

FLORIST

Pauline's Bloomers, 10% off, anytime (within normal delivery range)
153 Park Row, Brunswick, 725-5952
www.paulinesbloomers.com

HEARING AND OPTICAL

Berrie's Hearing and Optical Center, 10% off a complete set of eyewear, up to \$500 off costs of hearing aids
86 Maine St., Brunswick, 725-5111
www.berriesopticians.com

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

LEGAL

Attorney N. Seth Levy, Discounted legal services/documents including wills, living wills and estates
14 Maine St., Brunswick, 319-4431
www.sethlevy.com

RECREATION / ENTERTAINMENT

Eveningstar Cinema, Discount bag of popcorn at evening shows (\$1 sml, \$1.50 medium)
149 Maine St., Brunswick, 729-5486
www.eveningstarcinema.com



Holiday treat for German Club

Members of the People Plus German Club will mark the holiday season on December 12 with a very special Kaffeestunde! at Richard's Restaurant, on Maine Street in Brunswick. Restaurant owner Richard Gnauck, a German native and enthusiastic club member will host the event, and can always be counted on for a special presentation, with dessert included. The fun begins at 12:30 p.m.



Foods for the season. Guests packed the Women's Breakfast last month, raising their hands for more coffee (above). Carmella, Rose and Joan put the finishing touches on our Thanksgiving Member Lunch in November.

PEOPLE PLUS MEMBERSHIP APPLICATION

Date _____
PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Name (1) _____ Phone _____ Birthdate _____ Female Male
Email _____ Emergency Contact _____ (name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male
Email _____ Emergency Contact _____ (name) (phone) (relationship)

Mailing Address _____ **City** _____ **State** _____ **ZIP** _____
 I do NOT need the People Plus monthly newspaper mailed to my house. **Cash/Check (Payable to People Plus)**

Yearly Membership Dues (Scholarships Available)

Brunswick (New Member / Renewal):	<input type="checkbox"/> \$40 per person	<input type="checkbox"/> \$70 per couple	Membership Dues: \$ _____
Other towns (New Member / Renewal):	<input type="checkbox"/> \$50 per person	<input type="checkbox"/> \$80 per couple	Additional Donation*: \$ _____
<input type="checkbox"/> \$250 for Lifetime Membership (65 or over)			Total: \$ _____

*donations above membership dues are tax deductible

OFFICE USE: Accounting Data Membership Card Sent

Become a "Friend of People Plus" with an additional gift of \$25 or more!

TEEN OF THE MONTH

Dominick Litchfield

Dominick Litchfield is in 10th grade at MTA H.S. Dominick began attending the TC program in September and is now one of our regular daily attendees and says he likes it at the TC because there are people here to interact with. He is helpful, funny and everyone enjoys having him here with us! Congratulations Dominick. He's going to the movies on us!

QUALITY USED BOOKS

11 Pleasant Street, Brunswick, ME 04011
(207) 725-8888

Selected Used Books of the Highest Quality

Fiction, Mystery, Biography and Memoir, Civil War and other History, Political Thought, Maine, Travel, Foreign Languages, Gardening, Cooking, Crafts and How-To, Poetry, Children's and Teen's, Books on CD, DVDs, Music CDs, and much more!

Monday through Saturday: 10 to 4

Open Late Fridays (until 7) for the Holidays
November 24, December 1, 8, 15, and 22

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Find us on Facebook at Twice-Told Tales Bookshop or email us at twicetoldtales@curtislibrary.com

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BRUNSWICK AREA STUDENT AID FUND
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"Brunswick Area Student Aid Fund, along with a lot of hard work, allowed me to go to the University of Maine which then led to a legal career, ten years as Maine Attorney General and a position now as a teacher at both Columbia and Harvard Law Schools. BASAF changed my life and it will change the life of others."
- James Tierney, BHS Class of 1965

Visit www.studentaidfund.org
Donations may be sent to:

BRUNSWICK AREA STUDENT AID FUND
P.O. Box 867, Brunswick, ME 04011



Central Maine Area Agency on Aging - Southern Midcoast Aging and Disability Resource Center
35 Union St, Suite 1, Brunswick, ME 04011
207-729-0475 | www.spectrumgenerations.org

December 2017

All Spectrum Generations locations will be closed on Monday, December 25, in observance of Christmas.



Spectrum Generations Seeks to Add Board Member

Spectrum Generations - a partner of People Plus - serves the needs of midcoast adults through a variety of programs and services. Primarily, Spectrum Generations serves Meals on Wheels and offers other nutritional support, and provides resource counseling on a variety of topics including Medicare, Medicaid, and fraud prevention, as well as caregiver respite, and free respite care for military families.

Spectrum Generations is currently inviting candidates interested in joining the Board of Directors to email a letter of intent to the CEO, Gerard Queally, at gqueally@spectrumgenerations.org.

In order to qualify, you must be a resident of Brunswick, Harpswell, Orr's Island, or Bailey Island, and have a general interest in advancing the mission of Spectrum Generations: to promote the lifelong learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults.

You Shop. Amazon Gives.

Will you be shopping on Amazon for holiday gifts this season? Have you heard about Amazon Smile? It's the same Amazon you know and love but a percentage of your purchase is donated to the charity of your choice. It's easy to give back, just visit smile.amazon.com and choose Central Maine Area Agency on Aging as your charity.



SCAM ALERT BULLETIN BOARD

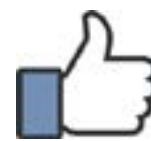
'Tis the season to be giving, but bogus charities could have you singing the holiday blues. Never provide credit card information to phone solicitors and always assume

that all email solicitations bearing a charity's name are a scam unless you provided your email address to that organization. Keep a close ear for similar sounding names such as the National Heart Association instead of the legitimate American Heart Association.

Be a fraud fighter! If you can spot a scam, you can stop a scam. Contact local law enforcement or the AARP Fraud Watch Network www.aarp.org/fraudwatchnetwork or 1-877-908-3360 to report a scam or FMI on scam and fraud prevention.



Have you "liked" Spectrum Generations yet? Search Spectrum Generations on Facebook and like our page to stay up to date with all that we have offer in your community!



Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS



Share Some Love With Spectrum Generations!

The 2017 Subaru Share the Love Event is officially underway and as a member of Meals on Wheels America, Spectrum Generations is excited to announce that we will be taking part in this year's event!

Between now and January 2, 2018, Subaru of America, Inc., will donate \$250 to local senior nutrition programs like ours for every new vehicle sold or leased when the customer chooses Meals on Wheels as their charity of choice.

Not in the market for a new car but still want to Share the Love? Stop by the Giving Tree at People Plus and choose a Share the Love tag. The tag will state an item needed for this year's "Blizzard Bags" for Meals on Wheels recipients.

FMI about how you can help Share the Love with local seniors, call 207.607.4406



Shoppin' like a kid

When I was a kid, the money came as quarters and half dollars at a time, picking or packing carrots by the bushel for Harry Prout in East Bowdoinham. It was often cold, after school or weekend work that dragged late into the fall, but the reward that made it all worthwhile was money earned for Christmas shopping in Brunswick.

The Brunswick Transportation Co. ran a snubnosed bus to Gardiner three times daily back then, making morning, noon and evening stops in front of Dot's Store at the foot of Bowdoinham's Main Street. A round trip ticket cost 50 cents if you were a kid riding with an adult, but the driver knew us and used to let us on without the parents, if we had a sister or brother in tow, and if we sat near him and promised to be good.

The noon bus was our favorite, we'd get all the shopping we wanted, or needed, and still get to the Cumberland Theater for the news reel, a feature film and a shared bag of popcorn before the dark ride home, arriving just in time for supper. That late bus was always wicked crowded, ladies from the brush factory sat in a tight group near the center, and there was usually three or five guys who worked in Brunswick who were making the run home to Richmond, or Gardiner. My

sisters stayed away from those guys, who usually were smoking and asking questions, the sisters would hog the windows and make us boys sit on the aisle.

There was a W.T. Grants AND a Woolworths in Brunswick in those days, real dollar stores with shelves loaded with good stuff and a candy department where you could buy six pieces, if that's what you wanted. One of my aunts worked at Woolworths a couple winters, and once, maybe twice, she gave us "samples." The lunch counter at the back of the store made the whole place smell inviting. More than once, Grant & I shared a grilled cheese sandwich and potato chip platter at that counter, spinning on those elevated stools, making believe we really were somebody!

Don't we all remember Senter's Department Store, Benois and McDuff's? Mom always told us to only go to Senter's when she was with us, it was not a good place for kids to be wandering. "Fancy Stuff," we boys called it. Mr. Senter was always in the store, always friendly to us, always following us around, always wringing his hands together and asking us if we weren't from Bowdoinham. The real show at Senter's was the windows, anyway, and we'd see them from the outside. Life-sized, fancy-dressed mannequins that Grant used to say really were

alive! He'd point at one and tell me he saw her breathe! I know now he just wanted passers-by to see me staring, with my nose hard against the glass. There were quaint little village scenes, animal, angels, fairies and whimsy. Glenna said Mr. Senter hired a guy from New York to do his windows, but Glenna was always telling me stories. The ledge above the door on Senter's Maine Street store was always aglow with Christmas lights, Santa's sleighs and reindeer. That store was magical, from top to bottom.

Our friend Charlie Blodgett worked in Benois for years. He'd greet us at the door as well, and walk with us to the Boy Scout section. We were shopping for ourselves, now! It was a treat to buy a piece that was missing or outgrown for our uniform, or to pick up the latest Handbook for Boys. I always liked that Benois smelled like fine leather and clothing, Senter's smelled more like my mother's bathroom! Charlie lived in Bowdoinham, you know. More than once, he'd offer us rides back to Bowdoinham, or agree to carry home bags that he guessed might be too big to bring on the bus.

No Christmas shopping season was ever complete until we'd all piled into Grampy Miles' Chevy and made the trek south to Freeport. LL Bean's retail space

Speaking Frankly

Frank Connors



was a third-floor walk up back then, atop that long, creaking set of wooden stairs. On good years, if Route One was clear, we'd finish the ride with a "light look" in Portland. Gramp always knew the value of an ice cream cone on a winter's nite, and it didn't matter if we did Beans on the way in or the way back, the place was always open. Grampy always liked one of those fishing calendars for his barn door, and he usually managed to sneak away from us boys long enough to find something we boys could use. More than once, I'm thinking LL himself may have waited on us, and asked Grampy a question or two about that years' Goose season on Merrymeeting bay.

Watching Jane order stuff on line these days, and marveling how she gets them gift wrapped and delivered to friends and family all over the place, there is a little piece of me that thinks the shopping process might be just a little easier now, but it's certainly no better.

May you and yours enjoy the spirit of Christmas, the love of this season, and the promise of a bright new year!

New or renewing members for November

* indicates new membership
• indicates donation made with membership

Lifetime Membership

Chester "Bill" Cooke, Topsham
Linda Durost, Topsham
Anne Ricker, Harpswell

Brunswick

Marion Abramo
Lenore Armellino
Bobby Bailey *
Kathaleen Bailey *
Claircy Bernier
Norrine Burnett
Florence Carmen
Rosalie Deschenes *
Anne Wescott Dodd
Nancy Dout
Carolyn Farkas-Noe
Gerald Fromm
Omer Gagne
David Gardner
Nancy Gardner

Gwenyth Gilson *
Dorothy A. Hassfeld
Ann Hillis
Matile Hugo
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Student show opens in Cafe Gallery



Pointsettia. by Val Robbins

A collection of original works created by students from Consuelo Bailey's art classes are on display through January in the Union Street Gallery of People Plus. This multi-media exhibition features more than two dozen new works by the student artists of People Plus, and this is the second show of the season for Bailey's popular classes.

Students invited to exhibit include: Beth Aldenberg, Lorraine Berte, Sandra Cox, Karen Guistra, Tony and Myrtle LaCroix, Donna Lemieux, Mary Maverick, Richard Nickerson, Ralph Palmer, Ann Sanfasin, Frances 'Frankie' Stone, Valerie Robbins and Alfred Tyrol.

Bailey's mixed-media classes include instruction in the use of watercolors, watercolor pencils, colored pencils, graphite and charcoal, pen & ink, pastels, pastel chalks and scratchboard. Bailey's "mission" is to expose students to the "several major forms of artistic expression" during the typical class season, to encourage her students to practice some or all the mediums, and then to work in the media where they feel the most comfortable and hope to become proficient. Weekly classes are conducted every Tuesday morning, and run approximately two hours.

The collected student works are always framed and "almost always" offered for sale. This show may be seen free of charge during normal business hours at the People Plus Center, 35 Union Street, in Brunswick.



Harpswell's Annual Tree Lighting Celebration

Saturday December 2, 2017 at 5:30 p.m. Join us for carols, cookies, and cocoa at Centennial Hall, Harpswell Center.



Author donates books

Author Sally Curtis Hartikka, who just published a delightful collection of biographical poetry called, "The Bridge," has donated a dozen copies of

her book to the Center. "It's a happy way for me to give back," the author suggested. She is an active member of People Plus, a contributor to the People Plus News, and a regular participant at the Center's Wednesday Write on Writers meetings.

The 130-page book offers poetic and personal descriptions of growing



up in this area, and of the many places, people, and events that helped shape the author's life. All copies are signed by the author. If you'd like to purchase a copy of this book, the cost is only \$9.95. See Jill Ellis or Frank Connors for more information.



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Season's Greetings



from the **People**  Write On Writers

Best Christmas Gifts

by Gladys Szabo

The best Christmas gifts are free
Share them with everyone you see.

A smile or laughter given away
Can warm a heart or make someone's day!

May your holidays be smiles and laughter
Continuing all the years hereafter.



Dear Santa,

Merry Christmas!

Took your advice,
danced like no one was
watching...

Court date pending...
not my best year.

Always,
Patty L. Sparks

The Christmas Carolers *by Bonnie Wheeler*

The time was 6:30 PM on the Sunday before Christmas. I had dressed in my nightie, put an audio book in my cassette player, and was resting in my bed. I heard singing and realize the church choir was on my porch. "We wish you a Merry Christmas," drifted in. They are here! What a surprise Flashes of the last 30 years went by. We would meet at church, choose our songbook, and gather the fruit baskets we had filled earlier. With much merriment, we would then make a parade in our cars going to the elderly, shut-ins, and two nursing homes where some of our oldest church members lived.

We would begin our singing outside, and then continue inside for about eight Christmas carols. After that he would present the basket and give hugs. Climbing joyously back in our cars, we would move on to the next stop. I loved being part of that. This year, after the car accident, problems with knees and diabetic woes, I couldn't be part of it.

I hurriedly grabbed a robe and went to the door to invite everyone in. About 12 church members, a boy of 10 to older families, were standing there. They made a circle in my living room, and I slipped into the circle. They stood in winter coats, hats, and scarves. I stood barefoot and robed.

Sylvia shared her songbook with me, but mostly it was unneeded as the familiar hymns surrounded and warmed my living room. All at once, I stopped singing. Was I supposed to sing with them, or just listen? After all, I wasn't the visitor, the caroler tonight. I was elderly shut-in. I was on the other side of the fence! When did this happen? How did this happen? I felt like someone had punched me in the stomach.

Daniel handed me the fruit basket, we hugged, and out the door they started their parade of cars to the next place. I stood holding the fruit basket wondering if I was on the other side of the fence for good. It didn't feel right! I wanted someone else to hold that fruit basket.



Gardens Aglow

by Sally Hartikka

The colorful lights
Cascading all around me
Dream world of childhood

Tidal housekeeping

by Cecelia Hitte

The house had filled
With leaves. Everywhere
I swept them out

Trying to push back
The rising tide
Of winter.

Christmas Coffee Cup

by Bonnie Wheeler

Thanks for the present of the red coffee cup for Christmas.
He loves it and uses it every day.
There is one problem though,
he forgets it in the microwave oven
and then hunts around for it for half a day.
He also leaves it in his van or on the garage shelf.
He frets and complains when he loses his cup,
So please, next year for his sake and mine,
give him a cup with a very long line.



Christmas Gifts

by Sally Hartikka

As I've grown older, my tastes have changed;
The Christmas gift most pleasing to me
Is not something elegant and pricey
But time with my friends and family.
Under the tree what I hope to see
Is something made by hand for me...
No electronic gizmos or high-priced things
But expenditure of time and the love it brings.

Christmas Thoughts

by Nonie Moody

There are warm thoughts of Christmas
Hiding in the small places
The scent of balsam fir trails
Brings memories of faces.

Many lovely Christmas mugs
Find their way to the front row
With memories of years past
Will be used often I know.

Baking the Christmas cookies
The one flavored with nutmeg
With memories of mother
As she cracks a single egg.

Old ornament on the tree
Passed down many years ago
Shines with faded colored glass
While Christmas lights send a glow.

Christmas cards are small and thin
Thinking of those who are dear
Hand written notes tucked inside
Sent to loved ones far and near.



Bad Santa

by Bonnie Wheeler

You took away Capt. Mikes
Our favorite seafood place
Their doors closed for good
So you can forget your Christmas snack
What we want is not in your pack

Christmas Excitement

by Nonie Moody

As little girls, my sister and I were playing nicely in the living room one December morning. The Christmas tree had been purchased at a local farm and was standing tall in the big living room window. We had so much fun the day before putting all the long icicles on the lower part of the tree while mother worked at the top part that we couldn't reach. The tree was beautiful and we were so excited that Christmas morning would soon be here.

While we played close to the Christmas tree, we noticed the mailman drive in our driveway. He never had done this before. Being inquisitive we ran to the kitchen to look out the window. Mother was looking

out the kitchen door window. We all watched the mailman walk up to the door carrying two very large boxes. We quickly moved closer to mother and watched as she opened the door for the mailman. The mailman had difficulty carrying two large boxes in his arms and as Mother started to reach for the boxes, the mailman handed them over to her upside down. In the transfer, the boxes had two faint sounds. Waaa! Waaa! Baby dolls! We screamed and jumped up and down. We held hands and jumped some more. We were getting baby dolls for Christmas. Mother was most unhappy and told us to quiet down or she would be giving the boxes to the needy, as she hustled them to her bedroom.



A Winter Song

by Bonnie Wheeler

Standing at my door, looking out at the snow,
dreading the blast of cold air as I step out,
I stop to listen to a wee bird singing.
I smile, thinking of my warm clothes, house, car,
my pantry full of food –
and I'm complaining the bitter cold
while this tiny bird has none of these,
yet, it sings to the world.
How that humbles me as I walk outside
with a sudden feeling of abundance.



Winter

by Virginia Sabin

A time of looking forward to spring
Of remembering
A time of snow blanketing outside
Of down warming inside
A time of later dawn of earlier dusk
Of covering in comfort and dark
A time of pondering
An end of time or a season

December

by Rose Marie Mayer

Last night the moon and stars shone clear and bright
Now the first snow is softly falling
and the world is winter white
Midst shopping, baking, wrapping, as the holidays draw near
Let's all find time to pause and listen
to spread love and cheer
And as the year draws to an end
My wish is for peace and joy to you, dear Friend.
Happy Hanukkah, Merry Christmas and a Happy New Year!



First Snow

by Bonnie Wheeler

Bathed in background fog -
I watch as the present appears -
Another scene unfolds, totally clear -
Winters for us snow storm says,
"Hello" –

Images

by Patty L. Sparks

fresh snow underfoot/
twilight and full solstice
moon/snowy owl in flight

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Snow Like Wool

by Nonie Moody

A soft blanket of snow lay on the ground
It came during the evening hours
When homes were lit with darkness around.

The snow fell tenderly to the earth
Looking like the back of woolly sheep
Presents the country side a new birth.

As morning breaks the world is brighter
Clean and pure with beautiful blue skies
Praising God our master designer.



Winter Solstice

by P.L. Sparks

darkness
falls on darkness
refuge
without dreams
sounds
beyond the winter
calmness
Not felt... remembered



The Snowflake

by Sally Hartikka

Consider the lowly snowflake,
Each one a unique creation.
Though all are hexagonal,
Differ slightly in formation.
People are like snowflakes;
Each has no duplication.
Isn't it extraordinary
What exists in our creation!

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

December Again

by P.K.Allen

December is that festive month
That comes at the end of the year
Bringing Santa Clause with presents
Along with some holiday cheer.

But it starts the winter season
With days of sleet, hail, and snow
And nights that are long and cold
With blistery winds that blow.

Some people leave for the south
To enjoy that warm southern sun
With its mild and gentler climate
Where they can romp and have fun.

Leaving the rest of us to enviously toil
Waiting for spring to come
Shoveling our sidewalks and driveways
While our fingers and feet go numb.



Winter Night

by Rose Marie Mayer

Ten degrees below
Bright moon gleaming, stars shining
Snow all aglitter



O Tannenbaum

by Betty Bavor

A live tree on Christmas Eve waiting
White candle sticks clipped on its
branches.
Family and friends gathered around
Sipping brandy with German sweet treats waiting.

The time has come for tradition
Strike a match, light each candle.
Sing Christmas carols to celebrate
The Heavenly Child born in a manger
True meaning of Christmas and a cherished tradition.

We Weep

by Bonnie Wheeler

We ride our bikes
We go to concerts
We worship in church
For happiness and peace
Then horrific evil disrupts
Innocent blood flows
And we weep

At Stevens Corner, Christmas Lights Will Glow

By Charlotte Hart

(Inspired by Holman Day's Pine Tree Ballads)

Snowbanks line every winding campus path.
She walks from chem lab up hill to her dorm.
Two big exams tomorrow—French and math.
Relief from winter's blast—a friendly building warm.
Just in the entry hall, mail boxes line the wall.
Box 304? A letter came today!
She hurries! Reach that treasure now! Stand tall.
From Mom! From home—which seems so far away.
Just now the dinner chime drifts through the air.
Young women's chatter fills the dining hall.
Before the meal—to soothe their every care,
They sing, "Land of the forest..." With thanks for blessings all.
She's thankful for the mail that came today.
From Mom—from home which seems so far away.
Some twenty calls to make! They'll take some time.
Remind the cast—rehearsals of the play.
Maine Masque will do that comedy sublime
Love's Labours Lost. Not long 'til opening day.
Before the evening's work—study and review—
She needs Mom's soothing words and thoughts, what's new....
Plans are taking place for family celebration
Christmas! Home at Stevens Corner! Sweet elation.
Mom's letter says, "Christmas! Three weeks more.
We'll place a candle on each window sill.
We'll fashion seven wreaths—one for each door.
Rum cakes? Sugar cookies? Bake? We will!"
But back to papers on the desk piled high—
A history paper due. She breathes a sigh.
Mom's letter—plans from home she treasures so...
At Stevens Corner, Christmas lights will glow.

Christmas

by P.K. Allen

Each Christmas brings a special warmth
To a winter that's long and cold,
That's shared together in close harmony
With those you love to hold.

It brings sounds of joy and laughter
That we'll remember through the years,
Along with a visit from carolers,
Bringing sweet music to our ears.

**Christmas - Past,
Future, And Presents**

by P.K. Allen

When I was just a young lad
my Mother said to me,
"If you are a good boy,
there'll be presents under the tree."

So I took her advice to heart,
and was polite as I could be.
When Christmas morning came along,
presents were there for me.

There were trucks, and cars, and games.
It was such a sight to see,
'all wrapped in colorful paper
with a tag that said for me.

Through the years the gifts have changed,
but the Spirit remains like a rock.
Now, instead of giving large presents,
we just fill each other's sock.

Each year the presents get smaller
since there are fewer things we need.
No T.V.s, computers, or stereos,
just a good book or two to read.

What I see in the far future
as my time on this Earth ends,
when asked if there's anything I actually need,
I'll probably say, "That Depends."

**Sharing**

by Elizabeth B. Bates

The windows glisten
The children listen
As the sleigh bells sound
From the woods all around.
It is time for Christmas
It is time for sharing
All the good things coming
All the love and caring.

Power Outage

by Elizabeth B. Bates

The wind blew strong, while I had a
dream
of sunny skies, the grass so green.
I woke in fear. A tree blew down,
a crash so near, I ran to see.

A pole had snapped, the wires were dangling.
The lights were out and something was banging.
I was getting tearful in the black so scary.
The cat was hiding, the dog not daring
to go out, just whining, his eyes staring.

I ran for the door to the stair-dark cellar
and held onto the rails as I crept there.
There was not so much noise as I sat on a chair.

The dog had come with me as we waited an hour.
Then we climbed to the kitchen, where the noise had abated
but the house was still dark. The dog did go out,
but the cat was still hiding. I found an old flashlight
and lit a candle. A truck soon went by, its lamps
brightly flashing. The dawn would soon be near
so the fear was passing into smiling and laughing.

The next-door neighbors came out and waved,
The storm was gone, and the world was saved.

Christmastime

by P.K. Allen

'Twas the day before Christmas
People shopping around
For last minute Christmas presents
All over the town

While children wait impatiently
For morning to come
To open those presents
Marked - to who and who from

As nighttime approaches
Excitement is on the rise
Nearing the time
For Santa Clause to arrive

And when the morning sun rises
Faces light up with glee
To see all those presents
Wrapped under the tree

Christmas Memories

by Rose Marie Mayer

Where do my Christmas memories begin? Many years ago now and so many more have been added in between. But, let's just start back there. In those days, it didn't begin before Thanksgiving. There was always a quiet pause, a sense of anticipation that began to creep in, in early December. There was something wonderful about to happen. There were hushed whisperings. Why? What were they saying? In our house it would all have been in German. Again why?

Tempting aromas from the kitchen, cookies hidden away from little fingers, gifts, carefully and lovingly created in our school classrooms. The excitement was building; Dad was in the garage finishing a dollhouse for Ruth, Mom still knitting the socks that would be part of my eagerly awaited, longed for, pair of white figure skates. The special dollies would be brought out and dressed in their holiday finery; Richie's Lionel trains would be set up with the amazing buildings that Dad had fashioned himself. And sometimes, if I were lucky I would get to play with them, too, maybe, even run them myself.

There would be tree lighting and caroling at the Town Hall, with hot chocolate and candies canes, and if it snowed, even better, no school. Sometimes, Dad would have to go out and run the snow plow crew. We always hoped that wouldn't happen on Christmas Day. I painted the porch windows with Christmas scenes. I loved the painting part but then afterwards, oh bother, the clean up! The church tree would go up and the choir would rehearse. Dad, Rich and I would hang the wreaths we had made in our basement, always making enough for me to put in my wagon and sell to our neighbors, "earning" enough money to buy some "real" presents. Mom would take us on the bus, two of them, shopping and to see all the sparkling, glittering

Christmas lights and, of course, Santa Claus. So much fun and so much a part of our celebration.

Finally, always, after so long, Christmas morning would arrive. First, Dad had to go down in the cellar and shake down the furnace and put in some more coal so it would be warm and cozy. Then, he would light the Christmas tree. We wouldn't be able to see it from where we were waiting at the top of the stairs, but we could see the colors reflected in the windows. There had been no trace of it before this magical moment, where had they hidden it? Had Santa really brought it? I was allowed down before the others. I would sit at the piano and open the beautiful song book and play as we all would sing "Oh, come little children" or in our home, *Ihr Kinderlein kommet*". There would be delighted smiles and hugs and kisses all around. Presents would be opened, ah, but not the stockings, they would have to wait till after church. Dad made breakfast and we all got dressed in our finest outfits and off we would go in the old Ford. How beautiful our church always looked, greenery and garlands, bows, the tree, so bright and shining, children's faces glowing. The background of the sun, the sun always shining, in my memory at least, shining in through the wondrous stained glass windows. The chocolate stars, all the children got them, the beloved carols, the Christmas story, the men's choir, Dad sang in that. Back home, there would be our stockings, filled with all manner of treasure. It would continue for the rest of the day, aunts, uncles, cousins, more presents, given and received. Delicious food, yummy cookies. So much excitement and happiness. What fun, we all had!!!

A Holiday symphony of hearts and home overflowing with love and joy. And these are only some of my memories of Christmas in Maplewood, NJ.





Christmas Wonderland *by Gladys Szabo*

Driving up the narrow, winding, wooded back road we wonder if we are at the right place. When we suddenly see red-nosed reindeer in the woods and the sky lite up like day time, we are certain we have arrived at the magical world called Christmas Wonderland.

Approaching the entrance, holiday music surrounds us as Mr. Whipple, known as Mr. Christmas, greets everyone with a hardy hand shake. Little known to anyone, he holds a counter in his left hand, recording the number of visitors. He would later enter the total on his special calendar used to keep track of the thousands and thousands of visitors to his Christmas Wonderland.

We begin our journey down the hilly and winding paths though this magical wonderland. The inner child in each of us takes over. One hundred twelve thousand glistening, twinkling lights create a miraculous fantasy world. As we move along we are dazzled by three hundred-fifty sensational animated scenes; all moving to their own music. Nearing the end, we enter a building displaying an intriguing snow village complete with animated skaters, skiers coming down mountains, trains roaring through mountain tunnels and so much more.

There were shelves of dolls representing other countries displaying their holiday outfits.

At last we are greeted by Jolly Olde Santa, asking what we would like for, each of us a red-striped candy cane.

We, like the many surrounding giggling children, are once again

at the magical North Pole. It truly warms the heart, filling us with joyful expectations of a better future. Happy Holidays!

Christmas Wonderland began when Mr. Whipple and his stepson, Edmund, would lavishly decorate their home and business every year; each year adding something new.

On December 16, 1967, after finishing the decorations, Edmund went out to the garage to work on his dump truck. As he lay under the truck, adjusting the transmission, the body of the truck, along with its the ten-ton payload, came crashing down on Edmund. He died instantly.

In the late sixties Mr. Whipple decided to honor Edmund by continuing the Christmas tradition they had done. Within a few years his spectacular displays gained national acclaim. Mr. Whipple said, "This was the most enjoyable part of my life."

He never charged admission. Never a ticket booth. It was never about making money. He believed people would give what they could afford; that is why he only set out an unmanned donation jar at the end of one's Christmas Wonderland visit.

Our family made the journey for many years and always came away amazed and filled with holiday spirit and the goodness of people like Mr. Whipple.

Moments *by Ralph Laughlin*

THANKSGIVING...
closes the doors of the Past.
A celebration of the year last.
Of our triumphs and failures;
of friends, foes, and neighbors.

NEW YEAR'S...
opens the doors of the Future:
Fresh starts, new beginnings.
Speculation of what is to come;
of friends, foes, and neighbors.

THE HOLIDAYS...
Time betwixt and between.
The presence of the Present
Where only "now" matters,
of friends, foes and neighbors.

THE PRESENT...
The partition between,
what was and what's to be,
of friends, foes and neighbors.

THUS...
Enjoy Every Moment,
for without it,
nothing would be,
of friends, foes and neighbors.

Joseph

by Vince McDermott

The census came at a very bad time. Mary is with child and her time is very near. She had a difficult journey when we traveled from Nazareth to Bethlehem. When we arrived I was not able to find any room for us. We have to stay in a stable with animals. The owner and the stable boy are very kind and tried to make us as comfortable as possible. At last we are warm and protected from the elements.

I have been a poor husband - not being able to properly care for my wife and the child which will be with us very soon. I hope that the birth will be without problems and pray that we will be able to return to Nazareth and the quiet life we had there. But I am not depending on it. I have this very uneasy feeling that our lives will be far from normal in the future.

Soul Flight

by Patty L. Sparks

Red tail hawk... in flight
Super moon... casting shadows
upon white skin of winters'
beauty and decay

Time Passes

by Bonnie Wheeler

Days, days, days
Seasons, seasons, seasons
Years, years, years
And then they disappear
Perchance to dream
Called life -

Power Outage

by Virginia Sabin

Candlelight deepens playful
shadows
On walls and ceiling
With flickering light
Enhances color in wall paintings
Softens scarred tables
And aging faces
Summons closeness
To read by the light
And warm by the hearth

It Only Took Sixty Years *by Marcia Good Townsend*

"Hello Cisco!"
"Hello Pancho!"
"Hi Ho Silver, Away!"
"Happy Trails To You!"

This is how every Saturday morning started in the 50's for me and my little brother. It was preceded by the black and white test pattern with an Indian chief in the center. While we waited for that pattern to dissolve on our television screen, as the older sibling, I'd scramble to the basement landing whereon the big tin of large hard pretzels resided. After scooping up a basket full, I'd stop in the kitchen to prepare two glasses of milk. NOW our Saturday morning was ready to commence. We'd watch our favorite westerns (also the only thing available to watch on the limited channels of the era) and munch along while being fully engrossed in all things "cowboy"...and "cowgirl!" How I wanted a cowboy hat, a bandana, a shirt with fringe...and especially...a pair of those wonderful boots. No amount of begging and pleading would overcome Mom's sound reasoning that these requests were not practical or affordable. Besides, to someone who bought fresh produce at the country auctions and literally canned almost everything we ate...it just wasn't necessary. My little brother didn't care... but then, what little brothers DID care about older sisters or "important" things in her mind?

Over the years I remember special Christmas presents that arrived via Santa's charity and later because of Mom & Dan. There was "Tiny Tears" when I was five,

"Patty Play Pal," a doll nearly as tall as me who had the same straight brunette hair and bangs, a beautiful blue Schwinn when I was six, and many, items that were equally desired and loved along the way. Clothing always appeared and was less appreciated until my teen years, of course. One year, I opened a large box and within was a beautiful pair of mahogany brown leather boots that were oh, so stylish then! In later years a prized antique English copper coal scuttle arrived and each and every season brought treasures worth having and some more memorable than others.

Thus...Christmases and birthdays came and went for sixty years and for many of them, the desires of the five year old were forgotten, even by her. In the summer and fall of 2017 I began to remember... eventually... even speaking it out loud.

In mid November we spent a week without electricity and running water. We had many, many hours to fill without benefit of distractions, so there was quite a bit of chatter between us while sitting in our candlelit living room. In one of those conversations I began to muse and tell some of my childhood memories and that lead to the tale of always having wanted cowboy boots. Now, my husband is a man who understands. His own devoted parents had succumbed to their needs when he and his own little brother were young. We have

several pictures in the Townsend Album of the pair, in full western gear, riding the front porch rails of their beloved Townsend Farm in Readfield. This picture always elicits an involuntary *sigh* from me.

When it was his turn to talk, I expected to hear one of his tales of Readfield, the Aunts and all things boyish that he and

Rich got up to together. But...he surprised me with a question instead!

"Would you like to have cowboy boots for Christmas?"

Well, that knocked the breath out of me for a bit. But I wasn't so out of it to decline the offer!

He selected both the best and worst day of the week for us. Mind you, ALL days were bad in that we were in the process of surviving a too long power outage that also took out the ability to pump water to our home. Trips to the Androscoggin River were daily chores of which he never complained and the results meant we had "flushing" privileges in our own home...a real treat during outages! No...a "bad" day for us was a rainy one. Rain and clouds meant the house was even darker and needed candles and flashlights during the day, too.

So Thursday it was. No ice left to pack the cooler meant room or porch temperature liquids for the journey...and off to Orono we went! The GPS was about 98% accurate in that it got us to the correct

road and in the vicinity, but Linwood's eyes honed in on the correct building and parking lot. The big sculpture of a horse on the roof might have been a dead give-away, but mine were taking in the loss of about 10 to 15 or so trees on the opposite side of the road. Like in our community, they had been uprooted and leaning along a now toppled wooden fence.

Inside, it was warm and their power had been restored the evening before. My eyes were wide and my heart was dancing around in my chest when I spied the racks of real western boots in the next room! For TWO HOURS I tried on boots and made decisions about heel types, then colors, then fancy or plain. I came away with a heart and soul that had been quieted. The little girl that I was, the grown lady that I've become...well...we were both very happy. Each of us got a pair of boots! The owners of the store even threw in "boot jewelry" which is comprised of long turquoise suede tassels and conchos that snap onto the tabs on the top of my boots.

The next day we were back to grazing for food at local grocery stores and acquiring electricity for phones, tablets, and chargers at the library and anywhere we could think of to go (People Plus included.) But...it was a sunny day and when I looked to my side in a parking lot, I saw my shadow and that of those tassels, fluttering in the wind!

"Ahhhh"...sixty years WAS a long time, but certainly worth it!

Next?
Maybe I should do something more practical...like learn to spit!

