

The Avalon Gazette - April 2021



The following reminders will continue to remain in place:

- ☼ We continue to ask that you place any checks or correspondence in the **green box** outside of the Avalon office and to not come into the office.
- ☼ If anyone is in need of a **transfer station permit**, please call the office and we will arrange to have one left for you to pick up.

Office Closed Reminders

- ☼ The office will be closed in observation of **Patriots' Day** on Monday, **April 19th**.

Avalon has a new resident!

Robin Lent has purchased 106 Heather Way

*When you can't go to the performing arts,
let the performing arts come to you!*



Box Office: 207-942-3333
Bangor Opera House
131 Main Street, Bangor, Maine

Bee Parks and the Hornets

April 11 - May 2

An indie pop-rock band for all insects and ages, Bee Parks and the Hornets perform high-energy concert parties that combine rockin' music, puppetry and audience participation to inspire young people to get up and move — both with their feet and in their communities. With all-original songs that promote kindness, equality, self-confidence, social justice, environmental awareness and dancing your heart out, Bee Parks and the Hornets take audience members of all ages on a musical adventure that will open up spirits and imaginations. Written by and starring Brittany Parker. **Streamed**

Sponsored by the Bangor International Airport

AUDIO/FILM/STREAMED:

A unique link just for you that grants you admission to a *pre-recorded* performance uploaded to Vimeo. This link can be accessed at any time of day and as many times as you want within the release period. *(Upon ticket purchase, you will receive a Vimeo link that will be active 24/7 for the duration of the production's run)*



Perfect to watch with the grandkids!



Je Ne Suis Pas Evangeline

April 22 - May 9

To close out Penobscot Theatre Company's Main Course series, PTC has commissioned Atlanta-based theatre company, Théâtre du Rêve to create a film that brings the stories of Acadian and other Francophone women to life through the lens of Maine poet Henry Wadsworth Longfellow's epic poem, *Evangeline, a Tale of Acadie*. Written in 1847, the poem gave Acadians the dignity of a narrative for their traumatic displacement and genocide at the hands of the British in 1755.

While *Evangeline* was an instant hit, the central romantic heroine, *Evangeline* is a myth. *Je ne suis pas Evangeline* (I am not *Evangeline*) (April 22 – May 9) brings the stories of real Acadian women to life and examines how these strong, opinionated women – from farmers to mill workers to suffragists, are woven into Maine's contemporary fabric.

Théâtre du Rêve producing artistic director, Carolyn Cook says, "I fell head over heels in love with Maine more than a decade ago, when I toured with a French-language play to Portland. Since then I've been digging into Maine's Francophone history and finding stories that just cry out to be told. I'm thrilled to be working with Penobscot Theatre Company on this dream project!" **FILM**



BUY TICKETS ONLINE



Masterworks III
LYRICAL WONDERS

Lucas Richman, conductor
Jamilyn Manning-White, soprano
Kate Maroney, mezzo-soprano
Dominic Armstrong, tenor
UMaine Singers & Oratorio Society

April 23, 2021 at 7 pm – Available online for 30 days

Celebrate the power of the human voice in this intimate performance. The program features selections from the world of art song and opera with chamber ensemble.



Masterworks IV
MOZART & SCHUBERT

Lucas Richman, conductor
Jennifer Frautschi, violin

May 14, 2021 at 7 pm – Available online for 30 days

Inspired classics move us in this program of Viennese gems. Two-time Grammy nominee Jennifer Frautschi makes her BSO debut.

🌸 Time for Spring Cleaning! 🌸

Homemade Glass Cleaner

- ¼ cup white vinegar
- ¼ cup rubbing alcohol
- 1 Tbsp cornstarch
- 2 cups water
- 8-10 drops essential oil for fragrance (optional)

Combine everything in a spray bottle and shake well to mix. (Do not use on marble or coated eyeglass lenses.)



Soap Scum Spray

- 2 parts white vinegar
- 1 part Original Dawn dish soap
- 10+ drops essential oil (optional)

Combine two main ingredients in spray bottle. Use a long stick to stir mixture until it is well mixed. Add optional essential oil and stir again.

Apply spray liberally to bathroom surface. Let sit for 30 minutes. Rinse with water and dry with a microfiber cloth.



Lemon Cedar Dust Spray & Polish

- 1 cup (distilled or filtered) water
- ½ cup white distilled vinegar
- ½ cup olive oil
- 10 drops lemon essential oil
- 8 drops cedarwood essential oil

Pour vinegar, olive oil, and half of the water into a spray bottle. Place the cap and shake to mix. Then add the oils and shake again. Finally, add the remaining water and shake once more.



How to Clean and Deodorize Your Garbage Disposal!



Step 1: Put a couple cups of **ice cubes** in a bowl and sprinkle liberally with **sea salt**. (Ice helps sharpen the blades and the salt helps to exfoliate old food from the blades and sides of the disposal.) Dump the ice and salt into the disposal, leaving enough room to insert the sink plug. Hold the plug down and turn on the disposal until you hear no more chopping noises.

Step 2: Next, shake a thick coating of **baking soda** inside the disposal. Pour in **white vinegar** until it covers all the baking soda. When the mixture stops bubbling, turn on the cold water and let it flush out the disposal, turning it on once.



Step 3: Cut a **lemon** in half. Throw it in the disposal, one half at a time. (Leave in the seeds; they will help further exfoliate.) Turn on the cold water and let it run down the drain. Then turn on the disposal to complete the deodorizing process.

Chilled Beet-Cucumber Soup

INGREDIENTS

- 2 medium beets, boiled, peeled, and cut into cubes
- ½ cup diced cucumber, seeds removed
- 1 cup chicken stock
- ½ cup plain Greek yogurt
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons sugar
- salt and pepper

For Topping/Garnishing

- Sour cream
- Chopped fresh dill

INSTRUCTIONS

1. Combine first eight ingredients in a blender, blending in two batches if needed; puree until smooth.
2. Season with salt and pepper to taste.
3. Cover with plastic wrap and chill for at least 4 hours or overnight. Serve cold with a dollop of sour cream and fresh dill. Serves 2.



Broccoli Salad

A healthy take on the classic side dish – perfect for Spring!

INGREDIENTS

- 1 head broccoli, chopped
- 1 cup dried cranberries or blond raisins
- 1 cup red grapes, halved
- ½ red onion, diced
- 2 stalks celery, chopped
- ½ cup walnuts, roughly chopped
- ¼ cup feta cheese
- 2 Tbsp honey
- 1 Tbsp lemon juice
- ½ cup mayonnaise
- ½ cup Greek yogurt

INSTRUCTIONS

1. Chop broccoli into bite-sized pieces and place in large mixing bowl with dried cranberries/raisins, grapes, red onion, and celery.
2. In a smaller bowl, whisk the yogurt, mayo, honey, and lemon juice together until all ingredients are blended. Pour yogurt mixture over the broccoli mixture and stir.
3. Add walnuts and feta. Mix. Chill for about 20 minutes, then enjoy!



Fro-Yo (Frozen Yogurt) Bites

A refreshing treat that will please your sweet tooth!

INGREDIENTS

- ¼ cup crushed almonds or oats (or a combination of the two)
- 2 Tbsp sweetener of choice
- 2 Tbsp coconut oil
- ¾ cup plain Greek yogurt
- 2 Tbsp honey
- 1 ½ cups strawberries & raspberries, chopped

INSTRUCTIONS

1. Line a 6-cup muffin tin with silicone or parchment cupcake liners, or add directly to nonstick muffin tin.
2. In a small bowl, stir together crushed almonds/oats, sweetener, and coconut oil. Spoon a small amount into the bottom of each muffin cup.
3. In a medium bowl, mix together yogurt and honey. Spoon 2 tablespoons into each muffin cup, covering the crust.
4. Top with fresh chopped berries. Freeze until firm, about 6 hours. To serve, remove from silicone wrapper and allow to set at room temperature for 8-10 minutes. Enjoy!



Strawberry Peach Spring Smoothie



INGREDIENTS

- 2 fresh peaches
- 1 cup frozen strawberries
- 2/3 cup milk
- ½ cup Greek yogurt
- 1 tsp honey (optional)

INSTRUCTIONS

1. Add all ingredients in a blender and mix. If needed, add ice to thicken.
2. Pour quickly, serve and enjoy!

Did you Know: Interesting Facts About Patriots' Day

- Patriots' Day is an annual commemoration of the Battle of Lexington and Concord in the United States. Activities remembering the first battle of the American Revolutionary War in 1775 are held on the third Monday in April.
- Prior to 1775, the eastern part of present-day United States was under British rule. On April 19, 1775, the American Revolutionary War, also known as the American War of Independence, broke out during the Battle of Lexington and Concord, near Boston, Massachusetts.
- The encounter in Lexington and Concord became the first official clash between the British forces and American colonist troops. Despite being slightly unorganized, the first shot of the battle was tagged as the "shot heard round the world."
- Patriots' Day is a public holiday in the states of Maine and Massachusetts. While in areas near Lexington and Concord, reenactments of the battle became a tradition every third Monday in April. In addition, road races, marathons, concerts, and lectures are also organized.
- On Patriots' Day in Wisconsin, schools are required to educate students about the events and important people related to Patriots' Day.
- The Boston Marathon became a tradition on this day in 1897.

Interesting Facts About Earth Day

- The first Earth Day was celebrated on April 22, 1970.
- Gaylord Nelson founded Earth Day while he was working as a US senator.
- April 22nd was chosen because Nelson wanted college students involved in the movement and that date usually falls between Spring Break and final exams.
- Earth Day originated in the US but became recognized worldwide by 1990.
- On the very first Earth Day, 20 million people gathered in the streets of America to protest the industrial revolution. An environmental movement was born as a result.
- Every year on April 22, men, women, and children collect garbage, plant trees, clean up coral reefs, show movies, sign petitions, and plan for a better future for our planet.
- Some schools and communities celebrate Earth Day for a whole week to expand the time frame that people focus on the earth and how they can preserve it.
- On Earth Day 2012, more than 100,000 people rode bikes in China to reduce CO2 emissions and save fuel.
- In an Earth Day celebration in 2011, 28 million trees were planted in Afghanistan by the Earth Day Network.
- In Panama, 100 endangered species of orchids were planted and maintained to prevent their extinction in honor of Earth Day.

Astrological Corner:



March 21st to April 19th

Good news, Aries! This month will provide full support for new projects or relationships. Your ability to get things started won't go to waste. Take some big steps forward towards an important goal.

Use the New Moon on the 12th to set intentions related to a creative project, releasing unhealthy habits, tuning in to your intuition, and making time for spiritual practices that nurture your spirit.



April 20th to May 20th

This month provides full support for new projects or relationships. You'll enjoy plenty of motivating energies to help you advance a goal. The Sun will shine in Pisces through the 19th, lending warmth, compassion, and forgiveness to your friendships. Get involved in group activities that are focused on helping others.

SUDOKU

Difficulty: Hard

6						5	3	
					2	7		
5		7		9	6		1	8
		6			1		8	
	9	8						
				2				
						9		
			2				4	3
3	1				9		6	2

If you would like the answers to any of the puzzles, send an email to: ariel@avalonvillage.com

Crossword Puzzle

Difficulty: Medium

LA Times

By Martha Kimes / Ed. Rich Norris

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ACROSS

- 1 Pours to the brim
6 Fit together
10 ___-à-porter: ready-to-wear
14 Cellphone bill statistic
15 Baseball's Moises
16 Resign, in chess
17 "Make yourself comfortable"
20 Editor's "Don't change that"
21 Lubricate
22 Start a journey
23 Sine ___ non: essential
25 Quick bite
26 Personal connections
29 "Don't be a stranger!"
35 Maple tree fluid
36 Backless sofa
37 "Cheers" actress Perlman
38 Olympics venue
40 It tops a king
41 Riyadh resident
42 Pooh's Hundred ___ Wood

43 Show gratitude to

45 Squealer

46 Regardless of how things go

49 Phoenix MLB team, on scoreboards

50 New Look designer

51 U.S. Presidents, so far

53 Deprived (of)

56 Broke bread

58 Machu Picchu builder

62 Where a puppy may learn the starts of 17-, 29- and 46-Across

65 Stretched tight

66 Capital of Peru

67 2000s

"American Idol" judge Abdul

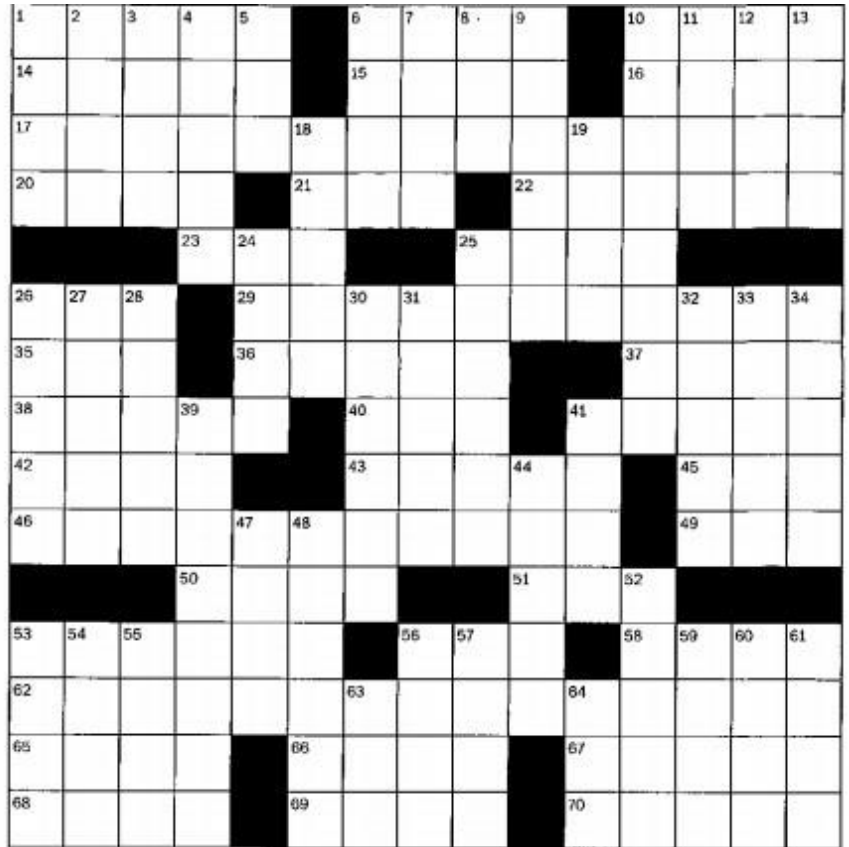
68 Syringe, briefly

69 Throwaway part of a cherry

70 Annual Tournament of ___ Parade

DOWN

- 1 Commotion
2 "___ any wonder?"



3 Out past curfew

4 Pride parade letters

5 Caribbean, e.g.

6 Sushi roll type

7 Airline to Tel Aviv

8 Luke, to Darth

9 Big Apple river

10 Large amount

11 Chocolate-caramel candy brand

12 Jacob's twin

13 Modern message

18 Raccoon relative

19 Sabbath activity

24 Meat safety agcy.

25 Hr. when many workdays begin

26 Writer Asimov

27 DEA agent

28 Type of whale

30 Picture next to a username

31 Luxury vessel

32 "Star Trek" lieutenant

33 Fragrant wood

34 One side of Hispaniola

39 Had no choice

41 Breed of terrier

44 Monikers

47 Coffeehouse amenity

48 Tripadvisor listings

52 Mandarin greeting

53 "Ice cream or cake?"

response, perhaps

54 Online auction venue

55 Enlist again

56 Highest point

57 "There's no 'I' in ___"

59 Entre ___: between us

60 Either of two "Unforgettable" singers

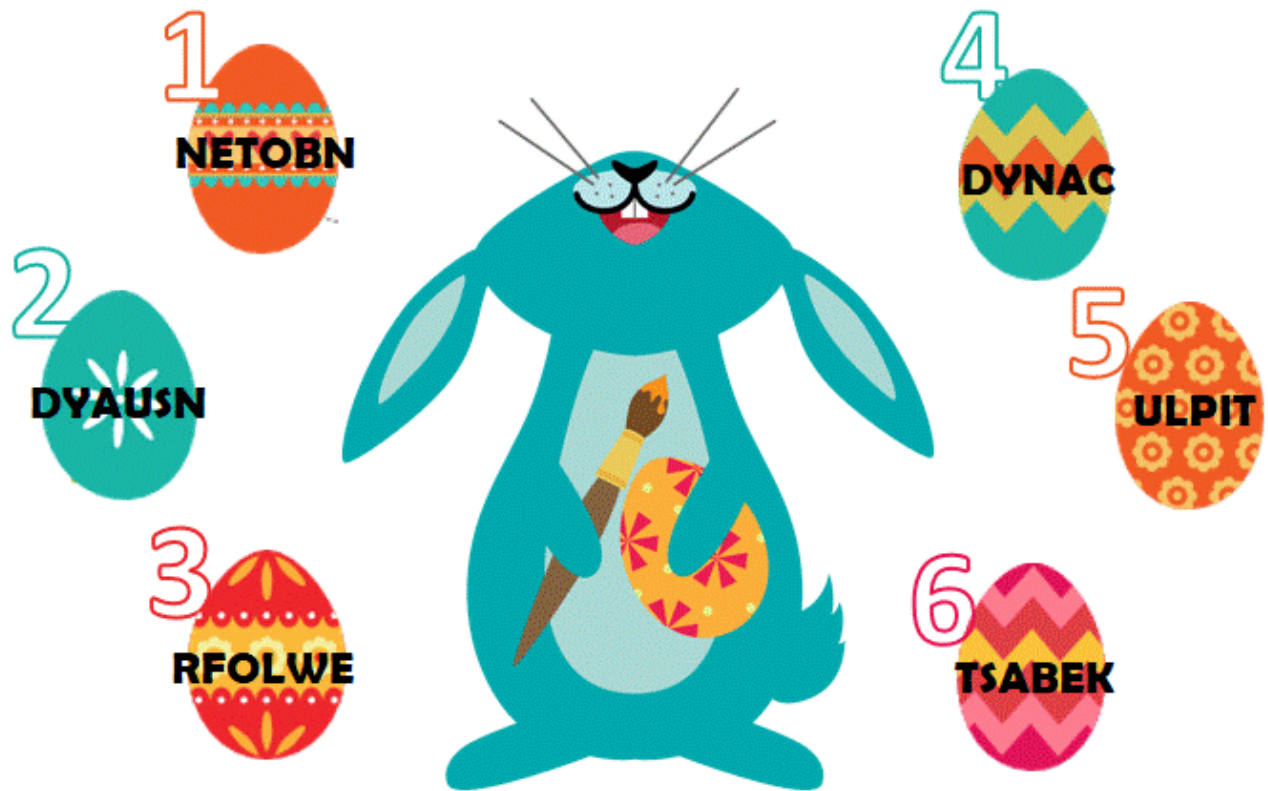
61 Wistful word

63 Tiny complaint

64 Bit of EMT expertise

Happy Easter Word Scramble

The Easter Bunny decorated some of his eggs with words, but when he delivered them, they got a little scrambled. Can you unscramble the words and find the answer to his favorite riddle?



1. _ _ _ 1 2 _ _ _

2. _ _ 3 4 _ _ 5

3. 6 _ _ _ _ _

4. _ _ _ 7 _ _ 8

5. _ _ 9 _ _ _

6. 10 11 _ _ _ _

What do you call a rabbit who tells good jokes?

11 6 3 2 7 8 10 9 1 4 5

Safe Driving (In Reverse!)

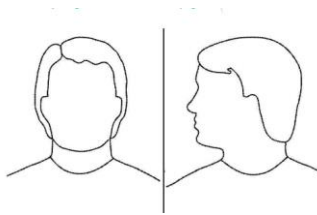
By Sonja Parker, MSPT, LMT
Designing Fitness Physical Therapy, LLC

Hello All and WELCOME, SPRING!!

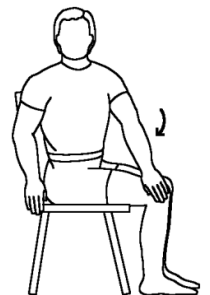
It seems that every morning now I see more geese flying back “home” to Maine - a sure sign that we have rounded the corner to warmer weather ahead! It is also a joy to see more and more people at Avalon out walking and taking in this beautiful fresh air, looking for the ice to go out on the pond, and the buds on the trees to start popping. And with this new energy (and vaccinations!), there seem to be more cars driving around in the neighborhood too, as people start venturing out more frequently.

This combination of an increase in foot traffic and an increase in car movement make it more important than ever to exercise great caution when out and about! When you back out of your driveway, are you extra careful to check to make sure no one is walking behind you? While a lot of people rely on their mirrors and back-up cameras to check that the coast is clear, in my opinion, there really is no substitute for turning your head and looking directly behind you. However, often people lose this rotation range of motion over time, making it difficult (and possibly painful) to turn far enough to see what is behind them. So in the interest of public safety, here are two simple exercises you can do to maintain and/or increase your spinal rotation range of motion:

1.) Cervical rotation: While sitting up tall on a firm chair, simply turn your head to look over your shoulder. Hold at the end of the range of motion for 30 seconds, or 5 deep breaths. As you breathe in, try to sit up a little taller, and as you breathe out, try to rotate your neck a little farther. Then repeat to the other side as shown below.



2.) Thoracic rotation: While sitting up tall on a firm chair, place your left hand on the outside of your right knee, and slowly rotate your trunk around as far as you can comfortably go. Hold at the end of the range of motion for 30 seconds, or 5 deep breaths. Again, as you breathe in, try to sit up a little taller, and as you breathe out, try to rotate around a little farther. Then repeat to the other side.



While you should feel a stretch with these exercises, they should not be painful. Always stay within your pain-free range, while carefully trying to achieve greater range of motion. Give these two movements a try today, and repeat them every day so that you can be a safer driver for your friends, neighbors, and community! As always, feel free to reach out if you have any questions or concerns. I look forward to seeing more of you out and about!

Be strong, stay active, LIVE life!

Yours in good health,
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While this article is intended to provide a brief overview, it is not intended as a substitute for medical consultation. Please consult your doctor or physical therapist for more information.