

# *The Avalon Gazette - August 2021*



## **From Avalon Management:**

As you all may know, a few days ago, the CDC changed course on some of their masking guidelines. At this time, Penobscot County has moderate community transmission. Given the recommendation for wearing masks for indoor public settings is for areas with 'substantial' community transmission, we are not inclined to make any changes to our upcoming events at this time. We will continue to reevaluate as information changes or becomes available.

REMINDER: In recent months we have had some cottages within Avalon that have experienced issues with mice. This in turn has ended up with us needing to contract with Modern Pest when efforts by our staff didn't rectify the issue. I would like to ask everyone to please refrain from feeding animals as we don't want the issue of mice or other rodents to start back up as they have in past years.

## *August Events*

### **MUSIC AT THE MANOR – Thursday, August 12<sup>th</sup> 5:00-7:00pm**

Join us for an outdoor concert in the backyard of the Manor.

Kevin Hamel will be singing favorites and taking requests.

Some of you may remember Kevin from his previous performance in the pub a while back.

*Bring your own chairs. Beverages and light snacks will be provided!*

### **MANOR HOUSE PICNIC – Wednesday, August 25<sup>th</sup> at 12:00pm.**

See more details listed under *August Dining Activities*.

## August Recreation Activities

- 🌸 **Yoga** – Every **Thursday** at **10am**. Julie Milan will teach this class in the Manor House upper living room, while maintaining social distancing. **Masks are no longer required if vaccinated. Space is limited to 10 participants.**
  - **There will be NO yoga August 19<sup>th</sup> and 26<sup>th</sup>.**
- 🌸 **Tai Chi** – Every **Thursday** at **11am**. Andy Stewart will teach this class outside in front of the Manor House, while maintaining social distancing.
- 🌸 **Bocce** – Every **Friday** at **3pm**. (Weather permitting.) Located near the Avalon garden. Refreshments will be provided and no sign-up is necessary.

## August Dining Activities

### FIRST FRIDAY – Friday, August 6<sup>th</sup>

#### **Wine & Cheese** at 5:00pm

Socialize and mingle at the Manor House, while enjoying a selection of beer, wine, cheese and crackers. There is no charge for this.

#### **Dinner** at 6:00pm

Join us for dinner afterward in the Manor House dining room.

Cost is \$18 per person.

**Sign-up is required for dinner – Please contact the Avalon office.**

(RSVP by Monday, 8/2)

#### **Dinner Menu:**

*Appetizer – Citrus berry salad*

*Main Course – Alfredo chicken zucchini roll-ups*

*Vegetable alfredo roll-ups – (Vegetarian option)*

*Asparagus with grape tomatoes*

*Mozzarella flatbread*

*Dessert – Blueberry Trifle*

**MEN'S BREAKFAST – Wednesday, August 11<sup>th</sup> at 9:00am**

(RSVP by Monday, 8/9)

Sign-up is required – Please contact the Avalon office.

**Menu:**

*Ham & Cheese cups*

*Waffles*

*Bacon*

*Banana Bread*

*Fruit Cup*

**LADIES' LUNCH – Wednesday, August 18<sup>st</sup> at 12:00pm**

(RSVP by Monday, 8/16)

Sign-up is required – Please contact the Avalon office.

**Menu:**

*Appetizer – Mini tortellini kabobs*

*Red, white and berry salad*

*Main Course – Greek chicken cucumber avocado salad  
with tomato basil mozzarella crisps*

*Dessert – Chocolate-covered strawberries*

**MANOR HOUSE PICNIC – Wednesday, August 25<sup>th</sup> at 12:00pm**

Join us for a picnic behind the Manor House!

Sign-up is required – Please contact the Avalon office.

(RSVP by Friday, 8/20)

**Menu:**

*Sandwiches – Tuna salad, Chicken salad, Cucumber, and Egg salad*

*Sides – Broccoli salad, coleslaw, chips and pickles*

*Dessert – Fruit salad with whipped cream*

# The Fight Against the Browntail Moth

In April, experts predicted this summer would be the worst for browntail moth caterpillar infestations since the invasive insect arrived in the state 100 years ago. They were right.

Browntail moth caterpillars have poisonous, irritating hairs that can cause a blistery rash similar to poison ivy. The hairs also can cause respiratory distress if breathed in. The Maine Center for Disease Control and Prevention classifies browntail moth caterpillars as a public health nuisance.



When are the caterpillars active?

- The caterpillars are active at two times of the year. In mid-April, they emerge from their winter webs and begin feeding and growing until they reach their maximum size in June.
- Adult moths emerge in July and are flying through August.
- The second batch of caterpillars hatch from their eggs in August and are active until early October when they enter their winter webs to hibernate, emerging the following spring.

If you contact a poisonous hair, you won't feel or see anything at first, but by the next day a small red bump will appear and begin to itch. The bump may grow into a larger red spot and itch for up to a couple of weeks. Across the counter anti-itch solutions are minimally effective. The very best remedy is a special Brown Tail Moth cream custom compounded by Northern Light Pharmacy on State Street. It is expensive (about \$38) and must be prescribed by a physician. But it can keep the "bump" from growing and control the itching.

**Another recommended option is the following homemade concoction:**

- 1/4 cup of Witch Hazel (cleansing astringent)
- 1/2 tube of Hydrocortisone cream (for swelling)
- 1/2 tube of Diphenhydramine cream (Benadryl anti-itch)
- 1/4 tube of Aspercream/Lidocaine cream (numbing)
- Add to a spray bottle & mix well.
- Apply as needed.



It might be tempting to put a bug zapping light outside, but entomologists with the Maine Department of Agriculture, Conservation and Forestry do not recommend using them. "Those zappers really do more harm than good," said Tom Schmeelk, forest entomologist with the Maine Forest Service. "Not only do they kill off beneficial bugs, they are going to attract more browntail moths to your yard. The recommended action to take is to just leave your lights off between 9 and 12."

Jim Dill, pest management specialist with University of Maine Cooperative Extension, recommends picking the moths off wherever they are clustered and dumping them into a bucket of soapy water for two days to kill them. Be sure to wear gloves though. While it's the caterpillars that have the toxic hairs, the moths could have stray hairs leftover from the caterpillar stage still clinging to them, Dill said.

In the fall we can do the best job at control by spotting the webs at the end of branches in trees where the caterpillars overwinter, cutting the webbed branches down, and destroying the contents. Egg masses are usually found on the bottom of the leaves of host trees. Their preferred trees include oak, apple, crabapple, pear, birch, cherry, as well as other hardwoods. Nests should be treated individually and not spray an entire tree.

The brochure made by the Maine Department of Agriculture, Conservation and Forestry describes all the problems and some solutions in Maine. As of right now (the end of July), the moths have laid eggs and expired. The caterpillars will be hatching shortly and begin feeding on the leaves of their host trees. All of us need to learn to spot the caterpillars and very carefully destroy any you find. The area around the Edythe Dyer Library has been heavily populated with brown tail moths and caterpillars, but the poisonous hairs can be wind-blown everywhere in Avalon Village, and the poison stays active up to three years.

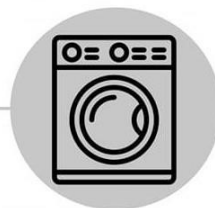
## Prevention



Take a cool shower and change clothes after activity in areas with browntail moths to wash off any hairs.



Wear a mask, goggles, and coveralls when doing any activity that can stir up browntail moth hairs, like raking leaves.



Dry laundry inside during June and July to prevent browntail moth hairs from getting on clothing.



Perform yard work and clipping on wet days so browntail moth hairs do not get stirred up.

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## For More Information, Visit:



1. [www.maine.gov/dhhs/browntailmoth](http://www.maine.gov/dhhs/browntailmoth) (Including frequently asked questions)

2. [www.maine.gov/dacf/mfs/forest\\_health/invasive\\_threats/browntail\\_moth\\_info.htm](http://www.maine.gov/dacf/mfs/forest_health/invasive_threats/browntail_moth_info.htm) (Includes browntail moth risk map)

You can also contact 211 Maine by dialing 211, texting your zip code to 898-211, or emailing [info@211maine.org](mailto:info@211maine.org) for more information.

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# Sweet Potato and Black Bean Quinoa Bowls

*A delicious, filling, **meatless** meal that will please everyone!*

## INGREDIENTS

### *Roasted Sweet Potato:*

- 1 large sweet potato, peel and diced
- 1 teaspoon extra virgin olive oil
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- 1/4 teaspoon kosher salt

### *Quinoa:*

- 3/4 cup red quinoa
- 1 3/4 cups water
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- Juice of half a lime
- 2 tablespoon cilantro, chopped

### *Cilantro Cream Drizzle:*

- 1/4 cup plain non-fat Greek yogurt
- 1/4 cup cilantro, chopped
- 1/4 teaspoon agave nectar or honey
- Juice of half a lime
- Pinch of salt, garlic powder, and chili powder

### *Other Ingredients:*

- 1 cup black beans, rinsed and drained
- Cilantro for garnishing



## INSTRUCTIONS

### *Roasted Sweet Potato:*

- Preheat oven to 425 degrees then line a baking sheet with foil and spray it with cooking spray.
- Toss the diced sweet potato in the olive oil and spices and lay it out in an even layer on the prepared baking sheet. Roast the sweet potato for 12-15 minutes or until it is fork tender.

### *Quinoa:*

- Rinse and drain the red quinoa then put it in a medium sized sauce pan with the water and 1/4 teaspoon of kosher salt. Bring the quinoa to a boil, then cover it with a lid and lower the heat to medium low. Cook the quinoa for about 15 minutes, until all of the liquid is absorbed.
- Remove quinoa from the heat and season with the remaining 1/4 teaspoon of kosher salt, chili powder, cumin, garlic powder, lime juice, and cilantro.

### *Cilantro Cream Drizzle:*

- In a blender add all of the ingredients and blend until smooth.

### *Assembling the Bowls:*

- In 2 or 3 serving bowls divide the quinoa mixture. Top the quinoa with the black beans and roasted sweet potato. Drizzle the cilantro cream on top with a spoon. Top with more cilantro if desired.

# Chicken Bacon Ranch Pasta Salad

*A yummy take on the classic barbeque staple!*

## INGREDIENTS

- 2 cups small dry pasta
- 1 cup frozen peas, rinsed in warm water
- 1 cup tomato pieces
- 1/4 cup chopped green onion
- 2 cups cooked chicken
- 4 ounces cooked crumbled bacon
- 1/3 cup mayonnaise
- 1/3 cup sour cream
- 2 tablespoons ranch seasoning
- Salt, to taste
- Pepper, to taste



## INSTRUCTIONS

1. Cook the pasta according to package directions until it is cooked al dente. Drain and rinse in cold water.
  2. Add the peas, cooked chicken, bacon, tomato and onion to the pasta.
  3. In a small bowl, combine the mayonnaise, sour cream, and ranch seasoning and stir to combine. Add to the pasta.
  4. Stir everything together until it is all well-coated. Add salt and pepper to taste. Serve right away.
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# Watermelon Fruit Salad

## INGREDIENTS

- 4 cups watermelon, cubed into 1 inch pieces
- 1 1/2 cups strawberries, sliced into rounds
- 1 1/2 cups raspberries
- 1 1/2 cups cherries, pitted and halved
- 2 tbsp freshly squeezed lime juice
- 1 1/2 tsp lime zest
- 2 tbsp agave syrup
- 1 tbsp of fresh mint, finely chopped

## INSTRUCTIONS

1. Whisk together agave, lime juice, lime zest and mint.
2. Prep watermelon and berries and place in a large bowl. Drizzle dressing over top and lightly toss.
3. Garnish with some torn mint.

# Did you Know: Interesting Facts About the Ancient Olympics

- The first ancient Olympic Games took place almost 2,800 years ago in Olympia, Greece.
- There is some historical dispute over the reason behind the ancient Olympics: One theory is that it was a festival in honor of Zeus. This would help explain why it was named after Mount Olympus - where the Greek gods were said to have lived. However, some historians believe that the ancient Olympics were actually funeral games held in honor of deceased local heroes. This is entirely plausible, given that sporting events were often associated with funeral rituals. During the festival, a vast number of oxen were sacrificed in honor of Zeus. After a small part of each animal was burned for the god, the rest of the meat was consumed by the people at a grand banquet.
- Prior to the Games, messengers were sent out across the Greek world to announce the Olympic Truce. Each participating city-state had to sign up to the truce, which meant that no war was permitted and no arms could be carried into Olympia.
- All free male Greek citizens were entitled to participate in the ancient Olympic Games, regardless of their social status. Several emperors even took part.
- Unlike the modern Olympics, there was no torch relay, no female competitors, and events would often become brutal.
- The most brutal sport was 'pankration'. This event was a combination of wrestling and boxing, where neck holds and strangling were permitted, and only biting and eye-gouging were forbidden. Athletes could resign through waving a finger in the contact sports, but death was still commonplace.
- In chariot racing, the horse owners were declared Olympic champion, and not the riders.
- Athletes in the ancient Olympic Games competed in the nude. In fact, the word "gymnasium" comes from the Greek root "gymnos" meaning nude. As such, the literal translation of gymnasium is "school for naked exercise."
- There were no gold, silver, and bronze medals on offer at the ancient Games. In fact, prizes were awarded only to the winners, which began with a wreath made from the leaves of the sacred olive trees at Olympia.
- Victors were also allowed to erect a statue of themselves in the sacred Altis grove - the sanctuary of the Gods - at Olympia, now a UNESCO world heritage site, although only the wealthiest could afford to do this.



## Did you Know: Interesting Facts About the Modern Olympics

- **Gold medals are mostly made of silver.** Despite the popular belief that the Gold Medal is composed of pure gold, this hasn't been the case since the 1912 Olympics. Today's Olympic Gold Medal is an imposter, made almost entirely from silver with approximately 6 grams of gold to meet the standard laid out in the Olympic Charter. With gold selling for around \$1,350 an ounce, an Olympic medal made of pure gold would cost close to \$28,000.
- **Only three modern Olympic Games have been cancelled.** The games were cancelled due to World War I (1916) and World War II (1940, 1944).
- **At least one of the Olympic Rings' colors appears in every national flag.** Baron Pierre de Coubertin, founder of the modern Olympic Movement, conceived of the five-ringed symbol. He specifically chose the different colors—blue, green, yellow, black, and red—because at least one of those colors appeared on all the national flags of the world. The five rings represent the world's five major regions: Africa, the Americas, Asia, Europe and Oceania.
- **Only one person has ever won gold medals during the Summer and Winter Olympics.** American Eddie Eagan has this distinction. In 1920, Eagan took home gold in boxing. He later earned a gold medal at the 1932 Lake Placid Games in the team bobsled event.
- **The youngest Olympian in the modern era is Greek gymnast Dimitrios Loundras, who competed in the 1896 Athens Olympics at the age of 10.** At age 13, springboard diver Marjorie Gestring is the youngest female individual gold medalist in history, while 14-year-old Kusuo Kitamura (swimming) is the youngest male individual gold medalist.
- Women have been allowed to compete in the Olympics since 1900.
- From 1924-1992, the Winter and the Summer Olympics took place in the same year. Now, they're on separate cycles and alternate every two years.
- Ethiopian runner Abebe Bikila was the first black athlete to win gold in the marathon, when he outran everyone in the 1960 Olympics...with no shoes on.
- **The first athlete suspended from the Olympics was suspended for alcohol.** Swedish pentathlete Hans-Gunnar Liljenwall tested positive for alcohol in the 1968 games, which was against the rules at the time. Currently, alcohol will only disqualify an athlete at a blood alcohol level of over 0.1 in sports where it would be dangerous, such as archery.
- Following the 1979 invasion of Afghanistan by the USSR, the 1980 Moscow Olympics saw 66 nations boycott the games.



## Astrological Corner:



July 23<sup>rd</sup> to August 22<sup>nd</sup>

Through July, you might've found that you could finally shift into a lower-key gear, slowing down and feeling less thrashed around by the intense astrology of the previous month. But as the planets shifted into Leo, so did the vibe, boosting confidence, assertiveness, and a focus on self. Now, as we make our way through the second half of the Lion's moment, the eighth month of the year sets the stage for being spontaneous, playful, in the moment, and endlessly, dramatically romantic.



August 23<sup>rd</sup> to September 22<sup>nd</sup>

As the month kicks off, you could feel like you're torn between two worlds — one deeply private and reflective, and the other revolving around taking bold steps to make your most burning desires a reality. You're not sure whether it's time yet to make your move, step onto the stage, and fully own the space you've been holding in mind for weeks now. Hint: Your intuition probably knows better than your head. Thankfully, though, if you've been overthinking, there's no question that after the 22<sup>nd</sup>, once the sun is firmly planted in your sign for the next four weeks, you can go all-in on whatever you've been preparing.

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## SUDOKU

Difficulty: Medium

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

If you would like the answers to any of the puzzles, send an email to:

[ariel@avalonvillage.com](mailto:ariel@avalonvillage.com)

# Crossword Puzzle

Difficulty: Hard

## The Washington Post

By Craig Stowe / Ed. Rich Norris

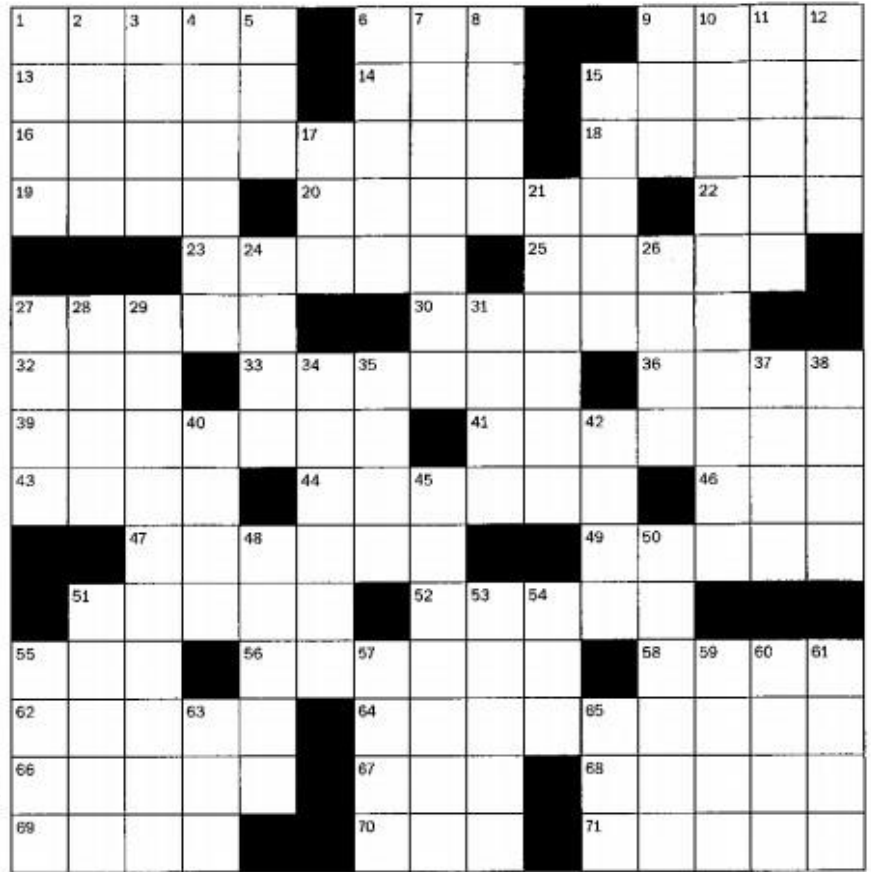
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### ACROSS

- 1 Off  
 6 Toronto's \_\_ Khan Museum  
 9 Bygone ruler  
 13 Echoing remark  
 14 Short site?  
 15 "Unity of humanity" faith  
 16 Obsolescent collection site  
 18 Unexpected profession, in modern lingo  
 19 "No argument here"  
 20 "\_\_ you been up to?"  
 22 Loos, briefly  
 23 "Anaconda" rapper Nicki  
 25 Playground retort  
 27 "\_\_ use!"  
 30 "You're too much!"  
 32 Luck, to Shakespeare  
 33 Clothing chain founder Rudolf or Nancy  
 36 Facebook button  
 39 Paint type  
 41 Spendthrift  
 43 Movement in "The Nutcracker"  
 44 Least feral  
 46 Artistic medium  
 47 Electronic genre  
 49 Some singers  
 51 "Tuesdays With Morrie" author Mitch  
 52 Frodo inherited his ring  
 55 Bobbie Gentry wrote one to Billie Joe  
 56 Many a surfer  
 58 Villagers below the Grinch's cave  
 62 Frenemy, at times  
 64 Hands-free greeting aptly depicted five times in this puzzle  
 66 Looks badly  
 67 Sheltered  
 68 Put on the line  
 69 \_\_ log  
 70 Drug originally synthesized from ergot  
 71 Dramatic literary device

### DOWN

- 1 Wine region east of Turin  
 2 Herd voices  
 3 Hardly working  
 4 Heavy



- 5 One of the fam  
 6 56-Across hi  
 7 Found work  
 8 Vier und vier  
 9 Bill  
 10 Support the team, say  
 11 Transmission repair franchise  
 12 Rack that's rubbed  
 15 Pasture cry  
 17 Personal  
 21 Panoramic views  
 24 Shred  
 26 Slough off  
 27 Denny's competitor  
 28 Bone head?  
 29 It has staggered stories  
 31 NHL legend Gordie  
 34 Often-allergic condition  
 35 Slim  
 37 Gambling game  
 38 Part of BPOE  
 40 Telly network, with "the"  
 42 Try  
 45 Cells, to Brits  
 48 Monastery wear  
 50 Type of exercising squat  
 51 It may be bid  
 53 Not up  
 54 Two before Libra  
 55 Paris airport  
 57 "Other people," to Sartre  
 59 Sci-fi award  
 60 Sign  
 61 Light-footed  
 63 "Blessed \_\_ the meek ..."  
 65 JFK was born during it

## Ice or Heat?

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

One of the first questions I am usually asked if a friend or family member has a physical therapy need is, "Should I use ice or heat on this?" It is such a common question that I thought I would devote a short column to it, in case you are wondering the same thing!

Let me start by saying that heat and ice can be a very effective, natural way of managing pain at very little cost. That said, there are some safety considerations to review to be sure these thermal modalities are right and work well for you:

1. Care should be used if the user has an impaired ability to feel heat/cold. If this sensation is absent (for example, in a diabetic foot), these modalities are not safe ways to manage pain.
2. Heat or ice should never be applied directly to the skin - always make sure you have a cloth barrier (or two) to avoid burns or frozen skin.
3. Whenever ice or heat therapy is used, the skin should be checked frequently, and duration should be limited to 15-20 minutes at a time. The heat or ice can then be reapplied as soon as 20-30 minutes later for greater effect.

Here are some simple guidelines to follow when determining which of these thermo-therapies is most appropriate for you:

For acute injuries or flare-ups, ice is the way to go. Ice works by constricting blood vessels, which can numb pain, relieve inflammation, and reduce swelling and bruising. Ice should always be the thermal modality of choice in the first 24-48 hours after an injury or flare-up. In fact, ice should be used as long as there are signs of inflammation (redness and warmth), even if that is longer than 24-48 hours. Ice can be used for flare-ups of gout, for acute tendinitis, or for sprains and strains.

Heat is the right choice for more chronic problems (such as arthritis), or after the inflammatory phase of acute injuries mentioned above. Heat works by increasing blood flow at the site, which can bring fresh nutrients to the area in need of healing, and relax tense muscles. It can relieve pain, reduce muscle spasms, and diminish stiffness. In terms of acute injuries, heat may be used *after* the initial 24-48 hours of icing. When in doubt, use ice a little longer - using heat prematurely may actually increase swelling and inflammation, which can slow the rate of healing.

Lastly, if you have an injury that occasionally returns with exercise, try using heat before your exercise, and ice afterwards. This regimen may help you to maintain your exercise program while reducing the chance of any flare-ups.

I hope this has answered any questions you may have regarding the use of ice or heat to reduce pain and promote healing. Please feel free to call or email me with any further questions! As always, I look forward to hearing from you!

**Be strong, stay active, LIVE life!**

Yours in good health,  
Sonja Parker, MSPT, LMT  
Phone: (207) 249-9410  
Email: [sonja@designingfitness.com](mailto:sonja@designingfitness.com)  
[www.designingfitness.com](http://www.designingfitness.com)

*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.*