

The Avalon Gazette - October 2021



From Avalon Management:

For the month of October,
we will ease back into some indoor activities.
Thank you all for your continued patience and
cooperation.

The office will be closed Monday, October 11th for
Columbus/Indigenous Peoples' Day.

October Dining Activities

Men's Breakfast – Wednesday, October 20th at 8:30 AM.

(RSVP by Monday, 10/18)

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

Menu:

Ham & Cheese Omelet

Maple & Brown Sugar Oatmeal

Toast w/ butter and jams

Bacon

Fruit Plate

Ladies' Lunch – Wednesday, October 27th at NOON.

(RSVP by Monday, 10/25)

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

Menu: Appetizer – Cranberry Chicken Salad on apple slice

Roasted Sweet Potato Salad

Main Course – Crabmeat Quiche

Dessert – Apple Crisp with Vanilla Ice Cream

October Recreation Activities

🌸 ***Yoga*** – Every **Thursday** at **10:00 AM**. Julie Milan will teach this class in the Manor House upper living room, while maintaining social distancing. Masks are encouraged but not mandatory.

🌸 ***Tai Chi*** – Every **Thursday** at **11:15 AM**. Andy Stewart will teach this class in the Manor House upper living room, while maintaining social distancing. Masks are encouraged but not mandatory.

Pumpkin Decorating Contest

For those of you who wish to participate in the pumpkin decorating contest, please contact the office and we will provide you with a pumpkin.

We encourage you all to be creative and use whatever you wish to create an original and unique pumpkin. All types of carving, painting, and/or decoration are welcome!



All participants must have their pumpkin turned into the office by **Thursday, October 28th**. We will then send out photos of all the pumpkins for everyone to vote on. No names will be shared, only the photos.

The categories to be voted on will be:

Originality & Creativity
Overall Appearance

Prizes will be awarded to the winners!

Winners will be announced **Monday, November 1st**

Experience Fall in Maine

Treworgy Family Orchards in Levant

“There’s plenty to do at the farm Spring, Summer, and Fall - come get a pizza and ice cream, harvest your own fresh strawberries, blueberries or raspberries. Get lost in our national award winning corn maze and of course there’s apples and pumpkins. We also provide cut-your-own Christmas trees and fun farm based events.”



- **Hayrides:** Weekends from 10am-6pm
- **Corn Maze:** Open all business hours - ticket sales end 45 minutes before closing
 - Visit their website at <https://treworgyorchards.com/> for information about their **Night Maze** in October!
- **Goats:** Available for petting and feeding all business hours

Tues - Sun 10am - 7:30pm

Closed Mondays, but open Columbus/Indigenous Peoples Day

Dragonfly Farm and Winery in Stetson



1st Annual Dragonfly Grape Stomp

“Join us on **October 17th** for the 1st annual Dragonfly Grape Stomp in our beautiful vineyard! Hop into a harvest bin full of grapes, stomp around, then put your juice soaked footprint onto your Grape Stomp t-shirt!

After stomping, you’ll be able to enjoy a tasty glass of Dragonfly wine while watching others stomp around!”

Have any questions? Don’t hesitate to call us at 207-296-2226!

You can purchase tickets at: <https://www.mainewinegrower.com/>

Northern Solstice Alpaca Farm in Unity

“At our Farm, Northern Solstice Alpaca Farm located in Unity, Maine we have been offering free farm tours since 2006. As an education center for those wanting to learn more about raising alpacas, we have a very experienced staff on hand every day ready to provide tours geared to the interest of the individual or group. Alpaca tours are free and can range from 10-30 minutes.”

Learn more at their website:

<https://mainealpacaexperience.com/>



They are also part of the Maine Yarn Cruise until October 11th!
For more information visit: <https://www.maine yarncruise.com/>

Leaf-Peeping Ideas

Downeast Scenic Railroad Tour: Pumpkin Train

“Join us on the Downeast Scenic Railroad, the first tourist-passenger rail to grace the historic Calais Branch Line in decades, for the best day trip in Ellsworth!

The Downeast Scenic Railroads Annual Pumpkin Train ride includes a train ride which stops at the Pumpkin Patch. Families can get off train and chose a Pumpkin for the children. Oct 16-17”

<https://www.downeastscenicrail.org/>

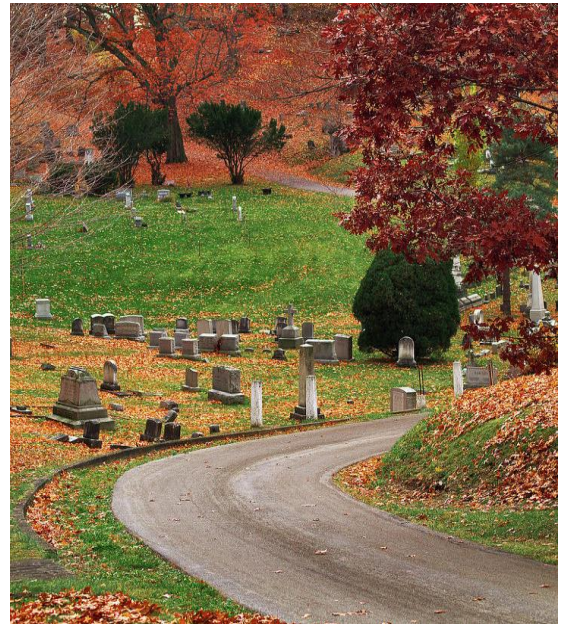


Or take a walk...



Bog Walk in Orono

*Mount
Hope
Cemetery*



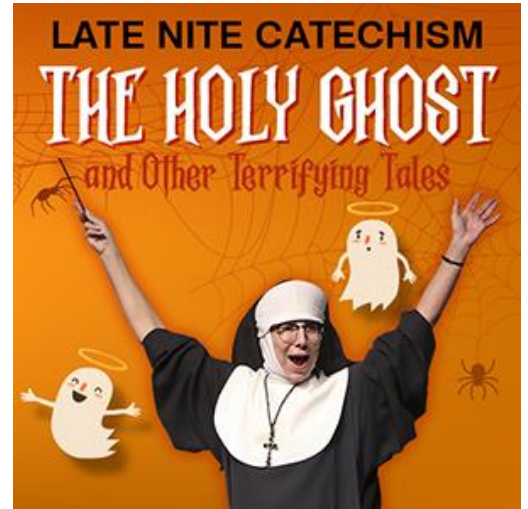
Chick Hill in Clifton

The Show Must Go On...

Local theatres are taking precautions against Covid, while offering a whole new season of shows!



The Gracie Theatre will be opening their doors for the 2021-22 season on **Sunday, October 17** with internationally-known musical duo, **Chee-Yun and Mak Grgic** in concert, with a classical crossover afternoon they call "**East Meets West-ish.**" The program ranges from Gerschwin and Mancini to Bartok and Mendelssohn. Also on **Friday, October 29**, the Gracie is bringing back "Sister" in another *Late Nite Catechism* edition called "**The Holy Ghost and Other Terrifying Tales.**"



The Gracie is offering a special deal to Avalon

residents: BOGO tickets for "*East Meets West-ish*" and 10% off *Late Nite Catechism*. Call **941-7888** for tickets and let them know you live in Avalon! <https://www.gracietheatre.com/>

The Collins Center for the Arts and Bangor Symphony Orchestra are starting

their season with a wide variety of shows, featuring a mixture of performances on the mainstage, music in Minsky Hall, and showings of National Theatre Live.



<https://www.collinscenterforthearts.com/>
<https://www.bangorsymphony.org/>

Pumpkin Stuffed Shells

This hearty dish is vegetarian and adds a healthy twist to a classic comfort meal!

INGREDIENTS

- 12 ounces jumbo shells
- 28-ounce jar marinara sauce
- 5 ounces baby spinach leaves
- 1 cup ricotta cheese
- 1 cup mozzarella cheese
- 15-ounce can pumpkin puree
- 1 teaspoon chili powder
- ¼ teaspoon ground nutmeg
- 1 ½ tablespoons finely chopped sage
- 1 ½ teaspoons kosher salt
- Fresh ground black pepper
- 1 egg
- 2/3 cup shredded parmesan cheese, for garnish



INSTRUCTIONS

1. Preheat the oven to 375F.
2. Bring a large pot of well-salted water to a boil. Boil the shells until al dente, according to the package instructions.
3. When the pasta is done, you'll use the boiling pasta water to wilt the spinach. To prepare, place the spinach leaves in the colander. Once the pasta is al dente, remove from the heat and pour over enough boiling water to fully wilt it. Place the pot back on the stove and use a spoon to remove the hot greens to a bowl, then drain the pasta into the colander. Return the pasta to the pan with a drizzle of olive oil to prevent sticking. Squeeze out all the water from the greens using a paper towel, then chop it roughly.
4. To make the filling, combine the chopped spinach with the ricotta, mozzarella, pumpkin puree, chili powder, nutmeg, sage, salt, and several grinds of black pepper in a medium bowl. Taste, and adjust seasonings as desired. Then stir in the egg.
5. Spread some of marinara sauce across the bottom of a 9 x 13 and 9 x 9 pans. Fill each shell with the filling, then arrange them in a single layer in the pan: 24 shells in the 9 x 13 and 15 in the 9 x 9.
6. Top each pan with shredded parmesan cheese. Bake for about 20 minutes, until the cheese is melted and the filling is warm.

Autumn Pear Salad

This crisp salad would “pear” nicely with your stuffed shells!



INGREDIENTS

Balsamic Vinaigrette

- 1/3 cup extra virgin olive oil
- 2 1/2 Tbsp balsamic vinegar
- 1 Tbsp honey
- 1 tsp dijon mustard
- 1 1/2 Tbsp finely diced shallot
- Salt and freshly ground black pepper

Salad

- 1/2 cup chopped walnuts
- 1 Tbsp salted butter
- 1 Tbsp packed light-brown sugar
- 7 oz Spring Salad & Spinach blend
- 2 oz parmesan cheese, shaved
- 2 Pears, sliced thin (Bartlett or Anjou are great)
- 1/3 cup dried sweetened cranberries

INSTRUCTIONS

1. To a blender, add olive oil, balsamic vinegar, honey, dijon mustard, diced shallot and season with salt and pepper to taste.
2. Blend mixture until well emulsified, about 20 seconds. Store in refrigerator in an airtight container until ready to serve.
3. In a medium skillet, melt butter along with brown sugar over medium heat. Once mixture has melted, add walnuts and cook, stirring constantly until caramelized, about 2 minutes. Transfer to a plate in a single layer to cool.
4. Layer lettuce and pears in a large bowl and toss with dressing, then top with parmesan, dried cranberries, and candied walnuts. Serve. Note: top this salad with dressing just before serving as it will wilt the lettuces after a while).

Slow Cooker Mulled Apple Cider

Perfect for cool autumn evenings!

INGREDIENTS

- 1 gallon apple juice or cider
- ½ cup brown sugar
- 1 apple, sliced
- 1 orange, sliced
- ¾ tsp cinnamon
- ½ tsp all spice
- ¼ tsp nutmeg
- Cinnamon sticks (garnish)

INSTRUCTIONS

1. Put all of the ingredients into a slow cooker or crock pot that is 6 quarts or larger, stir until combined, and cover.
2. Put on high for 1 hour, stirring occasionally. Then move to the low setting for 1 hour, stirring occasionally. Then move to the warm setting, stirring occasionally.
3. Leave it on the warm setting until it is all gone or you are finished entertaining, whichever comes first.
4. As you are serving, be sure to stir the mix since the spices settle; there will be sediment in the bottom of the cup as well. Serve with a cinnamon stick.



Caramel Apple Dip

INGREDIENTS

- 1 8-ounce block cream cheese
- ½ cup caramel topping (found in ice cream aisle)
- ¼ cup toffee bits
- 2-3 green apples, cored and sliced
- 1 bag brownie brittle

INSTRUCTIONS

Place cream cheese in middle of serving tray. Pour caramel topping on top. Add more or less as you see fit. Sprinkle with toffee bits. You can also use nuts, sprinkles, or mini chocolate chips. Surround dip with apple slices & brownie brittle for dipping. Chill or serve immediately.



Did you Know: Interesting Facts About Halloween

- **Halloween originated from an ancient Celtic festival.** The origins of Halloween date back 2,000 years to the ancient Celtic festival of Samhain, which was celebrated on October 31 on the eve of their new year. The Celts believed that the dead returned to earth that night, and so they lit bonfires and donned costumes to ward off the ghosts.
- **Irish immigrants brought Halloween to the U.S.** During the mid-1800s, a flood of Irish immigrants fled from the potato famine to the U.S., bringing the tradition of Halloween with them.
- **Jack-o'-lanterns were inspired by an Irish legend.** According to the History Channel, the name jack-o'-lantern is rooted in an Irish folktale about a man named Stingy Jack who fooled the devil and in turn was forced to walk the Earth with only a burning coal in a hollowed turnip to light his way. The Irish began to call him "Jack of the Lantern," and then just "Jack o'Lantern."
- **The Day of the Dead is not the same as Halloween.** While Halloween is celebrated Oct. 31, *Día de los Muertos* is celebrated right after, on Nov. 2. Many communities that celebrate *Día de los Muertos* also celebrate Halloween. Also, it's a celebration of life, not death. Ancient Mesoamericans believed that death was part of the journey of life. Rather than death ending life, they believed that new life came from death. This cycle is often associated with the cyclical nature of agriculture, whereby crops grow from the ground where the last crop lies buried.
- **Trick-or-treating has existed since medieval times.** Trick-or-treating was inspired by the medieval English tradition of "souling," which involved children going door-to-door on All Souls Day, offering prayers for residents' deceased loved ones in exchange for food.
- **Trick-or-treating was also inspired by a tradition called "mumming."** In the middle-ages, people began practicing a tradition known as mumming, in which they dressed up as ghosts and demons, and went door-to-door performing songs and scenes from plays in exchange for food and drink. This custom is believed to be an antecedent of trick-or-treating.
- **Candy wasn't given out to trick-or-treaters until the 1950s.** Halloween simply wouldn't be the same without those fun size candy bars to sweeten the day. But there was a time when trick-or-treaters didn't receive candy at all, but rather pieces of cake, fruit, nuts, coins, and little toys. It wasn't until the 1950s, when candy makers began to promote their goods for Halloween, that candy became a staple on the trick-or-treating circuit. These days, one quarter of all the candy sold in the U.S. each year is purchased for Halloween.
- **Skittles are America's favorite candy.** According to CandyStore.com, Skittles were the top candy last year, followed by Reese's Cups and Starburst. Candy corn has always been divisive, but according to CandyStore.com's most recent top 10 worst Halloween candies lists, more people hate it than love it. Consumers voted candy corn the worst Halloween candy in the country in 2019 and 2020. To be fair, it also made the 2020 top 10 best Halloween candies list, so it looks like the debate isn't over yet!
- **The song "Monster Mash" was briefly banned in the U.K.** The BBC banned the hit 1962 song from airplay that year because they thought it was "too morbid." The perennial Halloween favorite didn't become a "graveyard smash" in the U.K. until it was rereleased there in 1973.
- **The mask worn by Michael Myers in *Halloween* was actually a William Shatner mask.** Production designer Tommy Lee Wallace picked up the \$2 mask from a Hollywood Boulevard magic shop, it was spray painted white, and the rest is scary movie history.

Astrological Corner:



September 23rd to October 22nd

Severe self-criticism can be harmful when it prevents you from acknowledging gratitude.

If you lack empathy for your human limitations and only expect greatness at every turn, your quest for progress might actually be counterintuitive. Who you are can always improve, but it doesn't always have to be the end goal. What would it look like if you completely changed your personal definitions of failure and success?



October 23rd to November 21st

Plenty of moments in life change depending on how you remember them. In fact, the passage of time can make memories unreliable as objective data. But how you tell your story about what you recall can be an excellent marker of how much you've grown, particularly from painful memories that have left a mark on your identity. Pay attention to how you narrate your past experiences, as it may reveal where healing needs to occur.

SUDOKU

Difficulty: Medium

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

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 Stephanie Lesser / Ed. Rich Norris
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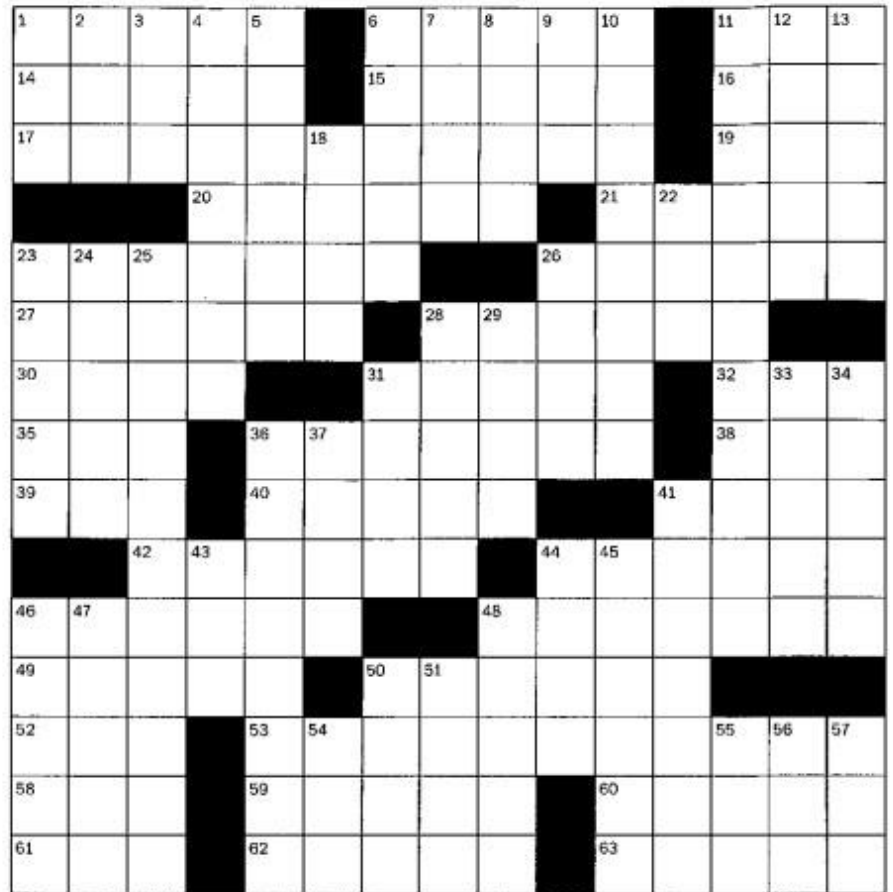
ACROSS

- 1 Wine, with "the"
- 6 Athletic gripper
- 11 5 mL, in some recipes
- 14 Big state
- 15 Believer in karma
- 16 Order from a stool, maybe
- 17 Delighted
- 19 Cartoon collectible
- 20 Back-combs
- 21 ___ sock
- 23 Last one in, competitively
- 26 Folklore cave dwellers
- 27 Jipijapa hat, familiarly
- 28 Call it a day
- 30 Stephen Hawking's journalist daughter
- 31 Mouth-watering reaction?
- 32 Forest female
- 35 Not online, briefly
- 36 Delighted
- 38 Bit of wordplay
- 39 Eastern principle
- 40 Theater parts
- 41 Listen to
- 42 Log-in need

- 44 The "P" in TAFKAP
- 46 "No doubt"
- 48 Kept from leaking, in a way
- 49 Spun flax fabric
- 50 Sear and simmer
- 52 "___ dreaming?"
- 53 Delighted
- 58 Prefix with dairy or fat
- 59 Math calculations
- 60 Mild oath
- 61 "Affirmative, cap'n"
- 62 Like survey questions with two boxes
- 63 Stick-on decoration

DOWN

- 1 Trailblazer in the muscle car category
- 2 Gun for a race
- 3 Tool that's swung
- 4 At some point during a trip, say
- 5 Great regard
- 6 Storage furniture
- 7 Margarita garnish
- 8 Ten-time all-star Slaughter
- 9 It may be about nothing



- 10 Sushi choice
- 11 Delighted
- 12 Be in a bee
- 13 Doesn't measure up
- 18 "It ___ familiar ring to it"
- 22 Word on a French passport
- 23 Took off
- 24 Dern or Linney
- 25 Delighted
- 26 Bank heist unit
- 28 One of the deadly sins
- 29 Comics punch lines?
- 31 Sandwich seller
- 33 Unit of perfume
- 34 Wrapped up
- 36 Packers home
- 37 Voldemort's title
- 41 It's unlimited with some rentals
- 43 Take in
- 44 Forked over
- 45 Didn't dawdle
- 46 Comedian Glazer
- 47 Longtime Shatner co-star
- 48 Affirmative playground retort
- 50 Tourney passes
- 51 Horse of a certain color
- 54 Old-timey "before"
- 55 Ms. ___-Man
- 56 Acronym for unabashed intimacy
- 57 DKNY competitor

3 Minutes Here and There

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

Hi, Everyone!

I read an interesting article in the New York Times a few weeks ago, written by Gretchen Reynolds. In it, she writes about a study done in Stockholm, Sweden that was recently published in The American Journal of Physiology: Endocrinology and Metabolism. This study followed overweight, sedentary middle-aged men and women over a 3 week period. During the study, half of the participants were alerted with a smartphone app every 30 minutes, encouraging them to get up and be active for 3 minutes. The other half acted as the control group, going about their usual work days with no such prompts. All of the participants had their metabolic health assessed before and after the 3 week period of the study. The group that was being prompted by their smartphones to get up and move for 3 minutes could do any activity of their choice, but they had to take a minimum of 15 steps to get credit for their activity.

The researchers found that even with this minimal amount of activity, the “active” group had positive indicators, while the control group did not. For instance, while the control group showed ongoing issues with insulin resistance, blood sugar control, and cholesterol levels, the “active” group had lower fasting blood glucose levels in the morning, improved blood sugar control throughout the day, and increases in beneficial HCL cholesterol - all after only 3 weeks.

The researchers also found that these results ranged in correlation with the activity levels of the active group. Those who walked at least 75 steps during their 3 minute exercise intervals had the greatest improvements in their health indicators. Those who walked fewer steps, or who chose to ignore some of the prompts, benefited less, though even they showed improvement over the control group.

This study highlights what we already inherently know - that sitting too much, for too long has negative effects on our health, while getting up and moving - even a minimal amount - every 30 minutes, can produce positive effects on our bodies. Though this study was looking only at the effects on our metabolism, I can tell you from 20+ years of experience that getting up and moving frequently can have numerous positive effects on your muscles, bones, joints, and balance as well. I often tell my more sedentary clients to *at least* stand up every 30 minutes. If you are a TV watcher, stand up and step in place during every commercial. If you are a reader, set a timer to let you know it is time to stand up and move around. If you are on a computer, tablet, or phone, set an alert for every 30 minutes to remind you it is time to get up, stretch, and train your eyes on something else!

Better yet, take a few minutes to go outside and breathe in some of this crisp fall air, and set your sights on the gorgeous autumn leaves we are so fortunate to live amongst! Don't let all this beauty pass you by! Remember....

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.