

The Avalon Gazette - September 2021



From Avalon Management:

Due to the recent rise in COVID-19 cases, for the month of September, we will not be holding any inside activities. We are hoping that October will bring the possibility of resuming some of our indoor activities. Thank you all for your continued patience and cooperation.

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- 🌸 The office will be **closed** Monday, September 6th for Labor Day.
 - 🌸 **Yoga** – Every **Thursday** at **10am**. Julie Milan will teach this class outside behind the Manor House, while maintaining social distancing. Masks are encouraged but not mandatory.
 - 🌸 **Tai Chi** – Every **Thursday** at **11am**. Andy Stewart will teach this class outside in front of the Manor House, while maintaining social distancing. Masks are encouraged but not mandatory.
 - 🌸 **Bocce** – Every **Friday** at **3pm**. (Weather permitting.) Located near the Avalon garden. Refreshments will be provided and no sign-up is necessary.
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The **Wintergreen Court Annual Gathering** will be held on **Labor Day** at **3pm** for Wintergreen residents and their invited guests. In case Mother Nature has other plans, please keep an eye out for an email during the coming weekend.

A Brief History of Edythe L. Dyer, the Manor House & Library

John Cassidy, Edythe L. Dyer's grandfather, was born in Enniskillin, Ireland on May 17, 1842. He immigrated to Maine at age 17 after landing in Nova Scotia and walking to Bangor where he settled in 1859.

At his death in 1918, John had accumulated 235,429 acres of timberland, which were left in a trust for his grandchildren.

In June 1961, the last surviving child of John Cassidy passed away and his trust ended. In June 1962, the Maine Supreme Court ruled that ownership of the John Cassidy Estate was to be divided in sixths, with each of his grandchildren receiving 1/6 of the proceeds. Edythe L. Dyer's ownership was 38,728 acres.

The Avalon Manor House was built sometime in the 1930's. Not much is known publicly about the property and family during that time.

Interesting facts:

- The 1987 Stephen King movie *Creepshow 2* was partly filmed at the Manor House and surrounding woods. The segment, called "The Hitchhiker," can be found on YouTube. It shows a car parking in the garage, which is now the main office.
- Susan Sarandon's father, Les Tomalin, lived in Apartment 6 until his death in 1999.
- The mural in the Manor House dining room was painted by Ralph Dyer, Edythe's husband. It shows the development of Bangor, and if you look all the way to the left, it features our bluff above the Penobscot River.



In 1971 a group of interested citizens, including Edythe L. Dyer, founded the Hampden Regional Library. The public library was located in the high school library where it remained with the hope that a building of its own would someday be available.

That hope became a reality in 1983 when Mrs. Edythe Dyer moved to Mount Desert Island and gave her two-year-old Hampden home to the residents of Hampden to be used as a public library.

Storytime children made cards for Mrs. Dyer at most holidays and she had just received her 1995 Valentine's Day card shortly before she died from injuries sustained in a car accident on February 22nd.

DAY TRIPS AROUND MAINE

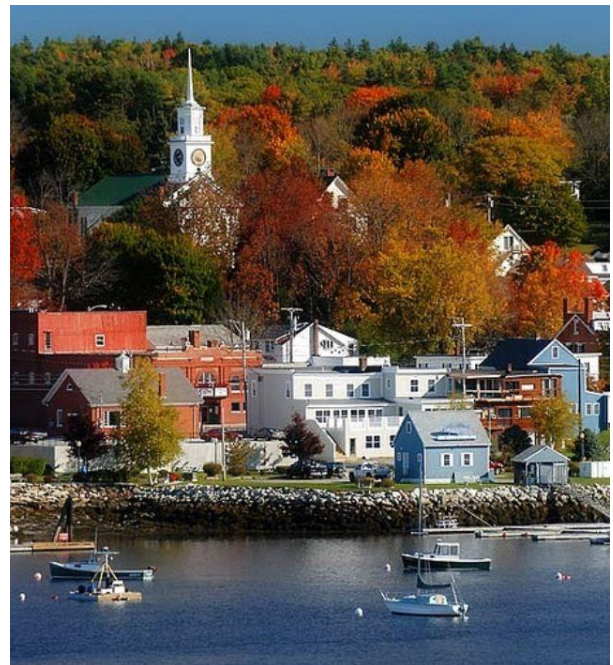
Experience the Bucksport Area

Downtown Bucksport, Fort Knox, & Penobscot Narrows Bridge



Enjoy a stroll on the mile-long **Bucksport Waterfront Walkway** for gorgeous views of the **Penobscot River**, **Fort Knox** and the impressive **Penobscot Narrows Bridge**. To see the bridge and the breathtaking views from the 437-foot observatory, visit Fort Knox for tickets. This is the only bridge observatory in the United States and only one of four bridge observatories in the world. It's open from May to October. Fort Knox was built in 1844 and is one of the best-preserved Civil War-era forts.

Check out the **Unique Rock Shop** for Maine tourmaline or to cut a geode. You can learn about the town's storied past at the **Bucksport Historical Society** housed in an old railway station. **Lighthouse Arts Center** on Main Street has something in its gallery to appeal to everyone, with more than 100 artists represented. Conclude your trip with a tasty visit to **The Dairy Port** on Main Street (which will close for the season on September 19th.)



Midcoast Maine

Maine Open Lighthouse Day & Owls Head Transportation Museum



Owls Head Light

This popular event, **Maine Open Lighthouse Day**, which is sponsored by the United States Coast Guard, the Maine Office of Tourism, and the American Lighthouse Foundation, usually attracts between 15,000 to 18,000 visitors each year and offers the general public the rare opportunity to climb and learn about over two dozen historic Maine lights.

Saturday, September 11, 2021 9-3 www.lighthousefoundation.org

Home to a world-class operating collection, **the Owls Head Transportation Museum (OHTM)** features more than 150 antique automobiles, aircraft, motorcycles, bicycles, engines and more. Located in picturesque Midcoast Maine, the museum offers something for everyone with award-winning exhibits halls, community education programs and a full event season.



Founded in 1974, the museum is a place where machines of a bygone era are celebrated through conservation, preservation and demonstration. Unlike many museums, the OHTM collection is primarily operational, offering visitors a spectacular and rare

experience at a number of outdoor events throughout the year. Care and maintenance of these historic vehicles and aircraft requires the attention of a small but mighty staff and an extensive, dedicated volunteer network.

The Owls Head Transportation Museum is open daily 10-4.

Mount Desert Island

Land & Garden Preserve, Jordan Pond House, & the Abbe Museum

Located on 1400 acres between Northeast Harbor, Seal Harbor and Acadia National Park on Mount Desert Island, the **Land & Garden Preserve** has numerous trails to hike, Little Long Pond to explore, and three beautiful gardens to enjoy.

Asticou Azalea Garden

Open May 5 – October 31, 2021

Seven days a week from 10 a.m. to 5 p.m.

Thuya Garden

Open June 23 – October 3, 2021

Wednesday through Sunday, 11 a.m. to 5 p.m.

Abby Aldrich Rockefeller Garden

Open July 14 - September 12, 2021

Wednesday, Thursday, & Saturday

Reservations Required – Reserve tickets online at <https://www.gardenpreserve.org/plan-your-visit>



Jordan Pond House, a restaurant and shop with a long tradition within Acadia National Park, sits on a hill overlooking a beautiful lawn along the Jordan Pond. Guests have been enjoying these amazing views and dining at this site since 1893 when Nellie McIntire, the first proprietor, started baking and serving her famous popovers out of the restaurant. Ever since then, they have been serving popovers and tea.

Open daily through the end of October, 11-5 PM

At the **Abbe Museum**, visitors find dynamic and stimulating exhibitions and activities interspersed with spaces for quiet reflection. The history and cultures of the Native people in Maine, the Wabanaki, are showcased through changing exhibitions, special events, teacher workshops, archaeology field schools, and workshops for children and adults.

Open Monday, Tuesday, Wednesday, Thursday, Friday 10 am - 5 pm



Six Healthy Salmon Marinades

These tasty marinades would also work great for chicken!

INGREDIENTS

Lemon Garlic Marinade:

- 1 Tbsp olive oil
- ¼ cup lemon juice - approx. one freshly squeezed lemon
- 2 garlic cloves - minced
- 1 tsp lemon zest
- salt and pepper - to taste

Sweet and Spicy Marinade:

- 1 Tbsp olive oil
- ¼ cup soy sauce - or tamari sauce
- 1 Tbsp honey - or maple syrup
- 1 Tbsp lemon juice
- ½ Tbsp hot sauce
- salt and pepper - to taste

Honey Mustard Marinade:

- 2 Tbsp olive oil
- 2 Tbsp dijon mustard
- 2 Tbsp honey
- 1 Tbsp whole grain mustard
- ½ tsp garlic powder
- salt and pepper - to taste

Chili Lime Marinade:

- 1 Tbsp olive oil
- ¼ cup lime juice - approx. 3 freshly squeezed limes
- ½ Tbsp lime zest
- ½ tsp chili powder
- ½ tsp garlic powder
- ¼ tsp paprika
- salt and pepper - to taste

Italian Herb Marinade:

- 1 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 garlic cloves - minced
- 1 tsp Italian seasoning
- salt and pepper - to taste

Orange Ginger Marinade:

- 1 Tbsp olive oil
- ¼ cup fresh orange juice
- 1 Tbsp orange zest
- 2 garlic cloves - minced
- 1 ½ tsp ground ginger
- salt and pepper - to taste

INSTRUCTIONS

Salmon Marinade Instructions:

- Add all marinade ingredients to a small bowl and mix together.
- Add salmon to a glass container or plastic bag and pour marinade sauce over top. Container should be small enough so that salmon can soak up the sauce. Seal the bag/container and let sit in fridge for 1-2 hours before cooking. Salmon can also marinade overnight in the fridge.

Baking Salmon Instructions:

- Preheat oven to 450°F. Line a baking sheet with parchment paper. Place salmon fillet skin side down on the baking sheet. Bake for 12-15 minutes or until salmon is easily flaked with a fork. (If you have small salmon fillets, just cook for less time).

Pan Frying Salmon Instructions:

- Heat a frying pan over medium-high heat with cooking oil. Once the pan is hot, add the salmon so skin side is facing up. Cook for 2-3 minutes then flip over so skin side is down. Pour the leftover marinade sauce over top of the salmon and cook for another 3-5 minutes. I like to watch the clock during this time because I'm not a fan of overcooked salmon.
- At this point, depending on how thick the salmon is, the sides of the salmon should have just turned white and it should be cooked. To check you can use a fork to see if the salmon flakes easily. If it does, and the insides aren't translucent, then it's cooked. Remove from heat.

Grilling Salmon Instructions:

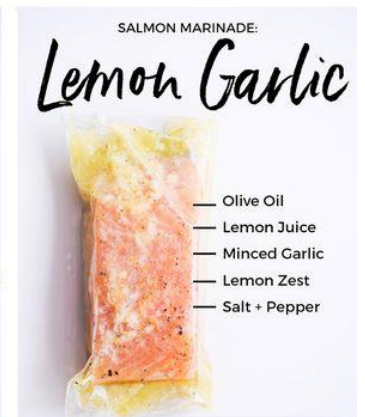
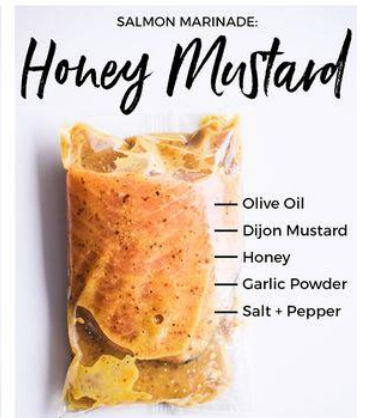
- Heat barbecue to medium heat, place salmon on the grill, skin side up. Cover and let cook for about 5 minutes, then flip. Pour extra marinade over top and cook an additional 5 minutes. Salmon will be done when easily flaked with a fork.

Air Frying Instructions:

- Lightly coat the inside of the air fryer tray or basket with olive oil or cooking spray. Add the salmon fillets skin side up to the tray. Cook at 400°F for 10 minutes, then flip them over and pour leftover marinade on top. Cook an additional 10 minutes, or until fully cooked.

Notes:

- These marinade servings will work for 1 salmon fillet. If you're using a very large piece of salmon, I recommend doubling the marinade recipe to maximize flavor.



See The Full Recipes At: www.AndiAnne.com

Summer Squash Sauté

Tis the season for cooking up your garden harvest!



I N G R E D I E N T S

- 1 tablespoon olive oil
- 1 medium yellow squash, cut into 1/4-inch thick slices
- 1 medium zucchini, cut into 1/4-inch thick slices
- 1 cup grape tomatoes
- 1 teaspoon rosemary leaves, finely crushed
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon sea salt

I N S T R U C T I O N S

1. Heat oil in large nonstick skillet on medium-high heat. Add squash and zucchini; cook and stir 3 minutes.
2. Sprinkle with rosemary, garlic powder, pepper and sea salt. Add tomatoes; cook and stir 2 to 3 minutes or until vegetables are tender-crisp.

Did you Know: Interesting Facts About Schools Around the World

- A primary school in Phuma Changthang, Tibet, is thought to be the highest school in the world. It is also the closest of its kind to the sky. At 5,373 meters above sea level, it is 200 meters higher than the base camp of Mount Everest.
- The largest school in the world in terms of number of students is the City Montessori School (CMS) in Lucknow, India. The school enters the 2019 Guinness Book of World Records for its number of pupils attending the school. There are currently more than 56,000 students attending the school on a daily basis. In Lucknow city alone, there are 18 CMS campuses with over 4,500 staff across the city.
- Back in 2014, there was an elementary school in Turin, Italy that only had one teacher and one student. This gives the school the reputation of being the smallest school in the world. The only student of the school admitted to being lonely and had to imagine there were other students in the classroom. Officials decided to keep it open as long as there is at least one pupil at the school.
- The children in the Netherlands start school on their fourth birthday so there's always someone new in class.
- Meal-time in France is considered part of the curriculum. Although kids generally learn eating and tasting food at home, these skills are reinforced in schools. Kids are expected to learn not only about different foods and where they come from (schools try to source locally), but also to display good manners and etiquette.
- Students in South Korea are expected to stay and help clean and tidy the classroom when lessons are over.
- In Bangladesh, there are no fewer than 100 boat schools! Annual flooding can disrupt school for hundreds of thousands of students. In some areas, roads are impassable during the rainy season from July to October, when rivers rise as much as 12 feet; hence, the need for boat schools. Each one of the boat schools has internet access, a library and is solar powered.
- In a remote area of Colombia, kids have to travel to school on a zip-line. It turns out the steel wires are the only form of transportation for those living in an isolated valley called Los Pinos. Very young kids are not allowed to use the zip-line alone. So they travel along the cable with their parents or an older sibling. If the kids did not travel this way, they would have to walk through the rainforest and it would take two hours to get to school.

Astrological Corner:



August 23rd to September 22nd

The first half of the month will have you figuring out the balance of how much you're overextending yourself to how much you actually need to be taking care of yourself. Mars leaves your sign on the 5th. With so many planets retrograde this is a good thing. It is easier to be patient and to go with the flow without Mars in your sign. As the month unfolds, you'll be inspired to restart and strategize a healthier relationship with your whole self—body, mind and spirit.



September 23rd to October 22nd

Your creative cauldrons are buzzing with new visual sensations, sounds and smells. However, you're also being invited to take more time integrating and incubating. Despite the urgency you feel towards expression, treat the retreat as part of the creation process. Mid-month, you'll start to feel a lot more optimistic and empathetic for your processes. You might even enjoy some sweet surprises and pleasurable rest. You'll indeed find inspiration everywhere you turn.

SUDOKU

Difficulty: Easy

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

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

Crossword Puzzle

Difficulty: Easy

LA Times

By Kurt Krauss / Ed. Rich Norris

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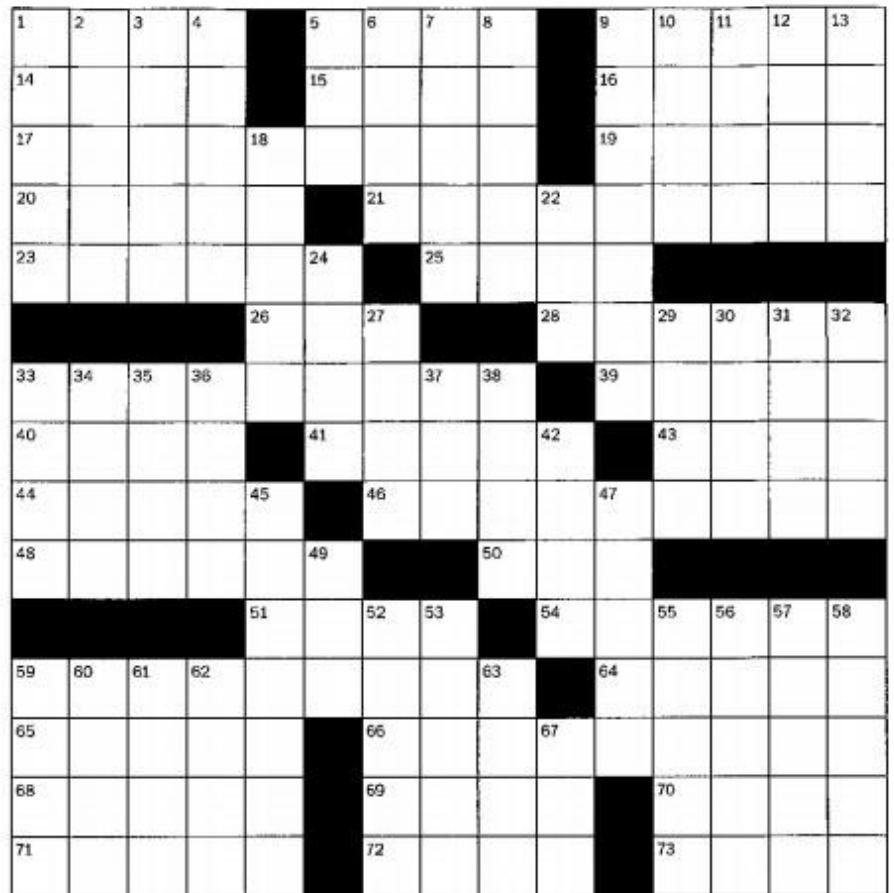
ACROSS

- 1 Delhi dress
 5 Wants to know
 9 Morocco's capital
 14 Like much brandy
 15 Feed, as hogs
 16 Primer mes del calendario
 17 *Vacation condo, perhaps
 19 French states
 20 Crème de la crème
 21 *Foldable whittling tools
 23 Took home after taxes
 25 Going __: bickering
 26 Prefix with natal or liberal
 28 Get a hint of
 33 *Nickname for Batman's Robin
 39 Concrete support rod
 40 Poet Khayyâm
 41 Leaf under a petal
 43 Double Dutch need
 44 Scrabble pieces
 46 *News article starters
 48 Artery inserts
 50 Caribbean or Aegean

- 51 Guthrie of folk
 54 Not family-friendly, moviewise
 59 *Roadside ad medium
 64 Accused's "I was somewhere else" story
 65 Onetime default Word typeface
 66 Sandbox sharers ... and a hint to the starts of the answers to starred clues
 68 Starbucks choice
 69 New Rochelle campus
 70 Artist Chagall
 71 Leg joints
 72 Break loudly, as a twig
 73 Not fooled by

DOWN

- 1 Prince of Darkness
 2 Nimble
 3 Send payment
 4 Latin "that is"
 5 Baseball bat wood
 6 Waves-against-dock sound
 7 Divided land
 8 Disbursed



- 9 Confirm, as a password
 10 Against
 11 Wally's little bro, in old TV
 12 Prado display
 13 Mix, as salad
 18 Court figure, briefly
 22 Josh
 24 Homes for bears
 27 Had too much, briefly
 29 Garr of "Tootsie"
 30 Poetic black
 31 Cod or Hatteras
 32 Half of seis
 33 Sources of much spam
 34 Leave out
 35 Harvard rival
 36 Small songbird
 37 Govt. antipollution org.
 38 "Darn it all!"
 42 Lascivious look
 45 Horses' houses
 47 West Coast NFLer
 49 Sign of a sellout
 52 __ lazuli: blue gem
 53 Crease-resistant fabric
 55 Rent-a-car biggie
 56 Industry bigwig
 57 Movie critic Roger
 58 '70s music genre
 59 Pitcher's false move when on the rubber, e.g.
 60 Persia, now
 61 Beer for dieters
 62 After the deadline
 63 Comedian Carvey
 67 Talk and talk

What Makes Olga Run?
By Sonja Parker, MSPT, LMT
Designing Fitness Physical Therapy, LLC

I have just finished re-reading a very fun, interesting, and inspiring book - perhaps some of you have already heard of it: What Makes Olga Run? by Bruce Grierson. It is about a 94 year-old masters track athlete who began her track and field career at the age of 77. At the time of the writing of the book, she had already set 26 world records, and won over 400 gold medals in her various track and field events, ranging from the 100 meter dash to the high jump to the javelin throw. In the book, Grierson follows her to many masters track and field competitions, and through multiple tests and experiments, as leading researchers study her to learn what sets her apart from so many of her peers. It turns out that, while good genes do play a role, much of what leads to health and longevity is within our control: "...for the vast majority of us, roughly a quarter of healthy aging is about the protection you luckily inherited, and three-quarters is how you played the hand you were dealt," writes Grierson. p.17

While the book covers everything from Olga's diet (eat a "rainbow" of fruits and vegetables, and drink lots of water!) to her sleeping patterns (segmented/polyphasic) to her personality traits (optimistic, open, goal-oriented, agreeable, social, non-worrier, self-believer, resilient), and her strong social bonds and sense of purpose, I focused mainly on the role of exercise for this article for the sake of fitting it into this Gazette! I have summed it all up, and supported it with quotes straight from the book.

1. Exercise benefits your brain:

"Kramer took 60-80 year old test subjects who were thoroughgoing couch potatoes...and put them on an exercise program, starting with a modest 15 minutes of walking per day and slowly increasing it to 45 minutes. After six months, their brains had grown. Substantially...The subjects showed improved reasoning, spatial function, processing speed, learning, balance, and several kinds of memory." p. 45

"For building cognition, Sudoku is a shovel and exercise is a bulldozer." p. 60

2. Exercise provides emotional benefits as well:

"Exercise makes us happy, in a deep and lasting way. It chases away the blues and keeps them away." p. 62

3. Exercise intensifies your other good habits:

"...there's increasing evidence that when you add exercise to *anything* - from meditation to a healthier diet - you get 'synergy effects.' Exercise just makes every good habit you have more potent." p. 65

4. It is never too late to start:

"If there's an emerging big story from the front lines of exercise science, this is it. Exercise is the boomers' Get Out of Jail Free card. For years it was assumed that the crucial exercise window was in childhood...-and that there was little hope of any dramatic benefits beyond age 50. We now know that's not true. People who start exercising in midlife can make massive gains." p. 66

"Exercise is a wide-open door. It offers its benefits to just about everyone willing to put in the work - and indeed it seems in a sense to offer compensatory gains to the aging and the weak and the late-to-the-party." p. 73

5. Break a sweat:

“Turns out the rigor we apply to the exercise we do counts, in ways scientists are just beginning to understand. In a nutshell, intensity matters.” p. 68

6. Challenge your bodies with resistance:

“We need our muscles - really our whole bodies - to be challenged by resistance, and gravity is the best agent of resistance we have.” p. 93

7. Have routines. But routinely break them:

“... as important as routines are in getting things done, too much routine can be stultifying. Indeed, growth comes when we *break* routine, when we confuse our bodies and brains, jolting them out of the lazily efficient shortcuts they have developed, forcing them to adapt.” p.135

8. And to sum it all up:

“... one prescription that emerges from studying accomplished masters athletes like Olga is this: BREAK A SWEAT, DAILY AND DIFFERENTLY, WITH OTHERS.” p. 223

So as you can see, I have tried to summarize some of the major points of the book. However, I urge you to pick a copy up at the library or a book store to read for yourself. It is a very personal story, chock-full of excellent information, and a fun read. You might just come away inspired and motivated to become your most active self, at every age.

As always, I look forward to hearing from any/all of you with any questions or ideas for future articles - thanks for reading this one!

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.