

The Avalon Gazette - February 2022



The office will be **CLOSED**
Monday, February 21st for **Presidents Day**.

Cottage Reminder:

Please remember to **not** block the water shut-off which is accessed through the master bedroom closet. This needs to stay accessible in case of an emergency. Thank you!

TO-GO OPTIONS AVAILABLE FOR FIRST FRIDAY DINNER & LADIES' LUNCH

Due to unpredictable weather and resident concerns about Covid, we are offering a to-go option for First Friday Dinner and Ladies' Lunch this month.

Please RSVP if you are interested.

Your meal will be ready for pickup at the time of the event.

February 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.

February Dining Activities

FIRST FRIDAY – Friday, February 4th

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.

TO-GO OPTION AVAILABLE

****RSVP BY MONDAY, 1/31****

Dinner Menu:

Appetizer – Stuffed Mushroom Cap

Salad – Mixed Greens & Roasted Peppers Artichoke Heart Salad

Main Course – Creamy Tuscan Shrimp with Linguini

Dessert – Cheesecake with Fruit Topping

Men's Breakfast – Wednesday, February 9th at 8:30 AM

****RSVP BY MONDAY, 2/7****

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

Menu:

Blueberry Cream Cheese French Toast

Spinach, Bacon & Feta Egg Bake

Fruit Plate

Toast, Bacon & Sausage

Ladies' Lunch – Wednesday, February 16th at NOON

TO-GO OPTION AVAILABLE

****RSVP BY MONDAY, 2/14****

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

Menu:

Appetizer – Bacon Wrapped Water Chestnut

Salad – Sweet Potato Winter Salad

Main Course – Spinach Mushroom Quiche

Dessert – Fresh Strawberry Mousse

The Hampden Academy Sedan

The Story Behind the Yearbook Name

For 16 years, my Hampden Academy yearbook has sat on a shelf in my study, picked up during those moments when I want to revisit certain memories, forget someone's last name or, let's be honest, forget their name entirely. But what I didn't notice until recently was the name on the front: **Sedan**. To my surprise, there is full page inside dedicated to an explanation of the name, and it's incredibly touching. It's just one more piece of Hampden history that I did not know about. Now I'm passing the knowledge on to you!

~Ariel

"While most Hampden Academy students look forward to receiving the yearbook, *The Sedan*, few know the derivation of its name. Generally, yearbook names reflect clear connections with the school itself, such as the school mascot, or the school name. Other titles refer to the news aspects of yearbooks, such as *Sentinel*, or refer to the passages or transitions yearbooks mark. *The Sedan* does not fall neatly into any of these categories, but it does refer to a transition.

The Sedan was originally *The Gossip*. The Hampden Academy yearbook name was a result of a cataclysmic world event—World War I—and its impact on the students of Hampden Academy. When the United States entered WWI in 1917, among the soldiers were Hampden Academy students.

One of the pivotal and final battles of WWI was the Battle of Sedan; Sedan was the location of the furthest allied advance in WWI. The American and French troops participating in this battle were also in a race: to see who could reach and take Sedan first. The Battle of Sedan was an allied victory.

In Hampden, after WWI, some of the former soldiers finished their educations which had been interrupted by war. Some classmates and graduates, however, did not return home. *The Gossip* became *The Sedan* to honor the sacrifices of those touched by WWI.

While many students today may be mystified by the title, *The Sedan*, and can never truly know of the experience of life during WWI, the change in this title also marks a more universal tradition: from the concerns of high school as represented by *The Gossip*, and the entry into and responsibility towards the world outside Hampden Academy, such as the obligations *The Sedan* demanded.

The title may seem dated, but it is still relevant in honoring the tradition of Hampden Academy graduates who continue to grow and give so much of themselves in the larger world."



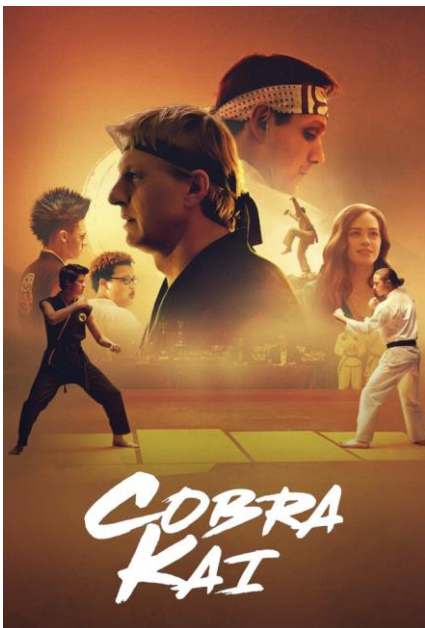
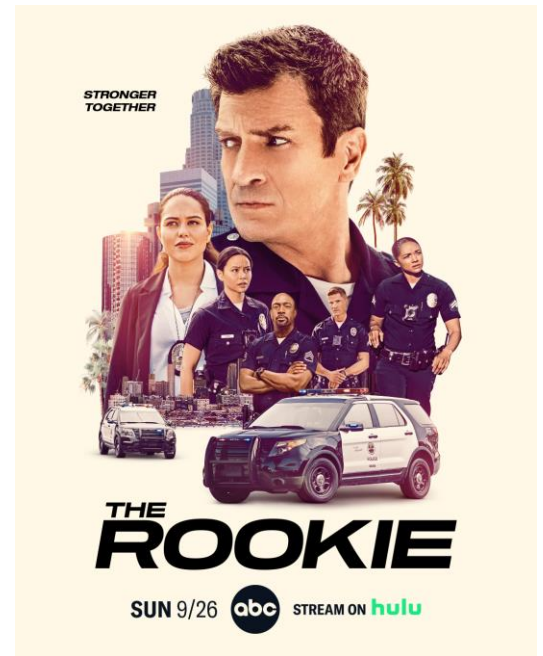
The Streaming Corner

The Rookie on Hulu

Legal, Drama – 4 Seasons

Starring: Nathan Fillion

Starting over isn't easy, especially for small-town guy John Nolan, who, after a life-altering incident, is pursuing his dream of becoming an LAPD officer. As the force's oldest rookie, he's met with skepticism from some higher-ups who see him as just a walking midlife crisis. [iMDb rating: 8.1/10](#)



Cobra Kai on Netflix

Action, Comedy, Drama – 4 Seasons

Starring: Ralph Macchio & William Zabka

Thirty-four years after events of the 1984 All Valley Karate Tournament, a down-and-out Johnny Lawrence seeks redemption by reopening the infamous Cobra Kai dojo, reigniting his rivalry with a now successful Daniel LaRusso.

[iMDb rating: 8.6/10](#)

The Marvelous Mrs. Maisel on Amazon Prime

Comedy, Drama – 4 Seasons

Starring: Rachel Brosnahan & Tony Shalhoub

Set in 1950s Manhattan, a housewife with a seemingly idyllic life decides to become a stand-up comic.

[iMDb rating: 8.7/10](#)





Cold Weather Comfort Foods



New England Fish Chowder *Easy and Authentic!*

INGREDIENTS

- 3 medium Yukon gold potatoes, peeled and cut to a medium dice
- 5 tablespoons unsalted butter, divided
- 1 medium yellow onion, diced small
- 1 bay leaf
- 1 pound fresh haddock or cod fillets, picked over for bones
- 1 12-ounce can evaporated milk
- 1/2 cup half-and-half or heavy cream
- 1 1/2 teaspoons kosher salt, or to taste
- cold water
- fresh minced chives and oyster crackers, to garnish (optional)



INSTRUCTIONS

1. Dice the potatoes and onions.
2. In a soup pot, melt half the butter over medium-low heat. Add the diced onions and bay leaf and cook, stirring, over medium heat until translucent, about 5 to 7 minutes.
3. Add the diced potatoes and add enough water to the pot to cover the potatoes and onions. Cover and gently boil until the potatoes are just fork tender, about 10 minutes.
4. Lay the whole fish fillets on top of the potatoes and onion. Add the evaporated milk and the half-and-half or cream. Do not stir. Cover and cook at a simmer, without stirring, for about 15 minutes. Check the pot once or twice to make sure the liquid does not boil.
5. Check to make sure that the potatoes have fully softened, and the fish is cooked and flakes apart easily. Add the rest of the butter, the salt, and a good dose of fresh black pepper. Stir gently to combine and break the fish apart a bit. Taste for seasoning.
6. Top with fresh minced chives and serve with oyster crackers or hot biscuits.

♥ Heart Healthy Meatballs ♥



I N G R E D I E N T S

- 1 lb lean ground turkey
- 3/4 cup breadcrumbs
- 1/4 cup parmesan cheese
- 1/3 cup milk
- 1/2 tsp garlic powder
- 1/2 tsp oregano
- 1 Tbsp minced onion
- 1/8 tsp season salt

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

1. Preheat oven to 400 degrees.
2. Combine all ingredients in a large bowl.
3. Roll into 1.5 inch balls and place on a parchment paper lined sheet pan.
4. Bake for 24 minutes.
5. Add to your sauce of choice.

Buffalo Chicken Dip

Delicious and Dairy Free!

I N G R E D I E N T S

- 2 1/2 cups cooked chopped chicken
- 1/2 cup mayo
- 1/2 cup hot sauce
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp pepper



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

1. Preheat oven to 350 degrees.
2. Mix together all ingredients in a bowl. Pour into a casserole dish and bake at 350 degrees for 20 minutes, or until mixture is hot and bubbly.
3. Let cool for a few minutes and then serve with celery, Fritos, crackers or other desired items!

Hot Chocolate – Have it Your Way!

Traditional in a Slow Cooker:

INGREDIENTS

- 1 cup unsweetened cocoa
- 1/2 cup sugar
- 1/2 teaspoon salt
- 2 quarts whole milk, divided
- 2 cups half and half
- 1 tablespoon vanilla extract
- Mix-ins: marshmallows, chocolate chips, caramel syrup, peppermint sticks, toffee chips



INSTRUCTIONS

1. In a small bowl, combine cocoa, sugar and salt. Whisk in about 1 cup milk until the mixture is blended.
2. In a slow cooker crock, combine remaining milk, half and half and vanilla extract. Add chocolate mixture and whisk until blended.
3. Cover slow cooker and cook on HIGH for 2 1/2 to 3 hours or LOW for 5 to 5 1/2 hours or until desired temperature.
4. To serve, pour hot chocolate into mugs and stir in your choice of mix-ins.

Thick Italian Hot Chocolate:

INGREDIENTS

- 3.5 ounces Dark Chocolate (good quality) (chopped into small pieces)
- 2 tablespoons sugar
- 2 1/2 tablespoons cocoa unsweetened
- 1 cup + 1 tablespoon milk (2% or whole milk/divided)
- 1 teaspoon corn starch



INSTRUCTIONS

1. In a small bowl combine 1/4 cup milk and cornstarch. Whisk until smooth and set aside.
2. Sift the cocoa into a medium bowl, then add the sugar and whisk together. Set aside.
3. In a small/medium pot heat 3/4 cups + 1 tablespoon milk until boiling. Reduce heat to low, start whisking and add the milk/cornstarch mixture. Then add the cocoa mixture slowly while continually whisking until smooth. Add the chopped chocolate and whisk for approximately 3 minutes. Serve immediately. Enjoy!

For an adult version of either, add Kahlua, amaretto, Irish creme liqueur or peppermint schnapps. Cheers!

Do you remember when...?

60 Years Ago, In February 1962:

- People in US were listening to Peppermint Twist - Part 1 by Joey Dee & the Starlites.
- *All Night Long*, directed by Basil Dearden, was one of the most viewed movies.
- *Franny & Zooey* by J.D. Salinger was one of the bestselling books.
- On **February 3**, US President John F. Kennedy banned all trade with Cuba except for food & drugs.
- On **February 20**, John Glenn became the 1st American to orbit the Earth, aboard Friendship 7.



ALL NIGHT LONG



look at Plymouth now...alive with new ideas

Alive! That's Plymouth. Plymouth with the forward flair design, the graceful stance, the vibrant line. Wide awake with new ideas. Alert, vivacious. Style-setter for years to come.

Alive! Brimming with dash and vigour, impatient to prove itself against all comers. Designed to set the pace, create the standard, lead the field.

Alive! That's Plymouth. Your kind of Plymouth... waiting for you now at your nearby Plymouth dealer's.



PLYMOUTH FURY FOUR DOOR HARDTOP

'62 PLYMOUTH

1962 COST OF LIVING	
<u>LIVING</u>	
New House	\$12,550.00
Average Income	\$5,556.00 per year
New Car	\$2,924.00
Average Rent	\$110.00 per month
Tuition to Harvard University	\$1,520.00 per year
Movie Ticket	\$1.00 each
Gasoline	.27¢ per gallon
United States Postage Stamp	.4¢ each
<u>FOOD</u>	
Granulated Sugar	.89¢ for 10 pounds
Vitamin D Milk	\$1.04 per gallon
Ground Coffee	.85¢ per pound
Bacon	.69¢ per pound
Eggs	.32¢ per dozen
Fresh Ground Hamburger	.40¢ per pound
Fresh Baked Bread	.21¢ per loaf

Did you Know: Interesting Facts About Valentine's Day

- You may already know that Valentine's Day was named after its patron saint, St. Valentine — but there's actually some confusion surrounding *which* St. Valentine the holiday technically honors. According to History.com, there are at least two men named Valentine that could've inspired the holiday, including one Valentine who was a priest in third century Rome. As the story goes, this Valentine defied Emperor Claudius II's ban on marriage (he thought it distracted young soldiers), illegally marrying couples in the spirit of love until he was caught and sentenced to death. Another legend suggests that Valentine was killed for attempting to help Christians escape prison in Rome, and that he actually sent the first "valentine" message himself while imprisoned, writing a letter signed "From your Valentine."
- At the end of the 5th century, Roman Pope Gelasius officially declared the date of February 14 "St. Valentine's Day." It wasn't until the Middle Ages, though, that the holiday became associated with love and romance, a tradition that first started from the common belief in France and England that birds started their mating season on February 14.
- Cupid is the charming cherub that appears on Valentine's Day cards, often depicted with a bow and arrow — but how did Cupid become a common symbol of Valentine's Day? According to *Time*, the figure can actually be traced all the way back to 700 B.C., to the Greek god of love named Eros, who was actually a handsome, immortal man with the intimidating power to make people fall in love. It wasn't until the 4th century BCE that the Romans adopted Eros into the image of a cute little boy with a bow and arrow, naming him "Cupid." By the turn of the 19th century, Cupid had become linked to Valentine's Day due to his love-matching powers.
- People started exchanging cards and handwritten letters to both lovers and friends during the 17th century, but it was in the 1840s that the first Valentine's Day cards were mass-produced in the U.S., sold by Esther A. Howland. Known as the "Mother of the American Valentine," Howland is credited with commercializing Valentine's Day cards in America, and she is remembered for her elaborate, crafty cards made with lace and ribbons.
- According to the National Retail Foundation, Americans spent over \$20 billion on Valentine's Day gifts in 2019 and were expected to spend a record-breaking \$27.4 billion for 2020 — including \$2.4 billion on candy alone! People also expected to spend an average of approximately \$196 for Valentine's Day, with men spending around \$291 compared to women spending \$106.
- According to Hallmark, a whopping 145 million Valentine's Day cards are exchanged every February 14 (and that's not even including all those kids' valentines exchanged in classrooms!). This makes Valentine's Day the second biggest holiday for exchanging greeting cards, after Christmas. And how sweet: Teachers receive the most Valentine's Day cards annually, followed by children, mothers and wives. Needless to say, we've come a long way from 1913, which was when Hallmark Cards produced their first Valentine's card.

Astrological Corner:



Aquarius: January 20th to February 18th

Hermit mode continues for much of February.

However, the difference between last month and what's up ahead is that you're clarifying the big-picture truths about who you are and what you're willing to offer—especially in your relationships. You've been uncovering and looking inward at the parts of yourself you've kept small and hidden. For some time, this strategy has been invaluable for your self-preservation. But it keeps you stagnant—and it's time for a change.



Pisces: February 19th to March 20th

You've been trudging down memory lane and down the path of honesty when it comes to your place with the people around you. Belonging has often been a tender subject. But friendships and platonic relationships hold such meaningful space for you. Take some time away from externalizing and get centered. Sometimes the answers you are seeking become clearer once you take away all the extra movement and noise.

SUDOKU

Difficulty: Hard

2			3	4		7		
						8		3
		4					5	
		6						
	8					3	7	9
	4				9		2	
	9				7	6		
7	1				6			8
		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 Michelle Kenney & Jeff Chen / Ed. Rich Norris

© 2022 Tribune Content Agency, LLC

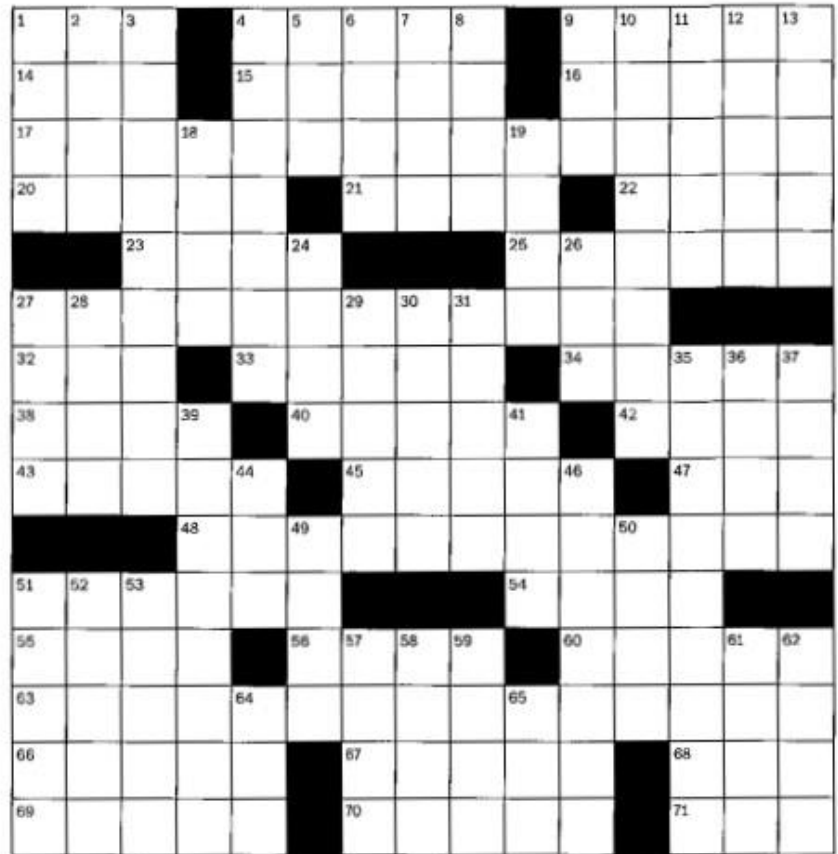
ACROSS

- 1 Rearmost, as decks
- 4 Winter wear
- 9 App with pics, familiarly
- 14 Lead-in to gender
- 15 Brown and Yale
- 16 Auctioned autos, often
- 17 Ended corruption
- 20 ___ fire
- 21 Tofu source
- 22 First Nations tribe
- 23 Shindig
- 25 "___ in the Boys Room": 1973-'74 hit
- 27 Vented
- 32 Actor Somerhalder of "Lost"
- 33 Lizard-approved coverage?
- 34 Place to get clean
- 38 Shakespearean verb
- 40 Intense anger
- 42 What some queens do
- 43 Boston suburb named for an English county
- 45 Common conveyances for Calvin and Hobbes

- 47 Depression Era pres.
- 48 Made everything clear
- 51 Nielsen of "The Naked Gun" films
- 54 Caesar's 18-Down
- 55 Swift steed
- 56 Sushi pairing
- 60 Brief but sharp pains
- 63 Historical turning point ... and, as three words, a literal description of 17-, 27- and 48-Across
- 66 Timberlake's old crew
- 67 "Trade discount" quintet
- 68 Portuguese saint
- 69 Sleeping giant
- 70 Grabbed forty winks
- 71 Oil additive brand

DOWN

- 1 "Back in Black" group
- 2 Kindle ___
- 3 Modern-day wand wielders
- 4 Source of Yuletide coziness
- 5 "___ Maria"



- 6 Divests
- 7 Low-carb, high-fat diet
- 8 Pale
- 9 Apr. addressee
- 10 Often-hazed member
- 11 Lively quality
- 12 Marisa of "The Wrestler" (2008)
- 13 Sawatch Range resort
- 18 54-Across, here
- 19 Verb that sounds like multiple vowels
- 24 Not lots
- 26 Damage
- 27 ___ one's time: be patient
- 28 Vietnam neighbor
- 29 Top spot
- 30 E to E, e.g.
- 31 Carried
- 35 Arrogance
- 36 Canadian shoe retailer
- 37 Scary floater
- 39 Recklessly determined
- 41 Many a flat-screen
- 44 Top of many a dial
- 46 Begin a naval deployment
- 49 Own (up)
- 50 Wax-coated cheese
- 51 Targets of much fertilization
- 52 Rub off
- 53 Woodland deity
- 57 Light-bulb moments
- 58 Ship stabilizer
- 59 Falco of "Nurse Jackie"
- 61 Pesky insect
- 62 "No más!"
- 64 Early TV maker
- 65 Swabbie's tool

Preventing Slips, Slides and Stumbles in the Winter Months

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

Hello, All! As we brace for another “arctic blast” this weekend, I decided it would probably be a good time to re-run this article that I wrote back in 2016...lots of ice out there, and no end in the near future! I hope you are all well and still getting outside to soak up some sun - safely!! Here goes:

I run the risk of being way too late with this column, but you never know here in Maine...Mother Nature may just have a few more surprises in store for us before spring has sprung! So I am dedicating this column to safety during winter in Maine. It makes sense that most falls occur during the winter months here, with all of that lovely ice and snow to catch us off-guard. But here are my top 7 things we can do to keep ourselves on our feet and healthy throughout the winter season:

1. Most of us already use ice melt abundantly on our walk-ways and driveways, but how many times have you gone out to run an errand or out to visit a friend, only to find the parking lot or friend’s driveway a sheet of ice? Take an old tennis ball container, fill it with ice melt or salt, poke some large holes in the top, and keep it in a less-frequently-used cup holder within your car. Get into the habit of sprinkling some outside your car door before stepping out, and use as needed across the parking lot or driveway. This can be your own personal ice-defender!
2. Wear smart footwear with rubber soles that provide traction, and avoid heels or shoes with smooth soles. Remove boots, or dry feet thoroughly on a mat when entering your home - wet shoes/boots can cause slipping inside too. See #3 below:
3. Purchase and wear ice-traction devices that can quickly and easily be put over your shoes to keep from slipping on the snow and ice (these can be found locally at the Winterport Boot Shop). Though these must be taken off before going indoors - they can be slippery inside on smooth floors, and could chew up your wooden floors - they do an excellent job of keeping you on your feet safely when outdoors.
4. Use common sense! Avoid rushing, visually scan your environment, and avoid obvious areas where snow has not been removed. Scan for areas in shadows, or not exposed to as much sun as others, and beware of shiny surfaces (black ice - yikes!) Focus on your footing! If you do not have your ice-traction devices on (see #3 above), walk flat-footed - this will be the ONLY time I will ever recommend shuffling as you walk! Always step straight down from curbs and cars - not out - keeping your feet flat on the ground.
5. If you use a cane, purchase and use a pronged-ice-tip on the end of it during these slippery months. These can be attached to almost any cane, and have a “flip-up” feature to quickly and easily move them up and out of the way when not needed.
6. If you don’t typically use a cane for walking, you can still gain the security of a device when walking outdoors during these slippery months. Pick up an inexpensive pair of ski poles, keeping one at your front door and one in your car to be used when the ground outside looks “iffy.” If you are a walking enthusiast, consider purchasing Nordic ski-walking poles for year-round use. Though these are a new trend here in the US, they have been used for decades in parts of Europe, adding stability and many other benefits to your walking program.

7. Keep up your fitness routine! Staying strong and healthy will do wonders for your balance reactions and can help prevent injuries if you do slip a bit. Move your program indoors if needed - begin or continue with a home exercise program if you are snowed-in, or if weather permits, engage in a local indoor class or mall-walking.

By doing these 7 simple things, you can feel safe and secure throughout the winter months, and be ready for that spring weather that is just around the corner!

As always, please email me at sonja@designingfitness.com, or call me at 249-9410 with your health and fitness questions, or to let me know what you would like to learn more about in future columns!

**In the meantime,
Be strong, stay active, LIVE life!**

Be well,
Sonja Parker, MSPT, LMT