

# The Avalon Gazette - January 2022



The office will be **CLOSED**  
**Monday, January 17<sup>th</sup>** for **Martin Luther King Jr. Day.**

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### **Ben is Retiring!**

After almost 20 years with Avalon, Ben Dow of our maintenance staff is going to retire.  
His last day is **Wednesday, January 26<sup>th</sup>**.  
*More information to come about a Farewell Gathering for him!*

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### **Hampden Water District Update:**

We've had some residents inquire about their water being discolored, so we followed up with the Hampden Water District. This statement was their response:

"We're upgrading the process in our water treatment system that impacts the clarity of your water, which can result in a slight discoloration. The water is **SAFE TO DRINK** and meets **ALL** water quality standards. The equipment upgrade should be completed in **February**. **THANK YOU** for your patience."

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## **January 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.

# *January Dining Activities*

## *FIRST FRIDAY – Friday, January 7<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, 1/3\*\***

### *Dinner Menu:*

*Appetizer – Lemon, Herb & Avocado Caprese Cups*

*Butternut Squash Arugula Salad*

*Main Course – Stuffed Pork Tenderloin*

*Garlic Chive Roasted Potatoes*

*Green Bean Almondine*

*Dessert – Gingerbread with Whipped Cream*

## *Men's Breakfast – Wednesday, January 12<sup>th</sup> at 8:30 AM*

**\*\*RSVP BY MONDAY, 1/10\*\***

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

### *Menu:*

*Eggs Benedict*

*Fruit & Yogurt Parfait*

*Bacon & Sausage*

*Hash Browns*

## *Ladies' Lunch – Wednesday, January 19<sup>th</sup> at NOON*

**\*\*RSVP BY MONDAY, 1/17\*\***

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

### *Menu:*

*Appetizer – Winter Fruit Salad*

*Mini Cream Cheese Stuffed Pepper*

*Main Course – Grape & Dill Chicken Salad on Croissant Roll*

*Dessert – Banana Cream Pie*

# A History of Hampden Academy

## ***Hampden Academy Chartered in 1803***

Hampden Academy enjoys a long history that few other schools in Maine, or indeed elsewhere, enjoy. Less than 30 years after the signing of the Declaration of Independence, John Crosby and others subscribed the sum of \$3,400 to fulfill the charter of erecting and supporting a new school in the then District of Maine portion of Massachusetts. It was 1803 and Maine was still seventeen years from becoming a state. Thomas Jefferson was president; he signed the Louisiana Purchase in that same year. Dorothea Dix, who would become a crusading champion of the mentally ill, had been born in Hampden just the year before.

The first wooden schoolhouse that was Hampden Academy no longer exists. Fire consumed it in 1842. The brick building known now as "the Old Academy" was built for \$1,125 and has been a traditional sight in town since 1843. Fire damaged the lower rooms of this building in 1854, and the doors were closed for a short time in the 1880s when post-Civil War populations diminished. However, until the opening of the new Academy, this building was the oldest building used to hold daily classes in the state of Maine.

## ***The Battle of Hampden***

The tragedy of war has also struck the Academy. When the Academy was only nine years old, the Battle of Hampden, part of the War of 1812, was fought on the school grounds. Personnel and students were also involved in at least six other major wars: the Civil War and the Spanish American War before the school turned 100; World War I, World War II, the Korean War, and the Vietnam War before she turned 200.

## ***A Historical Perspective***

Think of some other historical moments Hampden Academy has witnessed:

- Francis Scott Key wrote the "Star Spangled Banner," destined to become the national anthem, when the Academy was only eleven years old.
- Hannibal Hamlin, who practiced law in Hampden, became governor of Maine and then vice president of the United States under Abraham Lincoln - both happened before the Academy turned 60.
- In 1903 as Hampden Academy turned 100, the Wright Brothers flew at Kitty Hawk and Henry Ford founded the Ford Motor Company. Also that year and the next, a furnace and electric lights were added to the Academy, and it was voted to build an annex to the building.
- In 1920, when HA was 117, women won the right to vote, and Maine women were some of the first in the nation to vote because Maine held elections in September.
- Mickey Mouse took to the screen as HA turned 125 - with the Stock Market crash of 1929 shortly thereafter - and the Academy building got a new vestibule in 1930.
- In 1953 when HA was 150 years old, the Russians put Sputnik in space. The school was 166 years old when Apollo 11 landed on the moon in 1969 - and it was 183 when the Challenger exploded.

## ***Graduates of Note***

Hampden Academy is also proud of its many graduates and folks who have worked here - just to name four relatively recent ones: Ricky Craven, NASCAR driver; Mike Bordick, baseball player; Forrest Hart, bronze sculptor and creator of the Bronco on the front lawn; and Stephen King, "king of horror." Look around you at the Skehan Gymnasium/Rec Center. Steve worked at the Academy as an English teacher when he wrote about Carrie's blood-bath of a prom in her school's similar gymnasium.

For 157 years of its existence, Hampden Academy served the town of Hampden. Then, in 1960 and again in 1970, the towns of Newburgh and Winterport, respectively, joined with Hampden to form SAD #22. In 2013, the town of Frankfort joined the newly renamed RSU #22.

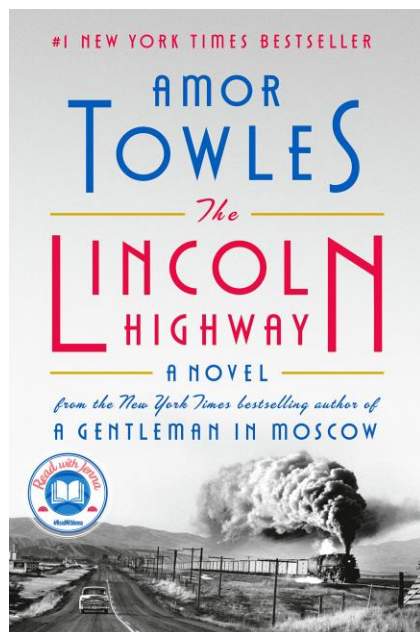
## ***216 Years | A Tradition of Excellence***

Hampden Academy has been here to witness almost all the the history of the United States and countless inventions and improvements. It has seen the number of states in the nation grow from seventeen to 50; the end of slavery after the Civil War and the beginning of the War on Terror after the attacks on the Twin Towers; the assassinations of four presidents and the impeachment proceedings of two; medical treatments from blood-letting with leaches to heart transplants to laser and robotic surgery; and the inventions of the telegraph, telephone, electric lights, passenger trains and passenger cars, and laptop computers, cell phones, Blackberries, and iPods. Through all that it has seen, Hampden Academy has been a school of tradition; a tradition of challenging students to achieve excellence. It will remain defined by the faculty and students who have in the past, do presently, and will in the future populate its halls with their tradition of focusing on excellence, a tradition that began in 1803.

*Information sourced from the Hampden Academy website.*



# The Book Corner



If you liked *A Gentleman in Moscow*...  
You might enjoy *The Lincoln Highway* by Amor Towles

In June of 1954, 18-year-old Emmett Watson, released after serving 15 months for involuntary manslaughter, discovers that two friends from the work farm have hidden themselves in the trunk of the warden's car and have hatched a different plan for Emmett's future.

## Coming soon!

Contact the library to get on hold for these popular titles:

*Jan 4 – Invisible* by Danielle Steel

*Jan 4 – Reckless Girls* by Rachel Hawkins

*Jan 4 – A Deadly Affair: Unexpected Love Stories* by Agatha Christie

*Jan 11 – End of Days* (Pike Logan, Book 16) by Brad Taylor

*Jan 11 – The Last House on the Street* by Diane Chamberlain

*Jan 12 – Lost Boys* (Peter Decker and Rina Lazarus Book 26) by Faye Kellerman

*Jan 18 – Reminders of Him* by Colleen Hoover

*Jan 25 – Violeta* by Isabel Allende

*Jan 25 – Her Hidden Genius* by Marie Benedict

*Jan 25 – The Magnolia Place* by Fiona Davis

## Book Discussion Group

*Do you enjoy discussing books in a cozy environment with other book lovers?*

Join one of the Edythe Dyer Library's book discussion groups!

The evening group meets the 2nd Tuesday of each month at 6:30pm.

The afternoon group meets the 2nd Wednesday at 1 pm.

If you are interested in attending future meetings, call the library and they'll request a book for you! 207-862-3550

# The Streaming Corner

## Nine Perfect Strangers on Hulu

Drama – Miniseries

*Starring: Nicole Kidman & Melissa McCarthy*

Based on book by author Liane Moriarty, "Nine Perfect Strangers" takes place at a health-and-wellness resort that promises healing and transformation as nine stressed city dwellers try to get on a path to a better way of living. However, these nine "perfect" strangers have no idea what is about to hit them. [iMDB rating: 7/10](#)



## The Last Dance on Netflix

Documentary, History – Miniseries

*Starring: Michael Jordan*

This 2020 documentary follows the Bulls' 1997-98 season from start to finish, while also covering the rest of the chapters in Jordan's remarkable career.

[iMDB rating: 9.1/10](#)

## The Wheel of Time on Amazon Prime

Fantasy, Adventure, Drama – 1 Season

*Starring: Rosamund Pike & Daniel Henney*

Set in a high fantasy world where magic exists, but only some can access it, a woman named Moiraine crosses paths with five young men and women. This sparks a dangerous, world-spanning journey.

*Based on the book series by Robert Jordan.*

[iMDB rating: 8.8/10](#)





## *Cranberry Rosemary One Pan Dinner*

### INGREDIENTS

#### *For the Cranberry Rosemary Marinade:*

- ⅓ cup fresh cranberries
- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- 2 tablespoons maple syrup
- 3 cloves garlic
- 1 teaspoon fresh rosemary leaves
- ¼ cup dry white wine

#### *For the Chicken Thighs:*

- 3 pounds bone-in, skin-on chicken thighs (approximately 6 chicken thighs)
- 1 tablespoon olive oil
- salt to taste
- ½ cup fresh cranberries
- 4 sprigs fresh rosemary plus more for garnish, if desired

### INSTRUCTIONS

#### *For the Cranberry Rosemary Marinade:*

1. Combine all marinade ingredients in food processor or blender and process until smooth. Place chicken, skin side up, in a 9×13" baking dish and pour marinade over, spreading to coat chicken evenly. Cover and marinate in the fridge at least 30 minutes, up to 24 hours.
2. 30 minutes before baking, remove the dish from oven and let stand at room temperature.

#### *For the Chicken Thighs:*

1. Preheat oven to 375° F. With a spoon, scrape marinade from the chicken skin, leaving in the baking dish. Brush skins with 1 tablespoon olive oil and season skins with plenty of salt. Sprinkle ½ cup of fresh cranberries and 4 sprigs of rosemary around chicken thighs.
2. Bake for 22 minutes, then remove from oven and preheat broiler. Discard cooked rosemary sprigs.
3. Brush 1 tablespoon maple syrup over chicken thighs skin. Place under broiler, about 10" from the heating element, and broil 5-7 minutes or until skin is crispy and getting dark in places. Watch carefully to make sure the skin browns evenly and does not burn, moving the dish around to brown evenly if necessary.
4. Remove from oven and spoon cranberries and sauce on top of chicken. Garnish with fresh rosemary sprigs and serve immediately with plenty of sauce.



# Simple Roasted Squash Caesar Salad

## INGREDIENTS

- 1 small or ½ a medium sized butternut squash, peeled, deseeded and cut into 1cm thick slices
- 1 tbsp olive oil
- salt & freshly ground pepper
- 1 cup garlic croutons, crushed
- 6oz package Earthbound Farm Sweet & Crisp Little Gems
- 1/3 cup mayo
- 1/2 tsp finely grated lemon zest
- 1 tbsp fresh lemon juice
- 1 clove garlic, grated
- 1 tsp Worcestershire sauce
- 1 tsp Dijon mustard
- 1 tbsp drained capers
- salt & freshly ground pepper
- shaved parmesan to garnish



## INSTRUCTIONS

1. Heat oven to 425°F. Toss prepared squash in a bowl with 1 tbsp olive oil, a bit of fresh cracked black pepper & a generous pinch of salt. Roast squash for 30 minutes.
2. Add the mayo, lemon zest & juice, grated garlic, Worcestershire sauce, Dijon mustard, and drained capers to a salad bowl. Whisk to combine. Season with salt & pepper, whisk again.
3. Add the Sweet & Crisp Little Gems to the dressing & toss to thoroughly coat the lettuce with the dressing.
4. Plate the dressed Little Gems, then add the roasted squash slices, top with lots of crispy breadcrumbs & shaved parmesan. Enjoy!

# Winter Fruit Salad



## INGREDIENTS

- 1 large apple peeled and sliced
- 1 pear sliced
- 2 large bananas peeled and sliced
- 3 kiwi fruit peeled and sliced into rounds
- 3 clementines peeled and separated
- 1/2 cup pomegranate seeds

### Making the Dressing:

- 1 Tablespoon honey
- 3 Tablespoons lime juice
- 1 Tablespoon poppy seeds
- 1 Tablespoon fresh mint chopped

## INSTRUCTIONS

1. In a large bowl, combine apple, pear, bananas, kiwi, clementines, and pomegranate seeds. Lightly toss.
2. In a small bowl whisk together honey, lime juice, poppy seeds, and mint. Drizzle over fruit and toss until coated. Serve.

## Did you Know: Interesting Facts About New Year's Day

- **The first New Year's celebration dates back 4,000 years.** Julius Caesar, the emperor of Rome, was the first to declare Jan. 1 a national holiday. He named the month after Janus, the Roman god of doors and gates. Janus had two faces, one looking forward and one looking back. Caesar felt that a month named after this god would be fitting.
- **Baby New Year has been a symbol of the holiday since around 600 B.C.,** starting in ancient Greece when an infant was paraded around in a basket in celebration of Dionysus, the god of fertility (and wine). The baby represents a rebirth that occurs at the start of each new year.
- **Forty-five percent of Americans make New Year's resolutions.** The top resolutions are: to lose weight, get organized, to spend less and save more, to stay fit and healthy, and to quit smoking. While nearly half of all Americans make resolutions, 25 percent of them give up on their resolutions by the second week of January.
- **Time balls were invented to help sailors.** Long before it was used on New Year's Eve, a ball on top of England's Royal Observatory in Greenwich was dropped at 1 p.m. every day (starting in 1833) to help ship captains coordinate their navigation equipment. Similar balls were set up in coastal areas around the world.
- **The first Times Square New Year's party was thrown for a newspaper.** The annual tradition of gathering in Times Square for New Year's started as a party to celebrate the opening of the New York Times building in 1904. Over 200,000 people attended.
- **About 1 million people gather in New York City's Times Square to watch the ball drop.** The Times Square New Year's Eve ball drop came about because of a ban on fireworks. The first ball in 1907 was 700 pounds and was lit with 100 25-watt lights. The current ball puts the old one to shame (thanks to technology). Today, it is covered in 2,688 crystals, is lit by 32,000 LED lights, weighs 11,875 pounds and is 12 feet in diameter.
- **2,000 pounds of confetti are also dropped in Times Square.** Confetti may not be a new concept, but in 2015 "wishfetti" became a part of the tradition. People write their wishes for the new year and submit them to the Wish Wall in Times Square (or online) and those wishes are turned into the confetti that falls over the crowd at midnight.



# Astrological Corner: Special New Year's Edition

## Capricorn: December 22<sup>nd</sup> to January 19<sup>th</sup>

The year ahead has a unique flavor for you as your planetary ruler, Saturn, clashes with the Nodes of Destiny! This is a time-traveling and karmic influence that will see you run into people, places, and opportunities that will help you get to your desired destination. This is especially true around May 3, when Jupiter sextiles Pluto in your sign to give your words and thoughts the power to reshape your reality. Lastly, synchronicity will play a major role for you this year, so pay attention to the signs while being open to the shifts the universe asks from you.

## Aquarius: January 20<sup>th</sup> to February 18<sup>th</sup>

If you're set on your path of purpose, karmic and unexpected forces arrive to assist you in fulfilling it. With both of your rulers, Saturn and Uranus, clashing with the Nodes of Destiny, a newer and more aligned version of yourself is here to stay. This is a rare and very special moment along your journey, so make the best of it by grounding and connecting to your intuition as things come to a climax during the months of February, April, August, and November.

## Pisces: February 19<sup>th</sup> to March 20<sup>th</sup>

This is your golden year, Pisces! With both of your planetary rulers, Jupiter and Neptune, having a rare meetup in your sign, you're about to receive all the cosmic blessings. A major window of manifestation arrives between April 6 and May 2, which is when Venus also visits your sign. While you will experience growth in many different forms, your sense of spirituality will deepen greatly. Keep an eye on the transit of Vesta, the asteroid of spiritual devotion, in your sign between May 24 and August 21 and then again from November 20 to December 31. As you begin a new cycle along your soul's journey, Vesta will assist you in keeping your inner flame of desire alive.

## Aries: March 21<sup>st</sup> to April 19<sup>th</sup>

Your inner life is about to get so much richer, Aries. As the guru planet, Jupiter, spends the year toggling between your twelfth house of spirituality and your first house of self, you're starting a new cycle of growth! While standing in that liminal space between the present and the future may feel like being in suspended animation, you might develop an interest in some of life's deeper mysteries. Your sense of spirituality will be enhanced, so don't hesitate to explore topics that spark your curiosity. Lastly, consider doing volunteer work. Because now, the more you give, the more you will get!

## Taurus: April 20<sup>th</sup> to May 20<sup>th</sup>

What an exciting year you have in store, Taurus. In 2022, you're about to have a meeting with your own destiny as the eclipses (solar April 30, lunar November 8) in your sign align you with a deeper sense of meaning. In a way, everyone will be aspiring to be more like you, which should make you feel comfortable in your own skin. As magnanimous Jupiter activates your eleventh house of community this year, the more you connect with people, the more you will grow this year—especially as Jupiter aligns with Neptune (April 12) and sextiles Uranus and Pluto (February 17, May 3).

## Gemini: May 21<sup>st</sup> to June 20<sup>th</sup>

The presence of Black Moon Lilith in your sign has been putting you in touch with a deeper sense of power, and this trend continues until April 14. Make the best of this sacred feminine energy by consulting astrology, tarot, and any other esoteric practices that awaken your inner fire. Mercury, your ruler, will retrograde three times this year (January 14, May 10, September 9), asking you to take a deeper dive into your motives. Since life will be moving incredibly fast for you, use these time periods to take a break from life and plan a vacation to a beach destination.

### Cancer: June 21<sup>st</sup> to July 21<sup>st</sup>

You are heading into a fabulous year! You love the Pisces energy, and the pile of planets in this watery sign pal means life could be a dream for you this year. This will be especially true around April 12, when the rare Jupiter-Neptune meetup could ignite your interest in learning something new. You are ruled by the Moon, and as your planetary ruler activates electric Uranus during this year's eclipses (April 30, May 15, October 25, and November 8), the universe will be asking you to embrace change. By doing so, you will be opening the gates to newfound creativity in your life.

### Leo: July 22<sup>nd</sup> to August 22<sup>nd</sup>

For you, Leo, the name of the game is transformation as this year's focus requests that you let go of your old self so a new version of you can emerge. It will be a busy year in terms of career, which could feel overwhelming at times. When life gets hectic, rely on your sense of spirituality, as it is in this space where you will find a sense of grounding and joy. This year's eclipses (April 30, May 15, October 25, and November 8) involve your planetary ruler, the Sun—when the universe will ask you to go with the flow and make considerable life changes. You got this!

### Virgo: August 23<sup>rd</sup> to September 22<sup>nd</sup>

Get ready for a major tune-up Virgo. Next year's intrepid energy will not only change your mindset about life, it will ask you to expand your horizons like never before. As electric Uranus and the Nodes of Destiny stimulate your ninth house of philosophy, your thirst for knowledge, experience, and culture will grow. This might mean signing up for school, going on a big trip, or interacting with very interesting people. And while getting out of your comfort zone could feel scary at times, there are major downloads of inspiration available to you when you dare to take big risks!

### Libra: September 23<sup>rd</sup> to October 22<sup>nd</sup>

You most likely experienced a few surprises in 2021—and in 2022, this trend will deepen as your eighth house of transformation gets activated by Uranus' erratic influence. As the unexpected knocks at your door, remember that when certain doors close, others will open. Lucky Jupiter in your seventh house will look out for you by bringing the correct support your way in the form of partnerships—romantic and business. After all, Libra, this year is all about coming to terms with what it means to harness your power. So, instead of letting the unexpected trip you out, trust that the universe has your back!

### Scorpio: October 23<sup>rd</sup> to November 21<sup>st</sup>

What a time to be you, Scorpio! You made a lot of changes in 2021, and in 2022, life gets even more exhilarating. As Saturn, Uranus, and the Nodes of Destiny team up to bring electricity to key areas of your chart, a completely new version of yourself starts brewing under the surface. Good thing you are a master at reinvention! As you shed your old skin, pay attention to the synchronicities, as they will be all around you—pointing you in the right direction. During the year ahead, new partnerships (romantic and business), fun, creativity, and inspiration find you when you let go of what no longer serves you.

### Sagittarius: November 22<sup>nd</sup> to December 21<sup>st</sup>

You're heading into one of your best years yet, Sagittarius! With your planetary ruler, Jupiter, strongly positioned in Pisces, you have all the cosmic help you need to make something big happen. But regardless of what your deepest desires are, there's one major key to manifesting them: having a clear target! This is especially true around mid-April, when your propensity to overdoing things could get you lost in a fog of confusion. In 2022, growth, inspiration, and romance are at your fingertips. You can have it all if you are able to stay realistic, organized, and keep your eyes on the prize!

# CRYPTOQUIP

R Y V W S S O M D V S Q M S Y N K S G W

Y N Q Y Z G V D G R E D G A D S A N D T O

Y O D Y V N Z E O R S O G R T S E G

G W Y W D : G W E A S V - K Y O .

Today's Cryptoquip Clue: A equals P

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# SUDOKU

Difficulty: Easy

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

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

## LA Times

By Beth Rubin & Brad Wilber / Ed. Rich Norris

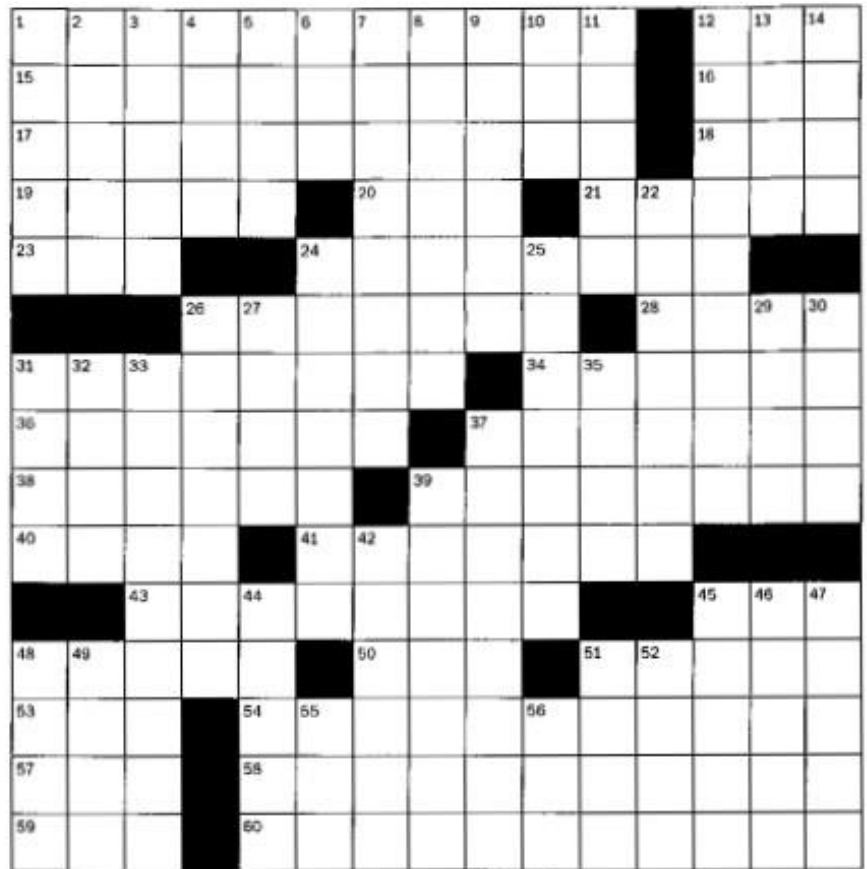
© 2021 Tribune Content Agency, LLC

### ACROSS

- 1 Some chocolate purchases
- 12 Inflation fig.
- 15 Purveyor of fraudulent credentials
- 16 Bit of positivity?
- 17 Hair, in many cases
- 18 Latin word in many academic mottos
- 19 Climber's rest stop
- 20 Poetic indicator of relative time
- 21 Juice extractor
- 23 Pasture palindrome
- 24 Wouldn't share
- 26 Imperious dismissal
- 28 Surfboard damage
- 31 Shocked big-time
- 34 Official who sings in Hebrew
- 36 Leverage provider
- 37 Where to find "Octopus's Garden" on "Abbey Road"
- 38 Utah Jazz center Whiteside
- 39 Ran into trouble
- 40 Shakespearean last gasp
- 41 Neologists
- 43 Zoom frustrations
- 45 \_\_\_ rule
- 48 Love of collectibles
- 50 "\_\_\_ Kapital"
- 51 Succumbed to stage fright
- 53 Brown or Rice ending
- 54 '90s-'00s HBO series with lots of therapy sessions
- 57 Comprehend
- 58 Impresario's contact
- 59 Hibachi waste
- 60 Election focuses

### DOWN

- 1 Disorient
- 2 Power cord?
- 3 Club relative
- 4 First name in film designers
- 5 Wander
- 6 "Eww! Say no more!"
- 7 Redesigned
- 8 Popped up
- 9 Common starting hr.
- 10 "I Am Jazz" cable channel



- 11 Took a day to consider, with "on"
- 12 Faulted to excess
- 13 \_\_\_-chef
- 14 "Need You Tonight" band
- 22 Dermatological symptom
- 24 Yoga asset
- 25 Reels off
- 26 Premise in many John Grisham novels
- 27 Idris of "The Jungle Book"
- 29 Actress Gaye of "Ali"
- 30 Novelist Iles
- 31 Reason to call a chiropractor
- 32 Nit, to a Brit
- 33 Like a situation in which emotional persuasion trumps factual accuracy
- 35 Purim month
- 37 Voice used for "Humpty Dumpty," say
- 39 Crime novelist Carl
- 42 Yale sobriquet
- 44 Crosses at obedience school?
- 45 "Rouen Cathedral" painter
- 46 Thinning layer
- 47 Tops
- 48 Chevy named for a star
- 49 When 40-Across was spoken
- 51 Alpha Phi Alpha, e.g.
- 52 Sitar sequence
- 55 Hem partner
- 56 NBA stat

## Body-Weighted Exercises at Home

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

Hi, everyone! I hope you all had a wonderful holiday season and enjoyed some delicious food! I'm sure there were many yummy temptations and perhaps much feasting? With that in mind, I thought maybe I would share some post-holiday body-weighted exercises with you all. They might be a fun way to build some strength and get a little more movement into your post-holiday winter!

- 1) Chair Push-ups: In a firm chair with sturdy arm-rests, place your hands on the armrests and try to lift your bottom off of the chair without using your legs to push, only pushing with your arms. Repeat 5-10 times. Use legs to help only if this is too difficult!
- 2) Kitchen Counter Push-ups: Stand in front of your kitchen sink, placing your hands on the counter in front of you. Back your feet away so that you are leaning forward onto your hands. Try to keep your body in a straight line (without hinging at the waist). Slowly bend your elbows so that you lower your chest down toward the counter, and then press back up. Continue doing push-ups in this way for 5-10 repetitions. If this is too easy, move your feet back a little farther.
- 3) Kitchen Reach-ups: Standing at your kitchen counter with upper cabinets in front of you, go up onto your tippy-toes, reaching up with both hands as high as you can, tapping on the upper cupboard. Repeat for 5-10 repetitions. If you have shoulder pain that prevents you from doing this, it can also be done with just one arm.
- 4) Sit-to-Stand: This is a standard go-to for me (and you have seen it in other articles I have written), for good reason! It works all of the muscles in your legs in a safe, functional way. In a sturdy chair, sit up on the front edge of the seat. Lean forward and stand up, using your arms to push up as little as possible, and completing the movement by coming to a fully upright position with good posture. Slowly sit down again, controlling the descent the entire way (in other words, no "plopping"! ) Repeat 5-10 times in a row. If this is easy, cross your arms over your chest and perform the entire movement this way.
- 5) Step-ups: Standing at the bottom of your stairs, hold onto both railings. Simply step up onto the first step, leading with your right leg, and then come back down again. Repeat this 5-10 times, and then proceed to do it leading with your left leg 5-10 times. Use your arms on the railings as little as possible, optimally just a little bit for balance. (If this bothers your knees too much, cross it off the list!)

The benefits of these exercises are terrific, and the fact that you can do them without any extra equipment make them a very simple way to get in a whole-body workout very easily, in under 15 minutes, in the comfort of your own home! If exercising more is one of your new year's resolutions (and I hope it is!), consider making these daily exercises a way to start.

All my best to you for a happy, healthy new year! **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.*