

The Avalon Gazette - March 2022



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.

March 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.

March Dining Activities

FIRST FRIDAY – Friday, March 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, 2/28****

Dinner Menu:

Appetizer – Blueberry Flatbread

Salad – Greek Cucumber Salad

Main Course – Brown Sugar Bourbon Steak Tips

Garlic Mashed Potato

Roasted Vegetable Blend

Dessert – Grasshopper Pie

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

****RSVP BY MONDAY, 3/7****

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

Menu:

Breakfast Burrito & Hashbrowns

Banana Bread

Fruit Plate

Bacon & Sausage

Ladies' Lunch – Wednesday, March 23rd at NOON

TO-GO OPTION AVAILABLE

****RSVP BY MONDAY, 3/21****

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

Menu:

Appetizer – Apple Walnut Salad

*Main Course – Homemade Roasted Tomato Basil Soup
with Tomato, Avocado, Pesto & Mozzarella Panini*

Dessert – Berry Tartlets

The Origin of St. Patrick's Day

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped but returned to Ireland and was credited with bringing Christianity to its people.

In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast—on the traditional meal of Irish bacon and cabbage.

A green-themed poster for a St. Patrick's Day celebration. At the top, a white string with two bows holds a banner of five orange triangular flags, each featuring a black shamrock. Below the banner, the text reads: "JOIN US FOR A ST. PATRICK'S DAY CELEBRATION". The date and time are listed as "March 16, 2022 NOON" at "the Manor House". A note states: "This event is available to Avalon residents at no cost, but all must RSVP by Friday, March 11th." A final note says: "We are serving boiled dinner with a roll and pistachio pudding cup!"

JOIN US FOR A

ST. PATRICK'S DAY

CELEBRATION

March 16, 2022
NOON
at the Manor House

This event is available to Avalon residents at **no cost**, but all **must** RSVP by Friday, March 11th.

We are serving boiled dinner with a roll and pistachio pudding cup!

Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock. 🍀

The Streaming Corner

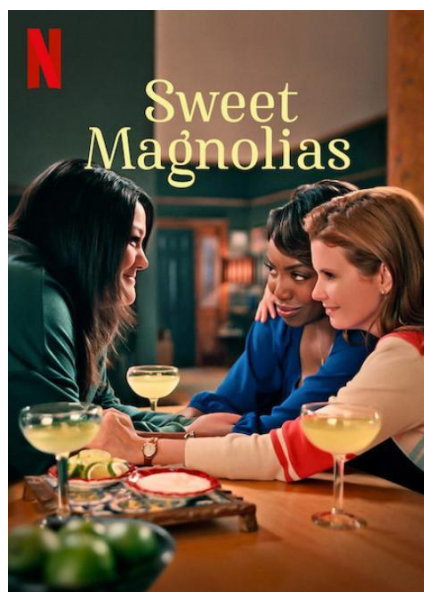
The Proposal on Hulu

2009 Romantic Comedy Film

Starring: Ryan Reynolds, Sandra Bullock & Betty White

She's a Type-A Manhattan executive with a she-devil reputation and he's her harried assistant—but getting this odd couple married is the only way she won't lose her immigration visa.

SANDRA BULLOCK RYAN REYNOLDS
THE
PROPOSAL



Sweet Magnolias on Netflix

Drama, Romance – 2 Seasons

Starring: JoAnna Garcia Swisher, Brooke Elliott & Heather Headley

Based on the book by Sherryl Woods, this series follows three South Carolina women, best friends since childhood, as they shepherd each other through the complexities of romance, career, and family.

iMDb rating: 7.4/10

Reacher on Amazon Prime

Action, Crime, Drama – 1 Season

Starring: Alan Ritchson

Jack Reacher was arrested for murder and now the police need his help. Based on the books by Lee Child.

iMDb rating: 8.3/10





Celebrate Spring with Brunch!



Lemon Blueberry Baked Oatmeal

INGREDIENTS

Wet ingredients:

- 2 eggs
- ⅓ cup pure maple syrup (or sub honey)
- Zest from 1 lemon
- ¼ cup fresh lemon juice (from 1 large lemon)
- 2 tablespoons melted butter
- 1 1/2 cups unsweetened almond milk (or milk of choice)
- 1 teaspoon vanilla
- ¼ teaspoon almond extract

Dry ingredients:

- 2 cups old fashioned rolled oats
- 1 tablespoon poppyseeds
- 1 teaspoon baking powder
- ¼ teaspoon salt

Mix-ins:

- 1 cup blueberries

Lemon yogurt topping:

- 2 tablespoons plain Greek yogurt (or vanilla)
- 1 tablespoon powdered sugar (or you can sub 1/2 tablespoon maple syrup or honey)
- 1-2 teaspoons fresh lemon juice, to thin
- ½ teaspoon lemon zest



INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Grease a 9x9 inch pan or 11x7 with oil or nonstick cooking spray and set aside.
2. In a large bowl, whisk together the eggs, pure maple syrup, lemon zest, lemon juice, melted butter, almond milk and both vanilla and almond extracts until well combined.
3. Add the dry ingredients to the bowl with the wet ingredients: oats, poppyseeds, baking powder and salt. Mix until combined, then fold in the blueberries.
4. Pour mixture into prepared pan and smooth top. Bake for 35-45 minutes or until the edges are slightly golden brown and center is set. Remove from the oven, allow to cool for 10 minutes, while you make the lemon yogurt topping.
5. To make the lemon yogurt drizzle: in a small bowl, mix together the Greek yogurt, powdered sugar, 1 teaspoon lemon juice and zest; mix to combine. Add more lemon juice if necessary to thin it out so you can drizzle it over the top of the oatmeal. Drizzle over the top of the oatmeal, cut into 6 slices and serve!

Oven-Baked Home Fries

INGREDIENTS

- 3 pounds russet potatoes, diced into small chunks
- 2 teaspoons dried thyme
- 2 teaspoons sea salt
- 1 teaspoon pepper
- 1 tablespoon garlic powder
- 1 teaspoon onion powder
- scant 1/2 cup olive oil
- 1 yellow onion, diced
- 6 cloves of garlic, finely diced or minced

INSTRUCTIONS

1. Preheat oven to 425 degrees. Dice potatoes and place in a glass 13 X 9 baking dish.
2. Sprinkle potatoes with thyme, salt, pepper, and garlic and onion powder.
3. Pour on olive oil and toss the potatoes until spices and oil are well coated (it will be very oily - you will need the oil to help with roasting.)
4. Spread out potatoes into an even layer so that they cook evenly.
5. Roast potatoes in oven. Every 20 minutes, remove potatoes from oven and use a spatula to scrape any stuck pieces from the bottom of the pan and toss potatoes around.
6. Cook for approximately 1.5 hours, or until potatoes are crispy and tender.
7. Once potatoes are almost done, dice up a yellow onion and 6 cloves of garlic.
8. Sautee onion and garlic with a touch of olive oil in a skillet on medium high heat for 10-15 minutes, or until caramelized and cooked down.
9. Once potatoes are finished cooking, transfer onion mixture to the dish with the potatoes and stir. Serve and enjoy!



Pineapple Strawberry Mimosas

INGREDIENTS

- 12 fresh strawberries, medium in size
- 2-3 cups pineapple juice
- 750 mL Bottle of champagne or prosecco, chilled
- Fresh pineapple or strawberry for garnish, optional

INSTRUCTIONS

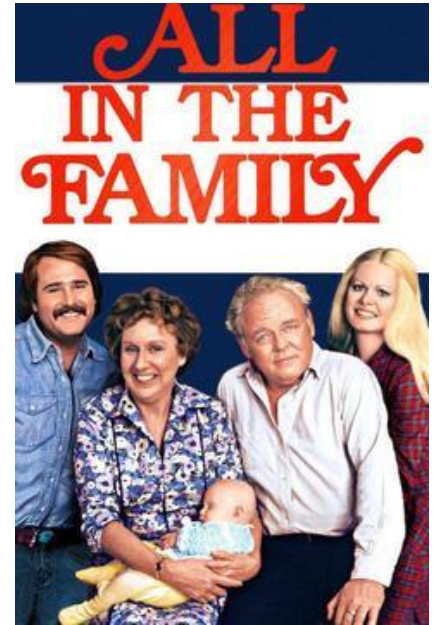
1. Wash the strawberries and remove stems. Add 2 fresh strawberries to the bottom of a champagne flute and "muddle" (gently smash into the bottom of the glass).
2. Pour in Champagne or Prosecco until the glass is about 2/3 full. Top with desired amount of pineapple juice.
3. Garnish with a fresh slice of pineapple or strawberry.



Do you remember when...?

50 Years Ago in 1972:

- The top song was “The First Time Ever I saw Your Face” by Roberta Flack. Other longstanding hits released that year were “Rocket Man” by Elton John, “American Pie” by Don McLean, and “Lean on Me” by Bill Withers.
- *The Godfather* was the largest box office release, while *Cabaret* scored multiple awards.
- *All in the Family* was the most popular TV show.
- Billie Jean King dominated in tennis, winning Wimbledon.
- In June, the Watergate Scandal began.
- On September 5, Palestinian terrorists attacked the Israeli team at the 1972 Summer Olympics, killing 11.



A MAINE POEM

It's winter in Maine
and the gentle breezes blow
seventy miles an hour
at thirty-five below.

Oh, how I love Maine
when the snow's up to your butt.
You take a breath of winter air
and your nose gets frozen shut.

Yes, the weather here is wonderful,
so I guess I'll hang around.
I could never leave Maine
'cause I'm frozen to the ground.

--Unknown

♣ ♣ ♣ ♣ ♣
May you never
forget what is
worth
remembering
nor ever
remember what
is best
forgotten.



Did you Know: Weird, Amazing Facts

- **McDonald's introduced drive-through service due to the military.** The first McDonald's Drive Thru was installed in a restaurant based in Sierra Vista, Arizona, located near the Fort Huachuca military installation. Military rules forbade the soldiers from wearing their military uniforms in public, and they weren't about to change into civilian clothes just to grab a burger and run back to base, so restaurant manager David Rich came up with a solution: cut a hole into the wall and allow members of the military to pick up their orders without stepping out of their car. The convenience and simplicity of the idea quickly caught on.
- **Alfred Hitchcock was frightened of eggs.** The master of suspense, who terrified audiences with movies like *Psycho* and *The Birds*, considered himself an ovophobe—someone frightened of eggs. Alfred Hitchcock explained to an interviewer in 1963: "I'm frightened of eggs, worse than frightened; they revolt me. That white round thing without any holes, and when you break it, inside there's that yellow thing, round, without any holes...Blood is jolly, red. But egg yolk is yellow, revolting. I've never tasted it."
- **Pigs don't sweat.** If someone tells you they're "sweating like a pig" you might want to point out to them (if you're that sort of person) that if they were being biologically accurate, that would mean they were not sweating at all. Swine are born without sweat glands, so when they need to cool off, their only option tends to be to find a cool puddle of mud in which they can roll around.
- **Umbrellas were once only used by women.** While umbrellas are used and appreciated by pretty much everyone living in rainy places, for centuries they were seen as something only to be used by women—associated with the fashionable parasols women would carry during nicer days to keep the sun from their skin. But in the mid-18th century, the barriers started to fall, with public figures like philanthropist Jonas Hanway carrying umbrellas during public events. Soon others took notice of the accessory's practicality and it wasn't long before men were using them as often as women.
- **The fuller the fridge, the more energy-efficient it is.** An empty fridge not only makes it more difficult to decide what to snack on, it also wastes valuable energy. It works like this: the more empty space in the fridge, the more cold air is displaced by warm when you open the door, requiring the appliance to generate cool air to replace it. If the fridge is packed, less cool air escapes and less energy is required to replenish it. The writers at 'The Kitchn' go so far as to advise fridge owners to fill empty bottles with water in order to displace the empty air.
- **For 20 years, a cat served as mayor of an Alaskan town.** In 1997, an orange cat named Stubbs became honorary mayor of the Alaskan town of Talkeetna. With a population of 772 in 2000, it would not have taken too many votes to earn the position (and the small town did not actually have a real, human mayor anyway), but Stubbs proved adept at the role, gaining fans from around the world and "serving" in the position for years, greeting tourists and becoming a beloved symbol of the town until his death in 2017.

Astrological Corner:



Pisces: February 19th to March 20th

The shoreline and the sea of your Pisces self should be awash in good tidings this season. In general, New Moons are times to set goals but in a water sign like Pisces with Jupiter around, think in the short term about them. The beginning of the month will be a “right place at the right time” moment during an already favorable season of increased vitality, confidence, and health.



Aries: March 21st to April 19th

The astrological predictions of the moon advise you to focus your attention on the reformation of your hopes, wishes and dreams during March 2022. Being with people who share something in common is especially satisfying now. Friends are inspirational in helping you to invoke your creativity and develop a new reality for yourself. Volunteer your services to an organization that supports your interests and ideals.

SUDOKU

Difficulty: Medium

	6	3						
			7		3		9	2
9						6		
		9				8		
	7		8			1		3
	3	1			7	5		
2		8			1			
7		6	5	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 Paul Coulter / Ed. Rich Norris
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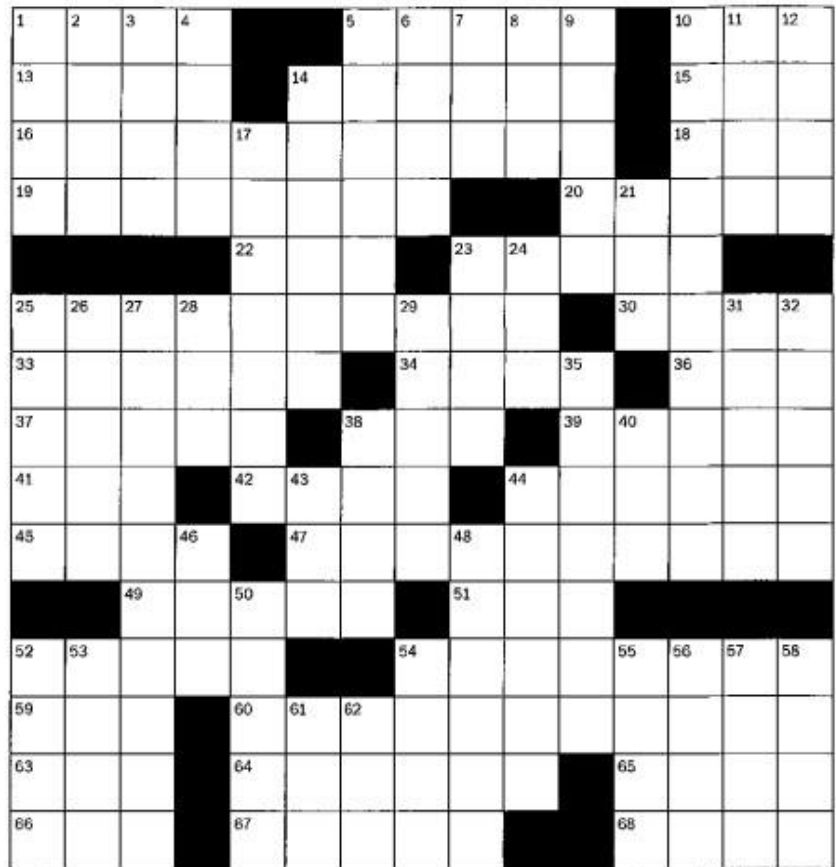
ACROSS

- 1 Erykah Badu hairdo
- 5 In pieces
- 10 The Beatles' Pepper, e.g.: Abbr.
- 13 Attired
- 14 Pennsylvania in Washington, for example
- 15 Couple's pronoun
- 16 Alliterative union litigator
- 18 State sch. with campuses in Providence
- 19 DoorDash rival
- 20 It follows dawn
- 22 Ancestry.com concern
- 23 Wicked one
- 25 Alliterative craftsperson
- 30 Lawyers: Abbr.
- 33 To no avail
- 34 On a cruise, say
- 36 ___ Tin Tin
- 37 Discover
- 38 Word that fittingly fills the blanks in "___ _propria _ e"
- 39 About to explode
- 41 Rapper ___ Kim
- 42 "___, Brute?"

- 44 Nativity display
- 45 Quite often
- 47 Alliterative marriage specialist
- 49 Malodorous
- 51 One-named "Cheap Thrills" singer
- 52 '90s trade acronym
- 54 Rain in light drops
- 59 NFL's Cardinals
- 60 Alliterative accompanist
- 63 Anatomical pouch
- 64 Being
- 65 Act the blowhard
- 66 Civil War nickname
- 67 Indoor parking lot features
- 68 Nordstrom rival

DOWN

- 1 Censorship-fighting org.
- 2 Love handles, essentially
- 3 Broccoli ___
- 4 Aroma
- 5 Personal user pic
- 6 Seats with kneelers
- 7 "___ questions?"



- 8 Regret
- 9 Brusque
- 10 Music for a movie
- 11 Trusted adviser
- 12 Excursion
- 14 Group co-founded by Bill W.'s wife
- 17 Merlot or Syrah
- 21 Acapulco article
- 23 Big celebration
- 24 Anger
- 25 Novelist Cather
- 26 Negro Leagues legend Buck ___
- 27 Presidential workplace
- 28 Patriotic org. since 1890
- 29 Dead, as an engine
- 31 Church donation
- 32 Contemptuous look
- 35 "Par avion" letters
- 38 Just slightly
- 40 "The Crying Game" actor Stephen
- 43 "Enough!" in a text
- 44 Happy as a lark?
- 46 Hanoi holiday
- 48 \$100 bills, in slang
- 50 Narrow to a point
- 52 Astronaut's insignia
- 53 Speedy steed
- 54 Barbershop sound
- 55 Apprehends
- 56 Actress Sedgwick
- 57 Plumbing problem
- 58 Units of work
- 61 "Be there ___ sec!"
- 62 Bank convenience, for short

Importance of Strength Training

By Sonja Parker, MSPT, LMT

Designing Fitness Physical Therapy, LLC

Hi, All! I hope you are enjoying this snowy winter! When I looked back at all the articles I have written for the Avalon Gazette over the years, I was surprised to see that I had not already written one about the importance of strength training! I have certainly written many articles with exercises designed to help increase your strength, but I'm not sure I have ever laid out *why* strength training is essential to maintaining a healthy life.

Strength training can be defined as any physical movement that builds muscle mass, strength, and endurance. These movements must be challenging in order to be effective, and are usually done with the use of equipment such as dumbbells or resistance bands, but can also be done with just your own body weight (as shown in the January Gazette article).

The first, and most obvious benefit of strength training, is *getting stronger!* Whether you want to be able to lift and hold your growing grandchildren, stand up easily from the ground after gardening, or just be able to carry your own groceries, having strength is what keeps us functioning, doing the things we want to do in our daily lives.

Another benefit of strength training is the positive pressure it puts on our bones, stimulating our bone-building cells and thereby decreasing the rate of age-related bone loss. Some studies have even shown that strength training can actually *increase* bone density. This helps to prevent osteoporosis and keeps our risk of fractures as low as possible. Additionally, strength training has been shown to improve stability and balance which decreases fall risk, thereby reducing your risk of fractures in this manner as well.

Strength training also improves heart health by decreasing blood pressure, lowering cholesterol, and bolstering blood vessels. It helps to you to maintain a healthy weight and manage blood sugar levels, both of which can become major risk factors for heart disease and diabetes if not kept in check.

As if this isn't enough, many studies have shown the neuroprotective effects of strength training on brain health and age-related cognitive decline. Processing speed, executive function, and memory have all been shown to improve after strength training.

An added bonus? Strength training has also been proven to boost metabolism which helps you become leaner by burning more calories, and helping to reduce abdominal fat. Additionally, it can boost mood, self-esteem, confidence, and quality of life.

Have I convinced you yet??

I hope I have at least piqued your interest in trying and/or continuing with whatever form of strength training that seems most interesting to you. If you haven't already, try the exercises I referred to in the January Gazette - your body will thank you!

Be strong, stay active, LIVE life!

Yours in good health,
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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.

References: "14 Benefits of Strength Training" on Healthline, and "Strength Training Builds More than Muscles" on Harvard Health Publishing.