

The Avalon Gazette - April 2022



SEWER RATE INCREASE

As a reminder, the Town of Hampden has increased the sewer rate:
*“Sewer rates for the billing quarter beginning October 1st, 2021 will be increased to **\$16.00** per 100 cubic feet. This increase will be noticed in your January 2022 sewer bill.”*

If you have any questions, please contact publicworks@hampdenmaine.gov
or call 207-862-3337.

Effective February 24, 2022, our base prices have increased by 6%:

Kennebec: from \$210,600 to **\$223,236**

Penobscot A: from \$233,820 to **\$247,849**

Penobscot C: from \$255,960 to **\$271,317**

Penobscot C-Mod: from \$275,400 to **\$291,924**

Allagash A: from \$285,660 to **\$302,799**

Allagash B: from \$313,740 to **\$332,564**

These prices are also available to view in the Avalon resident portal online.

April Dining Activities

FIRST FRIDAY – Friday, April 1st

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, 3/28****

Dinner Menu:

Salad – Spring Salad with Balsamic Dressing

Appetizer – Potato Skin Bites

Main Course – Baked Maple Chicken

Garlic Parmesan Roasted Carrots

Seasoned Rice

Dessert – Frosted Maple Cookie Bar

Men's Breakfast – Wednesday, April 6th at 8:30 AM

****RSVP BY MONDAY, 4/4****

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

Menu:

Maple Bacon Waffles

Scrambled Eggs with Cheese

Fruit Plate

Bacon & Sausage

Ladies' Lunch – Wednesday, April 13th at NOON

TO-GO OPTION AVAILABLE

****RSVP BY MONDAY, 4/11****

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

Menu:

Appetizer – Caprese

Salad – Strawberry Spinach Salad

Main Course – Hawaiian Chicken Kabobs & Pasta Salad

Dessert – Maple Brown Sugar Cookie



Manly Brews – Wednesday, April 27th at 8:00 AM

****RSVP BY FRIDAY, 4/22****

SIGN UP IS REQUIRED – Please contact the Avalon office.

Manly Brews is back! Join the guys for some conversation and a cuppa!

Frank's Bakery donuts, coffee & fruit - **\$7** per person

April 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.
- 🌸 **Strong for Life** – Every **Wednesday** at **10:30 AM (EXCEPT April 20th)**. Sonja Parker will teach this class in the Manor House upper living room, while maintaining social distancing. Masks are encouraged but not mandatory. *(See more details below.)*

Strong for Life

with Sonja Parker



Come join us **Wednesdays at 10:30 AM** in the **Manor House upper living room** for a **fun focus on strengthening and stretching**, sure to make you feel stronger and healthier. We will be doing some gentle, full-body range of motion exercises to warm up, and then move into exercises with light weights and resistive bands to build strength, followed by stretching at the end to leave you feeling refreshed and rejuvenated. This class will be **led by local physical therapist Sonja Parker**, and all exercises will be offered with modifications in either sitting or standing positions in order to safely accommodate all levels of fitness.

Come check it out - we'd love to see you there!

Class size is limited to ten (10) participants. Sign up is required each week.

Please call the Avalon office to sign-up.

QUILT SHOW AT THE BANGOR LIBRARY

Avalon residents **Robin Lent** and **Susan Gerhardt** have quilts on display at the Bangor Library as part of the Quarantine Quilts exhibit. These are quilts that were made during the two years of quarantine. We hope you get a chance to see the exhibit which is in the Lecture Hall on the third floor.

A reception for the artists will be held Saturday, April 9th at 1:00 PM.

The show runs until May 23rd and is open during library hours.

BANGOR PUBLIC LIBRARY

April-May Exhibit

Exhibit reception:

Saturday, April 9

1-2 pm

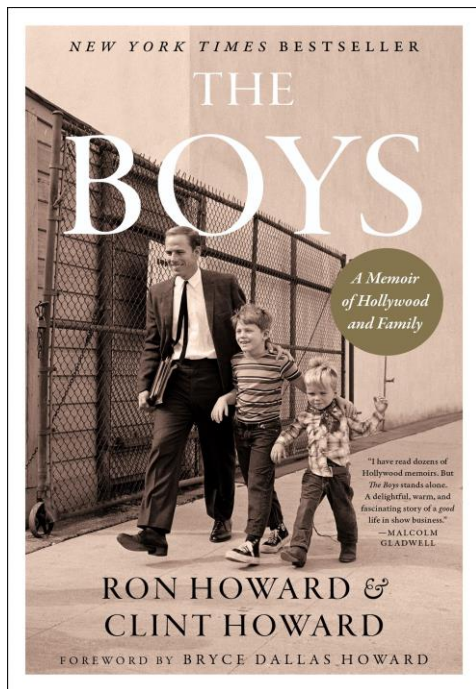
Lecture Hall



Quarantine
QUILTS
by local and regional quilters.

Quilt used in this design
was created by
Valerie Osborne.





The Book Corner

Popular right now:

The Boys by Ron & Clint Howard

Happy Days, *The Andy Griffith Show*, *Gentle Ben*—these shows captivated millions of TV viewers in the '60s and '70s. Join award-winning filmmaker Ron Howard and audience-favorite actor Clint Howard as they frankly and fondly share their unusual family story of navigating and surviving life as sibling child actors.

Coming soon!

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

April 5 – *A Family Affair* by Robyn Carr

April 5 – *Crimson Summer* by Heather Graham

April 12 – *The Sacred Bridge* (Leaphorn, Chee & Manuelito, Book 7) by Anne Hillerman

April 12 – *Three Debts Paid* (Daniel Pitt, Book 5) by Anne Perry

April 12 – *The Investigator* (Letty Davenport, Book 1) by John Sandford

April 12 – *Summer at the Cape* by Rae Anne Thayne

April 19 – *Dream Town* (Aloysius Archer, Book 3) by David Baldacci

April 19 – *Death of the Black Widow* by James Patterson & JD Barker

April 19 – *Beautiful* by Danielle Steel

April 26 – *Country Born* (Painted Pony Creek, Book 3) by Linda Lael Miller

Stream with Biblio+

Edythe Dyer Library is thrilled to announce the new streaming service **biblioplus** is available for free with unlimited access to films and TV series! Sign up with your library card at www.biblioplus.com to start streaming! This is a new service, so they are adding new titles every week!



The biblio+ app is available for download on Apple devices (iPhone, iPad, Apple TV), Android phone and tablet, Amazon Fire TV, and Roku, or stream directly from www.biblioplus.com.

Did you know your Edythe Dyer Library card also gives you access to over six million books, audiobooks, magazines, DVDs, music, and audio CDs from more than sixty Maine libraries? If we don't have what you are looking for our statewide delivery service can generally get it here within a few days.

The Streaming Corner

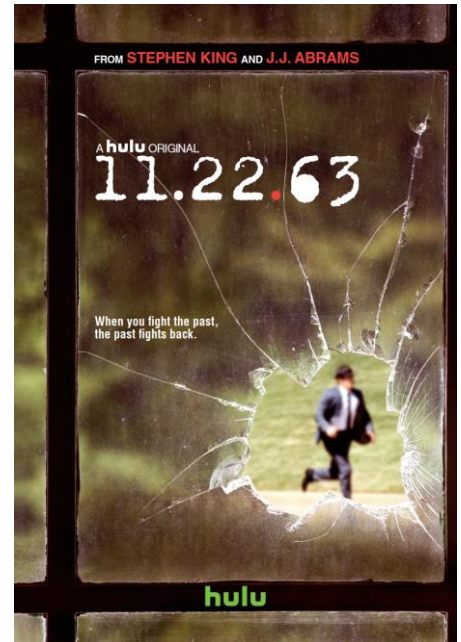
Step back in time!

[11.22.63 on Hulu](#)

Drama, Science Fiction – 2016 Mini Series

Starring: James Franco & Chris Cooper

Based on the novel by Stephen King, a teacher travels back in time to try to prevent the Kennedy Assassination. But the past does not want to be changed, and trying to divert the course of history may prove fatal. IMDb rating: 8.1/10



[The Adam Project on Netflix](#)

Comedy, Action & Sci-Fi – 2022 Film

Starring: Ryan Reynolds, Jennifer Garner & Mark Ruffalo

A time-traveling pilot teams up with his younger self and his late father to come to terms with his past while saving the future.

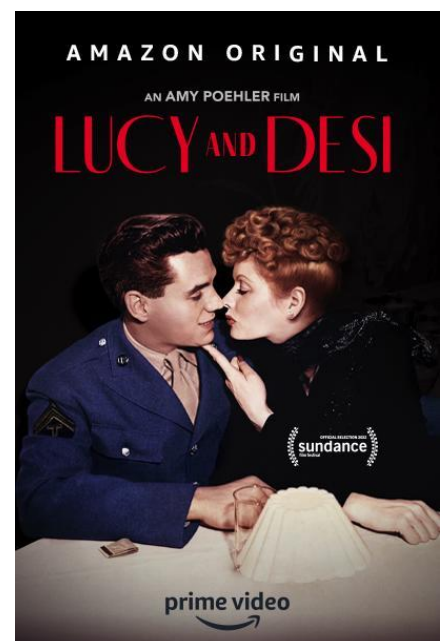
[Lucy and Desi on Amazon Prime](#)

Documentary – 2022 film

Directed by: Amy Poehler

Lucy and Desi explores the unlikely partnership and enduring legacy of one of the most prolific power couples in entertainment history—Lucille Ball and Desi Arnaz.

iMDb rating: 7.9/10





Pair your Easter dinner with some fun appetizers and desserts!



Stuffed Crescent Roll Carrots

INGREDIENTS

- 1 can (8 oz) refrigerated Pillsbury™ Original Crescent Rolls (8 Count) or 1 can (8 oz) refrigerated Pillsbury™ Original Crescent Dough Sheet
- 1 package (8 oz) cream cheese, softened
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh chives
- 1 teaspoon grated lemon peel
- 1/4 teaspoon salt
- 16 small sprigs fresh parsley
- 8 (12x4-inch) sheets of foil

INSTRUCTIONS

1. Heat oven to 400°F. Roll sheets of foil from shorter ends into cone-shaped molds. Unroll dough on work surface; if using crescent rolls, press seams to seal. Use pizza cutter or knife to cut dough lengthwise into 8 (1-inch) strips.
2. Wrap 1 strip around each foil mold to create carrot shape. Place 1 inch apart on ungreased cookie sheet.
3. Bake 7 to 9 minutes or until golden brown. Transfer to cooling rack; cool completely before removing foil molds.
4. In medium bowl, beat cream cheese, parsley, chives, lemon peel and salt with electric mixer on medium speed until smooth and combined. Pipe or spoon cream cheese mixture into cavity of each crescent.
5. Top with 2 sprigs parsley for carrot top.
 - Tip 1 - Gently twist foil molds for easier removal from crescents.
 - Tip 2 - Swap cream cheese mixture with your own favorite filling, such as egg salad or chicken salad.



Flower Pretzel Bites

INGREDIENTS

- Wilton white candy melts
- Waffle pretzels
- Pastel M&M's

INSTRUCTIONS

1. Preheat oven to 250°.
2. Line a baking pan with parchment paper.
3. Place pretzels on parchment paper. Note: You can use as many pretzels as you want, as long as they are in a single layer, because they will not expand like cookies.
4. Place one white melting candy onto each pretzel.
5. Place pan in the oven for three minutes or until candy has melted.
6. Take pan out of the oven and place an M&M in the center of the melted chocolate on each pretzel.
7. Place 6 M&Ms of another color around the center M&M. These are the flower petals.
8. Place pan in the fridge for about 15 minutes or until chocolate is cool. Enjoy!



No Bake Bird's Nest Cookies

INGREDIENTS

- 1 cup HERSHEY'S Milk Chocolate Chips
- 2/3 cup REESE'S Peanut Butter Chips
- 1 can chow mein noodles (5 oz) (about 2-1/2 cups)
- 1 cup CADBURY MINI EGGS Candy

INSTRUCTIONS

1. Line large tray with wax paper.
2. Place milk chocolate chips and peanut butter chips in large microwave-safe bowl.

Microwave at (medium) 50% 1 minute; stir. If necessary, microwave at medium an additional 10 seconds at a time, stirring after each heating, until chips are melted and mixture is smooth when stirred. Immediately add chow mein noodles (break very large noodles); stir well to coat completely.

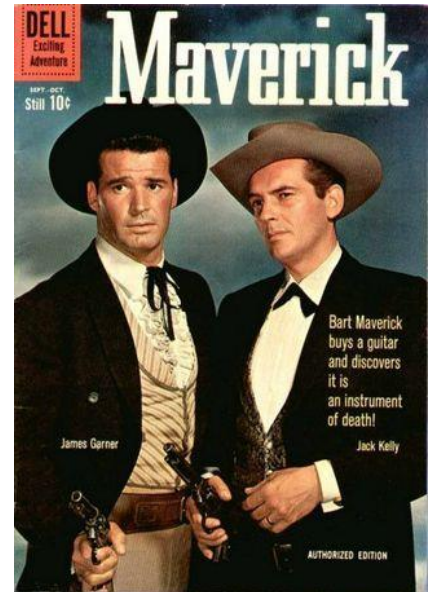
3. Drop mixture by heaping teaspoons onto prepared tray; press down with spoon to form nest shape. Immediately press 2 to 3 candy eggs into each nest. Let stand until firm or refrigerate about 10 minutes. Store in tightly covered container.



Do you remember when...?

65 Years Ago in 1957:

- 1957 was the peak of the Baby Boomer years.
- Movies included *Twelve Angry Men* and *The Bridge Over the River Kwai*
- TV showed *Perry Mason* and *Maverick* for the first time
- The music continued to be Rock and Roll with artists like Elvis Presley and Little Richard
- The popular toys were Slinkys and Hula Hoops
- The continued growth of the use of credit was shown by the fact that 2/3 of all new cars were bought on credit.
- A gallon of gas cost 24 cents
- In September, troops were sent to Arkansas to enforce anti-segregation laws.
- The Soviet Union launched the first space satellite Sputnik 1 on October 4.



See the Sights in Avalon!



Pileated woodpeckers have been leaving their mark on Avalon this spring. As a matter of fact, I can hear one from my office as I write this! Resident Tim Stone said, "We've recently heard a pileated calling several different times in close proximity to the intersection of Library Road and Lupine. They're very territorial so I do suspect there's one setting up shop to raise a family in one of the big trees nearby."

The tree pictured here can be found about halfway along the Library Road on the Wintergreen side. Another can be found to the left of the bocce field near Foxglove and Heather. According to Tim's wife, Bev, "These trees have been excavated for insects, not a nest."



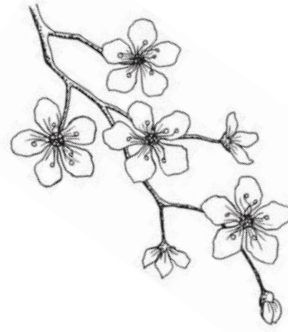
Also spotted in the woods around the Village was this gray squirrel with a blond tail—a most unusual anomaly!

Keep your eyes peeled for these nature sights on your next spring walk through Avalon!



IT'S COMING

Finally,
This much needed new beginning
The spring of 2022.
We have all experienced these freshets before.
Some with many data points on life's journey,
Others fewer.
But for Avalonians the number is large;
The statisticians would be happy.
Assailed by extraordinary global events
For more than two years —
A pandemic,
Dysfunctional and dangerous domestic politics,
A war permeating our news feeds in real time,
And the insidious cumulative effects of climate change.
NOW, NOW HOWEVER,
The lengthening warmer days
Bring more walkers and smiling faces,
The first mating calls of the male cardinal,
The bright colors of the Tom as it passes through the back yard.
And, coming soon —
The male goldfinches on the feeder transitioning in color to earn their name.
The bright light greens of poplar leaves
Not yet overwhelmed by their photosynthetic engine
As they burst from their buds.
The bright yellow forsythias.
The gardeners among us planning and visualizing.
Neighbors across the pond on Thistle and Heather Way
Losing their view of one another until next winter.
The return of the Mallards
Whose ducklings we will later count and monitor.
And my favorite: the vocalization of the peepers,
That cacophony that I always try to predict by date (4/3/22).



Did you Know: Weird, Amazing Facts

- **Spider webs were used as bandages in ancient times.** In ancient Greece and Rome, doctors used spider webs to make bandages for their patients. Spider webs supposedly have natural antiseptic and anti-fungal properties, which can help keep wounds clean and prevent infection. It's also said that spider webs are rich in vitamin K, which helps promote clotting. So, next time you're out of Band-Aids, just head to your attic and grab some "webicillin."
- **A woman who lost her wedding ring found it 16 years later on a carrot in her garden.** A woman in Sweden lost her wedding ring while cooking for Christmas in 1995. She looked everywhere for it, and even had her kitchen floor pulled up hoping she could find it. While gardening 16 years later, the woman found the ring around a carrot that was sprouting in the middle of it. The only explanation was that the ring must have been lost in vegetable peelings that were turned into compost.
- **Blood donors in Sweden receive a text when their blood is used.** To encourage more young people to donate blood, Sahlgrenska University Hospital in Gothenburg, Sweden, sends a text to donors when their blood has been dispensed to someone in need. A common issue with blood donation—along with other types of charitable donations—is that if a donor doesn't know the recipient, it's harder to convince them that donating is worth it. But with this system, which started in 2012, potential donors in Sweden have proof that their contribution is going to good use.
- **The inventor of the Pringles can is now buried in one.** In 1966, Fredric Baur developed the ingenious idea for Procter & Gamble to uniformly stack chips inside a can instead of tossing them in a bag. Baur was so proud of his invention that he wanted to take it to the grave—literally. He communicated his burial wishes to his family, and when he died at age 89, his children stopped at Walgreens on the way to the funeral home to buy his burial Pringles can. They did have one decision to make, though. "My siblings and I briefly debated what flavor to use," Baur's eldest son, Larry, told *Time*. "But I said, 'Look, we need to use the original.'"
- **Sunglasses were originally designed for Chinese judges to hide their facial expressions in court.** Today, sunglasses serve as protective eyewear, effectively preventing bright sunlight from causing discomfort or damage to our eyes. Of course, they're also a fashion accessory. But sunglasses were originally made out of smoky quartz in 12th century China, where they were used by judges to mask their emotions when they were questioning witnesses.
- **It would only take one hour to drive to space.** If you got into your car, turned on the ignition and drove up to the sky at 60 mph, it would take just one hour to get to outer space, according to astronomer Fred Hoyle. Of course, this is purely a theoretical, but it sure is fun to think about!
- **Children of identical twins are genetically siblings, not cousins.** Cousins whose parents are identical twins share 25 percent of their DNA, instead of the usual 12.5 percent. While full-siblings share 50 percent of their DNA, half-siblings share 25 percent. That's why, though children of identical twins are legally cousins, they are genetically the equivalent of half-siblings.

Astrological Corner:

Aries: March 21st to April 19th

For the first half of April, please take your sweet time and stop rushing for a change. If you're zoning out and nodding off for an unexpected nap, let yourself rest. The second half of the month ahead signals a potent new beginning in the financial area of your life.

Gemini: May 21st to June 21st

Please have your palms and heart open and ready to receive the honor and recognition you deserve. If it's uncomfortable to imagine doing, then it's even more critical that you let it wash over you. Stop downplaying yourself.

Leo: July 23rd to August 22nd

Oh, to be alive, what a time! April feels wrought with reminders of your softness but also of your resilience. They go together like your inhales and exhales. Don't hide who you're meant to be.

Libra: September 23rd to October 22nd

When someone asks you to give more of your time, support and labor, say yes only when you feel excitement and joy. Don't settle for a neutral affirmation for situations where you are afforded choice. Look forward to things.

Sagittarius: November 22nd to December 21st

The feeling of coming home can get complicated as you get older. The question of belonging lingers as you experience more loss in life, as you change and evolve. This is a month for you to reinterrogate what it means to feel at home somewhere, with someone, with yourself, with the ancestral lines you come from.

Aquarius: January 20th to February 18th

May abundance and contentment flow through you. Have the courage to ask for what you want. To want is to be daring, especially in the face of devastation. Do the inner work to help you create the life you are willing to work hard for.

Taurus: April 20th to May 20th

April showers you with the kind of love that feels like coming home. Intimacy is not always about close IRL contact. Sometimes it takes the form of feeling wholly and deeply understood. Hopefully, this kind of mutual reciprocity comes to you in droves.

Cancer: June 22nd to July 22nd

Finding meaning is labor intensive. Doing the work of seeking truths usually reinitiates you towards a path of clarity, especially around your purpose. Have conversations with people you disagree with. They might show you how you've been narrowing your frame of reference all this time.

Virgo: August 23rd to September 22nd

Isn't it intense, receiving a generous outpouring of affection from others? Sometimes empathy is so much easier to extend outwards. Loosen your tight grip and let mistakes happen. This kind of flow can open up new possibilities for you when you debunk your own myths.

Scorpio: October 23rd to November 21st

April proposes a climactic peak for all the creative, juicy and pleasurable possibilities you can offer yourself. Truly, use this month to your advantage and indulge in ecstatic and delicious experiences.

Capricorn: December 22nd to January 19th

Delight in the sweetness of being alive. The smaller days comprise your bigger life. This is important to remember. Don't let your bigger goals undermine the quality of your days. More desire and hunger for joy will have you taking risks you never thought you would. Lean into it.

Pisces: February 19th to March 20th

Sometimes it's a chore, and sometimes it's a treat to have a body. May you feel more at peace with yourself. Write a letter to the old you, when you were hurting, and also when you were content. Loving yourself is hard work but you'll be glad to commit to doing so anyway.

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

SUDOKU

Difficulty: Hard

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

EASTER FIT-THE-WORDS PUZZLE

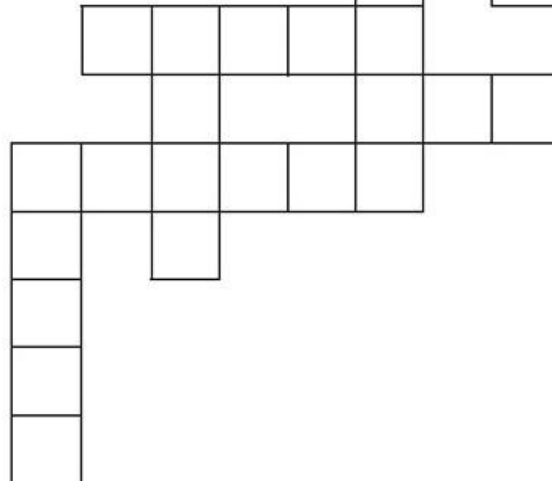
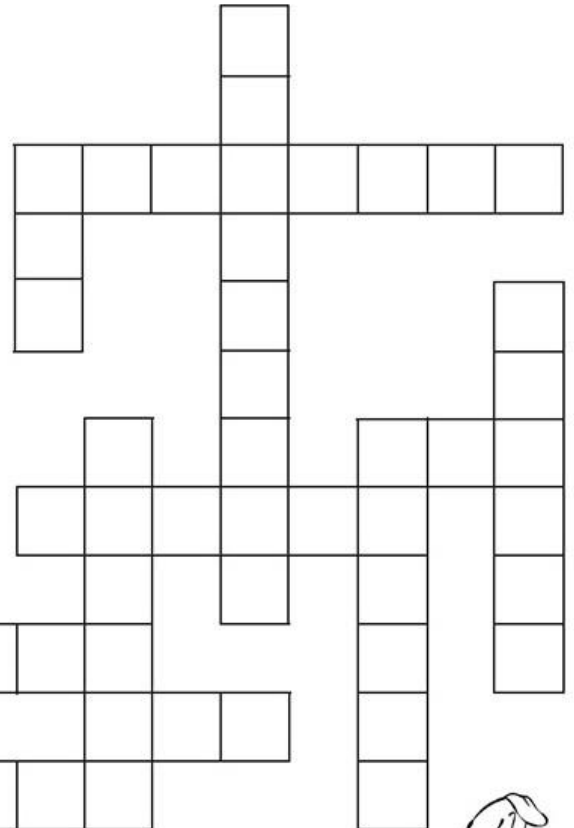
WORDS

dye
egg
fun
hunt
bunny
chick

bonnet
Easter
basket
Friday
Sunday
decorate
chocolate



Fit the listed words into the grid, one letter per square.



Crossword Puzzle

Difficulty: Easy

LA Times

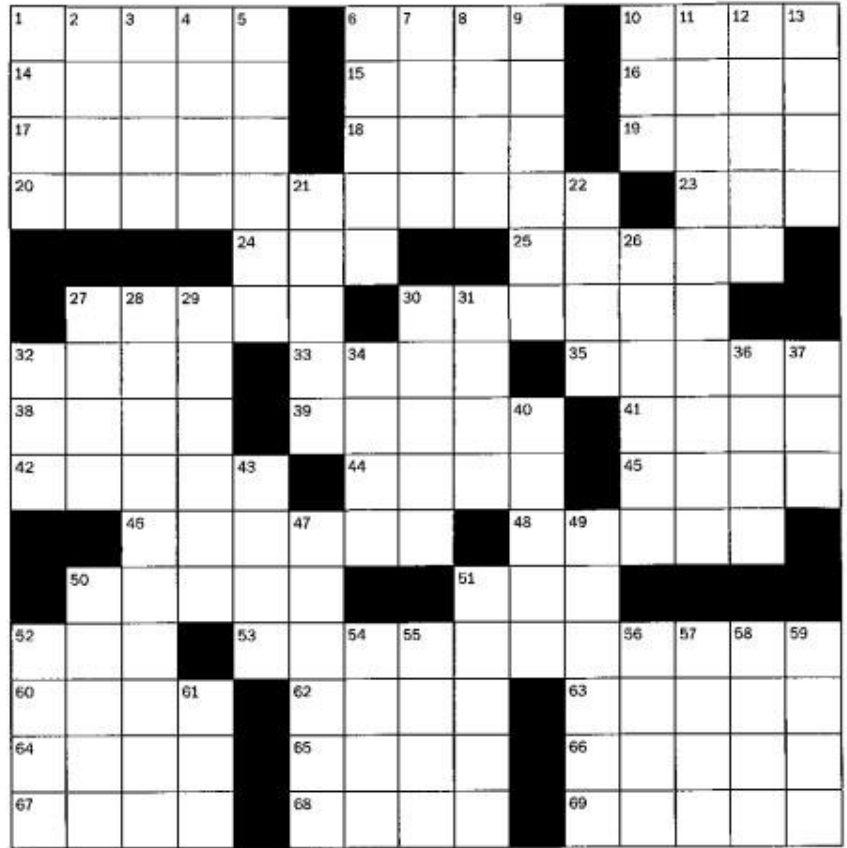
By Janice Luttrell / Ed. Rich Norris
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ACROSS

- 1 Book of maps
- 6 Pots' cookware partners
- 10 Read, as a bar code
- 14 Not dry, as a cake
- 15 Rectangle calculation
- 16 "Alice's Restaurant" singer Guthrie
- 17 Word with bear or vortex
- 18 Put in order
- 19 Single __ whisky
- 20 *"Come to your senses!"
- 23 So-so grade
- 24 Chicago Bulls' org.
- 25 Stallone's boxer
- 27 Cellphone bill statistic
- 30 __ Artois: Belgian beer
- 32 Dadaist collection
- 33 Hourly charge, e.g.
- 35 Mustard named for a French city
- 38 Pitcher's goof
- 39 Hunting dog's pickup
- 41 Response to "Marco!" in a pool game
- 42 "Ghostbusters" goo
- 44 Raggedy doll
- 45 Rubber-stamped
- 46 Popular Campbell's soup
- 48 Window sections
- 50 "You've got to be kidding"
- 51 Ruby or emerald
- 52 Airport safety org.
- 53 Kit Kat bar slogan ... and hint to the starts of the answers to starred clues
- 60 Corrosive stuff
- 62 Small-town parade street
- 63 "__ no choice"
- 64 Farm building
- 65 Voting against
- 66 Spooky
- 67 Bear in two constellation names
- 68 Dieter's beer choice
- 69 Stuffy-sounding

DOWN

- 1 Concert blasters
- 2 Bart Simpson, e.g.
- 3 Country singer McCann



- 4 "I need it now!" letters
- 5 Stiff, as a drink
- 6 Ziti, for example
- 7 Suffix with buck
- 8 Spongy ball brand
- 9 Stephen Colbert device
- 10 "Cheers" bartender
- 11 *Do some stand-up
- 12 Bowling venue
- 13 Musical scale part
- 21 Taxi alternatives
- 22 Let the cat out of the bag, so to speak
- 26 Pre-tied tie, e.g.
- 27 Eurasian range
- 28 *Debate tiny details
- 29 Dad's punting words
- 30 Shorthand ace
- 31 Work the bar
- 32 Core muscles
- 34 "Never try to outstubborn __": Heinlein
- 36 World Cup cheers
- 37 Wordless consent
- 40 Ultracompetitive personality
- 43 Online periodical
- 47 Zoo inhabitant
- 49 Sleep aid brand
- 50 Hollywood award
- 51 Fabled lamp occupant
- 52 "Forbidden" perfume
- 54 __-pedi
- 55 Catcher's glove
- 56 Actress Seehorn
- 57 Corn units
- 58 Reebok rival
- 59 Boat backbone
- 61 Forensic evidence

Exercise for Emotional Health

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

Hi, All! Did you know that April is officially the National Month of Hope? Nor did I, but I love that! It's so perfect for coming out of a long Maine winter.... So in honor of that, I thought I would write an article pointing out the emotional benefits of exercise.

HOPEfully by now, we all know that exercise improves our physical health...and I think (or at least HOPE) that you have all noticed how good you feel after a nice walk or a bit of physical exertion like gardening or doing a project around the house.

Exercise boosts not only our mood, but also our concentration and alertness. It can give us a positive outlook on life (HOPE!) It can improve our sense of control, our coping abilities, and our self-esteem.

But it's not just in your head! Research has proven that people who exercise regularly experience better emotional wellbeing, and have reduced rates of mental illness. In fact, research suggests that for mild-to-moderate depression, the right physical activity can be just as effective as anti-depressants and cognitive behavioral therapy. Amazing!

How does this happen? Exercise changes the amount of chemicals like serotonin, stress hormones, and endorphins in our brains. And here are some other ways exercise helps us to feel better:

- Regular exercise helps us sleep better, and good sleep helps us manage our moods
- Exercise can distract us from negative thoughts and get us to try new experiences
- Exercise increases our energy levels
- Exercise can be an outlet for frustrations or negative emotions
- Exercise can reduce tension in our muscles, which in turn helps us to feel relaxed (a positive feedback loop!)
- Exercise can offer a nice social experience if you do it with others, which can also be a mood-booster
- Exercising outside can multiply the mood-enhancing benefits of movement - fresh air can bring a fresh outlook!

So what kind of exercise is the best for emotional health? Pretty much anything! Brisk walking, swimming, or cycling are great for boosting aerobic capacity and mood, but even activities like a leisurely walk, stretching, and yoga can have huge impacts on your mental health...find something that you enjoy and that feels good, and stick with it. Your body and mind will thank you!!

I HOPE this has been helpful, and I HOPE to see you all out and about as the weather warms up, the birdsongs resume, and the green begins to pop...!

Be strong, stay active, LIVE life!

Yours in good health, Sonja Parker, MSPT, LMT

Phone: (207) 249-9410 Email: sonja@designingfitness.com

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.

Reference: "Exercise and Mental Health" on www.betterhealth.vic.gov.au