

The Avalon Gazette - June 2022



LIVE MUSIC

Avalon Resident **Joel Gold** will perform folk songs in the Manor House Upper Living Room on **Tuesday, June 7th at 2:00 PM!**

Joel will be playing his banjo and guitar, singing songs he's sung at previous concerts, along with some new ones, and asking people to sing along.

Beverages will be provided.

We hope to see you there!

BUSY HANDS

Busy Hands is back! Bring any kind of handcraft to work on while enjoying good conversation.

Tea, coffee & cookies will be provided.



Tuesday, June 14th at 2:00 PM in the **Manor House Living Room**

June Dining Activities

FIRST FRIDAY – Friday, June 3rd

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, 5/30****

Dinner Menu:

Salad – Caesar Salad

Appetizer – Caprese Bruschetta

Main Course – Butter Baked Salmon, Fingerling Potatoes & Asparagus

Dessert – Mixed Berry Trifle

Men's Breakfast

Wednesday, June 8th at 8:30 AM

****RSVP BY MONDAY, 6/6****

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

Menu:

Waffles with Strawberry Topping & Whipped Cream

Egg Pie

Fruit Cup

Bacon & Sausage



Ladies' Lunch

Wednesday, June 22nd at NOON

TO-GO OPTION AVAILABLE

****RSVP BY MONDAY, 6/20****

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

Menu:

Appetizer – Crab Popper Delights

Salad – Blueberry Spinach Salad

Main Course – Hawaiian Chicken Kabobs & Potato Salad

Dessert – Fruit Salsa with Cinnamon Chips



Manly Brews – Wednesday, June 29th at 8:00 AM

****RSVP BY FRIDAY, 6/24****

SIGN UP IS REQUIRED – Please contact the Avalon office.

Join the guys for some conversation and a cuppa!

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

*June Fitness/Recreation Activities**

- 🌸 **Strong for Life** – Every **Wednesday** at **10:30 AM** (**NO CLASS June 22**)
Sonja Parker teaches this class in the Manor House upper living room.
Space is limited at Strong for Life. Sign up is required each week.
Please call or email the Avalon office to sign-up.
- 🌸 **Yoga** – Every **Thursday** at **10:00 AM** (**NO CLASS June 16**) Julie Milan teaches this class in the Manor House upper living room.
- 🌸 **Tai Chi** – Every **Thursday** at **11:15 AM**. Andy Stewart teaches this class in the Manor House upper living room (with the windows open).
- 🌸 **Bocce** – Every **Friday** at **3:00 PM** (**Weather permitting**) Located near the Avalon garden. Refreshments are provided and no sign-up is necessary.

**We encourage those of you who still want to wear a mask to do so if you wish.*

Tai Chi at Avalon

We are pleased to, once again, offer a weekly Tai Chi course for Avalon residents. We will be doing “sun style” Tai Chi as promoted by Dr. Paul Lam and it will be **taught by Andy Stewart**, a co-founder of Avalon Village and a teacher of Tai Chi at Avalon for the past ten years.

Classes will be held at 11:15 on Thursdays beginning in June.

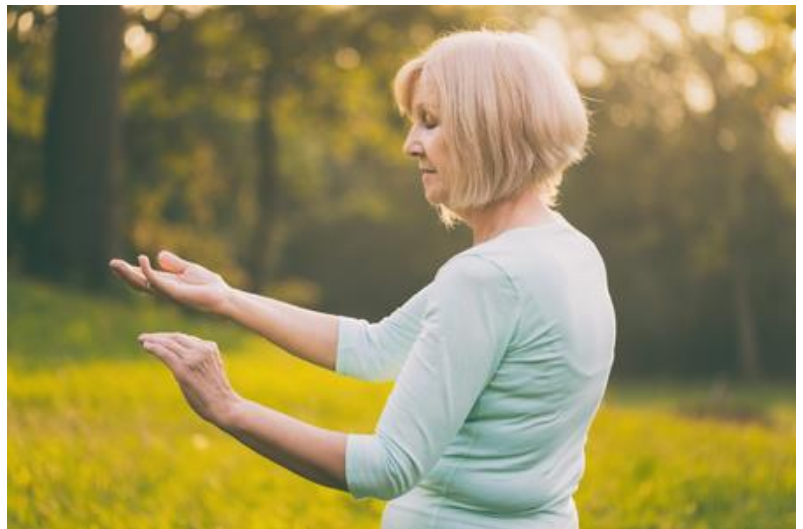
Why should you consider Tai Chi? Here are a few simple reasons:

- **IT'S FUN!**
- Tai Chi can be done by almost all of us - even those confined to a wheelchair
- Tai Chi ensures that we keep moving as we age - an essential principle of healthy aging
- Tai Chi is both gentle and challenging, involving the use of many neglected muscles
- Tai Chi presents a fun cognitive challenge as movement sequences are learned and committed to memory
- Tai Chi, frequently called “meditation in motion,” involves mental focus, and improves balance, awareness, agility and posture.
- You can do Tai Chi almost anywhere, either alone or with friends
- Dr. Paul Lam in his book, *Teaching Tai Chi Effectively*, cites several studies that reveal that Tai Chi practice can result in a reduced fall risk for fall-prone older adults, specific standing balance improvements for people experiencing chronic stroke, and the prevention of falls in relatively healthy older people.

Those of you who are experienced at Tai Chi are encouraged to come back and explore the depths of the early moves and perhaps help guide the class as well.

Finally, speaking of covid, our Tai Chi class will strive to accommodate the most sensitive participants and we will have a discussion of how to accomplish this at our first class.

We hope to see many of you in June!



Celebrating our 20-Year Residents!

Over the next three months, we will feature our Avalon residents who moved here two decades ago!



JEAN ADAMSON

Moved to Avalon in February 2002

“I grew up near Detroit, Michigan, receiving degrees in education and counseling and working with underprivileged youth in public schools. During my college years, I was heavily involved with the campus international student organization – tutoring, studying two summers abroad, and hosting an exchange student.

I came to Maine in 1986 to enjoy a park ranger, summer position at Acadia NP. And something really clicked! I subsequently stayed to obtain a clinical social work degree and to work as a therapist at Community Health and Counseling Services for many years.

Continuing volunteerism – teaching children at Maine Audubon; rehabbing injured turtles and driving injured birds for Avian Haven in Palermo; and lobbying in Augusta and Washington, D.C., for racial/indigenous rights with the Maine Unitarian State Advocacy Network – has catalyzed a new direction for me.

I have finished my first year at a Maine interfaith seminary and will continue this September until my ordination in 2024. I love Maine, am proud to be a new “Mainer,” and hope to continue on a progressive path forward with wonderful, caring people!”

Hampden Historical Society

The Board of Directors has voted to re-open the Museum and Archives to the public starting June 7. They look forward to welcoming visitors once again!

Hours of Operation: Tuesdays 10:00 a.m. - 3:00 p.m.
Other days/times by appointment

Call **207-862-2027** or email hampdenhistorical@gmail.com to schedule an appointment or to request a copy of their quarterly newsletter in the mail!

Please note: Masks are requested but not required indoors at this time.



Annual Yard and Book Sale

Saturday, June 11 - 8:00 AM to 2:00 PM

"The Society's Annual Yard and Book Sale is back again. The sun will be shining and the temperature warm on Saturday, June 11. The Kinsley House Museum and grounds will be swarming with bargain hunters as the Hampden Historical Society's Annual Yard and Book Sale gets under way. This annual event is one of our largest fundraisers each year, helping to fund the upkeep of our buildings and grounds and to help pay our bills.

Spring is officially here (at least according to the calendar), so get to your attics, basements, barns and sheds! Pack up those unwanted yard sale items and hardcover books and bring them to the Kinsley House any Tuesday between 10:00 a.m. and 3:00 p.m., or call 862-2027 to arrange for items to be picked up.

In the meantime, mark June 11 on your calendar and help us spread the word! Together, we can make this yet another great day for HHS."

HAMPDEN HISTORICAL SOCIETY Summer/Fall 2022 EVENTS CALENDAR *All Subject to Change*

- May 23 6:30 p.m.
HHS Annual Membership Meeting
** Delicious Desserts & "Left Overs" Auction*
- June 11 8:00 a.m. - 2:00 p.m.
ANNUAL YARD & BOOK SALE
- June 27 7:00 p.m.
HHS Monthly Meeting/Program
- July 25 7:00 p.m.
HHS Monthly Meeting/Program
- Aug 22 7:00 p.m.
HHS Monthly Meeting/Program
- Sept 10 10:00 a.m. - 3:00 p.m.
HERITAGE DAY
- Sept 26 7:00 p.m.
HHS Monthly Meeting/Program
- Oct 24 7:00 p.m.
HHS Monthly Meeting/Program
- Nov 19 8:00 a.m. - 2:00 p.m.
CHRISTMAS BAZAAR

Visit

www.hampdenhistoricalsociety.org
for more information!

Bird Feeder Care

and How to Keep Away Mice and Rats!

We understand how much residents enjoy watching the birds at their birdfeeders. Please be mindful of the following things, as birdseed can attract other not-so-welcome critters!

- Use a Squirrel Baffle, Covered Bird Feeder or Weather Guard (see pictured). Avoid using platform trays.
- Don't Completely Fill Feeders: Don't put out more seed than can be eaten by the birds by nightfall, especially where raccoons, bears, deer, or rodents are a problem.
- Use covered metal or strong plastic bins to store seed.
- If you provide suet, reduce the amount you offer in hot weather. Heat can make suet rancid and unhealthy for birds. Melted suet can stick to birds' feathers, making them hard to keep clean and useful. Use rendered suet or heat-resilient suet blocks that are available commercially.
- Hot Pepper suet also helps keep away rodents—they don't like the taste!
- Reduce window-kills of birds by placing feeders a safe distance away. This will also keep squirrels from jumping onto the feeders.
- Offer safflower seed for cardinals. Squirrels and blackbirds generally do not like it.
- If your feeder is overrun with blackbirds, pigeons, or house sparrows, stop offering mixed seed. Feed only black-oil sunflower seed in tube or hopper feeders.
- Don't offer so-called wild bird mixes in tube feeders. These are better offered in hopper feeders. Birds that prefer sunflower seed will empty the feeder to get at the sunflower seeds.



Garbage Disposal Care



THE DIRTY DOZEN FOR GARBAGE DISPOSALS



Here are twelve common waste items that can wreak havoc if you try to put them down the garbage disposal



Coffee Grounds.

That thick, pasty wad is exactly what you DON'T want going down your drain lines!



Pasta, Rice & Oatmeal.

These foods continue to expand in your garbage disposal when in contact with water



Bones.

Small fish & chicken bones can spin in the disposal until they pass the blades & cause a clog



Egg Shells.

The inner membranes can wrap around your disposal's shredder - and they DON'T help sharpen blades [myth]



Potato Peels.

Potato peels are thin enough to slip past the disposal, holding up other waste & causing a clog



Pits.

That hard, dense pit won't grind up... if you can't chop it with a knife, it won't grind up in the disposal



Stringy & Fibrous Veggies.

Corn husks, asparagus, celery, pumpkin... these fibrous husks & fine threads easily wrap around a garbage disposal's blades



Shells.

Hard, dense shells from seafood, like crab, lobster, shrimp or oysters are a common garbage disposal problem



Nuts & Seeds.

Consider how peanut butter is made... by grinding nuts up until it's a sticky, thick paste!



Fats, Oils & Grease.

F.O.G. should NEVER be disposed down the drain - wait for it to cool & dispose in the garbage



Harsh Chemicals.

Avoid harsh drain busters & industrial grade cleansers... use a little dish soap to help deodorize & break up minor grease buildup



Trash.

Just because it's a "garbage disposal" doesn't mean garbage goes in it! No paper towels, bags, candy wrappers or banana peels

To Clean Disposal Safely:

- * Freeze water with small chunks of lemon in ice cube tray.
- * Insert frozen cubes into disposal. *
- * Turn on disposal and run with cold water until ice is gone.

***NEVER INSERT HAND INTO DISPOSAL**



The Streaming Corner

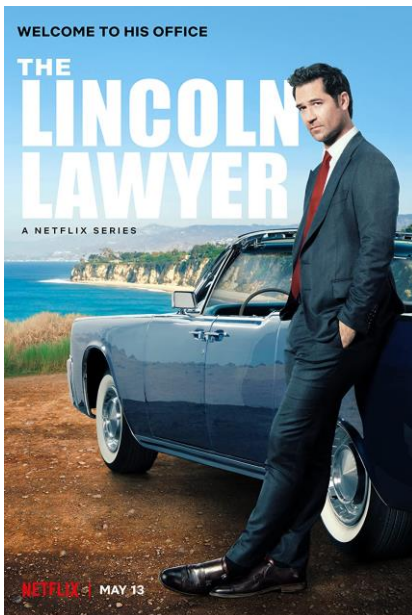
[La La Land on Hulu](#)

Comedy, Drama, Musical – 2016 Film

Starring: Emma Stone & Ryan Gosling

While navigating their careers in Los Angeles, a pianist and an actress fall in love while attempting to reconcile their aspirations for the future. Winner of six Oscars.

iMDb rating: 8.0/10



[The Lincoln Lawyer on Netflix](#)

Crime, Drama, Mystery – 2022 Series

Starring: Manuel Garcia-Rulfo & Neve Campbell

An iconoclastic idealist runs his law practice out of the back of his Lincoln Town Car in this series based on Michael Connelly's bestselling novels.

iMDb rating: 7.6/10

[The Kids in the Hall on Amazon Prime](#)

Comedy – 2022 Series

Starring: Dave Foley & Bruce McCulloch

The iconic Canadian sketch comedy troupe The Kids in the Hall from the 1980s return from the dead with a reboot of their ground-breaking sketch series.

iMDb rating: 8.5/10

prime video

the KIDS in the HALL



MAY 13

Revisiting How to Build a Better Salad!

Greens:

- Spinach, arugula, kale, frisee
- Romaine, butter or iceberg lettuce
- Spring mix

Vegetables:

- Bell peppers
- Carrots
- Cucumbers
- Red onion
- Snow or snap peas
- Tomatoes
- Radishes
- Broccoli or cauliflower



Protein:

- Chicken or turkey breast
- Boiled egg
- Shrimp or salmon
- Beans, chickpeas or lentils

Fat:

- Olives or olive oil
- Avocado
- Nuts (Almonds, pepitas, sunflower seeds, walnuts)

Extras:

- Dried cranberries
- Feta or goat cheese
- Quinoa

Avocado Cilantro Dressing

INGREDIENTS

- 1/2-1 avocado
- 2 tbsp fresh lime juice
- 1-2 garlic cloves
- 1/4 c olive oil
- 1 1/2 tsp white wine vinegar
- 1/2-1 tsp Himalayan salt
- 1 c loosely packed cilantro (remove stems)

INSTRUCTIONS

Place ingredients in blender. Blend until smooth.

Basil Oregano Dressing

INGREDIENTS

- 3/4 c olive oil
- 1/4 c Apple cider vinegar
- 2-3 cloves garlic
- 2 tbsp lemon juice
- 2 c fresh basil
- 1/4 c fresh oregano
- 1/2-1 tsp Himalayan salt
- 1/4 c water
- 1/3 c pine nuts

INSTRUCTIONS

Place ingredients in blender. Blend until smooth. Voila! Enjoy.

Maine Maple Hummus Dressing

INGREDIENTS

- 3/4 c plain hummus
- 1/4 c maple syrup
- 4 tbsp lemon juice

INSTRUCTIONS

Place all ingredients in a bowl and whisk until smooth.



Lemon Cheesecake Mousse

INGREDIENTS

Crust:

- 3/4 cup crushed graham crackers (6 full sheets)
- 2 Tbsp granulated sugar
- 3 Tbsp salted butter, melted

Mousse:

- 2 1/2 Tbsp fresh lemon juice
- 1 1/2 Tbsp water
- 1 1/2 tsp unflavored gelatin powder
- 1 1/2 cups heavy cream
- 1 cup powdered sugar, divided
- Yellow food coloring (optional)
- 12 oz cream cheese, softened
- 1 (10 oz) jar lemon curd (tested with Dickenson's)
- Sweetened whipped cream, lemon wedges, blueberries and mint for garnish (optional)



INSTRUCTIONS

1. In a mixing bowl whisk together graham cracker crumbs and sugar. Pour in butter and stir until evenly moistened. Divide mixture among 8 - 10 dessert cups and lightly press into an even layer, set aside.
2. Pour lemon juice and water into a small bowl. Sprinkle gelatin evenly over top, let rest 5 minutes. Meanwhile, whip heavy cream in a medium mixing bowl until soft peaks form.
3. Add in 1/3 cup of the powdered sugar, tint with yellow food coloring if desired and whip until stiff (but not lumpy) peaks form (shake cream from beaters, no need to clean).
4. In a separate large mixing bowl whip cream cheese until smooth and fluffy. Mix lemon curd and remaining 2/3 cup powdered sugar into cream cheese mixture.
5. Heat rested gelatin mixture in the microwave on high power for 30 seconds. Whisk for 1 minute to thoroughly dissolve gelatin, then let cool 3 minutes (no longer or it may start to set then you could end up with little lumps in the mousse).
6. While mixing cream cheese mixture with hand mixer, slowly pour in gelatin mixture then blend until thoroughly combined.
7. Gently fold 1/3 of the whipped cream mixture into the cream cheese mixture to lighten, then add remaining whipped cream and gently fold until combined.
8. Spoon or pipe mixture into dessert cups over graham cracker layer. Cover and refrigerate 2 hours (or up to 1 day ahead if desired) to set. Garnish as desired. Serve cold.

NOTES

- The gelatin mixture shouldn't be allowed to cool more than 3 minutes, otherwise it may start to set. Then you could end up with little lumps in the mousse.
- For the freshest, brightest flavor, use freshly squeezed lemon juice and not the stuff in the bottle.
- Make sure the cream cheese is at room temperature, otherwise it won't whip up properly.

Do you remember when...?

55 Years Ago in 1967:

- Average cost of new house - \$14,000
- Corporation for Public Broadcasting Created
- Following the publication of Ralph Nader's book *Unsafe at Any Speed*, pressure is put on the government and the automobile industry to improve safety in cars. The National Transportation Safety Board (NTSB) is created.
- The first successful human to human heart transplant Dr. Christiaan Barnard performed the operation.
- Thurgood Marshall becomes the first black justice on the Supreme Court.
- The Beatles release *Sgt. Pepper's Lonely Hearts Club Band*, one of rock's most acclaimed albums.
- The first issue of *Rolling Stone* magazine is released.



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8							9	
						3	5	
		3						
9					4		8	2
4			3		5			
5				6				

SUDOKU

Difficulty: Hard

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

Did you Know: Weird, Amazing Facts

- **Someone tried to sell New Zealand on eBay.** That's right: A man from Brisbane, Australia tried to sell New Zealand on eBay in 2006. The listing described the country as "the dodgiest American Cup win ever" and said it has "very ordinary weather." Despite those selling points, the ridiculous auction gained a ton of interest. The starting bid was 1 cent and after 6,000 hits and 22 bids, the selling price for New Zealand climbed all the way to \$3,000. Eventually, eBay caught wind of the auction and pulled it from its site. "Clearly New Zealand is not for sale," a spokesperson for eBay Australia said at the time.
- **Sumo wrestlers make babies cry for good luck.** While most parents do what they can to prevent or stop their babies from crying, that's not always the case in Japan. That's because it's a 400-year-old Japanese tradition that if a sumo wrestler can make your baby cry, it means he or she will live a healthy life. During a special ceremony, parents hand over their infants to sumo wrestlers who bounce their precious tots up and down and sometimes even roar in their little faces to get the tears flowing. "He's not a baby that cries much, but today he cried a lot for us and we are very happy about it," mother Mae Shige said at a 2014 event.
- **A human could swim through a blue whale's veins.** The blue whale is the largest living creature—it's even larger than most dinosaurs. The biggest blue whales can be over 100 feet in length and weigh more than 100 tons. Their hearts alone can weigh 1,300 pounds, and are the size of a small car. Unsurprisingly, blue whales have enormous arteries, which pump blood through their massive hearts and into their vital organs. These arteries are so big that a fully grown human could swim through them—not that you should try it.
- **International astronauts must be able to speak Russian.** As the International Space Station (ISS) has modules and operations in Russian, all astronauts going to the ISS must know how to speak Russian. Some astronauts have claimed that learning this new language was the biggest challenge of their training. According to the U.S. State Department Foreign Service Institute, English-speaking astronauts can expect to spend 1,100 class hours to reach a reasonable level of fluency in Russian. That's twice as many hours as it typically takes to learn other languages like French, Spanish, and Dutch.
- **The tea bag was an accidental invention.** In 1908, New York tea merchant Thomas Sullivan sent samples of tea leaves to some of his customers in small silken bags. Many of the recipients assumed that the bags were supposed to be used in the same way as the metal infusers. So, they put the entire bag into the teapot, rather than emptying out its contents. After such positive feedback from the happy accident, Sullivan designed intentional teabags for commercial production. In the 1920s, his sachets made of gauze—and later, paper—included the string with the tag hanging over the side so the bag could be easily removed. Some things really do stay the same.
- **An actual research study commissioned by Guinness found that an estimated 162,719 pints of Irish stout go to waste every year...via mustaches.** The study found that 0.56 milliliters of Guinness get trapped in the average beard or mustache with each sip. And it takes about 10 sips to finish a pint. An estimated 92,370 Guinness consumers every year in the UK have facial hair. Assuming they consume on average 180 pints each a year, the total cost of wasted Guinness annually is about \$536,000. The moral of this story? Shave and save!

Astrological Corner:

Aquarius: January 20th to February 18th

There is a technical astrological explanation for this, but it's wild that play is seen as the death of productivity and labor. But it makes sense, right? It's counterintuitive to profit if you take your time and, even worse, enjoy yourself along the way. But listen, try your hardest to lean into pleasure. This is how you decondition away from your responsibilities as a direct correlation and proof of your sense of self-worth (it is not!).

Pisces: February 19th to March 20th

This time of the year for you is often a push-pull between wanting to nest and hide under your cozy blanket or going out and emotionally bonding with people you care about. In any case, please make sure you're getting your fill on both extremes of comfort. Ambiverts usually have it hard, because the replenishing effects of extroverted and introverted activities depend on many factors. Let your mood lead the way and squash any fear of missing out that comes up.

Aries: March 21st to April 19th

Learning something new is a practice in remaining teachable. If you know everything, then you can't learn anything. So, go ahead and find something new to learn about. Get excited about it and see how it alters your firmly held values, beliefs and principles. Allow yourself the fluidity and complexity of nuance and context. Nothing is ever permanent. You can change your mind about things.

Taurus: April 20th to May 20th

What are the things and situations that create stability in your life? What about conditions of abundance? How does it feel in your body when you feel sustainably resourced? That you have the things you need to support yourself? What happens when the stabilizing factors in your life are lost? How do you ground yourself? How do you regroup? Reflect on the value judgements you attach to things, dear Taurus.

Gemini: May 21st to June 21st

Some thresholds in life are clearly demarcated with a before and after of the precise beginning and end. However, as you go through the motions of your metamorphosis, some things simply mold and merge, without any precise beginning and end point. But some of the changes you're embodying in the past month are becoming clearer as summer approaches. Your relationships are likely already reflecting the major shifts in how you're carrying yourself forward.

Cancer: June 22nd to July 22nd

The occult is such because it requires brave seekers to uncover all that's cloaked and hidden from plain sight. Spend more time in your metaphorical cave. There is much to unpack, and solitude is your friend. You'll get your chance under the warmth of the sun as mid-month brings with it the beginning of summer. But in the meantime, the labor of love consists of retreat and introspection.

Leo: July 23rd to August 22nd

Everybody needs something to strive towards—life becomes more colorful when you have something to look forward to. You, more than anyone, understand the value of feeling alive. Now, as your life changes directions yet again and your ambitions take a different shape, take your time settling into the new view. One uneventful moment does not mean you've lost it. You don't always have to rush your way to your dreams.

Virgo: August 23rd to September 22nd

What beliefs do you have around giving and receiving care, respect and labor? Do you find it easy to be vulnerable with others? Do you feel affirmed or suffocated when others take care of you? Do you think love should be unconditional? How do these stories affect how you feel connected in your relationships? These are points of contemplation for you this month, Virgo.

Libra: September 23rd to October 22nd

What have you learned about recalling your memories? How much does time distort what you remember? Does looking back at critical junctures in your life cement you in that time and space, unable to release its hold on you? Or does it assist you in moving forward with an appreciation for where you've been? Surely it's a nuanced mix of complex emotions. But you must try to help yourself see new perspectives towards new futures. You're always shifting.

Scorpio: October 23rd to November 21st

Please remember that there is no right or wrong way to grieve. You may feel an unquenchable impulse to fix your anguish because that is how you learned how to hold broken things. But you also don't need to rush towards repair. Nor do you have to hold it all by yourself. Some things need time to stay in their smashed and ruptured mess. Some things can be shared away. The late Leonard Cohen sings, "Forget your perfect offering. There is a crack, a crack in everything. That's how the light gets in."

Sagittarius: November 22nd to December 21st

Respect is key in every relationship. But have you ever embodied what pure adoration for someone/something can feel like? Where you have stars in your eyes, should they grace you with their presence, and fond butterflies in your gut? Learn to discern between the two as you also strive for both respect and affection in your connections.

Capricorn: December 22nd to January 19th

Next time you make small talk with someone and they ask you to introduce yourself, fight the urge to immediately associate who you are with what you do for work. If so much of your sense of self-worth is mired so deeply in your career, this might be an excellent time to untangle yourself from this way of forming your identity. Despite how proud you are of yourself, find other ways of coming alive. Or at least play around with different scripts on how to present yourself.

Crossword Puzzle

Difficulty: Medium

LA Times

By Bruce Venzke / Ed. Patti Varol

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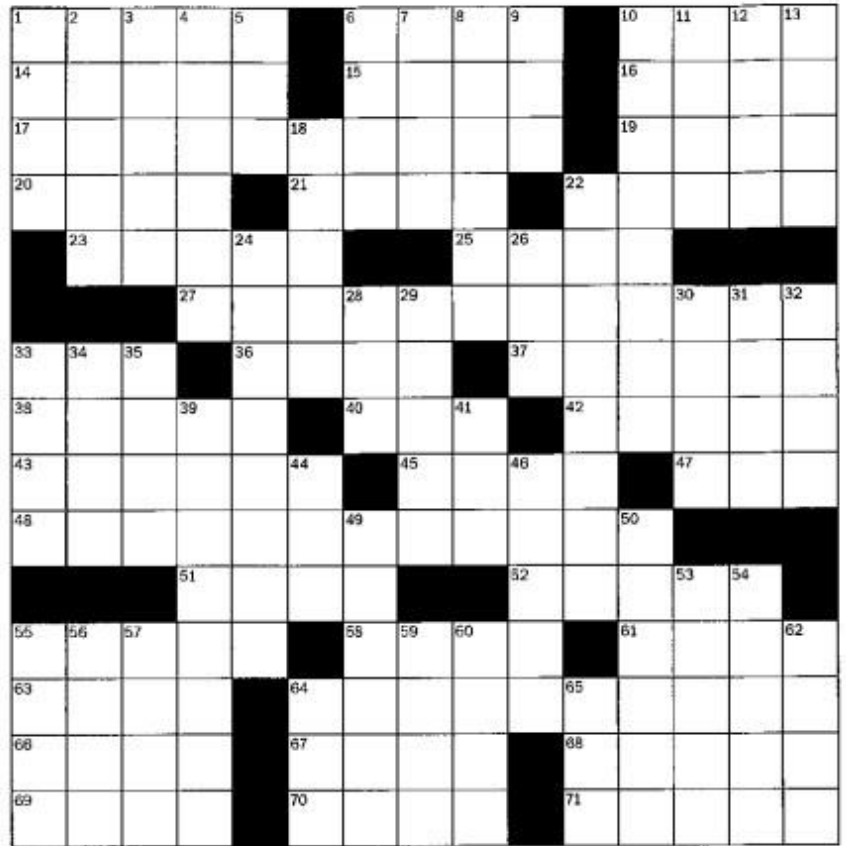
ACROSS

- 1 Blackjack player's request to a dealer
- 6 Mouth off to
- 10 Punxsutawney celebrity
- 14 Fairy tale monsters
- 15 Tattoo parlor supplies
- 16 "iZombie" actress Mclver
- 17 Response to "Thanks"
- 19 Jazz great Fitzgerald
- 20 Gardener's bagful
- 21 Penny
- 22 Milk source
- 23 Last non-AD yr.
- 25 Prefix meaning "all"
- 27 Response to "Thanks"
- 33 Bubble bath spot
- 36 Eurasian border river
- 37 Laugh nervously
- 38 Festoon
- 40 Energy
- 42 Relatively cool heavenly body
- 43 Krispy Kreme products
- 45 Nick at ___

- 47 Slip-__: shoes without laces
- 48 Response to "Thanks"
- 51 Meat Loaf's "Bat Out of ___"
- 52 Big name in hotels
- 55 Iridescent gems
- 58 Too
- 61 ___ school
- 63 Muted, as colors
- 64 Response to "Thanks"
- 66 Self-images
- 67 Retired tennis pro Kournikova
- 68 "Big Little Lies" actress
- 69 Brooklyn NBA team
- 70 Exam
- 71 Ill-fated Ford

DOWN

- 1 "You can't have any!" types
- 2 Aptly named cooler brand
- 3 "How to ___ Your Dragon"
- 4 Sampling of songs
- 5 Inexact no.
- 6 Agree (with)



- 7 Unknown composer, for short
- 8 Chairlift alternative
- 9 Former Air France jet, for short
- 10 Foretells
- 11 Wait on the phone
- 12 Cruise stopover
- 13 Shakespearean king with three daughters
- 18 Take place
- 22 Not probable
- 24 Generous bonuses
- 26 Bumped into
- 28 Knock
- 29 Supreme Court justice Kagan
- 30 "The Simpsons" bus driver
- 31 Cruel
- 32 Slips up
- 33 "Look what I did!"
- 34 Japanese soup noodles
- 35 Super skinny
- 39 Without mercy
- 41 Avocado center
- 44 Tee sizes, briefly
- 46 California/Nevada resort lake
- 49 Comedian Boosler
- 50 Expired, as a subscription
- 53 Brings into alignment
- 54 Not long-winded
- 55 Inviting store window sign
- 56 Numbered book part
- 57 "That was ___ of fun!"
- 59 ICU caregivers
- 60 Picket fence piece
- 62 Take (off)
- 64 Little rug
- 65 "You ___ My Sunshine"

Walking for Exercise
By Sonja Parker, MSPT, LMT
Designing Fitness Physical Therapy, LLC

It's easy to see that walking is one of the most frequently enjoyed forms of exercise here at Avalon Village. On any given day - cloudy, cold, sunny or warm - I can always count on seeing at least a few active individuals out walking through this lovely neighborhood. If I were to ask any of these strollers why they were out and about, I suspect that I would hear many different reasons, ranging from "it's a nice chance to see my neighbors," to "it's good exercise!" Here are some more reasons to make walking your exercise of choice:

- Walking has a high rate of long-term carryover compared with other forms of exercise
- It is low-impact, easy on joints
- Walking requires little equipment - just a good pair of shoes
- It can be done in many environments - indoors or outside
- It can be easily adapted for greater/lesser challenge by varying speed, distance or elevations
- Walking can be social or meditative, depending on your mood

And though most of you inherently understand the pleasures and benefits of going for a stroll, here are some of the health benefits of walking 30 minutes a day:

- Works every muscle and joint in the body
- Helps to decrease pain and stiffness from arthritis
- Better for back health/posture and decreasing back pain
- Decreases blood pressure and risk of coronary disease
- Improves blood sugar levels and decreases risk of type 2 diabetes
- Helps to maintain healthy body weight
- Reduces risk of osteoporosis
- Decreases risk of breast and colon cancer
- Improves mental/emotional health

The following are some tips for really getting into a daily routine of walking for exercise and sticking with it:

- Stay comfortable - dress in layers for comfort and safety, and wear well-fitting sneakers.
- Measure your progress - use a pedometer! 8,000-10,000 steps/day is a top-notch goal, but start wherever you are and just try to add more daily steps every week until you reach your own goal.
- Build up gradually over time - start with 10 minutes, 2-3 times a day if you are not already in a routine. As you build up endurance you can merge that into one 30 minute walk/day.
- Walk with a friend - you'll stay on track, and may even forget you are exercising!
- Pre-hydrate, hydrate and rehydrate (drink, drink, drink!).
- Stretch to prevent soreness/injuries - don't get sidelined in the beginning of your program.
- Find new walking paths/explore new areas. We live in a beautiful state - take it all in!

In summary, walking is an excellent way to....

Be strong, stay active, LIVE life!

Take good care, and get started today!!

Yours in good health, Sonja Parker, MSPT, LMT
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While this article is intended to provide a brief overview, it is not intended as a substitute for medical consultation. Please consult your doctor or physical therapist for more information.