

The Avalon Gazette - July 2022



Reminder:

The Avalon office will be closed on Monday, July 4th in observance of Independence Day.



BUSY HANDS

Bring any kind of handcraft to work on while enjoying good conversation.

Tea, coffee & cookies will be provided.

Tuesday, July 19th at 2:00 PM in the Manor House Living Room



Two eagles visited the Manor House last week and were seen soaring over the Penobscot!

Photo credit: Ali Toner



July Dining Activities

AVALON BBQ

JULY 20, 2022 at NOON

Join us behind the Manor House for good food and good company! We will be serving hot dogs, burgers, chicken, sides and dessert.

This event is **FREE** for Avalon residents.

Residents must RSVP to office by Friday, July 15th

Men's Breakfast

Wednesday, July 6th at 8:30 AM

****RSVP BY MONDAY, 7/4****

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

Menu:

Scrambled Eggs with cheese

Home Fries

Bacon & Sausage

Blueberry Muffin & Toast

Fruit Cup





Ladies' Lunch

Wednesday, July 13th at NOON

TO-GO OPTION AVAILABLE

****RSVP BY MONDAY, 7/11****

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

Menu:

Appetizer – Cheesy Bacon Stuffed Sweet Peppers

Salad – Spinach Strawberry Salad

Main Course – Crab Roll, Chips & Pickle

Dessert – Ice Cream Brownie Sundae

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

****RSVP BY FRIDAY, 7/22****

SIGN UP IS REQUIRED – Please contact the Avalon office.

Join the guys for some conversation and a cuppa!

Bagel Central bagels & cream cheese, coffee & fruit - \$7 per person



*July Fitness/Recreation Activities**

- 🌸 *Strong for Life* – Every **Wednesday** at **10:30 AM** (**NO CLASS 7/27**) Sonja Parker teaches this class in the Manor House upper living room.
- 🌸 *Yoga* – Every **Thursday** at **10:00 AM** (**NO CLASS 7/21**) Julie Milan teaches this class in the Manor House upper living room.
- 🌸 *Tai Chi* – Every **Thursday** at **11:15 AM** (**NO CLASS 7/7**) Andy Stewart teaches this class in the Manor House upper living room.
- 🌸 *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 & Bocce are looking for new participants!



Tai Chi

Why should you explore starting a Tai Chi practice?

The benefits of practice are many - stress relief, improved balance, sharper mental focus being but a few. Tai Chi is frequently referred to as “meditation in motion” and it involves a series of movements that

ultimately engage almost every muscle in the body, yet it is done in slow and continuous sequence. You will never get out of breath doing Tai Chi.

New participants will ease into the class while current participants refamiliarize themselves with the basic moves. This class takes place in the Manor House upper living room every **Thursday** at **11:15 AM**.

Bocce

Anyone who wants to play is welcome, and the current players are happy to help you learn the game! It's a great time to socialize and get outside. The field is located to the left of the Avalon garden beds. Even if you just want to come and watch, it's a fun time for all, and snacks are provided!



Every **Friday** at **3:00 PM** (*Weather permitting*)

Celebrating our 20-Year Residents!

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



Marion & Carolyn Hopkins

Moved to Avalon in May 2002

“20 years plus. It’s hard to believe that we have enjoyed the amenities and beauty of Avalon for that long. After living our previous lives mostly in the flatlands of the Midwest, we have truly appreciated what Steve Johnson and Andy Stewart created here.

Through Avalon Village we were able to get to know some of the real “originals” of Bangor: Ellen and Bob Young, Gerry and Judy Rudman, Herb and Pat McIntosh, to name a few. We were the 22nd unit, a few months arriving behind Jean Adamson. We lived our first week in the Manor House waiting for finishing touches and our furniture to arrive from Louisville, KY. Our roommates, Dara and Martin Perfit joined Thistle in July 2002 and the same day Trudy Schmidt moved into the unit now owned by Roger and Nadine Morse. Thistle was not paved yet and there were no units across the street.

Marion has loved tramping the man-made trails and some of the creature ones. There was an abandoned quarry next door on the Wintergreen side, where Sunrise is today. He discovered unknown healthy American elm trees in the woods. He also found many foot-tall seedlings in all varieties. With permission from Steve and Andy, he dug up and transplanted numerous trees for our yard. Today, most tower over 30 feet tall.

It has been a special experience not only meeting fine people but enjoying the wonders of Maine, using our Gazetteer as a guide and Hampden as our starting point for exploration. Besides when we came home from our trips, we had a chorus of peepers and tree frogs in Spring and Summer.




Marion is retired clergy and licensed nursing home administrator and Carolyn is a retired copywriter/video director and still does the announcement recording for airports worldwide.”

Caterpillar Identification & Itch Relief



Tent-makers

No Tents

Browntail Moth	Eastern Tent	Forest Tent	Spongy Moth
<p>Look for Overall brown color; White tufts along sides; <u>Red-orange dots on tail-end</u> (other types of caterpillars have similar spots)</p> <p>DANGER!!</p>	<p>Look for <u>White stripe</u> down center of back Blue spots like the "eye" in peacock feather along each side of stripe</p>	<p>Look for White or <u>off-white footprint-shaped marks</u> down the center of the back Blue body coloration in later instars</p>	<p>Look for Prominent knobs with hairs on each side of head capsule. Five pairs of <u>blue- and six pairs of red- spots along back</u> (4th instar and later).</p>
			
<p>Invasive Human & Forest Health Impacts</p>	<p>Native Mostly aesthetic impacts</p>	<p>Native Occasional outbreaks</p>	<p>Invasive Forest Health Impacts Quarantined pest</p>

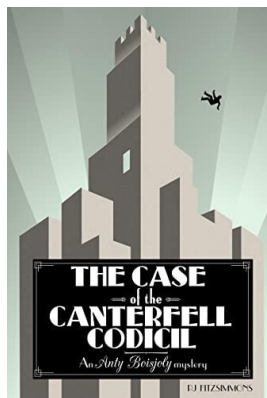
If you find yourself breaking out with small, itchy red bumps, you've probably come in contact with some Browntail Moth caterpillar hairs.

The following recipe has proven to work best at providing relief for the persistent itching!

- 1/4 cup of Witch Hazel (cleansing astringent)
- 1/2 tube of Hydrocortisone cream (for swelling)
- 1/2 tube of Diphenhydramine cream (Benadryl anti-itch)
- 1/4 tube of Aspercream/Lidocaine cream (numbing)
- Add to a spray bottle & mix well.
- Apply as needed.

The Book Corner

Book Recommendations

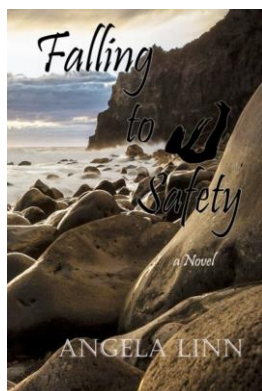
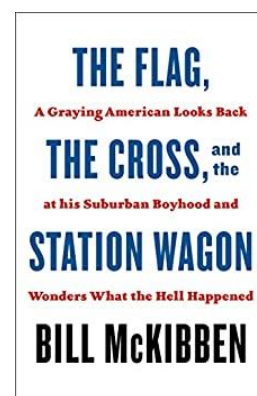


***The Case of the Canterfell Codicil* by PJ Fitzsimmons: Anty Boisjoly mystery #1**

“Anty Boisjoly, roaring twenties gadabout, takes on his first case when his old Oxford chum is facing the gallows, accused of the murder of his wealthy uncle.”
This is a cozy British mystery.

***The Flag, the Cross, and the Station Wagon: a Graying American Looks Back at his Suburban Boyhood and Wonders What the Hell Happened* by Bill McKibben**

“Like so many of us, McKibben grew up believing that the United States was the greatest country on earth. As a teenager, he led American Revolution tours in Lexington, MA, sang “Kumbaya” at church, and assumed that all Americans would share in the country’s wealth. But fifty years later, he finds himself in an increasingly doubtful nation strained by bleak racial and economic inequality, on a planet whose future is in peril.”



***Falling to Safety* by Angela Linn**

Catherine Radley flees north to a small coastal town in Maine in search of a fresh start away from her dangerous ex. When sparks fly between Catherine and quirky, handsome Owen, she fears the danger she knows is headed their way.

Coming soon!

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

July 5 – Listen to Me (Rizzoli & Isles, Book 13) by Tess Gerritsen

July 12 – The 6:20 Man by David Baldacci

July 12 – Chrysalis by Lincoln Child

July 12 – The Best is Yet to Come by Debbie Macomber

July 12 – The It Girl by Ruth Ware

July 18 – Shattered (Michael Bennett, Book 14) by James Patterson & James O. Born

July 19 – Switchboard Soldiers by Jennifer Chiaverini

July 19 – Grace Under Fire by Julie Garwood

July 19 – Big Dark Sky by Dean Koontz

July 19 – Portrait of an Unknown Woman (Gabriel Allon, Book 22) by Daniel Silva

Visit the Library this Summer!



Friday, July 8 at 5:00 PM (Rain date 7/15)

Pasture Prime will play old timey tunes and tell some stories and jokes.

They have a fiddle, mandolin, and some other instruments.

Bring your own chair to set up on the driveway—musicians will be on the patio.



Stay tuned for another Adult Art Night in July!

Stop by the library to pick up a fun word jumble with clues and a map of Hampden. See if you can solve the jumble by finding clues around town!

An AP art class made a dozen or more fairy houses that can be found in the back of the library near the path. Check it out!



The Streaming Corner

[American Crime Story on Hulu](#)

Biography, Crime, Drama – 2016 Series

Starring: Beanie Feldstein, Clive Owen, Cuba Gooding Jr. & John Travolta

An anthology series centered around America's most notorious crimes and criminals. Season 3 centers around the Bill Clinton impeachment. Season 1 is *The People v. OJ Simpson*, and Season 2 is *The Assassination of Gianni Versace*.

iMDb rating: 8.4/10



[Toscana on Netflix](#)

Drama, Romance – 2022 Film

Starring: Cristiana Dell'Anna & Anders Matthesen

When a Danish chef travels to Tuscany to sell his father's business, he meets a local woman who inspires him to rethink his approach to life and love.

[The Terminal List on Amazon Prime](#)

Action, Drama, Thriller – 2022 Series

Starring: Chris Pratt, Constance Wu & Taylor Kitsch

A former Navy SEAL officer investigates why his entire platoon was ambushed during a high-stakes covert mission. Based on the *New York Times* bestseller by Jack Carr.

Premieres on July 1st



Baked Crab Popper Delights

These recipes were a hit at our June Ladies' Lunch.
Enjoy them with your family this Independence Day!

INGREDIENTS

- 1 cup unseasoned Panko bread crumbs
- 1 cup corn, canned
- 3 mini red bell peppers
- 1/4 cup green onion stems, finely chopped
- 16 oz jumbo lump crabmeat, drained
- 3/4 cup Duke's mayonnaise
- 1 egg, lightly beaten
- 1 tsp coarsely ground black pepper
- 1/2 tsp salt
- 1 lemon
- 1/8 tsp cayenne pepper



INSTRUCTIONS

1. Heat oven to 425 degrees. Spray cups of a mini-muffin pan with non-stick cooking spray. Sprinkle cups with 1/2 cup of the bread crumbs, gently tapping and rotating to coat.
2. Finely chop bell pepper. Blot peppers dry with a paper towel. Finely chop onion tops setting aside 1 teaspoon for garnish.
3. Combine corn, bell pepper, remaining green onions, crabmeat, 1/2 of the mayonnaise, egg, black pepper, and salt. Mix well but gently to not break up the crabmeat too much. Sprinkle lightly with remaining Panko crumbs.
4. Divide mixture evenly among cups of pan. Bake 10 minutes or until golden brown. Remove pan from the oven. Cool in pan 2 minutes and then remove from pan to cooling rack.
5. Meanwhile juice lemon for the sauce. Combine juice, cayenne pepper, and remaining mayonnaise. Mix well. Brush tops of crab cakes with sauce.
6. Top with reserved finely chopped green onion tops.

Fruit Salsa with Cinnamon Chips

INGREDIENTS

Fruit Salsa

- 1 pound strawberries, finely chopped
- 2 small apples, finely chopped
- 8 ounces raspberries
- 1 cup blueberries
- 1 mango or peach
- Juice of half a lemon or lime
- 1/4 cup fruit preserves; we typically use cherry, strawberry, or apricot

Cinnamon Chips

- 10 soft taco sized flour tortillas
- 1/3 cup melted butter or butter flavored cooking spray
- 1/3 cup granulated sugar
- 1 teaspoon cinnamon



INSTRUCTIONS

Fruit Salsa

1. Wash and cut all of the fresh fruit. This can be done by hand with a sharp knife, using a food chopper, or by pulsing in a food processor a few times. They should be fairly finely chopped and evenly sized so you get a little of each fruit with each scoop. Squeeze the lemon or lime juice over the apples right after cutting them to keep them from turning brown.
2. Add all over the chopped fruit to a large bowl along with the fruit preserves and toss well to coat. Let sit 15 minutes, then toss again and taste. You can add 1-2 tablespoons of sugar if needed. Refrigerate until ready to serve.

Cinnamon Chips

1. Brush the tortillas with the melted butter or spray with baking spray. Stack five tortillas at a time and use a sharp knife or pizza cutter to slice into triangles.
2. Combine cinnamon and sugar in a shaker container or bowl.
3. Arrange the tortilla chips in a single layer on a baking sheet and sprinkle with the cinnamon sugar.
4. Bake at 350 degrees F for 8-10 minutes until crisp. Remove and let sit for 15 minutes. The chips will continue to crisp up as they cool and can be made up to 1 week ahead and stored in an airtight container at room temperature.

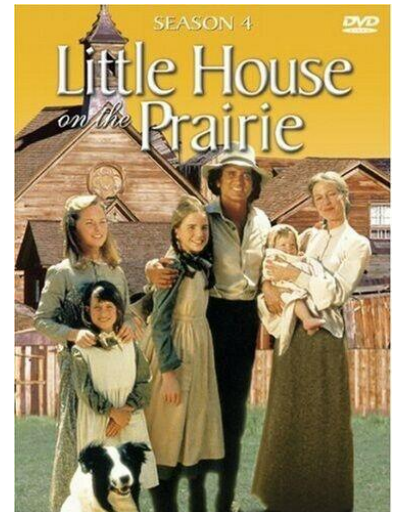
NOTES

- Chip hack: Add to a Ziploc bag with the cinnamon sugar mixture and shake well if you want to coat both sides, rather than flipping them over one by one, which would be tedious. You could also place each chip in a muffin tin and bake that way for a curved scoop effect if you want.
- Shortcut: Cinnamon pita chips or cinnamon graham crackers can be purchased from the store and make a great substitute if you don't want to bother making the cinnamon chips at home.

Do you remember when...?

45 Years Ago in 1977:

- Average Cost of new house: \$49,300
- Cost of a gallon of gas: 65 cents
- Jimmy Carter becomes the US President after Gerald Ford
- The first Star Wars film, "Star Wars: Episode IV - A New Hope," premieres on May 25. The film was nominated for eleven Academy Awards.
- First Apple II computers go on sale for base price of \$1298 rising to \$2638 dependent on installed memory.
- Elvis Presley Dies of a heart attack at the age of 42 at Graceland in Memphis, TN.
- New York City Blackout lasts for 25 hours, due to multiple lightning strikes:
 - During Blackout, most of the television stations in New York City were off the air
 - 4,000 people had to be evacuated from the subway system
 - Widespread looting, vandalism and arson in every poor neighborhood in the city. 1,616 stores were damaged in looting and rioting. 550 police officers injured during the civil disorder and 4,500 looters arrested.
- The popular film "Saturday Night Fever," starring John Travolta, is released during December. The soundtrack consisted almost entirely of disco songs by the Bee Gees and was credited with popularizing the disco scene.



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

SUDOKU

Difficulty: Easy

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

Did you Know: **Weird, Amazing Facts about Summer**

- **Oui! The Eiffel Tower is taller.** The Eiffel Tower gains about six inches in height during the warmer summer months. The famous landmark is mainly constructed of metal which expands in heat. In addition, the top of the tower may shift away from the sun by as much as seven inches due to the thermal expansion on the side facing the sun.
- **Dazzling meteor showers.** The Perseid meteor shower in August is an annual favorite of amateur stargazers—and according to NASA, 2019's will be one of the best ever. We can thank the new moon for that, as it will provide an optimal viewing experience that allows the shooting stars to shine. The Perseids are active from July 17 to August 24, but they'll peak on the nights of August 12 and 13th. Head away from house and city lights to for the best viewing ability, and you'll be oohing and ahing as as many as 100 meteors per hour zoom by.
- **Avoid the ER in July.** Don't panic if you end up in the ER this summer, but a report published in the *Annals of Internal Medicine* found the most dangerous time to go to the hospital is in July, especially if it is a teaching hospital where new doctors are trained. July is the month seasoned medical residents leave the hospital and new med students arrive. Death rates increase between 8 to 24 percent in July.
- **Moody babies.** A 2014 European College of Neuropsychopharmacology study revealed that babies born during the summer are more prone to mood swings and babies born in cooler months were more—pardon the pun—chill. Scientists in the study aren't exactly sure why this happens, but neurotransmitters such as dopamine and serotonin may be influenced by the season in which you are born.
- **If you have diabetes, this can happen.** Injection sites change in the summer due to excessive heat; the blood vessels get bigger and when insulin is injected it can be absorbed faster putting you at risk for low blood sugar. Get inside and cool off for a few minutes, then do the injection and remember to keep your insulin at a temperature below 86 degrees.
- **All day, every day, sun.** The Midnight Sun (visible sun for 24 hours) is a natural phenomenon that occurs around the summer solstice each year and lasts for several weeks. Northern lands, including Canada, Iceland, Sweden, Finland, Norway, Russia, and Alaska all benefit. In Barrow, Alaska, for instance, the sun doesn't set for two-and-a-half months!
- **A whale of a good time.** Fall in New England may be picturesque with brilliant foliage but you may want to travel during the summer to witness the whales as they swim into these warm waters for their annual nutrient-enriched feeding frenzy of krill, herring, mackerel, and other schooling fish. The most common sightings include the Humpback, Finback, and Minke. Once the water starts to cool, they head to warmer waters to mate and breed.
- **Sirius-ly, it's hot!** The "dog days of summer" (July 3 through August 11) has nothing to do with our beloved earth-bound furry companions, but "dog" is part of the equation. According to *National Geographic*, the dog star named Sirius appears to rise just before the sun, in late July. The Greeks and Romans referred to these as the hottest times of the year. The Egyptians referred to Sirius as the Nile Star and when they saw it rising before dawn, they knew the Nile would flood the banks and make their ground more fertile.

Astrological Corner:

Aquarius: January 20th to February 18th

You care so much and deeply that it hurts when you're read as indifferent, unconcerned, detached. Quite the contrary.

There is pressure, perhaps, to perform warmth for others' benefit and understanding. Sometimes this is exhausting. Maybe, instead of responding and reacting to other people's scripts, come up with your own that is resistant to misunderstandings. You can't possibly be responsible for everyone's perspective. Stick to your guns.

Pisces: February 19th to March 20th

Resist the entrapments of "pictures or it didn't happen" phenomenon of digital visibility. There's so much more to life than what you outwardly share, online or in real life. July inspires you to cultivate and plant seeds for your inner world. It's about deepening and widening your sense of self through the pulse and quality of your daily life. How you live your days is how you live your life, witnessed or not.

Aries: March 21st to April 19th

Do you sometimes feel like you have to buy other people's affections? If yes, what conditions require this kind of dynamic with people in your life? Attaching value to the tangible offerings you bring to the table is completely human. What's worrying, however, is if this is your main modus operandi. Seek help and support to unlearn the material associations of your lovability. You undoubtedly deserve more than transactional exchanges of care. You deserve sincerity.

Taurus: April 20th to May 20th

Sometimes it's uncomfortable being ourselves, with all our complications, histories, traumas and desires. Sometimes it's easier to imagine being someone else, living their easier lives. What of being in the body you inhabit feels bitter and sad? The lip service advice of love yourself is, at best, dismissive. Instead, get to the root of this pain. Start healing from there. It's okay if you don't know how to even begin. It's more important that you do start somewhere.

Gemini: May 21st to June 21st

It is a sad affair when what once provided immense pleasure no longer gives you much-needed soothing and relief. The fleeting nature of your serotonin boosts might be keeping you unsustainably dependent. This is why the reliability of everyday comforts feels valuable and sacred. Cultivate a solid foundation of routines and regimens to buoy you while you ride the waves of change. Of course, nothing ever stays the same as time moves forward. But you can provide yourself with the solace and respite of ordinary comforts.

Cancer: June 22nd to July 22nd

You must remain pliable and flexible as you move towards your future. Extending the distance between your strategic actions and tolerance for discomfort will strengthen your capacity for difference. This month, people, situations, and even your dreams may show a distinct face. Instead of an immediate aversion to change, nourish wonder instead. If anything, staying curious is more interesting than wallowing in dread. You're not supposed to always know what comes next. The tension between where you are and what you desire ultimately makes life fascinating.

Leo: July 23rd to August 22nd

The pressure and responsibility of appearing good might be keeping you small, dear Leo.

It cuts down on the complexity of your humanity and disrespects your creative potential. It ultimately plays by others' rule of goodness and disregards your own compass. Experiment with appearing messy, imperfect, incomplete, out of context and chaotic. Stay with the deep fear of rejection and inadequacy this may bring up. Work through that and make friends with the insecure parts of yourself instead of always willing and curing it away.

Virgo: August 23rd to September 22nd

Existentialism is a crisis of meaning. You're going to be in one of those moods, dear Virgo. But don't fret, this is all quite healthy and human, albeit uncomfortable. If anyone knows about the value of criticism, it is you.

So do question things, your beliefs, your memories, your work, your dreams. Hopefully, in your quest for answers, you arrive at new truths that bring you some ease and solace.

Libra: September 23rd to October 22nd

What are the material consequences of your vulnerability? Take your time answering this, dear Libra. July offers dynamic tension between your desire for meaningful togetherness and the deep fears it brings up. When you've attached your usefulness as the gift you bring in your relationships, it can feel like things are amiss when you're not needed. How much are you deflecting sharing what you need from others by being helpful and available?

Scorpio: October 23rd to November 21st

Regression is also movement, you know? It may feel like many of the lessons you've learned and trials you've overcome are useless if others continually misunderstand you. Even if it feels like you're moving backwards, especially in your significant relationships, just stay the course. Important aspects of your life are going through serious shakeups. Your inherent toughness always prepares you for moments like these. Give things time to settle and land before picking up the pieces again.

Sagittarius: November 22nd to December 21st

Wellness is such an ambiguous word sometimes, and truthfully, something afforded access to the privileged few. But listen, this month ahead, your sense of well-being demands your care and attention. In the small slice of your world, you're commanded endlessly by all of your life's responsibilities that sometimes feel all-consuming, as if the bigger world rests on your shoulders. In all your outpouring of labor and effort, don't forget to reserve time and space for your own needs for wellness, health, sanity and joy.

Capricorn: December 22nd to January 19th

When in doubt, go slow. Yes, there are urgent situations that demand your immediacy. But who says they're pressing matters? Be able to discern if the acute emergencies you're responding to are inherently true crises, in your opinion, that merit your precious expertise and attention. Otherwise, things can wait. July will rouse you to do some housecleaning and tend to neglected admin-adjacent tasks that keep your life afloat. They may be boring, but they're also important. Stop delaying.

Crossword Puzzle

Difficulty: Medium

LA Times

By Barbara Lin / Ed. Patti Varol

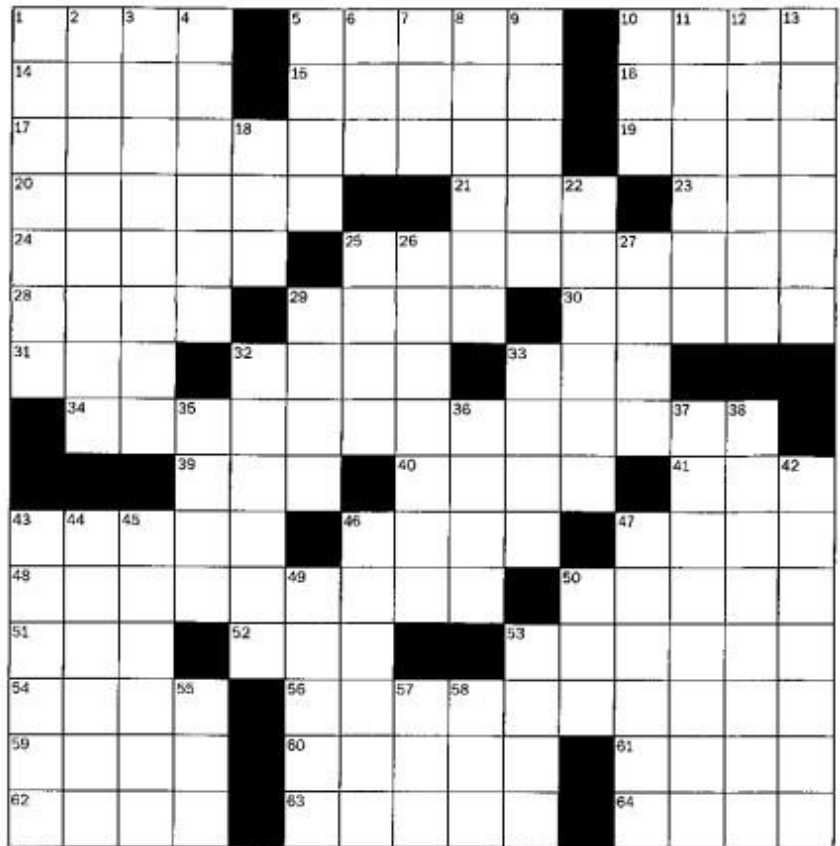
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ACROSS

- 1 Peruvian people who cultivated potato varietals
- 5 Channel that covers Capitol Hill
- 10 Puzzle that may have dead ends
- 14 More than a snack
- 15 Words to live by
- 16 Emotional request
- 17 Spring flower painted by van Gogh
- 19 Feminine pronoun
- 20 Like one's back during cat pose
- 21 Throw shade at
- 23 Finger food at luaus
- 24 "Mossy, bossy" Seuss character
- 25 A-plus student
- 28 Amtrak sta. times
- 29 Slot in a cash drawer
- 30 Twisted humor
- 31 Female sib
- 32 "East of Eden" director Kazan
- 33 Docent's deg.
- 34 Hard-to-open cap
- 39 Air gun shot
- 40 Jazz singer Anita
- 41 Op. __: footnote abbr.
- 43 Diet based on the eating habits of early humans
- 46 Business attire
- 47 Mexican coin
- 48 Coffee order similar to a latte
- 50 Not quite foggy
- 51 Post-op area
- 52 __ card: smartphone need
- 53 Lively dances
- 54 Novelist __ Neale Hurston
- 56 Scold harshly
- 59 Like 8 or 88
- 60 Gabrielle of "Being Mary Jane"
- 61 Filmmaker Preminger
- 62 Depend (on)
- 63 Trivial, as a complaint
- 64 Cry

DOWN

- 1 Sticks a stake in, as a vampire
- 2 Overly anxious
- 3 Dramatic end of a cinematic chase scene
- 4 Socially dominant figures



- 5 Kept in the email loop
- 6 __ Lanka
- 7 A pop
- 8 Athletic brand with a three-stripe logo
- 9 Deferential denial
- 10 Dashboard abbr.
- 11 Pepper named for a Syrian city
- 12 Focus (on)
- 13 With very little effort
- 18 Luthor of the comics
- 22 Looking swell
- 25 Short cut?
- 26 Save, as a newspaper article
- 27 Eurasia's __ Mountains
- 29 Alero automaker, informally
- 32 Macaroni often used in cold salads
- 33 Zoo trench
- 35 "Yeah, sure"
- 36 Dog that licks Garfield
- 37 Enjoy the lake in winter, perhaps
- 38 Aversion
- 42 Place to buy gifts for kids
- 43 Vaccine manufacturer
- 44 Tucked-away recess
- 45 Bay leaf source
- 46 Gymnast Biles who won four gold medals in Rio
- 47 Cushion
- 49 Ask for a donation
- 50 "Calvin and Hobbes" bully
- 53 Measly
- 55 "__ takers?"
- 57 Trivial complaint
- 58 Received

3 Best Exercises for Traveling

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

Hi, Everyone! I know some of us are getting back into traveling again after the past 2+ years of staying closer to home, and I thought it might be a good time to review some easy ways to keep our bodies moving a bit, even when we are confined to the seat of a car, bus, plane, or train. Of course, these are also excellent to do anywhere you have to sit still for extended periods of time, but especially in cramped places! I do these frequently when I travel - they always feel so good!

1. Chin tucks: We all tend to sit with a “forward-head” posture, especially if we are a passenger reading or looking at our hand-held devices or lap-tops. By placing your head back against the headrest you can establish a better spinal alignment, and then performing a chin-tuck in this position will be great for your posture and for those tight neck muscles. Simply pull your chin in while pressing the back of your head gently into the headrest. Hold for 3-5 seconds, then relax, and repeat 10-12 times. Be sure not to tip your head so that your nose goes up or down - keep your nose pointing straight ahead as you pull your chin in to get the greatest benefit. Also beware of your shoulders creeping up - be sure to keep pressing them down to get the most out of this movement!

2. Fanny-squeezes: This one is great for your rear-end, taking some pressure off of your “sit-bones” and strengthening up these powerful muscles that we use for every standing task we do. While you are sitting, tighten up your gluteal muscles and squeeze them together, holding for a count of 5. Relax completely, then contract and hold again. Repeat 10-12 times. These exercises are so sneaky, no one will even know you are doing them! ;)

3. Ankle pumps: This exercise is very good for keeping your circulation flowing, which helps to prevent swelling and/or blood clots in the lower legs. Simply point and flex your feet, moving them as far as they go in each direction. Ahhhh, to me that always feels so good if I can't get up and move around! Feel free to move them both together in the same direction, or alternate their movements, with one pointing while the other is flexing - either way is fine! Repeat for 10-12 repetitions, or just keep going - this one is hard to over-do!!

Try doing a set of these exercises at least once for every hour you have to sit while traveling. I guarantee they will make you feel better while sitting, and help to keep your body ready for standing as soon as that vehicle stops! Of course, if you are on a plane or train, it is always good to stand and walk the aisles a little bit during the excursion too if you can...just keep moving in whatever ways are available to you - your body will thank you!

To all those on-the-go this summer, safe and happy traveling - take good care!

Be strong, stay active, LIVE life!

Yours in good health,
Sonja Parker, MSPT, LMT
Phone: (207) 249-9410
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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.