

The Avalon Gazette - September 2022



Reminders:

The Avalon office will be closed on **Monday, September 5th** for **Labor Day**

Our **Annual Meeting** will take place on **Monday, September 12th** at **6:00 PM** at the Hampden Academy cafeteria. Please attend in-person or submit your vote ahead of time.

Every vote counts!

BUSY HANDS

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

Beverages will be provided.



Tuesday, September 13th at **2:00 PM** in the **Manor House Living Room**

September Dining Activities

FIRST FRIDAY – Friday, September 2nd

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 kitchen or email ali@avalonvillage.com

TO-GO OPTION AVAILABLE

****RSVP BY MONDAY, 8/29****

Dinner Menu:

Salad – Garden Salad

Appetizer – Tomato Bruschetta

Main Course – Grilled Brown Sugar & Garlic Chicken, Grilled Potatoes & Onions, Zucchini & Summer Squash Medley

Dessert – Pumpkin Cheesecake

Manly Brews

Wednesday, September 7th at 8:00 AM

****RSVP BY FRIDAY, 9/2****

AND

Wednesday, September 28th at 8:00 AM

****RSVP BY FRIDAY, 9/23****

SIGN UP IS REQUIRED – Please contact the Avalon kitchen or email ali@avalonvillage.com

Join the guys for some conversation and a cuppa!



Menu:

Breakfast Sandwich

Frank's Donuts

Coffee

Fruit

\$10 per person



Ladies' Lunch

Wednesday, September 14th at NOON

TO-GO OPTION AVAILABLE

****RSVP BY MONDAY, 9/12****

Sign-up is required – Please contact the Avalon kitchen or email ali@avalonvillage.com

Menu:

Appetizer – Stuffed Mushrooms Caps

Salad – Apple Walnut Salad

Main Course – Caprese Bread

& Crunchy, Veggie Slaw

Dessert – Apple Crisp

MANOR HOUSE PICNIC

Wednesday, September 21st at NOON

Join us for a picnic behind the Manor House!

This event is **free** for all Avalon residents.

Sign-up is required – Please contact the Avalon kitchen or email ali@avalonvillage.com

****RSVP by Friday, 9/16****




Menu:

Sandwiches – Chicken salad, Egg salad, Ham & Cheese, Turkey & Cheese

Sides – Veggies & Dip, Potato Chips, and Watermelon

Dessert – Cookies

September Fitness/Recreation Activities

-  **Strong for Life** – Every **Wednesday** at **10:30 AM** Sonja Parker teaches this class in the Manor House upper living room.
-  **Yoga** – Every **Thursday** at **10:00 AM** (**NO CLASS 9/15**) Julie Milan 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.

Fun Things to Do this Fall!

Maine Open Lighthouse Day, which is sponsored by the United States Coast Guard, the Maine Office of Tourism, and the American Lighthouse Foundation, usually attracts between 15,000 to 18,000 visitors each year and offers the general public the rare opportunity to climb and learn about over two dozen historic Maine lights.

Saturday, September 10, 2022 9-3

www.lighthousefoundation.org

Marshall Point Lighthouse



Sunflower Farm

Creamery in Cumberland:

“Welcome to Sunflower Farm - where all the romance of farm life is still very much a reality.

Looking for delicious local cheese made in small daily batches? You have come to the right place. May-October, our feta, chevre, yogurt, caramels, fudge, truffles and cajeta are available in our self-serve farm

shop. Come check out what is available, then relax a bit and watch the goats grazing in the field.”

Thursdays 5:30-6:30PM and Saturdays 9:30-10:30AM June-October: Do yoga right next to the goat pasture then get to know them all after class. We let a few out to practice with us each class. All level classes end with goat snuggles.

Farm is open to the Public for free visiting Saturdays 11-5 from May – November. For more information visit: <http://www.sunflowerfarm.info/>

Maine Sunflower Festival at Pumpkin Valley Farm *in Dayton:*

Field of Sunflowers, Live Music,
The Jumping Pillow, Farm
Animals, Corn Maze and Pick
Your Own Pumpkins! 🌻

September 3, 4, 5 & 10, 11
from 11-4.

Purchase tickets upon arrival at
the farm. Ticket sales end each
day at 3:00. \$12 per person (2
and under are free)

For more information visit their
Facebook page or: www.mainesunflowerfestival.com



Dig Maine Gems *in West Paris:*

“Our family-friendly dig site is fully outfitted with everything you need to sift through tailings from one of the most prolific tourmaline mines in the world. Our specially designed tables and sifting trays allow you to rinse dig material to quickly spot specimens. Keep what you find! Reservations are not required. Outdoor fun for all ages!”

A great place to take the grandchildren or simply bring out your inner geologist! Only about 70 minutes from North Conway, this outing would pair nicely with a trip to one of New Hampshire’s most popular shopping locations. Or enjoy a ride through the White Mountains and experience the magic of fall in New England.

Current hours: Wednesday- Sunday 10 am to 3 pm

April-Nov (when the ground is not frozen)

<https://www.digmainegems.com/>

The Streaming Corner

[Under the Banner of Heaven on Hulu](#)

Drama, Crime – 2022 Series

Starring: Andrew Garfield & Sam Worthington

As Detective Jeb Pyre investigates the murder of Brenda Wright Lafferty and her baby daughter in a suburb in the Salt Lake Valley, he uncovers buried truths about the origins of the LDS religion and the violent consequences of unyielding faith. Based on the novel by Jon Krakauer.

iMDB rating: 7.5/10



[Age of Adaline on Netflix](#)

Romance, Fantasy – 2015 Film

Starring: Blake Lively & Harrison Ford

A young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she has settled into.

iMDB rating: 7.2/10

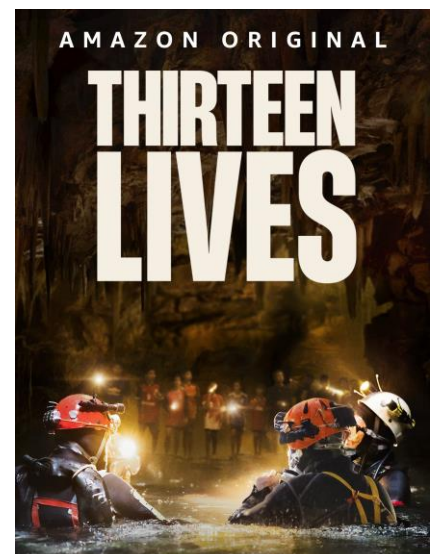
[Thirteen Lives on Amazon Prime](#)

Suspense, Adventure – 2022 Film

Starring: Viggo Mortensen & Colin Farrell

Based on the true story, a rescue mission is assembled in Thailand where a group of young boys and their soccer coach are trapped in a system of underground caves that are flooding.

iMDB rating: 7.8/10



Gnocchi Chicken Pot Pie

Chicken Pot Pie filling meets Chicken & Dumplings! This ultra-comforting recipe cooks in one pot in under 30 minutes.

INGREDIENTS

- 4 Tablespoons butter
- 1 cup sliced carrots
- 4oz mushrooms, sliced
- 1 large or 2 small stalks celery, thinly sliced
- 1 large shallot or small onion, chopped
- Seasoning salt and pepper
- 2 cloves garlic, pressed or minced
- 1 teaspoon poultry seasoning
- pinch dried thyme
- 3 Tablespoons flour
- 2 cups chicken stock or broth
- 1 cup milk
- 12oz package gnocchi
- 1-1/2 cups shredded chicken breast (~1/2lb pre-cooked)
- 1/2 cup frozen peas



INSTRUCTIONS

1. Heat a Dutch Oven over medium-high heat. Once hot, melt butter in pan then add carrots, mushrooms, celery, and shallots/onions. Stir to coat the vegetables in butter then sauté until the mushrooms release their liquid and it has evaporated, 3-4 minutes. Season with seasoning salt and pepper, and then continue to sauté, turning the heat down slightly if necessary, until vegetables are tender, another 6-7 minutes.
2. Add garlic, poultry seasoning, and dried thyme, then sauté until garlic is very fragrant, 1-2 minutes.
3. Sprinkle flour over vegetables, then stir to combine and cook for 1 minute. Slowly pour in chicken broth while stirring to avoid lumps, then add milk and turn heat up to medium-high. Bring mixture to a bubble, stirring occasionally, then add gnocchi and stir combine. Turn heat down to medium then simmer, stirring frequently, until gnocchi are tender, 5-6 minutes. Stir in chicken and peas. Then taste and add seasoned salt and/or pepper, if necessary. Ladle into bowls and serve.

Chopped Autumn Salad with Apple Cider Dressing

INGREDIENTS

- 6-8 cups chopped romaine lettuce
- 1 red apple, diced
- 1 anjou or bartlett pear, diced
- 3-4 strips bacon cooked until almost crisp, crumbled
- ½ red onion chopped
- ⅓ cup dried cranberries
- ⅓ cup crumbled feta cheese

Nuts:

- ⅔ cup pecans or walnuts
- ⅓ cup brown sugar
- ¼ teaspoon cinnamon

Dressing:

- ⅓ cup apple juice
- ⅓ cup apple cider vinegar
- ⅓ cup olive oil
- 2 tablespoons honey
- ¼ teaspoon black pepper

INSTRUCTIONS

1. Combine all dressing ingredients in a jar, cover, and shake well. Set aside.
2. In a large bowl combine lettuce, apples, pears, bacon, onion, cranberries, and feta cheese.
3. Add walnuts to a medium pan and stir over medium heat on the stove for 1-2 minutes until toasted. Add brown sugar and cinnamon and continue to stir until sugar is dissolved and walnuts are coated in the sugar mixture. Transfer to a glass plate or a metal serving pan to cool. Once cooled, roughly chop and add to the salad.
4. Pour dressing over salad and toss to combine. Serve immediately.

NOTES

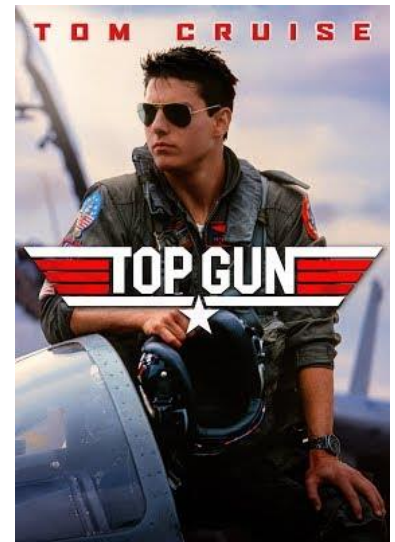
Make ahead: Prepare as written but do not toss with the salad dressing. Store the salad and dressing in airtight containers in fridge up to 14 hours before serving. Toss with dressing just before serving.



Do you remember when...?

36 Years Ago in 1986:

- Average Cost of new house: \$89,430
- Cost of a gallon of gas: \$0.89
- Ronald Reagan was the US President.
- *Top Gun* was the top-grossing film at the theatres.
- The #1 song was "That's What Friends Are For" by Dionne and Friends (Dionne Warwick, Gladys Knight, Elton John, and Stevie Wonder).
- The stage musical "Phantom of the Opera" debuts in London's West End.
- On January 28th, the Space Shuttle Challenger disintegrates 73 seconds after launching, killing all seven astronauts on board.
- Soviet Nuclear reactor at Chernobyl explodes on April 26th, causing release of radioactive material across much of Europe.
- *The Oprah Winfrey Show* debuts nationally in September.
- The first case of Bovine Spongiform Encephalopathy (BSE), more commonly known as Mad Cow Disease, is found during November of 1986.



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

SUDOKU
Difficulty: Hard

Did you Know: Absurd but True Facts About the World

- **Sometimes it snows in the Sahara Desert.** In 2018, the Sahara Desert was covered in a blanket of white snow. However, the snow only lasted for a day before melting under the hot sun. The first recorded snowfall was in 1979 — a snowstorm that lasted half an hour. Although temperatures drop to freezing in the night, the lack of moisture makes it almost impossible to produce any snow.



- **There are only two countries in the world where Coca Cola does not exist.** You might think Coca Cola is something you can find anywhere in the world, but these two countries have been in long-term US trade embargoes — North Korea since 1950 and Cuba since 1962. However, North Korea has made its own dark-colored soda. They call it *Ryongjin Cola* or ‘Cocoa Sparkling.’ It has the similar red packaging and cursive font, but does it have the same great taste?
- **Sudan has the most pyramids in the world.** Nubia, a region in Sudan, has 255 pyramids — twice the number in Egypt! After ruling Egypt’s 25th dynasty, the Nubian pharaohs fled to Sudan and formed the Kushite kingdom, incorporating the Egyptian culture in their new city.
- **Colombia’s brightest rainbow is in its river.** Normally you’d find rainbows in the sky, but the *Caño Cristales*, also known as the “River of Five Colours,” beams brighter than any rainbow in the sky. Located in Colombia’s *Serranía de la Macarena* National Natural Park, this stunning river owes its multi-colored beauty to the *Macarenia Clavigera*, a plant that lives in the riverbed. It’s best to visit between May to November when the river weeds blossom in yellow, blue, green and red. They get brighter hues during this time as the waters are shallower, allowing more sunlight to reach the plants.



- **Macchu Pichu is an earthquake-proof city.** This ancient Inca town rests on top of two fault lines in Peru. That means earthquakes were expected events. So how did they live through it? The Incans created a brilliant engineering technique called ‘ashlar masonry,’ where rocks are cut to fit perfectly together without mortar. This allowed the stones to move in its place during an earthquake, before settling back in their original positions.
- **You could walk from Russia to Alaska.** Between Russia and Alaska lies the Bering Strait. When it freezes up in the winter, you can journey across, with 2.36 miles being the shortest end. However, just because it’s possible, doesn’t mean it’s legal! Or safe, as the ocean winds are extremely cold, and the ice below may shift. In 2006, two adventurers set out from Alaska to cross the frozen path on foot. They crossed 56 miles in 15 days before they were detained in Russia for violating immigration laws.

Astrological Corner:

Aquarius: January 20th to February 18th

This is the right time for optimism. If you are willing to look for the possibility and potential in the things that are before you, you'll be better poised to make use of them. You don't need to force your will on a situation or a person. Simply enjoy what you're exploring, and you'll inevitably attract others to explore your ideas as well. You'll catch more flies with honey than vinegar this month, Aquarius.

Pisces: February 19th to March 20th

It's hard to let go of what you know, even when it isn't serving you. Your challenge, should you choose to accept it, is to step into the unknown and make changes, Pisces. Even if you are slightly comfortable with being uncomfortable, the time has come for you to test new waters. As you grow, you will inevitably outgrow people, places, and situations. Make room for the new, my love.

Aries: March 21st to April 19th

It's time for decisive action, Aries. That doesn't mean that you should act impulsively, but the more engaged you are, the more effective you will be. Within this, the moment is primed for you to acknowledge and cope with your fears. You may have to grapple with insecurity or simply get more realistic so you can identify the best use of your energies. This month, it's totally worth it to get your hands dirty, my fiery friend.

Taurus: April 20th to May 20th

You need a break, Taurus! You're likely to start off the month feeling pretty stressed out. If you've taken on too much or lost track of your basic needs, you may find yourself distracted by anxieties and easily upset for that reason. Understand that whatever it is that's happening now needs emotional attention from you. Do your best to move through difficult emotions in ways that reflect care instead of fear, my love.

Gemini: May 21st to June 21st

In order for any sustainable progress to be made in the material world, it's crucial to have a foundation within oneself. This month, you're likely to feel pretty distracted and all over the place. This can unfortunately translate to anxious thinking and getting so caught up in the details that you lose the thread of what's actually happening. Prioritize reflection. While that may slow down your immediate material progress, it will save you tons of time and energy in the big picture (trust me).

Cancer: June 22nd to July 22nd

It's easy to get thrown off when you don't know what's happening or what to make of things, but don't miss out on the opportunity therein! This month, what you don't know or understand is meant to point you toward investigation, curiosity, and even enthusiasm. You don't need to be in control in order to be safe, and you don't need to know what comes next in order to actually have some control. Keep your mind open, Moonchild.

Leo: July 23rd to August 22nd

Don't let what-ifs get you down, Leo. This month, you may find yourself overwhelmed with worries about the future. This isn't a good time to make any permanent changes. Instead, do some contemplating, and sit with whatever you find. This will bolster your internal stability before you make material decisions. Things are changing, and you have agency within that. Get grounded before you get going.

Virgo: August 23rd to September 22nd

Let go, Virgo. This month you're likely to encounter dynamics, internal or external, that feel really challenging. Don't give up but know that this also isn't the time to push. Consider your defenses—what do they say about you? Are you trying to protect your present circumstances or your attachments to the past? Do your best to avoid acting out of your ego. What you most need is to sit with your feelings and seek a more creative and sustainable way forward.

Libra: September 23rd to October 22nd

It's important to protect the things you care about. This month, you may need to be resolute, or you may feel called to move in a direction that's decidedly different than others. Don't be so concerned about fitting in or making waves that you stop yourself before you start. Any risk worth taking is bound to be at least a little bit scary. Strive to orient yourself by turning within for answers before you seek them externally.

Scorpio: October 23rd to November 21st

Don't take on other people's stress. This month is likely to find you in some difficult situations. Create balance between considering others' opinions and honoring your own perspective. You don't need to close others off in order to be in disagreement with them. You are likely to thrive if you can cultivate flexibility in the presence of upsets. Rigidity is not as powerful as true strength, Scorpio.

Sagittarius: Nov 22nd to December 21st

You don't need to wait until things get dramatic before you give yourself permission to do what needs to be done, Sagittarius. You may be dealing with a fair amount of stress lately, and if you're not setting some limits and seeking support and resources, this is the month that it may end up getting to you. Do your best to limit yourself to what you know you can sustain, even if that means drastically reducing your commitments for a couple of days, weeks, or even hours. Self-care isn't selfish.

Capricorn: December 22nd to January 19th

No matter how badly you want to move things forward, it's important to adopt a pace that you can sustain before making any promises. Instead of rushing or trying to prove yourself, remember that there are many steps to take towards achieving your goals. You don't need to be at the final step in order to be exactly where you need to be, Capricorn.

Crossword Puzzle

Difficulty: Medium

LA Times

By Amie Walker / Ed. Patti Varol

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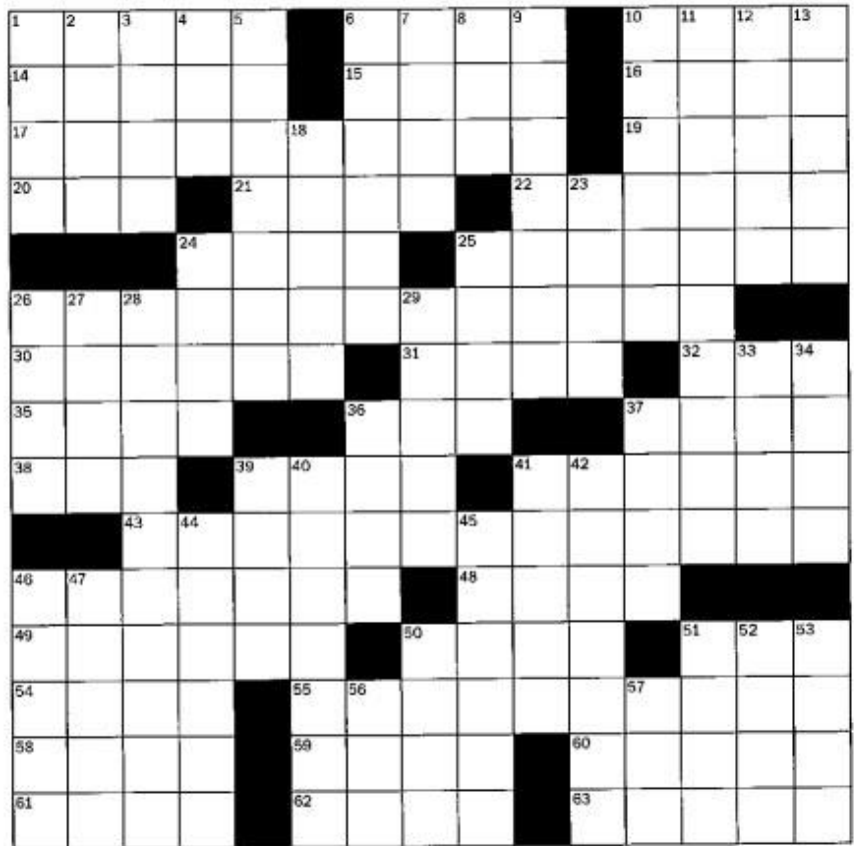
ACROSS

- 1 Furnish funds for
- 6 Sleep restlessly
- 10 Three-time Olympic gold medalist Devers
- 14 Jeweler's glass
- 15 Dance that tells a story
- 16 "Breaking Bad" Emmy winner Gunn
- 17 *Lord of the grill?
- 19 Wine list heading
- 20 Small batteries
- 21 Subdivision divisions
- 22 Fake eyelash, informally
- 24 "No warranties"
- 25 Went around
- 26 *Some spring newlyweds?
- 30 Borrower
- 31 "The Chi" creator Waithe
- 32 Text an embarrassing screenshot to the wrong person, say
- 35 Pre-K basics
- 36 Sports radio host Patrick
- 37 H.S. exam
- 38 "Caught you!"
- 39 Rip-off

- 41 ___ solution
- 43 *Warning words from one holding the reins?
- 46 "Please let me give it a go"
- 48 Pond plant
- 49 "The Ranch" actress Cuthbert
- 50 Apple variety
- 51 Rio automaker
- 54 Skating site
- 55 Harbingers of lower temperatures, and a hint to the answers to the starred clues
- 58 Peniston with the Top 10 hit "Finally"
- 59 ___-slapper
- 60 Wed
- 61 How most TV shows air
- 62 Tournament ranking
- 63 Triumphant April Fools' Day cry

DOWN

- 1 Island in a classic palindrome
- 2 Comedy Central's "Awkwafina Is ___ From Queens"
- 3 Pairs
- 4 Big name in nail polish



- 5 "Maybe yes, maybe no"
- 6 "Oh, really?"
- 7 Sharing word
- 8 "___ Pitch": Canadian web series about softball
- 9 Bay city, briefly
- 10 Aioli base
- 11 Prime number?
- 12 Not mainstream
- 13 Cut with light
- 18 Capital known as "The City of Trees"
- 23 Syllables in an incantation
- 24 Throws in
- 25 Black cat, to some
- 26 Meh
- 27 "Queen of Country" McEntire
- 28 Slowly but surely
- 29 Moth attractor
- 33 Harangue
- 34 GPS lines
- 36 Tyne of "Judging Amy"
- 37 Begged
- 39 Jedi enemy
- 40 Classic music libraries?
- 41 ___ life
- 42 Accent piece
- 44 Gambled
- 45 Available on the stock exchange
- 46 "___ beaucoup"
- 47 Unrecognizable
- 50 Sheer delight
- 51 Work on a muffler, say
- 52 ___-bitty
- 53 Between ports
- 56 Low digit
- 57 Artist Yoko

Don't Forget About Balance!

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

When most people think about an exercise program, they think of strength, flexibility, and cardiovascular activity. True, those elements are all important parts of being "fit." However, the often-neglected part of having a healthy body ready for any activity, is *balance*. As with all other parts of fitness, the hard reality with balance is "*use it or lose it.*" And we all know that we do not want to "lose it"!!!

Balance itself is a very complex function, incorporating information from your vision, your inner ear (vestibular system), and your proprioceptive system (small units that transmit information about where your body is in space) to your brain. Based on the information your brain receives from these sensory systems, it can then "tell" the body how to maintain its center of gravity over its base of support. Of course, at this point in the equation, the body must have the necessary range of motion, flexibility, strength, and endurance to produce this dictated balance reaction. So you can see that the process is very complicated - and it is all going on constantly and unconsciously while we go about our daily lives - what an amazing thing!!

As with so many other wonderful things that our bodies do, balance is often taken for granted - until we start to lose it. The feeling of instability when this begins to happen can be frightening, and too often makes people hesitant to do things that they once enjoyed without a care. But I am here to tell you that *balance can be improved*. Just as strength, flexibility, and endurance can be reclaimed with the proper exercise program, balance too can be made better with specific training.

A trained physical therapist can assess the afore-mentioned sensory systems that provide the input to our brains to determine if any deficiencies exist on the "front end" of the balance equation. Though these cannot always be improved upon, our bodies are very good at developing "work-arounds", allowing the stronger sensory systems to become more effective at compensating for the weaker systems - *when challenged*. Just as a muscle must be challenged appropriately in order to stimulate it to grow and gain strength, so does the balance system need to be challenged appropriately to improve stability in the body.

A therapist will also assess the other side of the balance reaction to determine if deficits in strength, range of motion/flexibility and endurance are limiting the quality of the body's response to external forces and intrinsic stimuli. The musculoskeletal system is the framework for the balance strategies we use in everything we do when sitting or standing, so deficits here will limit the amount and force of a balance reaction. However, barring neurological impairments, these things can be easily improved when one is motivated and educated to do so, and can have a profound positive impact on one's balance!

I hope I have convinced you to take an assessment of where you are on the fitness scale when it comes to balance. And if you notice deficits, remember, there is no time like the present to address them!

Be strong, stay active, LIVE life!

Yours in good health,
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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.