

# The Avalon Gazette - October 2022



The Avalon office will be closed Monday, October 11<sup>th</sup> for Columbus/Indigenous Peoples' Day.

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## *Introduction to Tai Chi (for Beginners!)*

We would like to, once again, offer Tai Chi to our residents. Those of you who are new to the community may wish to explore this unique and health enhancing practice, while those of you who have done it before may enjoy restarting the practice from the beginning with a deeper look at the many levels of experience that Tai Chi offers. We offer sun style Tai Chi, taught, once again, by Andy Stewart who has taught Tai Chi at Avalon since 2012. The practice is stress free, energizing, challenging and truly fun. In order to offer this program, ***we would need at least five participants to start*** and accordingly, if you would like to try it, **please sign up at the office by October 10th**. The **class will be held on Thursdays at 11:15**, will last about forty minutes and will **commence on October 13th**, assuming there is enough interest. Please let the office know if you would like to participate!



# October Dining Activities

## FIRST FRIDAY – Friday, October 7<sup>th</sup>

### **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, 10/3\*\***

### **Dinner Menu:**

*Salad – Balsamic Avocado Caprese Salad*

*Appetizer – Spinach Artichoke Dip Wonton Cups*

*Main Course – Sweet Apple Pork Chops, Mashed Potatoes, Stuffing,  
and Roasted Broccoli & Cauliflower*

*Dessert – Pumpkin Pie with Whipped Cream*



## Ladies' Lunch

**Wednesday, October 19<sup>th</sup> at NOON**

**TO-GO OPTION AVAILABLE**

**\*\*RSVP BY MONDAY, 10/17\*\***

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

### **Menu:**

*Appetizer – Honey Garlic Bacon Wrapped Shrimp*

*Salad – Apple Feta Spinach Salad*

*Main Course – Butternut Squash Ravioli with Browned  
Butter Pecan Sauce & Garlic Toast*

*Dessert – Pumpkin Cake with Cream Cheese Frosting*

## Manly Brews

Wednesday, October 26<sup>th</sup> at 8:00 AM

**\*\*RSVP BY FRIDAY, 10/21\*\***

SIGN UP IS REQUIRED – Please contact the Avalon office.

Join the guys for some conversation and a cuppa!

### *Menu:*

Frank's Donuts

Coffee

Fruit

\$7 per person



## *October 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** Julie Milan teaches this class in the Manor House upper living room.
- ✿ *Beginner Tai Chi* – Every **Thursday** at **11:15 AM** (**NO CLASS 10/6**) Andy Stewart teaches this class in the Manor House upper living room.
- ✿ *Pool in the Pub* – Every **Friday** at **3:00 PM** Join other Avalon residents for some fun and games in the Manor House pub. Refreshments are provided and no sign-up is necessary.



## BUSY HANDS

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

Beverages will be provided.

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

# Legends of Jonathan Buck



*Generations have puzzled over the legend of Col. Jonathan Buck: which came first, the monument or the witch's curse?*

Born in Woburn, Mass., Feb. 20, 1719, Buck grew up in Haverhill, Mass. On Oct. 19, 1742, Buck married Lydia Morse. They had nine children, six of whom survived childhood.

In July of 1762, Buck sailed up the Penobscot River to survey six plantations which have since been designated Bucksport, Orland, Penobscot (Castine), Sedgwick, Blue Hill and Surry. Buck made another trip to the Plantations in 1763, and in 1764 began construction of the first settlement on Plantation No. 1, the present town of Bucksport.

Buck joined the disastrous expedition to Castine and siege of Fort George in July of 1779. The day after the Patriots defeat by the British, Buck took his wife and seriously ill daughter, Lydia, to safety in Brewer. At the age of 60, suffering from gout, he walked the nearly 200 miles from Bucksport to Haverhill. Five years later he returned to Plantation No. 1 and rebuilt everything that had been destroyed by the British in 1779. Buck and his sons were leaders of the community, and in 1792 Plantation No. 1 was renamed Buckstown in Col. Jonathan's honor.

March 18, 1795, Col. Jonathan Buck died. He was buried in a cemetery east of Buckstown. Buck might have remained a traditional local hero, but in August of 1852, his grandchildren erected a monument near his grave site. As the monument weathered, an image in the form of a woman's leg and foot appeared under the Buck name.

Although there is little doubt that stories began to circulate as soon as the image was noticed, the first record of it appearing in print was in the Haverhill Gazette of Marsh 22, 1899. However, that article attributed a quote to an undated edition of the Philadelphia Enquirer. The Gazette article's recounting of the Buck legend has become the classic version, although there are certainly many variations on the theme.

Briefly restated, the tale runs: Jonathan Buck was a Puritan to whom witchcraft was anathema. When a woman was accused of witchcraft, he sentenced her to be executed. Then according to the Haverhill Gazette, "the hangmen was about to perform his gruesome duty when the woman turned to Col. Buck and raising one hand to heaven, as if to direct her last words on earth, pronounced this astounding prophecy:



“Jonathan Buck, listen to these words, the last my tongue will utter. It is the spirit of the only true and living God which bids me speak them to you. You will soon die. Over your grave they will erect a stone that all may know where your bones are crumbling into dust. But listen, upon that stone the imprint of my feet will appear, and for all time, long after you and your accursed race have perished from the earth, will the people from far and wide know that you murdered a woman. Remember well, Jonathan Buck, remember well.”

Many articles about the legend seem to be attempts to prove or disprove various versions of the story. Research suggests that there is no basis for the legend. It has been noted that there is no record of anyone having been executed by burning in Maine. As a Justice of the Peace, Buck did not have the right to sentence anyone to death. The witch trials in New England occurred more than 25 years before his birth. Although clearly a character of energy and determination, Buck was admired by the soldiers who served under his command, and letters to his wife in Buck’s spidery handwriting promising eternal affection are on display at the library in Bucksport.

But then there is the leg. Attempts have been made to remove the image, but it has always returned. Over the years, people knowledgeable about monuments have explained that the image is the result of a natural flaw in the stone, perhaps a vein of iron which darkens through contact with oxygen.

Writers who have researched the legend seem to conclude that it is a fiction concocted after the appearance of the image on the monument. No records have been discovered suggesting that any version of the legend predates the appearance of the leg. It all seems very reasonable unless you have seen the image of the leg firsthand. It has a vitality, a naughtiness, which seems to laugh at rational data.

# Check Out Your Local Theatre

Enjoy a whole new season of shows!



## The Gracie Theatre

### Space Oddity – The Ultimate David Bowie Experience

Sat. October 1, 7:30 pm

Experience this live, multi-media spectacle that takes you on a musical journey of Rock and Roll's most celebrated innovator. David Brighton and his amazing band deliver a stunning note-for-note theatrical concert event transporting today's audiences back in time through some of the most exciting moments in the history of Rock music.

### Sujari Britt in Concert

Sunday, October 23, 3:00 pm

Internationally acclaimed cellist, Sujari Britt, showed her prodigious talent and uncanny devotion to and understanding of music from a very early age. She began formal study of the cello at age four, following her study on the violin, and piano. Sujari performs internationally and most recently as a featured artist at Musiikkotalo, Cellofest Opening Gala in Helisinki, Finland.

Accompanied by Minhae Lee, piano, the program features Sonata for Cello and Piano, Opus 65 Frédéric Chopin, Sonata for Cello in D minor Claude Debussy, Brahms' Cello Sonata No. 2 in F Major, Opus 99 and an original composition.

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



## The Collins Center for the Arts

### Jay Leno

Saturday, October 22, 2022, 7:00 p.m.

While he may be best known for his decades-long tenure behind the *Tonight Show* desk, Jay Leno cut his teeth as one of the most inventive comedy voices of the '70s and '80s — and his all-new standup tour is his chance to remind fans why he became a household name in the first place! Nobody calls out life's absurdities quite like Jay, and he'll be sharing his latest observations on stages all across North America in 2022.

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

## Masterworks I

### Dvořák's Cello Concerto

Sunday, October 9, 2022, 3:00 p.m.

Lucas Richman, conductor

Ifetayo Ali-Landing, cello

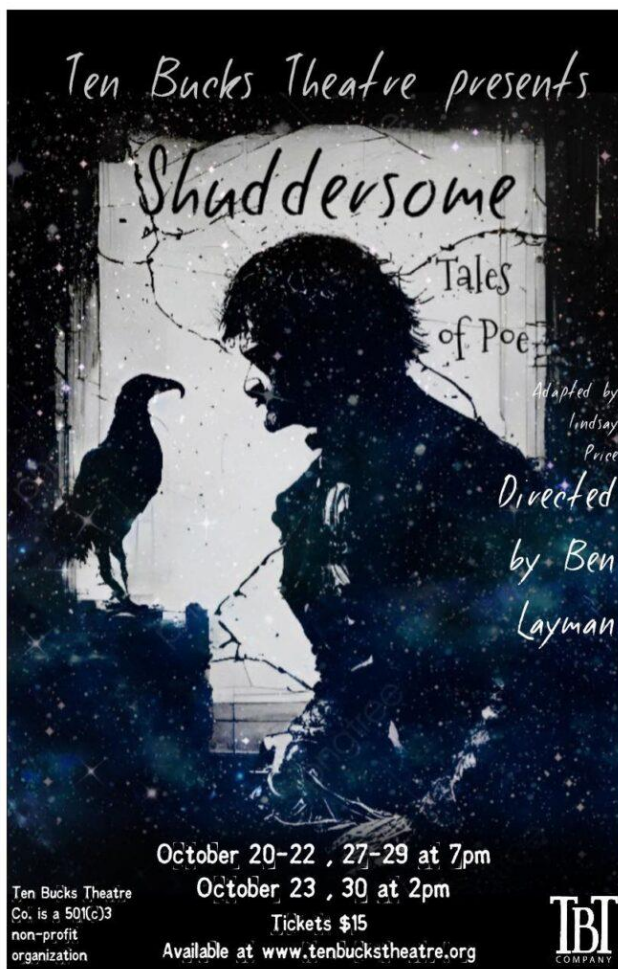
Dvořák's *Cello Concerto* is brought to life by a rising young star at the opening concert of the BSO's 127th season.



#### What's Interesting About This Concert

- Cellist Ifetayo Ali-Landing came to fame via her own TedX Talk and NPR Tiny Desk Concert after winning the 2017 Sphinx Competition's Junior Division.
- Composer Nancy Galbraith's use of percussion in her piece *Fantasy for Orchestra* from 2003 is explosive, persistent, and highly energetic.
- In addition to being one of the most important composers of the 20th century, Hungarian Béla Bartok was a pioneer in documenting his country's folk music, which infuses his *Dance Suite*.

<https://www.bangorsymphony.org/>



## Ten Bucks Theatre

### Shuddersome: Tales of Poe

October 20-22, 27-29, 7:00 p.m.

October 23, 30, 2:00 p.m.

"Shuddersome: Tales of Poe" is an ensemble theatre piece that give the classic works of Edgar Allen Poe a bold and fresh reimagining for the stage. The Raven, The Tell Tale Heart, The Masque of the Red Death and other familiar tales are awash in comedy, drama, horror and just a bit of blood.

Get you tickets now and don't miss this show!

<https://www.tenbuckstheatre.org/>

# Experience Fall in Maine

## *Treworgy Family Orchards in Levant*

Come get a pizza, donuts and ice cream, pick apples and pumpkins, drink hot cider, pet and feed the goats. Get lost in their national award-winning corn maze or take a weekend hayride.

Visit their website at  
<https://treworgyorchards.com/> for  
information about their **Night Maze** in  
**October!**

Tues - Fri 9am - 7:00 pm  
Sat & Sun 10am-7:00pm  
Closed Mondays, but open  
Columbus/Indigenous Peoples Day



## *Fryeburg Fair*

**October 2-9, 9:00 A.M. to 9:00 P.M.**



Attend livestock events, see agricultural exhibits and craft demonstrations, and browse vendors with beautiful, handcrafted items. This fair has been taking place for over 170 years!

**PLEASE CHECK WEBSITE FOR PROGRAM UPDATES**

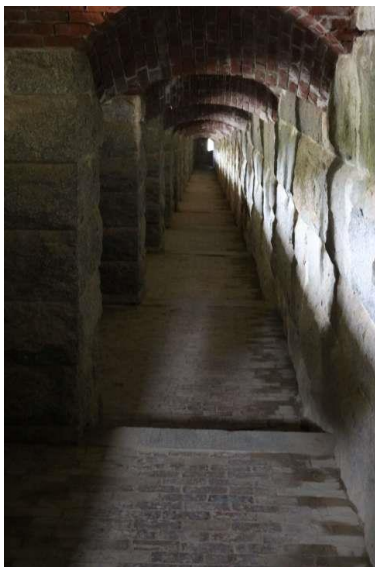
[www.fryeburgfair.org](http://www.fryeburgfair.org)

1154 Main Street, Fryeburg, ME 04037

## *Fort Knox*

Bring your grandchildren to the **Scavenger Haunt** **October 22/23 & 28/29**. Spooks and Monsters have taken over Fort Knox! Come in costume and hunt for them during the day! Bring back your scorecard for Halloween treats!

Free with Regular Admission



### **Fright at the Fort**

**Oct 15th, 21/22 & 28/29<sup>th</sup>,  
5:30 to 8:45 P.M.**

The annual Halloween spooktacular scarefest at Fort Knox is back! Raise your Halloween spirits over the Five Nights of Fright where creeps and crawlies await your every turn through the dark passage of the Fort!  
\$15 per person

# The Streaming Corner

## Hocus Pocus 2 on Disney+

Comedy, Fantasy – 2022 Film

*Starring: Bette Midler, Sarah Jessica Parker & Kathy Najimy*

Three young women accidentally bring back the Sanderson Sisters to modern day Salem and must figure out how to stop the child-hungry witches from wreaking havoc on the world. New sequel to the 1993 classic, which is also available for streaming on Disney+!



## The Munsters on Netflix

Comedy, Fantasy – 2022 Film

*Starring: Jeff Daniel Phillips, Sheri Moon Zombie & Daniel Roebuck*

In this reboot of the 1960s sitcom, Transylvania vampire Lily falls head over fangs for loveable, lumbering monster Herman over her father's objections.

## The Haunting on Amazon Prime

Suspense, Horror – 1999 Film

*Starring: Liam Neeson, Catherine Zeta-Jones & Lili Taylor*

Three insomniacs agree to participate in a study, which involves sleeping in a secluded mansion...but the study takes a nightmarish turn when Dr. Marrow explains the horrific history of the mansion, and the estate seems to take on a life of its own.



# Creamy Roasted Butternut Squash Pasta with Sausage and Spinach

As the outside temps get colder, warm up inside with these cozy comfort foods.

## INGREDIENTS

### Roasted Butternut Squash

- 2 cups butternut squash, peeled, seeded, and cubed
- 1 tablespoon olive oil
- salt and pepper

### Sausage

- 1 tablespoon olive oil
- ½ lb sausage, crumbled, without casings

### Creamy Pasta Sauce

- 1 tablespoon olive oil
- 4 garlic cloves minced
- 6 oz spinach
- 1 cup heavy cream
- ⅓ cup Parmesan cheese shredded
- ¼ teaspoon salt
- Sundried tomatoes (optional)

### Pasta

- 8 oz farfalle (bow tie pasta)



## INSTRUCTIONS

### Roast Butternut Squash

1. Preheat oven to 400 F.
2. In a large bowl, toss cubed butternut squash with olive oil, salt, and pepper.
3. Spread the squash on a parchment paper-lined baking sheet in one layer, without overcrowding. Roast in the preheated oven at 400 F for 30 minutes. Remove from oven.

### Cook Sausage

4. In a medium skillet, heat 1 tablespoon of olive oil on medium heat. Add crumbled sausage and cook for about 10 minutes, regularly stirring, until the sausage is cooked through. Remove from heat and set aside.

*Tip: Cook the sausage while the butternut squash is being roasted.*

### Make Creamy Sauce

5. In a separate, large skillet, heat 1 tablespoon of olive oil together with minced garlic and spinach over medium heat. Cook, occasionally stirring, for about 5 or 7 minutes until spinach starts to wilt.
6. Add heavy cream. Bring to a brief boil, then immediately reduce to simmer (boiling but not intensely). Add shredded Parmesan cheese. Keep stirring the sauce with the Parmesan cheese on low to medium boil (simmer) until the cheese melts. Remove from heat.
7. Season with salt to taste, about ¼ teaspoon of salt. No salt might be necessary if the sausage is very salty.

*Tip: Use your judgment about whether to add salt or not based on how salty the sausage is. Make the cream sauce while the butternut squash is being roasted.*

# Oven Roasted Asparagus

## INGREDIENTS

- 1 lb. asparagus
- 2 Tbsp olive oil drizzled
- 1/2 tsp garlic powder
- Salt and pepper
- grated Parmesan cheese (optional)



## INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Wash, pat dry and snap the ends off the asparagus. Place the asparagus in a single layer on a baking sheet.
3. Drizzle the olive oil over the asparagus spears. Sprinkle with garlic powder, salt and pepper.
4. Roast in preheated oven for 8 to 10 minutes, or until tender to your likeness.
5. Remove and serve immediately. If desired, sprinkle grated Parmesan cheese over the top.

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# Old-Fashioned Easy Apple Crisp

## INGREDIENTS

- 6 golden delicious apples, peeled and chopped or sliced (*other varieties can be used*)
- 2 Tbsp granulated sugar
- 1 3/4 tsp ground cinnamon, *divided*
- 1 1/2 tsp lemon juice
- 1 cup light brown sugar
- 3/4 cup old fashioned oats
- 3/4 cup all-purpose flour
- 1/2 cup cold unsalted butter, diced into small cubes
- pinch of kosher salt



## INSTRUCTIONS

1. Preheat oven to 350 F degrees. Butter an 8x8 baking dish, or spray with non-stick cooking spray. Set aside.
2. In a mixing bowl, add chopped apples, granulated sugar, 3/4 tsp of the cinnamon and lemon juice. Stir to combine, then transfer to prepared baking dish.
3. In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter). Use a pastry cutter to cut the butter into the oat mixture, using a slight downward twisting motion, until mixture resembled pea-sized crumbs. Alternatively, you can use two forks or even your hands to cut butter into the mixture.
4. Spread topping over apples in baking dish, and gently pat to even it out. Bake 40-50 minutes, until golden brown and bubbly.
5. Serve warm and enjoy!

Do you remember when...?

**58 Years Ago in 1964:**

- Average Cost of new house: **\$13,050**
- Cost of a gallon of gas: **\$0.30**
- **\$1** in 1964 is equivalent in purchasing power to about **\$9.55** today
- *The Munsters* and *The Addams Family* first aired on television
- The first color TV was released
- The Ford Mustang was first available with a starting price of \$2,320
- The #1 song was "I Want to Hold Your Hand" by The Beatles
- Elizabeth Taylor marries Richard Burton for the first time.
- The Civil Rights Act of 1964 is signed into law
- Cassius Clay won the Boxing World Heavyweight Championship from Sonny Liston
- Dr. Martin Luther King, Jr receives the Nobel Peace Prize.
- The Mariner 4 spacecraft is launched on November 28th with the mission of photographing and studying the atmosphere of Mars.



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		7						
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8			7		9			4
							3	
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**SUDOKU**  
Difficulty: Easy

# Did you Know: **Weird, Amazing & SPOOKY Facts**

- While the Salem Witch Trials and many other witch hunts around the world had a higher percentage of women accused of witchcraft, men were also sometimes accused. Interestingly, though, in Russia there were far more males accused of witchcraft than females.
- The Halloween tradition originated with the ancient Celtic festival of Samhain when people would light bonfires and dress in disguises. In order to avoid being terrorized by all the evil spirits walking the Earth, they donned these disguises so that they would not be mistaken for spirits themselves and be left alone. In the eighth century, Pope Gregory III designated November 1<sup>st</sup> as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. This tradition was brought to America with the Irish immigrants in the mid-1800's.
- Originating from this Celtic festival of Samhain, some people suffer from Samhainophobia, or the fear of Halloween. Many people enjoy embracing the spooky spirit of Halloween, but for some, the fear is not all in good fun!
- The colors black and orange were deliberately chosen as Halloween colors because of the fall-winter connection the day represents. Orange symbolizes the warmth of autumn and the last of harvest season, while black represents the cold, dark, and long winter.
- About 2,500 B.C., Greek farmers carved wooden scarecrows in the image of Priapus, the son of Dionysus and Aphrodite, creating a "scarecrow" that was supposedly ugly enough to scare the birds away from their vineyards, ensuring a good harvest.
- The idea of being spooked by black cats dates back to the Middle Ages, when these dark felines were considered a symbol of the Devil. It didn't help that centuries later, accused witches were often found to have cats, particularly black ones. People began to believe that the cats were a witch's "familiar"—supernatural entities that would assist in their practice of dark magic. Black cats and spookiness have been linked ever since. Today, some animal shelters forbid the adoption of these black kitties to protect them from inhumane rituals.
- The 2017 film based on Stephen King's classic horror novel *IT* grossed \$700,381,759 worldwide. The most commercially successful horror film of all time.
- Despite the common phobia of spiders many people share, spotting this insect on Halloween night is considered great luck. It is believed that if you see a spider during Halloween, it means that a loved one is watching over you.
- During the Middle Ages, bobbing for apples was once a popular courting ritual amongst young women and their potential partners. In one of the many versions of a game, each apple in the tub would represent a potential mate. If it only takes one try to acquire the apple, it meant that they were destined for romance together. On the second try, she would be courted but their love would fail, while three bites indicate a failed relationship.

# Astrological Corner:

## Aquarius: January 20<sup>th</sup> to February 18<sup>th</sup>

A reflection prompt for you this month is to imagine what it would be like to embark on a new direction. To dream a new dream. It is easy to get stuck on keeping with an identity, a worldview, a job, a relationship, or any context or situation simply because you've put so much time into it. However, staying for the sake of time that's passed is one sure way of living with regret. Starting again can be scary, but so is living life without more profound meaning.

## Pisces: February 19<sup>th</sup> to March 20<sup>th</sup>

What worldviews, philosophies and beliefs have shaken your reality to the point that you can no longer unsee the previous paradigm you lived under? For example, how much does your relationship with systems like astrology nourish and support your life? Or perhaps, on the contrary, does the astrology you engage with exacerbate your worry? This month ahead is about discerning the beliefs you embody that generate your growth instead of the ones that enable your negative self-concept.

## Aries: March 21<sup>st</sup> to April 19<sup>th</sup>

Endings in and of themselves are new beginnings. You close one door and ultimately open and go through another. This month ahead, give yourself a lot of space for introspection and integrating the changes you're going through. And consequently, give yourself ample time to nourish the new seeds germinating in your life. Like plants, you need to constantly trim and cut if you wish for new stems to grow.

## Taurus: April 20<sup>th</sup> to May 20<sup>th</sup>

Connection with others is one of the most satisfying parts of life. It can also be one of the most challenging. Part of opening up requires the hard work of being vulnerable—being laid bare in front of another in hope of belonging. You are at a precipice of making different choices in your relationships. Hopefully, it will bring you closer to your ideal. But first, you must be committed to unlearning all the ways you distance yourself from how you actually want to live.

## Gemini: May 21<sup>st</sup> to June 21<sup>st</sup>

Taking responsibility can look like saying no to things that may need your specific expertise, but which you have neither the time nor the interest to do. Just because "someone" has to do it, and even if the most capable someone is you, does not mean you have to do it. In fact, continually saying yes to things you would say no to, had you been given resources and support, is one way to be chronically dissatisfied with your life. Be responsible and say no if that's what you mean.

## Cancer: June 22<sup>nd</sup> to July 22<sup>nd</sup>

If anyone knows the high stakes of sharing your innermost desires, it's definitely you. Perhaps a helpful homework for the month ahead is to confront and unpack the shame you associate with your desires. (Please note that desire here means what you truly want and is applicable in any context.) Peel away layers of shame that keep you hiding and settling.

### Leo: July 23<sup>rd</sup> to August 22<sup>nd</sup>

If you live in relative safety and joy at home, what parameters facilitate this reality? What would it look like to make this happen if you don't have this safe and joyful space? This month ahead propels you to consider creating a sanctuary that receives and nourishes you. A place where you can safely rest and create. A space for quiet and also of connection. Carve out a special corner in your home that exudes the relaxing and nurturing energy you need.

### Virgo: August 23<sup>rd</sup> to September 22<sup>nd</sup>

You are definitely someone who values and takes the impact of words seriously. You're invited to critically assess your storytelling and relational tools this month. Is your first impulse to point out what's wrong? Do you tend to agree before completely understanding? Do you like the feeling of being adored for your intelligence? Do you value productive conversations in times of conflict? Whatever it is, look at how you communicate and figure out the bigger story it tells you about how you see yourself.

### Libra: September 23<sup>rd</sup> to October 22<sup>nd</sup>

For both environmental and financial reasons, moving away from acquiring more stuff is on a lot of minds lately. This month, you may become more aware of the tools required to sustain your material stability. There's a paradoxical new beginning that feels like an end of an era when it comes to how you support yourself. This is an opportunity to interrogate and transform your relationship with money. If you're feeling uncertain, this is an excellent time to study and increase your knowledge so you can better support yourself.

### Scorpio: October 23<sup>rd</sup> to November 21<sup>st</sup>

For a while now, you may have been feeling like a new person living a completely different life compared to last year. And even if your life is not completely different, you're probably still on the verge of some tremendous caterpillar-to-butterfly metamorphosis. Part of allowing yourself the capacity to be present in the changing tides of your life is giving yourself space to process the grief of your losses. Your sorrow and joy are connected.

### Sagittarius: November 22<sup>nd</sup> to December 21<sup>st</sup>

This month, more than any other time, is about tending to your neglected, elusive and hard-to-access needs. One way to understand what those are could be to pay attention to any dreams you're having (write them down if you can). Your subconscious may process information that takes time to integrate into your conscious reality. Intending to seek the light of the truth can require meaningful solitude. Take some time away to reflect and quiet down the noise.

### Capricorn: December 22<sup>nd</sup> to January 19<sup>th</sup>

Making friends, especially as an adult, without the outlets of school or work as places of contact, can be very challenging. However, shared ideals that can manifest as shared activities can facilitate the blossoming of friendships. Your astro-homework this month ahead is to show up in the world to find people who share a similar interest. This may feel awkward, but set yourself free from these judgments and cultivate seeds of friendships that can grow into beautiful connections.

# Crossword Puzzle

Difficulty: Medium

## LA Times

By Katie Hale / Ed. Patti Varol

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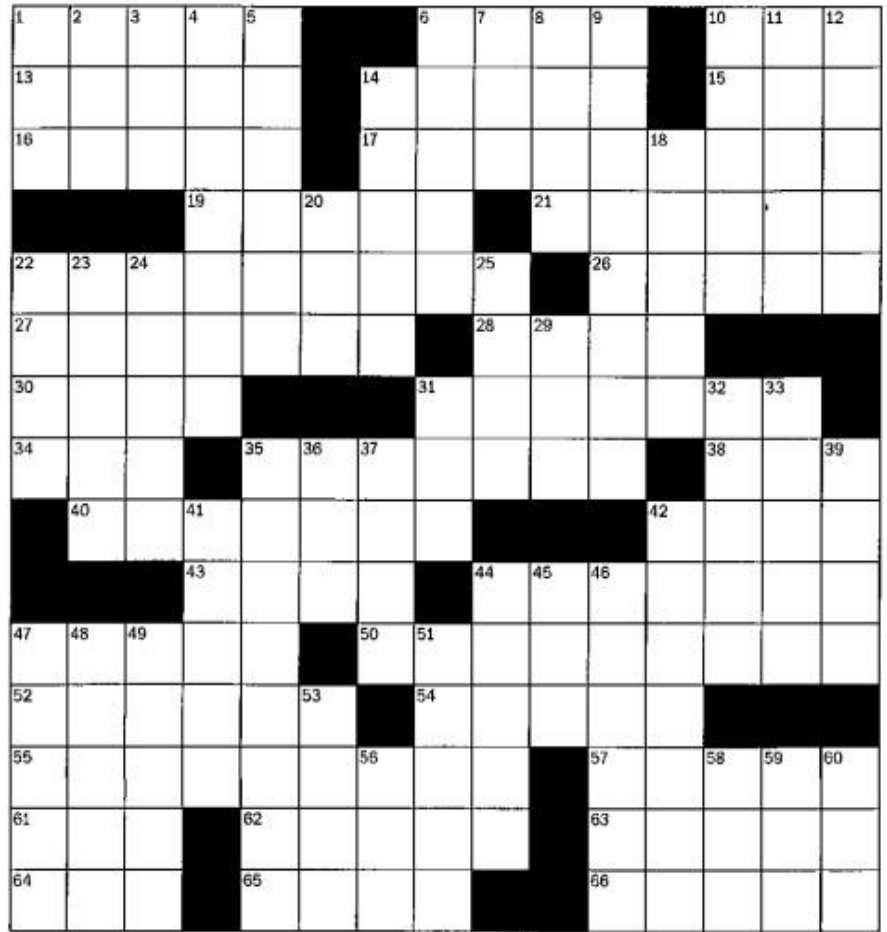
### ACROSS

- 1 Roll for wrapping wounds
- 6 Leopard marking
- 10 Pioneering TV brand
- 13 \_\_\_ jar: preserves preserver
- 14 Novelist Calvino
- 15 Lip balm brand whose name is short for "evolution of smooth"
- 16 2000s teen drama set in California
- 17 \*Park light recharged by the sun
- 19 \_\_\_ City: Detroit nickname
- 21 What "meow" may mean
- 22 \*Street feature that forces drivers to slow down
- 26 Clarifying words
- 27 Contentious territory between airplane seats
- 28 Rebuke from Caesar
- 30 "Vaya con \_\_\_"
- 31 Texas politician Beto
- 34 Defib expert
- 35 \*Winter Olympics structure
- 38 Frequently, in verse
- 40 Eyes, in slang
- 42 In short supply

- 43 Filmmaker Wachowski
- 44 Partygoer
- 47 Piglike forest dweller
- 50 \*Program for aspiring astronauts
- 52 Wows
- 54 East Coast rte.
- 55 \*Cube added to tea
- 57 Odometer reading
- 61 Flight safety org.
- 62 Little bits
- 63 Verdi composition
- 64 Hankering
- 65 Hive insects
- 66 Walk heavily, or a three-word hint to the answers to the starred clues

### DOWN

- 1 Clock setting in Eng.
- 2 Ooh and \_\_\_
- 3 Employ
- 4 Generation Z, colloquially
- 5 Convert into cipher
- 6 Hurricane, e.g.
- 7 Friend
- 8 German chancellor Scholz
- 9 Went wild on the dance floor
- 10 Aptly named novelist Charles
- 11 Pause-causing punctuation



- 12 Colorado snowboarding mecca
- 14 "The jury \_\_\_"
- 18 Ring-tailed primate
- 20 Conan's former network
- 22 "The Sweetest Taboo" singer
- 23 Spruce oneself up
- 24 Ham it up on stage
- 25 Lima's land
- 29 Actor Hanks
- 31 Tropicana products, for short
- 32 Fluffy-eared marsupial
- 33 Zimballist Jr. of old TV
- 35 Part of a pork rack
- 36 Barbie's beau
- 37 Golden yrs. funds
- 39 U. of Maryland player
- 41 "My Fair Lady" role
- 42 Proof of purchase
- 44 Speaks hoarsely
- 45 Green prefix
- 46 Pays using an app
- 47 Scrumptious
- 48 Cause to chuckle
- 49 Solstice celebrator
- 51 Mountain lions
- 53 \_\_\_ gin fizz
- 56 SLC athlete
- 58 Sign before Virgo
- 59 Verbal hesitation
- 60 Tree gunk

## The Power of Walking

By Sonja Parker, MSPT, LMT  
Designing Fitness Physical Therapy

Walking has always been one of my favorite and most often-recommended forms of exercise to everyone I know. It combines benefits that include creating strong bones and muscles, improving posture, increasing balance and coordination, and building cardiovascular health. When done outside, added bonuses include fresh air, even more endorphins to boost mood, and interaction with the outside world that literally expands your horizons.

New studies that show additional benefits of walking are being conducted all the time, but recent articles have caught my eye, as they are providing even more detailed information. Large studies have found that health benefits grow with every step you take, peaking at about 10,000 steps per day. Researchers have found that even “incidental” steps (steps taken during daily life, not even counting additional steps for purposeful exercise) lower risk for both cancer and cardiovascular disease. Additionally, walking just 3,800 steps per day decreased the risk of dementia by 25%! And that risk decreased by **50%** in people who walked 10,000 steps per day! And if that isn't amazing enough to knock your socks off, read on...

The newest study, published this month in JAMA (Journal of the American Medical Association), studied over 78,000 people who wore step counters continuously for 7 days. Their findings concluded that the risk of these diseases decreased even more significantly if the walkers walked *briskly* - even if only for a total of 30 minutes per day. Notice that I wrote “total” of 30 minutes a day. They found that even if the *brisk* walking was spread out (for instance, three 10-minute walks) over the course of the day, they found a **62%** reduction in the risk of dementia and an **80%** decreased risk of death from cardiovascular disease! **80%!!**

What exactly does “brisk” mean, you ask? In this study, it meant approximately 80 steps/minute. But without counting that out, you can get benefits just by trying to gradually increase your pace over time (in a safe way, of course - use walking poles if needed for balance!)

So, in conclusion, every little bit of walking you do is helpful...count your steps if you are so inclined, but even if not, try walking just a little bit faster in a way that you can safely do so. Check with your doctor and don't overdo it - as with all exercise, work up gradually and above all, stay safe!!

Yours in good health,  
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\*Adapted from a CNN article by Sandy LaMotte

*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.*