



# Mediterranean Mariner

February / March  
2010

## INSIDE THIS ISSUE

- 1 Spring Cleaning
- 2 US Athletes to Watch in the Olympics
- 3 Strength Training
- 4 2010 Olympic TV Schedule

## Spring Cleaning

March 20<sup>th</sup>, 2010 marks the first day of spring! Springtime is the traditional time to remove the winter blues from your home and make it ready for the long days of summer fun. There are few rites of spring more satisfying than the annual clean. For many people the pleasure comes only after the work is finished. Here are just a few tips on how to make your spring cleaning a tad easier.

Before you begin your cleaning, take a step back and go room by room and construct a master list on what needs to be tackled. Once your list is complete, gather all your cleaning materials. Regardless of which room you start in, always start at the top, working from ceiling to floor. Dust furniture or wash off countertops last, as vacuuming or sweeping will cause more dust to settle on counters. Spring is not only a time to clean, but to reorganize and take stock

Please see *Spring Cleaning* on page 2

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*Congrats to our Holiday Balcony contest winners; John & Donna of 130-65, Geri & Marilyn of 170-39, and Edna of 170-29!*

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## US Athletes to Watch in the Olympics

Here is a look at the top American Athletes expected to make some impressive moments at the 2010 Olympic Games in Vancouver.

- Shaun White, Snowboarding. This will be Shaun's second Olympic Games and he is looking to be the first to defend his Gold Medal.
- Hannah Kearney, Freestyle Skiing. The reigning World Champion has a chance to achieve Gold.
- Apolo Ohno, Speed Skating. With five 5 Olympic Medals already under his belt, Apolo only needs 1 more to tie Bonnie Blair for the most medals won by a US Athlete.
- Lindsey Vonn, Alpine Skiing. She is the 2009 world Champion in Super-G and Downhill and is a multi medal contender.
- Tanith Belbin and Ben Agosto, Ice Dancers. They are the first American ice dancers to win an Olympic medal since the Innsbruck Games in 1976.
- Evan Lysacek, Figure Skating. He was 4th-place finisher in Torino and a 2-time world bronze medalist and is the 2009 World Champion.

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**Renter's Insurance is mandatory!**

**Please make sure Falconi Companies has an up-to-date copy of your Renter's Insurance binder.**

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## Strength Training

By: Wayne Westcott, Ph.D.




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*“Previously sedentary seniors should follow a strength training pyramid that begins with safe, effective, and time-efficient machine exercises.”*

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Less than 2.4 percent of people over age 60 attain the minimum activity recommendation of 30 minutes exercise a day according to recent studies. The acceptable activity levels were very low (walking at 2.5 mph), yet only one in forty older adults recorded half an hour per day of moderate intensity exercise.

But, let’s talk about strength training. The most logical approach encourages basic and brief sessions of sensible strength exercise. Programs must be simple and short. Older adult strength training studies conducted at Tufts University since 1988 revealed remarkable results with men and women between 50 and 100 years of age who performed 12 sets of resistance exercise (three sets of four machines) three days a week.

Large-scale studies at the South Shore YMCA in Quincy, MA (2,776 men and women), showed significant improvements in older adults’ body composition and resting blood pressure who performed 12 sets of resistance exercise (one set of 12 machines) two or three days a week.

Most older adults can handle 12 sets of strength exercise, especially when it involves one set of 12 exercises that cumulatively address all of the major muscle groups. This provides an interesting, but not overwhelming, training session, and one that can easily be completed within 25 minutes.

The training protocol and progression is equally easy to understand and to apply. Each exercise is performed with a weight load that permits at least eight repetitions. The resistance is increased by

Please see *Strength Training* on page 4

### *Spring Cleaning* from page 1




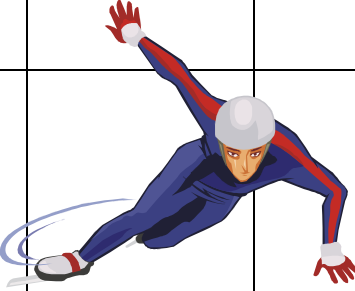
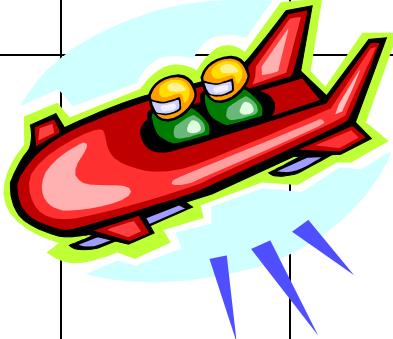


of the things in your apartment. Go through all the drawers, cabinets, and closets. As you go through your home, collect all the items you don't need or want anymore. Gather the salvageable items into bags and donate them to your local charity or thrift store. Recycle any paper or cardboard. If they aren't worth saving or recycling, just throw them in the dumpster. While you are cleaning, take note of any maintenance issues. For example leaky faucets, slow drains, and toilets that are constantly running can lead to big problems. If you find anything that needs repairing or replacing, give our maintenance a call at 617 696-6090.

Take your time cleaning; it can be overwhelming to do it all in one day. Do a little at a time, and it will be finished in no time!



## Vancouver 2010 Olympics NBC TV Schedule for Daytime & Primetime

					<p>12 <b>7:30-9pm</b> Ski Jumping and pre-Games Analysis <b>9pm-12am</b> Opening Ceremonies</p>	<p>13 <b>2-6pm</b> ski jumping, speed skating, biathlon <b>8-11:30PM</b> Speed Skating, M. Downhill, W. moguls</p>
<p>14 <b>1-6pm</b> Nordic Combined, Speed Skating, Luge, Biathlon <b>7-11pm</b> W. Apline Combined, Figure skating, M. Luge</p>	<p>15 <b>1-2:30 pm</b> W. Cross Country <b>2:30-4pm</b> M. Snowboard Cross <b>4-5pm</b> M. Cross Country <b>8pm-12am</b> pairs figure skating, M. snowboard X, M. Speed Skating</p>	<p>16 <b>3-5pm</b> M. &amp; W. biathlon <b>8pm-12am</b> M. Figure Skating, Snowboarding, W. Speed Skating</p>	<p>17 <b>3-5pm</b> W. Cross Country <b>8-8:30pm</b> M. Speed Skating <b>8:30-11:30pm</b> M. Snowboard Halfpipe, W. Apline Downhill, M. Speed Skating</p>	<p>18 <b>3-3:30 pm</b> W. Biathlon <b>3:30-5pm</b> W. Snowboarding Halfpipe <b>8pm-12am</b> Figure Skating, W. Snowboarding, Speed Skating</p>	<p>19 <b>3-5pm</b> Cross Country, Recap of figure skating <b>8-11:30pm</b> Ice Dancing, W. Skeleton</p>	<p>20 <b>1-2pm</b> W. Freestyle Aerials <b>2:30-4pm</b> Ski Jumping <b>4-6pm</b> Ski Jumping <b>8-11:30pm</b> Apline Super G, Speed Skating, 2-man Bobsled</p>
<p>21 <b>12-1pm</b> Ski Cross <b>1:30-3pm</b> M. Biathlon <b>3-6pm</b> M. Hockey <b>7-11pm</b> Ice Dancing, M. Apline Slalom <b>11:30pm-12:30am</b> Biathlon, Medal Ceremonies</p>	<p>22 <b>3-5pm</b> W. Cross Country <b>8pm-12am</b> Ice Dancing, Freestyle Skiing, Ski Jumping</p>	<p>23 <b>3-5pm</b> Speed Skating, W. Biathlon, W. Ski Cross <b>8pm-12am</b> Figure Skating, W. Ski Cross, W. Bobsled, Nordic Combined</p>	<p>24 <b>3-5pm</b> M. Hockey <b>8-11:30pm</b> Speed Skating, Bobsled, W. Apline GS, W. Speed Skating</p>	<p>25 <b>3-5pm</b> W. Cross Country, W. Free Skate <b>8pm-12am</b> W Free Skate, M. Freestyle Aerials</p>	<p>26 <b>3-5pm</b> M. Hockey <b>8-11:30pm</b> W. Apline Slalom, Speed Skating</p>	<p>27 <b>1-6pm</b> Speed Skating, M. Snowboarding <b>8-11pm</b> Figure Skating, M. Apline Slalom, 4-man Bobsled, M. Snowboard</p>
<p>28 <b>12-3pm</b> M. Cross Country <b>3-6pm</b> M. Hockey <b>7-10:30pm</b> Closing Ceremony</p>						

### President's Day Trivia

1. Who was the only bachelor President?
3. Who was the youngest president?

See page 4 for Answers

2. Who was the oldest elected President?
4. Who was the First President to appear on TV?

*Strength Training* from page 2

about five percent when this weight load can be completed for 12 repetitions. Each repetition is completed is performed in six seconds (typically two seconds in lifting actions and four seconds for lowering action) through a full-range of (pain free) movement to maximize muscle conditioning, minimize momentum, and reduce injury risk.

What kind of results can be expected? The South Shore YMCA's recent six-month research program with 59-year-old women resulted in an average five-pound muscle gain; seven-pound fat loss; 6mmHg reduction in systolic-blood pressure; and a 4mmHg reduction in diastolic-blood pressure. These advantageous exercise adaptations essentially reverse 10 years of the aging process.

Previously sedentary seniors should follow a strength training pyramid that begins with safe, effective, and time-efficient machine exercises. These are relatively easy to learn and perform, and they provide comprehensive muscle conditioning for all of the major muscle groups.

Be sure to exercise regularly with strength training, at least two days each week, with enough resistance to fatigue your muscles within 8 to 12 good repetitions.

**Please DO NOT put tires, mattresses, furniture, air conditioners, appliances, televisions, or computer monitors in the dumpsters. Household trash ONLY!**  
**Thank You.**

### Strawberry Spring Salad Recipe

#### You Will Need

1/3 cup raspberry vinegar  
1/3 cup olive oil  
3 tablespoons sugar  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/2 teaspoon hot pepper sauce  
1/4 teaspoon pepper  
6 cups torn romaine  
2 cups fresh strawberries, quartered  
1 medium ripe avocado, peeled and sliced  
1 can (11 ounces) mandarin oranges, drained  
1/2 cup chopped red onion  
1/2 cup chopped pecans, toasted



#### What to Do

1. In a jar with a tight-fitting lid, combine first seven ingredients; shake well until sugar is dissolved.
2. In a large bowl, combine romaine, strawberries, avocado, oranges, onion and pecans. Drizzle with vinaigrette and toss gently. Serve immediately.



### Happy Valentine's Day

**Remember to tell the people you love that you love them at every opportunity!**

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### Happy St Patty's Day!

**As you slide down the banister of life,  
May the splinters never point  
in the wrong direction!**

#### Answers to Presidential Trivia

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1. James Buchanan           | 2. Ronald Reagan at 69          |
| 3. Theodore Roosevelt at 42 | 4. Franklin D Roosevelt in 1939 |