



ReMARCable TIMES

INSIDE THIS ISSUE:

MARC *Those Words!*

Eat Right, Think Better

CAST IRON VS. ALUMINUM

TECHNOLOGY: NOW VS. THEN

The Vocab Lab

WORD SEARCH PUZZLE

Severe Weather Season

MARC *These Words*

By: Leon D.

"Don't stop when you're tired. Stop when you're done."

- Wesley Snipes

"Things work out best for those who make the best of how things work out."

- John Wooden

"It is our attitude at the beginning of a difficult task which will affect its successful outcome."

- William James

"Success is not final, failure is not fatal. It is the courage to continue that counts."

- Winston Churchill

***NEVER BEND
YOUR HEAD,
ALWAYS AIM
HIGH, LOOK
THE WORLD
STRAIGHT IN
THE EYE.***

- HELEN KELLER

"Try to be a rainbow
in someone else's
cloud."

- Maya Angelou

Eat Right, Think Better!

by: Maren R.

The Ketogenic diet has been a very popular choice in the many weight loss options. What I discovered while living the ketogenic lifestyle is that it made me smarter. After a month I realized that I could remember an entire phone number again. As I remained on the program, I began to be able to do math, and I could hold on to my thoughts, and figure things out better, and I felt really good. My physical endurance and overall stamina returned. My attention span at least doubled, and the improved memory was a real treat. I could function so much better, and stay on task, like before my accident.

I realized I was going to remain on this keto plan of high fat and low carbohydrates for life. I noticed so many health and mental function improvements that I began to research if other people on the keto program had realized the same mental and physical benefits I had experienced. To my surprise, tons of research to substantiate my personal observations is available, and has already completed and validated. Many brain injury treatment programs use the keto diet, specifically elimination of MILK and WHEAT. So that is what I am concentrating on now. I research and I share, and I teach. This is my great new passion.

Teaching people with traumatic brain injuries how to improve their memory, cognitive function, physical stamina, and overall health is challenging and fun, and very rewarding. I want to demonstrate that food is the way to a better life for all. Living GLUTEN FREE is a great beginning.

By:
David S.

Cast Iron vs. Aluminum

Pros & Cons

CAST IRON

ALUMINUM

Heats at a higher temperature than aluminum

More rigid than aluminum

Stronger than Aluminum

Easier to conduct heat with aluminum

Easier to repair (if cracked) compared to cast iron

Aluminum is light weigh compared to cast iron

Better fuel economy (due to weight)

Tighter emission controls

More and more engine blocks are being made using an aluminum alloy. Some of the biggest reasons have to do with speed, ease and cost of manufacturing. Above is a direct side-by-side comparison between both engines.

TECHnology

1950s vs.

2021

By: Mike D.

Here are a few important differences between the 50s and today's technologies. It might surprise you how far we've come in just a few decades.

CARS



Cars today are more aerodynamic, fuel efficient and are generally safer than they were back in the 50s. Most cars today are factory assembled and require many electronic parts. Everything has evolved, from the alloy metals that make up the body (and engine) to the way windows roll up.

A computer used to fill an entire room in the 50s. Today? a computer can literally fit in the palm of your hand, not to mention the advent of laptops which adds the element of portability. Not only are computers much smaller, they are quicker and smarter and can do greater calculations than ever imagined before.

COMPUTERS



PHONES



Perhaps the biggest societal advancement is the change to cellular technology away from the old days of phonebooths and rotary phones. It is amazing how a big phonebooth is now in your pocket and can dial any number in the world, thanks to the evolution of the internet.

It is hard to imagine looking at a small screen that is black and white today, yet that was a magical thing when TVs were invented in the late 1920s. Now? TVs are so thin they almost blend into the wall and have incredible picture and sound fidelity.

TVs



THE VOCAB LAB

BY: KEITH MIXER



Words to add to your ever-growing vocabulary!

Legerdemain: leg·er·de·main /'lejərdə,mān/

(Noun)

skillful use of one's hands when performing conjuring tricks.

Mulct: /mʌkt/

(Verb)

extract money from (someone) by fine or taxation.

(Noun)

a fine or compulsory payment.

Antediluvian: /,an(t)ēdə'loovēən/

(Adjective)

ridiculously old-fashioned. (Humorous)

Gourmandize: /'goormən,dīz/

(Verb)

eat good food, especially to excess.

(Noun)

the action of indulging in or being a connoisseur of good eating.

Word Search Puzzle

SELECTION BY: KIMI M.

4/15/2017

Movies with One Word Titles

C	H	A	L	L	O	W	E	E	N	H	E	TITANIC
I	J	U	N	O	O	R	O	C	K	Y	R	GLADIATOR
N	R	E	N	E	M	H	C	T	A	W	A	ROCKY
A	I	H	A	N	C	O	C	K	C	J	G	ALIEN
T	T	R	A	E	H	E	V	A	R	B	O	GREASE
I	T	W	I	L	I	G	H	T	L	I	N	BRAVEHEART
T	D	I	T	E	I	S	T	O	O	T	E	EVITA
I	G	L	A	D	I	A	T	O	R	S	S	TWILIGHT
J	A	R	M	A	G	E	D	D	O	N	A	SAW
N	T	A	E	S	L	T	H	S	A	A	E	HALLOWEEN
A	D	L	E	W	K	I	E	J	T	N	R	ARMAGEDDON
M	S	I	E	A	T	V	A	N	I	A	G	WATCHMEN
U	T	E	C	J	E	I	O	V	V	O	B	HANCOCK
J	L	N	O	N	W	A	S	O	E	M	N	TOOTSIE

print & Enjoy!

SEVERE WEATHER SEASON

Severe weather season is between the months of March through July.

By: Yvette A.W.

If you've seen "Twister" starring Helen Hunt and Bill Paxton, then you've seen the awesome power of a tornado. Many people think it's pretty cool and wonderful, but it is also dangerous.

If there is a tornado or a severe thunderstorm there are a few things you can do to be prepared:

The first thing to do is be ready in the event of a tornado or severe thunderstorm. To be ready for severe weather such as a tornado or thunderstorm, one should create an emergency kit, this should include the following:



- 1 Water- at least 1 gal. per person or enough for 3 days

- 2 Canned or dried food - enough for 3 days



- 3 Battery powered radio - include replacement batteries.



- 4 Flashlights - include replacement batteries.



Other ways for one to be prepared in the event of severe weather is to designate a safe area (room) which is defined as a room without windows at the lowest point of your home or building where you live.

It is also a good idea to run drills with the members of your household or team. This way, in the event of a tornado or severe thunderstorm, everyone knows what to do and where to meet up. It also might be a good idea to reinforce the area/room if possible.

SEVERE WEATHER SEASON

...CONTINUATION

In the event of a severe thunderstorm there are a few things we need to remember; if you have high winds with a severe thunderstorm, it is a good idea to stay away from the windows and stay toward the interior of your home or building. If you are outside during a thunderstorm the most important thing to remember is to stay away from high places, and open spaces. The best thing to do if you are caught outside during a thunderstorm is to find shelter immediately.

FACT 1: Avoid Trees - Sheltering under a tree is just about the worst thing you can do in a lightning storm; if lightning hits the tree there is a chance that a "Ground Charge" will spread out from the tree in all directions. Being underneath a tree is the second leading cause of lightning casualties.

FACT 2: The 30/30 Rule - When outside at the beginning of a thunderstorm start counting to 30 after the first flash of lightning. If you hear thunder before you reach 30 it's a good idea to go indoors, and you should suspend any outdoor activities for 30 minutes after the last clap of thunder to be sure the storm has passed. This is known as the 30/30 rule.

FACT 3: Lightning is one of nature's most powerful forces. Each strike of lightning can spread out more than 5 miles in length, produce temperatures greater than 50,000* Fahrenheit and an electrical charge of 100 million volts.