



ReMARCable  
Times

**INSIDE THIS ISSUE:**

MARC *These Words!*

Now and Then: Women's Fashion

***DAVE'S AUTO MAINTENANCE***

UNDERSTANDING GRAPHIC DESIGN

The Vocab Lab

*Amber's Dessert*

Word Search Puzzle

**YOU & I**



# MARC *These Words*

By: Leon D.

"All our dreams could come true, if we had the courage to pursue them."

- Walt Disney

Magic is believing in yourself. If you can make that happen, you can make anything happen."

-Johann Wolfgang von Goethe

"we need to accept that we won't always make the right decisions, that we'll screw up royally sometimes - understanding that failure is not the opposite of success, its a part of it."

-Arianna Huffington

"Some people want it to happen, some wish it would happen, others make it happen."

- Michael Jordan

"Hard work beats talent when talent doesn't work hard."

-Tim Notke

**"IMPOSSIBLE  
IS JUST  
AN OPINION"**

-PAULO COELHO



# NOW & Then

## The Evolution of Women's Fashion

IN THIS ARTICLE, WE WILL LOOK AT SOME OF THE FEATURES THAT LEAD TO THE DRASTIC CHANGES IN WOMEN'S FASHION THROUGHOUT THE LAST SEVERAL DECADES.



1900s:

Frilly, layered clothing

Usually a corset worn underneath the dress.

Paris was the center of fashion during the 1900s

1920s:

Designed to give freedom to women

Corsets were out of fashion, more androgynous

More straight cut dresses in contrast with turn of the century fashion



1930s:

Depression era effected the fashion greatly

long and lean dresses were the norm

The technique of the "bias cut" was invented.



1940s:

WWII caused a major change in women's clothing due to women finally being allowed to join the army

Main hair style: Victory Roll



1950s:

Post-war outfits were more colorful and more expensive materials were available again for production.

New Shoe Style: Open toes



1960s:

60s women's fashion had certain trademarks, such as the advent of miniskirts and minidresses. The drastic change in fashion was a reaction to the ways of the 40s and 50s.



1980s:

This decade of fashion had certain signature looks, mainly the padded shoulders. More women were entering the business the world than ever, and that was reflected in the slightly masculine attire.



# DAVE'S AUTO MAINTENANCE



## HOW TO DO AN OIL CHANGE

- 1.** Place a drainage pan under the vehicle where the oil pan bolt is.
  - 2.** Find the bolt on the oil pan and loosen it.
  - 3.** Oil will start draining into the drainage pan for roughly 5 minutes, or until the oil stops coming out of the pan.
  - 4.** Once the oil stops draining, put the oil pan bolt back into the pan and tighten it up.
  - 5.** Make sure that you check the type of oil the manufacturer requires for your vehicle's engine.
  - 6.** Also check the amount (quarts of oil) required to refill your engine compartment.
  - 7.** Put in the amount of oil that you checked.
  - 8.** Use the "dipstick" to check that your oil levels are good (it should be at highpoint mark on the dipstick).
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# THE VOCAB LAB

BY: KEITH MIXER



Words to add to your ever-growing vocabulary!

**Allegory:** al·le·go·ry /'alə.gôrē/

(Noun)

*a story, poem, or picture that can be interpreted to reveal a hidden meaning, typically a moral or political one.*

**Trite:** /trīt/

(Adjective)

*(of a remark, opinion, or idea) overused and consequently of little import; lacking originality or freshness.*

**Cacophony:** ca·coph·o·ny /kə'käfənē/

(Noun)

*a harsh discordant mixture of sounds.*

**Enigmatic:** /,enəg'madik/

(Adjective)

*difficult to interpret or understand; mysterious.*

# Amber's Dessert

## HEALTHY OATMEAL BANANA PANCAKES

- 1 Banana (about 1/3 soft not brown)**
- 1/3 cup almond milk and or nut milk**
- 1/3 cup quick oats**
- 1/4 teaspoon cinnamon**
- 1/4 teaspoon vanilla**

**Mix all ingredients together  
add more milk if you want  
a lighter pancake**

**Heat skillet spray with pam cooking spray  
cook as you would any pancakes**



# Word Search Puzzle

SELECTION BY: KIMI M.

4/15/2017

## Kitchen Items

E	C	O	F	F	E	E	M	A	K	E	R	OVEN
D	E	O	D	R	P	P	L	A	T	E	S	STOVE
E	E	V	W	R	I	O	R	E	W	D	F	MICROWAVE
E	A	E	K	F	O	D	M	E	D	A	E	FRIDGE
Y	V	N	P	O	S	G	G	E	I	C	T	DISHWASHER
G	R	A	E	F	I	A	S	E	S	S	O	MOP
L	Y	E	W	G	R	D	A	L	H	H	A	BRUSH
A	T	T	L	O	N	Y	A	G	W	R	S	KETTLE
S	S	V	K	T	R	O	E	R	A	K	T	TOASTER
S	E	E	L	N	U	C	P	R	S	E	E	RADIO
E	V	O	T	S	I	C	I	S	H	T	R	SINK
S	S	A	B	R	U	S	H	M	E	T	D	BREADMAKER
B	R	E	A	D	M	A	K	E	R	L	M	BLENDER
B	L	E	N	D	E	R	E	A	B	E	R	DEEP FRYER

print & Enjoy!



# UNDERSTANDING

# GRAPHIC *Design*

**BY: JESSE L.**

Graphic design is something we deal with and see on a daily basis, whether on a poster, an ad on TV or even a product label. Below are some of the elements that are considered when creating an attractive and effective design graphically.

## Goldfish

### **TYPOGRAPHY**

Enhances the readability and style and helps attract the attention of a viewer

### **DIRECTION**

Horizontal and vertical suggest different tones and help guide the observer's eyes.

### **LINE**

Arguably the most important element. Creates the flow and direction of a design

### **COLOR**

Sets a mood and creates an attractive dynamic

### **SHAPE**

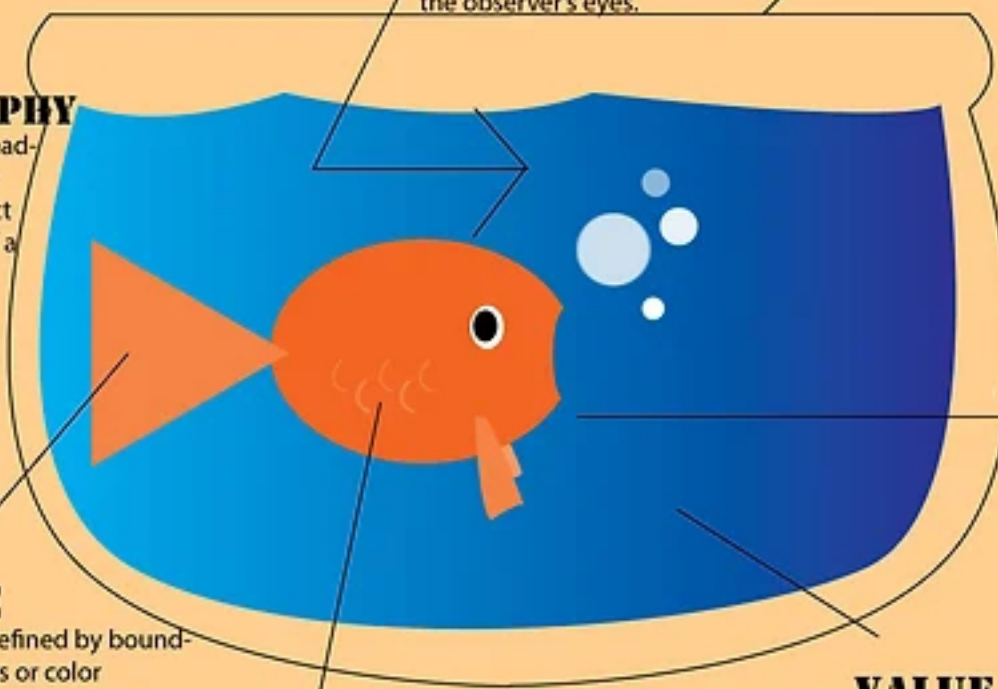
Shapes are defined by boundaries like lines or color

### **TEXTURE**

Create more of a 3-D appearance which adds interesting contrast to a piece.

### **VALUE**

Lightness or darkness of a color. Adds dimensionality and depth.





# You & I

By: Steve Copley

This page will be dedicated to providing useful information for survivors of TBI

## Gifts!



The holidays are quickly approaching, so here's a list of gifts you could get for your friends, family or loved ones with TBI:

### **MASSAGE THERAPY GIFT CARD**



### **FUN SOCKS!**



### **ADULT COLORING BOOK**



### **WATER BOTTLE W/ MEASUREMENT**

### **POST-IT NOTES**





A special thanks to all MARC  
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