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# MARCThese Words

By: Leon D.

Happiness is not comes something action ready-made action from John Lama

"The way I see it: If

you want a rainbow,
the rain."

Dolly Parton

"The only impossible journey is one you never begin."
-Tony Robins

"Be Stronger than your excuses."
- Unkown

"Don't count the days,
make the days count."

"Believe You con there".
"Believe holfway cosevelt
You're holfway Roosevelt
Y Theodore



1. a quick, clever reply to an insult or criticism.

2. a quick return thrust following a parry.

Serendipity: ser-en-dip-i-ty /,seren-dipedē/

(Noun)

the occurrence and development of events by chance in a happy or beneficial way.

Burgeon: bur-geon / bərjən/

(verb)

begin to grow or increase rapidly; flourish.

Apple flat edsamail



#### THE SNOW IS HERE, SUMMER IS GONE

The sound of ice and snow replaces the melodic sound of crunchy leaves

Picture yourself skating or building a fire It's colder than hell but not to cold not to perspire

the animals are hyped the elves are frolicking the day of days the frogs and birds are ready to retire

the bears are daydreaming wistfully and blissfully of warm nights by the fire

### Knitting with Plastic! how to use plastic to give back to the community!

In our winter 2022 newsletter, we shared a story about Ms. Tatyana L. and her volunteer efforts while here at MARC. She previously knit many hats and scarves that were then donated to a homeless shelter in Pontiac and to a winter drive through the Novi Public Library.

She is at it again! Tatyana has knitted more hats and scarves to donate to those in need this winter. In addition to those items, she has started making plastic sleeping mats for the homeless.

This project involves taking plastic grocery bags and making them into "plarn." The used bags are cut into strips and then made into a chain that can be used like a ball of yarn. The plarn is then weaved on a peg loom to create the sleeping mat (seen in the pictures accompanying pictures). The peg loom requires use of fine motor skills and grip strength, incorporating rehabilitation of these areas while doing something meaningful. Therefore, this volunteer activity has three purposes. It is a means for recycling plastic, engaging in meaningful therapy, and most importantly, giving back to the community and those in need.

Tatyana would like to thank everyone at MARC that remembered to save and donate their plastic bags for the mats. She would also like to thank the volunteer that made the wood peg loom for use in therapy and her OT for "the good idea."



### Word Search Puzzle

SELECTION 69: 41Mi m.

#### Autumn

Α	Р	U	М	Р	K	I	Ν	K	0	U	С
М	Α	Z	Е	Υ	Α	R	С	Е	R	Е	В
Υ	R	Е	В	0	Т	С	0	S	Α	L	R
Ε	Е	Α	L	U	Е	Ν	R	Е	Ν	Р	Е
Р	Е	Α	R	L	Α	R	Ν	Е	G	Р	D
L	U	F	K	N	Α	Н	Т	G	Е	Α	Е
0	R	Α	Р	R	М	F	W	Н	Α	Υ	Ν
0	W	W	0	Н	С	0	Ν	W	0	R	В
R	L	Е	Α	٧	Е	S	R	Α	K	Е	Е
С	0	L	0	R	S	С	Н	1	L	L	Υ
Н	W	Н	Е	Α	Т	S	Е	٧	R	Α	Н
Α	S	W	Е	Α	Т	Е	R	R	Е	Z	K
R	Α	S	С	Α	R	Е	С	R	0	W	K
D	Ε	R	М	Α	Р	L	Ε	Т	R	Е	Ε

BROWN CHILLY COLORS FALL GEESE HARVEST HAY LEAVES MAPLE TREE OCTOBER ORANGE PEAR PUMPKIN RED SWEATER THANKFUL ORCHARD SCARECROW RAKE CORN MAZE WHEAT

APPLE

print & Enjoy!

## Steve's Fun



Whether you realize it or not, you blink around 20 times a minute



Germon people eats the most bread



Abraham Lincoln was competitive wrestler.



Around 11% of the world's population is left-handed.



Gummy Bears
were originally
called "Dancing
Bears".







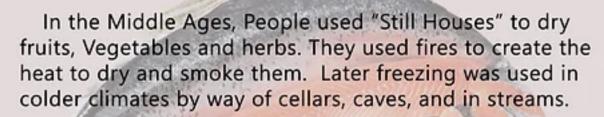
#### The Evolution of Preservation

By: Yvette A.W.





Humans have been preserving food since 12,000 B.C., or at least that is the earliest record of preservation. In frozen climates early humans would freeze-seal meat and fish by laying it out on the ice. In tropical and dry climates, they dried food in the hot sun and wind. Meats, fruits and vegetables were all dried this way.







Around the 15th century in America, "Ice Houses" were built to store ice and foods. Soon "Ice House" became Known as the "Ice Box".





In the 1800's Clarence Birdseye discovered that quick freezing at very low temperatures made for better tasting meats and vegetables. It is known as the "quick freeze method" which revolutionized this method of food preservation.





Fermentation was discovered (not Invented) in roughly 10,000 B.C., Probably a few grains of barley or some other type of grain got left out in the rain or something to that affect; microorganisms started to ferment the starch-derived sugar into alcohols. Some anthropologists believe this is when mankind settled down and started farming, getting away from the nomadic wanderer.





Fermentation could not only preserve food but also created more nutritious food. Pickling is also used; it is the art of preserving food in vinegar or another acid. Pickling gave us such condiments as Ketchup, Chutneys, Relishes, Piccalillis, Mustards, and Worcester Sauce.



A special thanks to all MARC associates who help make this magazine possible.

You are the heart that beats and brings MARC to life.