

# ReMARCable TIMES

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# MARC *These Words*

By: Leon D.

"Happiness is not  
something  
ready-made, it comes  
from your action."  
- Dalai Lama

"The way I see it: If  
you want a rainbow,  
you got to put up with  
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."  
- Mohammad Ali

"Believe you can, and  
you're halfway there."  
- Theodore Roosevelt

# THE VOCAB LAB

BY: KEITH MIXER



Words to add to your ever-growing vocabulary!

**Anachronism:** a·nach·ro·nism /əˈnɑkrəˌnɪzəm/

(Noun)

*a thing belonging or appropriate to a period other than that in which it exists, especially a thing that is conspicuously old-fashioned.*

**Riposte:** ri·poste /rəˈpōst/

(Noun)

- 1. a quick, clever reply to an insult or criticism.*
- 2. a quick return thrust following a parry.*

**Serendipity:** ser·en·dip·i·ty /ˌserənˈdɪpədē/

(Noun)

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

**Burgeon:** bur·geon /ˈbɜrjən/

(verb)

*begin to grow or increase rapidly; flourish.*

# Colors in Polish

By: Mike De.



**Niebieski**

Blue




**Czerwony**

Red



**Zielony**

Green



**Pomarańczowy**

Orange



**żółty**

Yellow



**Czarny**

Black

## 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 too 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

By Eddie M.

# 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 BY: KIMI M.

## Autumn

A	P	U	M	P	K	I	N	K	O	U	C	APPLE
M	A	Z	E	Y	A	R	C	E	R	E	B	BROWN
Y	R	E	B	O	T	C	O	S	A	L	R	CHILLY
E	E	A	L	U	E	N	R	E	N	P	E	COLORS
P	E	A	R	L	A	R	N	E	G	P	D	FALL
L	U	F	K	N	A	H	T	G	E	A	E	GEESE
O	R	A	P	R	M	F	W	H	A	Y	N	HARVEST
O	W	W	O	H	C	O	N	W	O	R	B	HAY
R	L	E	A	V	E	S	R	A	K	E	E	LEAVES
C	O	L	O	R	S	C	H	I	L	L	Y	MAPLE TREE
H	W	H	E	A	T	S	E	V	R	A	H	OCTOBER
A	S	W	E	A	T	E	R	R	E	Z	K	ORANGE
R	A	S	C	A	R	E	C	R	O	W	K	PEAR
D	E	R	M	A	P	L	E	T	R	E	E	PUMPKIN

print & Enjoy!

# Steve's Fun

## TRIVIA



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



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



German people eat the most bread



Abraham Lincoln was a competitive wrestler.



Gummy Bears were originally called "Dancing Bears".

On average, hair grows about 6 inches a year.



**DOGS HAVE  
42 TEETH**





# 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.



In the Middle Ages, People used "Still Houses" to dry fruits, Vegetables and herbs. They used fires to create the heat to dry and smoke them. Later freezing was used in colder climates by way of cellars, caves, and in streams.



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.