

LIBRARY LANE

Senior Residence



50 Library Lane • Grayslake, IL 60030 • (847) 543-4455

August 2010

www.library-lane.com

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SEVERE WEATHER

During severe weather warnings, residents should take shelter indoors in a basement or in an interior room without windows.

Seasonal Selections

Make it through the dog days with some fresh fruit, healthy vegetables and bright flowers that are in season in August:

Fruit: Apricots, avocados, pears and summer squash.

Veggies: Brussels sprouts, cauliflower, fennel and tomatoes.

Flowers: Delphinium, lavender, phlox and sunflowers.

Peace, Love and Rock 'n' Roll

The most famous rock festival of the 1960s, Woodstock Music and Art Fair, opened Aug. 15, 1969. A crowd estimated at more than 400,000 people gathered for the three-day event in upstate New York.



Seasonal Selections

Summer weather often requires plenty of hydration. Why not mix some of the season's best produce with a little carbonated water to make the perfect, refreshing soda? Try limes, blueberries, cherries, raspberries or strawberries. All are in season and offer many combinations to please any palate.

A Sensible Suggestion

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind." —Dr. Seuss

Important Numbers

Leasing Office (847) 543-4455

Emerg. Maint. (847) 543-4455

Fire, Police, Ambulance 911

Simple Sweets

For an easy, impressive treat, serve cupcakes with a twist. Slice each cupcake into three layers and add a spoonful of whipped cream between each layer. Sprinkle with powdered sugar, top with berries or drizzle with chocolate syrup for short stacks of fun.

Fitness Tip

Battle the boredom in your workouts by mixing it up. Something as simple as changing the venue can add an interesting twist. Take your routine outdoors if you usually exercise inside. If you normally work out alone, invite a friend. A change of pace can be rejuvenating.



Trivia Whiz

Top Secret

Mention of the U.S. Secret Service usually conjures images of men in black suits, wearing dark sunglasses and scanning the landscape for shady characters. In reality, the Secret Service was created as a division of the Treasury Department in July 1865 to fight the production and use of counterfeit currency. More U.S. Secret Service tidbits:

Follow the leader.

After the assassination of William McKinley in 1901, the Secret Service assumed responsibility for protecting the President.

On your own.

Presidents elected to office after Jan. 1, 1997, receive Secret Service protection for 10 years after leaving office. Bill Clinton (last elected in 1996) will be the final former president to receive lifetime protection.

All A-Twitter About Twitter?

You're probably familiar with Twitter, whether you realize it or not. Have you noticed a blue bird on your take-out menu? Or have you heard your grandchildren laugh over a tweet they've just read? That's Twitter. Being familiar with Twitter, though, doesn't necessarily mean understanding it, so check out this quick guide.

Twitter.com is an online social networking site: You get 140 characters (including letters and spaces) to share your thoughts at any given time. You can choose to follow people—friends, family, random strangers or people you'd like to meet someday—and people may choose to follow you. The updates (called tweets) of people you follow are listed on your account homepage, and your updates will appear on the homepages of your followers. Twitter is an open forum. You can set your account to be private (your tweets only appear to people

you approve), but the default setting is public.

To keep up with conversations, people often use hashtags (#hashtag). People who want to read about a specific conversation topic (#PGA, for example) can then search for and follow comments with the hashtag.

Looking for a more in-depth overview? Visit www.Mashable.com to check out its Twitter Guidebook.



My Eyes and Myopia: Am I at Risk?

According to a study by the National Eye Institute, myopia, or nearsightedness, is more prevalent today than even just 30 years ago. Myopia is a condition in which close objects appear clearly and objects at a distance appear blurry. It is a common condition and costs Americans billions of dollars a year, indicating a greater need for cost-effective prevention and treatment.

Why is myopia more prevalent today than ever before? Researchers believe the reason could be linked to consumers saturating their eyes with computers and other technology devices. Instead of spending time outdoors and training our eyes to

focus on the distance, many of us spend our days in front of a computer screen, focusing only on things within arm's reach.

Though the American Optometric Association states that the exact cause of myopia is not known, two factors seem to be responsible for its development: heredity and visual stress. The risk is higher for individuals having one or both parents with myopia, or spending considerable time on a computer, reading or in front of the television. Another risk factor may be underlying health issues, such as diabetes.





Good Works

Support for the Military

The military no longer accepts "Any Service Member" mail, but that certainly doesn't mean you can't do your part to help our country's armed forces. There are many reputable organizations with the goal of providing a morale boost to our military. Listed below are just a few programs you can support; find more at www.Army.mil/howyoucanhelp.

Hero Miles: Donate frequent flier miles to military men and women who are undergoing treatment at a military or VA medical center due to injury sustained in Iraq or Afghanistan. Learn more at www.FisherHouse.org.

Homes for Our Troops: This nonprofit builds or renovates homes for severely wounded military members, free of charge and with special modifications as needed for particular disabilities. Visit www.HomesForOurTroops.org.

Gift Cards for Our Troops: The Army and Air Force Exchange Service (AAFES) provides merchandise and services to military families and uses earnings to supplement Morale, Welfare and Recreation (MWR) programs. Service members can buy anything from baby clothes to Energy Star appliances with gift cards purchased through AAFES. Learn more at www.AAFES.com.

Fun Facts

All Fun and Games in Squaresville

Happy birthday, Rubik's Cube. You turn 30 this year, and there's a good possibility that many of us still haven't solved your riddle. Originally called Magic Cube until Ideal Toy Corporation began to export the product from Hungary in 1980 and renamed it Rubik's Cube, the three-by-three-by-three, six-sided, multi-colored square has challenged players both young and old for years.

The task is to unscramble the cube, which features a pivoting mechanism that allows the rows to be interchanged. The puzzle is solved when the cube displays uniform colors on each of the six sides: white, red, blue, orange, yellow and green. If that sounds easy, you should know there are approximately 43 quintillion possible configurations but only one final solution. The process was a snap for Erik Akkersdijk, who needed only 7.08 seconds to set the world record for solving the Rubik's Cube during an open competition in 2008, according to www.Rubiks.com.

More than 300 million Rubik's Cubes have sold worldwide, a testament to its creator, Erno Rubik. Born in Hungary and later an architect, designer and professor, Rubik sought a working model to help explain three-dimensional geometry, which led to development of his mind-boggling toy. "The cube is a test, sure," Rubik reported on the toy's official web site. "But in my view, well, the whole of life is a test."



Wit & Wisdom

"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires."
—William Arthur Ward

"You are rewarding a teacher poorly if you remain always a pupil."
—Friedrich Nietzsche

"The teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind."
—Kahlil Gibran

"A man should first direct himself in the way he should go. Only then should he instruct others."
—Buddha

"When you teach your son, you teach your son's son."
—The Talmud

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rent Due	2	3	4	5 Last Day to Pay Rent Without Fees	6	7
8	9 	10	11	12	13	14
15	16	17	18	19 08.19 Aviation Day 	20	21
22	23	24	25	26	27	28
29	30	31				

“This Month In History” AUGUST

1848: Congress creates the Oregon Territory.

1890: Baseball great Cy Young pitches his first professional game.

1893: Whitcomb Judson receives a patent for the zipper.

1900: “The Wonderful Wizard of Oz” by L. Frank Baum is copyright-registered.

1909: The Ford Motor Corp. registers the trademark for Ford.

1912: Arthur R. Eldred of Oceanside, N.Y., becomes the first person to achieve the rank of Eagle Scout.

1930: Philo Farnsworth patents a television.

1935: William Coolidge obtains a patent for the cathode ray tube, a critical ingredient of TV and other electronic applications.

1950: The American Broadcasting Co. begins airing Saturday morning TV shows for children.

1951: Oral B, the famous line of dental products, is trademark-registered.

1961: Six Flags Over Texas, the first park in the Six Flags chain, opens in Arlington, Texas.

1966: The United Farm Workers union is formed.

1968: The song “Hey Jude” by John Lennon and Paul McCartney is copyright-registered.

1984: IBM releases MS-DOS version 3.0.

1994: IBM announces it will not oppose Microsoft’s attempt to trademark the name “Windows.”

2007: Citibank opens China’s first drive-through automated teller machine (ATM) in Beijing.