



LIBRARY LANE

Senior Residence

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



September 2009

www.library-lane.com

STAFF MANAGER

Diane Stanley

OFFICE ASSISTANT

Linda McKimmy

MAINTENANCE

John Edgell

Gert Reitenbach

HOUSEKEEPING

Jan Mucerino

GRAYSLAKE SR. CENTER

Barbara Medel

(847) 543-1041

VILLAGE OF GRAYSLAKE

SENIOR CENTER

Representative

Mr. K. Timony (847) 223-2323

Green Eats: Practical Superfoods

With all the hype surrounding the extravagant health benefits of exotic "superfoods" such as seaweed and wheatgrass, you may turn to your salad bowl and ask, "What are you doing for me?" Don't worry—plenty of common (and affordable) veggies will do the trick. These unsung heroes of the produce aisle include broccoli and spinach, which are both bursting with folic acid, iron and vitamin C. In fact, all leafy vegetables contain these essential nutrients and phytochemicals. Most importantly, a healthy diet should be as varied, balanced and unprocessed as possible.

Bumper Sticker Snicker

Ever stop to think ... and forget to start again?

HAPPY LABOR DAY

*"By all these lovely tokens,
September days are here,
with summer's best of weather
and autumn's best of cheer."*



- Helen Hunt Jackson

Zoom? No, Zumba!

Want to combine an aerobic workout with Latin music? If so, Zumba may be for you. Zumba is a 60-minute workout intertwined with dancing to sculpt, tone, burn calories and work the entire body. Check your area for Zumba classes; as of 2008, more than 20,000 trained instructors were teaching worldwide. For more information, go to www.Zumba.com.

Honor 9-11 Victims and Heroes

Sept. 11 is Patriot Day.

Important Numbers

Leasing Office (847) 543-4455

Emerg. Maint. (847) 543-4455

Fire, Police, Ambulance 911

Office Hours

Mon.-Fri. 9 a.m.-5 p.m.

Sat. and Sun. Closed

Whee! Let's Play on the Wii!

Sept. 12 is Video Games Day.

Official Holiday in September

Government offices will be closed on Monday, Sept. 7, in honor of the Labor Day holiday.

Three Things You Need to Know

1) Peeling a banana from the bottom instead of the top eliminates the strings on the fruit.

2) Storing cheese in aluminum foil keeps it fresh longer.

3) Reheating leftover pizza in a skillet on the stovetop keeps the crust crispy.



Trivia Whiz

Cause for Kids

The annual Jerry Lewis Muscular Dystrophy Telethon hasn't always been a Labor Day event. The telethon originally began in June 1955.

The first event raised \$600,000. The total today is more than \$1 billion.

According to the Muscular Dystrophy Association, a \$30 donation equals one flu shot; \$82 pays for 1 minute of research.

MD is a group of genetic diseases characterized by degeneration of skeletal muscles that control movement. The most common type, Duchenne, can leave youths unable to walk by age 12.

78.4 percent of the money raised by the telethon goes to research, services and education.

Johnny Carson answered phones for the telethon in 1969.

One's Education Is Never Finished

Lifelong learning is the emphasis of Self-University Week, Sept. 1-7, the purpose of which is to remind all adults to self-educate. Continuous efforts to expand your understanding of your community and the world help improve public discourse and strengthen us as a society. Here are just a few activities that will build your knowledge:

Focus on words. Look up a new word each day and use it correctly three times. Attend a lecture, seminar or workshop. Form a roundtable discussion on a topic of interest, or a topic on which you know very little. Learn a new language. Memorize a poem. Write in a journal, or read through a long-forgotten one.

Take action. Attend an open meeting or public forum. Visit a museum. Spend a day without any television or radio, and entertain

yourself with your own thoughts. Write a letter to the editor of a newspaper or magazine. Sign up for music lessons, cooking classes or a painting course. Visit sections of the library you've never explored before. Volunteer your time for a nonprofit organization.

Interact with technology. Take the time to figure out a piece of high-tech equipment that's stumped you by reading the manual. Then head to the Internet, a wellspring for thirsty minds. Find an interesting chat forum and join the discussion. Consult an online encyclopedia using your interests as key words, or learn how to make a web page.

Remember: Don't stop on Sept. 8!



Fabric Scrap Flip Flops

Don't throw away small pieces of fabric. Use them to make personalized, summertime sandals for yourself or a loved one. These flip flops make the perfect gift for friends, grandkids, parents, bridesmaids or anyone wanting a creative pair of kicks!

Materials:

- Pinking shears
- Fabric scraps
- Pair of flip flops

Instructions:

Using pinking shears, cut a piece of fabric into a strip measuring approximately 1 x 6 inches. Start at the edge of one of the straps and tie the fabric strip onto the flip flop, fastening with a simple overhand knot, leaving the ends hanging freely. If the ends are too long and spill over the sandal, snip the ends to the desired length. Cut the remainder of the fabric into strips and repeat the process, tying onto the straps until they are completely covered.

These fun flip flops are sure to keep your toes tapping. Experiment with various textures and types of material to create different looks.

**These Flip Flops
Make the Perfect Gift.**

An Unsinkable Legacy

One of the most colossal discoveries of all time occurred Sept. 1, 1985, when the crew of an American-French expedition discovered the site of the RMS Titanic. After lying on the ocean floor for nearly 75 years, the discovery of the ship uncovered valuable stories of the past and invaluable objects from history.

Located about 350 miles off the coast of Newfoundland, Canada, the luxury liner rests 2½ miles beneath the surface. In the 20 years since the discovery of the wreckage, several expeditions have been made to recover artifacts. However, at such extreme depths, the pressure on the ocean floor is about 6,000 pounds per square inch. Even if technology existed to raise the vessel, the Titanic is far too fragile to withstand the jarring. Therefore, the clock is ticking to uncover and preserve as much of the wreck as possible.

Just since its discovery, many of the Titanic's decks have compacted and several sections have suffered extreme decay. One day the ship will be so weak it will collapse completely from the pressure, though scientists aren't sure when that day will come.

Although we will never see the full remains of the ship, we can learn a lot from the thousands of artifacts brought to the surface, ranging from delicate porcelain dishes to a 17-ton section of the hull.

Mitochondria Medications—The Modern Day Fountain of Youth?

Modern medicine has done much to extend our life span, but that success has led to new challenges. Hundreds of years ago, we were more likely to die from pathogen-based illnesses rather than diseases of aging such as Alzheimer's or cancer. Now, we put billions of dollars into researching ways to prevent and cure these conditions. No one has developed a miracle drug for these or other age-related diseases, but some researchers have hopes that a new class of drugs—mitochondria medications—may be the answer.

Mitochondria are small organelles inside each of the body's cells that create the energy the cell uses to complete its functions. Because of the way they function, however, mitochondria are also responsible for creating free radicals—charged ions that damage cells. Some scientists believe that the damage wrecked by these free radicals is the cause of many age-related conditions.

While this theory is under debate, researchers are exploring medications that target mitochondria in the hopes of finding a "miracle drug." One such drug is resveratrol, a compound found in red grapes and red wines. Resveratrol-based drugs are undergoing clinical trials to determine their efficacy in treating diabetes, Alzheimer's disease and cancer.

Resveratrol isn't the only mitochondria-targeting medication undergoing investigation. Sirtris Pharmaceuticals is conducting preliminary trials to determine the safety of its drug SRT2104, while researchers at Columbia University Medical Center are exploring drugs that block the molecule Cyclophilin D and its role in mitochondrial stress.



Wit & Wisdom

**"Honey is sweet!
But the bee stings."
—Proverb**

**"If you want to
gather honey, don't
kick over the
beehive."
—Dale Carnegie**

**"Tart words make
no friends; a spoonful
of honey will catch
more flies than a
gallon of vinegar."
—Benjamin Franklin**

**"When you shoot
an arrow of truth, dip
its point in honey."
—Arab Proverb**

**"Life is the flower
for which love is the
honey."
—Victor Hugo**

**"'Bee vomit,' my
brother said once,
'That's all honey is,' so
that I could not put
my tongue to its
jellied flame without
tasting regurgitated
blossoms."
—Rita Dove**

September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rent Due	2	3	4	5 Last Day to Pay Rent Without Fees
6	7 Labor Day Office Closed	8	9	10	11 	12
13 <i>Grandparents Day</i> <small>1st Sunday after Labor Day</small>	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	 <p style="text-align: right;"> "For summer there, bear in mind, is a loitering gossip, that only begins to talk of leaving when September rises to go." — George Washington Cable </p>		

September Month in "This History"

Focus on American Labor

1794: The first American labor union—the Federal Society of Journeymen Cordwainers (shoemakers)—forms in Philadelphia.

1854: A secret militant organization of Irish miners working in the Pennsylvania coal industry forms the Molly Maguires to fight the mine operators.

1867: The first eight-hour day is instituted by the Illinois state legislature.

1886: Samuel Gompers, a former cigar maker, founds the American Federation of Labor (AFL).

1894: A U.S. congressional resolution makes Labor Day a legal holiday.

1926: Henry Ford adopts the eight-hour day and five-day work week to alleviate a depression in the auto industry.

1936: The practice of ceasing to work but occupying the workplace first occurs on a mass scale in the rubber factories of Akron, Ohio.

1939: The Supreme Court rules that sit-down strikes are illegal.

1948: Cost-of-living raises, based on the U.S. cost-of-living index, are first negotiated into General Motors-United Auto Workers Union contracts.

1955: The AFL and CIO labor unions become the AFL-CIO on Dec. 5. Estimated membership: 15 million.

1981: President Reagan fires 11,600 air traffic controllers after they refuse to obey a court order.