



At Your Service

Happy 4th of July!!

July 2008

Dates to Celebrate

- 1st - Popeye's Birthday (1929)
- 6th - Nat'l Fried Chicken Day
- 9th - Nat'l Sugar Cookie Day
- 17th - Nat'l Peach Ice Cream Day
- 20th - Nat'l Lollipop Day
- 24th - Nat'l Tell An Old Joke Day
- 27th - Bugs Bunny's Birthday (1940)
- 29th - Nat'l Lasagna Day
- 30th - Nat'l Cheesecake Day

Senior Center News

July 2008

Senior Center Hours

Monday—Friday

9:00 am—1:00 pm



Blood Pressure Screenings

FREE Blood Pressure Screening will be on the 2nd Wednesday of each month.

The next screening will be Wednesday, July 9th 10:00- 11:00 am.

At the Senior Center...

The Book Club will meet on Tuesday, July 15th at 10:15 a.m. at the Glen Ellyn Public Library. Please call Sue to reserve your spot!
(630)858-6343

Please note: The trip to tour Belmont Village has been changed to *Wednesday, July 9th*. The bus will leave from Holes & Knolls parking lot. Please call Sue for more information.

NEED FREE LEGAL HELP?

Prairie State Legal Services Walk-In Clinic For Seniors

Prairie State Legal Services has new walk-in hours at its Carol Stream office for free legal assistance & advice to DuPage County seniors. Civil Legal Issues Only (No Criminal Cases). Bring all documents about your case with you. Cases include Social Security, disability, Medicaid, Medicare, public benefits, power of attorney, housing, and many other civil legal issues.

Dates: Tues., July 8 (9 am - 12 pm)
Tues., July 22 (9 am - 12 pm)

Location: 350 S. Schmale Rd., #150
Carol Stream, IL 60188
(630) 690-2130

****Walk-ins are taken on a first come, first served basis.****

Programs at the Glen Ellyn Park District

Active Senior Adult July Picnic

Glen Ellyn Park District will graciously host another beautiful Senior Picnic at the Lake Ellyn Boat-house. Come join us for a fun-filled afternoon of entertainment, friends and good food as well as fabulous prizes! This year's menu consists of fried chicken, two sides, rolls, lemonade and a COOL dessert treat. Reservations are limited and will be accepted through Tues., July 1st only. Please note: if you are able to attend please call the Park District immediately.

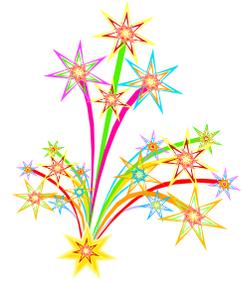


Tuesday, July 8th, 12:00 - 2:00 p.m.

Holes & Knolls Clubhouse

845 Pershing Ave., Glen Ellyn

Cost: \$5.00



Call by Tuesday, July 1st to make your reservation.

(630) 858-2463

Oprah's Chicago

Discover Oprah's Chicago with this new About Tours city tour! We'll visit the new Oprah Store, which includes select South African arts and crafts, as well as "Oprah's Closet", a wardrobe of items once worn by Oprah. (Profits from the store benefit the Leadership Academy Foundation and Oprah's Angel Network.) We'll also eat lunch at one of Oprah's favorite Chicago restaurants and enjoy the delicious specialty popcorn that she loves. We'll learn about Oprah's favorite things, and during a narrated driving tour we'll see "Oprah sites" throughout the city. We'll discover where she lives, shops and works and hear interesting stories about her life. Trip fee includes transportation and lunch.

Friday, July 18th, 9:00 am - 3:00 pm

Pick-up/Drop: MaryKnoll Park

Cost: \$62.00

Call (630) 858-2463 to register

AARP Driver Safety Program

Seniors, sharpen your defensive driving skills and become a safer driver by enrolling in this class that combines discussion and text. Completion of this eight-hour classroom program entitles you to a reduction on your automobile insurance premium. No refund after the first meeting.

Wed., July 23rd & Thursday, July 24th

9:00 am - 1:00 pm

Main Street Recreation Center

501 Hill Ave., Glen Ellyn

Cost: \$10.00

Call (630) 858-2463 to register

College of DuPage Summer Lecture Series

How The Circuit Court Clerks Office Helps You

Wednesday, June 25th

Chris Kachiraubas, Clerk of DuPage Circuit Court, has volunteered to join us to discuss what his job requires. Chris discusses many topics of interest to older adults, including:

- ☐ How a case works its way through the court system
- ☐ Collecting money owed by defendants
- ☐ What happens when someone gets a traffic ticket
 - ☐ Can the clerk help us get a passport?
 - ☐ And more!

Coffee House

Wednesday, July 2nd

There are many talented writers close by, and we are anxious to hear from them. On Wednesday, July 2, the Older Adult Institute has scheduled a meeting of the Coffee House, and both writers and listeners are invited to attend. It is a very interesting afternoon. The fund of talent is amazing and it is unnecessary to reserve time if you wish to participate. Bring your poetry, prose, fiction, non-fiction and read for us. We are not fussy about the form you use. We just want to hear from you, or you may just listen if that is what you prefer.

College of DuPage Free Lecture Series

Lectures are presented on campus, 425 Fawell Blvd, Glen Ellyn from 1:30 to 3:30 pm
Lectures are held on the west side of Lambert Road in Building K, West Commons

What's Happening Around Town...

Arden Courts Alzheimer's Assisted Living, College of DuPage Older Adult Institute and Aurora University

Cordially Invite You To A Limited Engagement Showing Of

You Are Here

A Tim Jeffrey Film

Thursday, July 17th

Two Special Showings

1:00-3:30 p.m. & 6:00-8:30 p.m.

At the College of DuPage Older Adult Institute
425 Fawell Blvd., Building K, Glen Ellyn

This independent film was conceived as a vehicle to stir interest in a proliferating contemporary crisis - progressive memory loss. *You Are Here* is a touching, moving portrait of Alzheimer's disease that has impacted viewers across the country. After the film, a panel of experts will answer questions on Alzheimer's disease and related dementias.

Seating is limited. Please RSVP to 630/469-5500

Some Extra Brain Boosters for the Summer!

Have A Little Fun ...

Patriot's Pencil Pastime

A patriots' puzzle for you. Each answer contains the consecutive letters US, and can follow the word before it and precede the one after it, to create a pair of familiar two-word phrases. In the example, the answer BUS gives you SCHOOL BUS and BUS STOP.

Example: SCHOOL BUS STOP

1. GOLD ___US___ HOUR
2. STAR ___US___ BUNNY
3. SHORT ___US___ BOX
4. HAIR ___ ___US ___ FIRE
5. FLEA ___ ___ ___US TENT
6. GREEN ___ ___US ARREST
7. ROSE ___US___ WHACKER
8. ELEVATOR ___US___ ___ HALL



FUNNY ZONE

I went to a bookstore and asked the saleswoman, "Where's the self-help section?" She said if she told me, it would defeat the purpose.

The Sunday School teacher was testing the kids to see if they understood the concept of getting to heaven. She asked if she sold her house and gave all the money to the church would she then go to heaven? Then she asked if she'd go to heaven if she cleaned the church, was kind to animals, and gave candy to the children. To each question, the Sunday Schoolers chorused a resounding "NO!" So she asked how she could get to heaven. A five-year-old boy shouted: "You gotta be dead!"

The lady pulled into the Wal-Mart parking lot with her dog, who was stretched out on the back seat. She rolled down the car window so the dog would have fresh air. Walking a few steps away, she said, "Now you stay! Hear me? Stay! Stay! Guy in the next car gave her a strange look and said, "Lady, why don't you just put it in park?"

Cop stopped this kid for speeding and told him, "I've been waiting for you all day!" "Yeah?" the kid replied, "I got here as fast as I could." When he stopped laughing, the cop let him go.

LAUGH - A - LITTLE

July

Here's interesting trivia about topics in this issue

Indian Sanskrit for RUBY, the birthstone of July, means "King of Gems."

July's full moon is called the BUCK MOON because July is normally the month when the new antlers of buck deer push out of their foreheads in coatings of velvety fur.

Superstitions about Memory abound. It was once thought that rubbing your hand over a bald man's head would help your memory.

In 1994, President William Clinton proclaimed the fourth Sunday in July as National Parents' Day.

An old folk remedy for a sore tooth recommends holding a live frog against your aching cheek instead of taking a pain .

In July 1776, the estimated number of people living in our newly independent nation was 2.5 million. On this 4th of July it will be 302 million!

Happy Birthday America!!



We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

-Thomas Jefferson

So starts the preamble in the Declaration of Independence. The Declaration has had a unique history. Here are just a few interesting facts.

- ☐ When Thomas Jefferson wrote the declaration, he was *only* 33 years old.
- ☐ The resolution for independence was actually agreed upon on July 2nd.
- ☐ John Hancock was the only person to sign the original declaration.
- ☐ It wasn't until August 2nd, after the declaration was engrossed on parchment by Timothy Matlack, that most of the delegates signed.
- ☐ The Declaration of Independence is now on display at the National Archives and Records Administration in Washington, D.C.

We wish you a SAFE and

Happy Fourth of July!

***I Scream,
You Scream,
We all Scream for Ice
Cream!***



Everyone knows that favorite American chant. And that's not surprising since Americans eat more ice cream than anyone.

Needless to say, it's our favorite dessert. Since it was invented 4,000 years ago in China, we've concocted many ways to enjoy it. Here are just a few...

Ice Cream Cones were invented at the 1904 St. Louis World's Fair. When an ice cream vendor ran out of dishes, a nearby pastry vendor helped him out by twisting a crisp pastry, *zalabria*, into a cone to hold the ice cream. The *chocolate-covered ice cream bar* was introduced in 1921 under the trade name of *Eskimo*

Pie, but it was around 1930 before people first tasted a *banana split*. After World War II, most people had heard of *Howard Johnson's "28 flavors"*. Ice cream parlors then gave way to drive-in *frozen custard* stands and roving ice cream trucks. And soon, millions of children were asking to be taken to the nearest *Dairy Queen* or waiting at the curb for the *Good Humor Man*.

So in honor of National Ice Cream Month, why not treat yourself to a triple dip!

**D o g
D a y s**

Dog Days were popularly believed to be an evil time "when the seas boiled, wine turned sour, dogs grew mad, and all creatures became languid, causing to man burning fevers, hysterics, and phrensies" (Brady's *Clavis Calendarium* 1813). Dog days start on July 3rd and usually last about 40 days give or take a few.



The Dog Days originally were the days when Sirius, the Dog Star, rose about sunrise, which is no longer true owing to precession of the equinoxes. Ancients sacrificed a brown dog at the beginning of the Dog Days to appease the rage of Sirius, believing that star to be the cause of hot, sultry weather.

Should You Split Pills?

If you get your medicine through an insurance plan, you may have received a letter suggesting you purchase a double dose of your pills and then split them. You can save money by doing this, but it's not possible to do with all medications. It's fine if the tablet

breaks cleanly and you've checked with your doctor and pharmacist. Scored pills work well, but you shouldn't split capsules or time-release meds. If you get the OK to split your pills, follow these tips:

- F Always use a pill splitting device, not a knife.
- F Make sure the gadget and your fingers are clean and dry - moisture can cause medications to deteriorate.
- F Don't share splitters. Traces of one person's medication could cause a reaction in you.

-Good Housekeeping

Give Yourself a Brain Boost

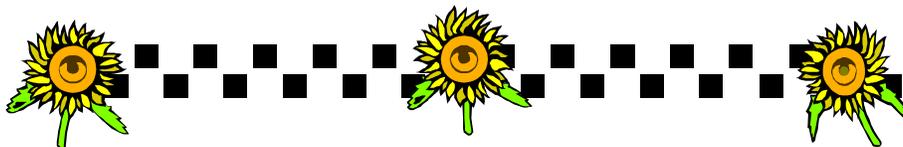
In the same way you need to keep your body in shape as you age, keeping your brain working can help it stay sharp too. Try these brain-boosting strategies today.

Get enough sleep. The power of plenty of Zzzz's is remarkable - sleep helps increase alertness, concentration and memory.

Play mind games. Brain games can improve memory and problem-solving skills in older adults. Try crosswords, Sudokus, jigsaw puzzles or learn a new language.

Stay social. Studies show that people with strong relationships stay healthier. Try joining a club, taking a class or volunteering.

-AARP



5 Extraordinary Uses For Ordinary Things

Permanent marker - Fill in scuffs and scratches on shoes, furniture or a car's interior.

Antacid tablets - Soothe a sting. Dissolve two tablets in a glass of water, then dab on bug bites.

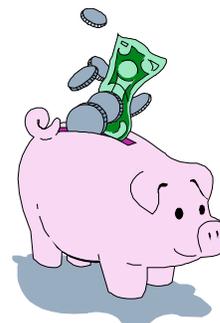
Clothespins - Seal in freshness. Keep chip and bread bags sealed tight after opening.

Petroleum Jelly - Remove spots. Cover white stains on furniture with the jelly and let sit overnight before wiping off.

Uncooked spaghetti - Test baked goods to see if they're done. Poke of piece of spaghetti into the center; if it comes out clean, your treat is ready to eat.

-Real Simple

Put PENNIES and NICKELS back into circulation, PLEASE!



Because of high copper prices, it now costs the U.S. Mint 1.3 cents to make a penny and 7.7 cents for a nickel.

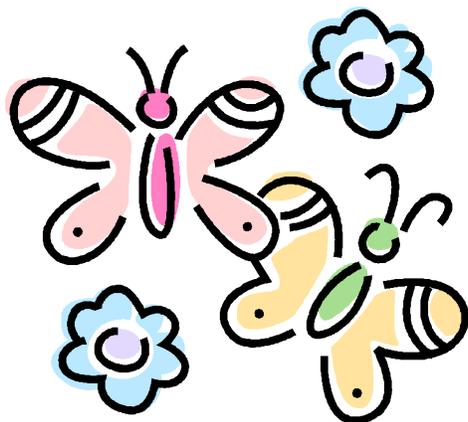
It's estimated that there are some 150 billion coins going unused. That's about \$90 per house standing in jars and loose in drawers and sofa cushions.

According to the experts, there would be big environmental benefits if just 10% of unused coins were re-circulated.

Water savings at the mint would be equal to about 82 million showers. Energy savings could light 4.1 million bulbs for 1,000 hours each and CO2 emissions equal to those from 12,619 cars would be kept out of the air.

Dealing For The Tax Rebates

The National Retail Foundation estimates that purchases generated from tax rebate checks will come to \$42.9 billion. Big-box chains and other retailers want a piece of the action and are willing to pay for it. Sears Holdings (Sears, Kmart, Lands' End and others) is giving customers gift cards in exchange for their entire stimulus check that add 10 percent to the check amount. That's \$30 more on a \$300 check and \$120 on a \$1200 check. Kroger and others are doing the same. Check with your local store.



Answers to the Quizzes

GLEN ELLYN SENIOR CENTER

493 Forest Avenue
Glen Ellyn, IL 60137

Phone: 858-6343 Jodi & Sue
858-6325 Senior Meals - Debbie
Email: geseniors@ameritech.net

Recipe for July

Red, White and Blue Parfaits



8 oz. Carton vanilla low-fat yogurt
1/2 tsp. Almond or Vanilla extract
1/2 of an 8-oz. Container frozen whipped topping, thawed
3 cups fresh raspberries and/or cut-up fresh strawberries
3 cups fresh blueberries

- 1) In a large bowl, stir together yogurt and almond or vanilla extract. Fold in the whipped topping.
- 2) Alternate layers of berries and yogurt mixture in six 12 oz. Glasses or dessert dishes.

YIELD: 6 servings

Glen Ellyn Senior Center
493 Forest Avenue
Glen Ellyn, IL 60137





At Your Service

Happy Summer!!

August 2008

Dates to Celebrate

- 1st - Nat'l Raspberry Cream Pie Day
- 3rd - Nat'l Watermelon Day
- 6th - Nat'l Root Beer Float Day
- 10th - Nat'l S'mores Day
- 14th - Birthday of the Whiffle Ball (1953)
- 15th - Nat'l Relaxation Day
- 20th - Birthday of Lemonade (1630)
- 22nd - Tooth Fairy Day
- 26th - Nat'l Cherry Popsicle Day

Senior Center News

August 2008

Senior Center Hours

Monday—Friday

9:00 am—1:00 pm

←————→
Blood Pressure Screenings

FREE Blood Pressure Screening will be on the 2nd Wednesday of each month.

The next screening will be Wednesday, August 13th 10:00– 11:00 am.

At the Senior Center...

The Book Club will meet on Tuesday, August 19th at 10:15 a.m. at the Glen Ellyn Public Library. Please call Sue to reserve your spot!
(630)858-6343

We continue to process the RTA passes for FREE rides on Wednesday, Thursday and Friday, 9:00am - 1:00pm. Please call first to make sure we are in the office.



Join Us for a "Field Trip" to Cantigny Park!

We are in the process of planning a trip to tour and have lunch at Cantigny Park in Wheaton, sometime during the month of September. This is a chance to tour the beautiful gardens and museums that Cantigny has to offer!

Transportation will be by private car, so if you drive and can "chauffeur" some of your fellow seniors, let us know. You will bring your own sack lunch, we will provide drinks and dessert. *The cost will be \$5.00 per person.*

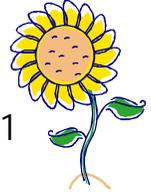
If you are interested, please contact the Senior Center and let us know. We will decide upon a date once we see how many interested folks we have.

(630) 858-6343



Programs at the Glen Ellyn Park District

Stained Glass Tour



In the mid-nineteenth century, Chicago was a world center of stained glass. Between 1871 and 1930, thousands of stained glass windows were installed in Chicago residential, commercial and religious buildings. Many European trained stained glass artists came to Chicago to start their own studios. On this trip, we'll visit the Smith Museum, the first museum in the U.S. dedicated solely to stained glass. Here we will see examples of spectacular beauty from well-known artists such as Frank Lloyd Wright, Louis Sullivan, John LaForge and Louis Comfort Tiffany. We'll also visit two churches to see beautifully stunning examples of stained glass: Second Presbyterian, with 14 Tiffany windows and St. John Cantius, a great Polish church. We'll learn about the fabrication of stained glass, the different styles, and its history. Lunch will be in a neighborhood restaurant.



Friday, August 15th 9:00 a.m. - 3:00 p.m.

Pick Up/Drop Off: Maryknoll Park

Cost: \$63.00 per person

Call (630) 858-2463 for more info or to register

At the Glen Ellyn Public Library

Prairie Trail Storytelling Festival



The seventh annual Storytelling Festival will be held in the meeting room at the Glen Ellyn Public Library. The festival will feature Professional Storyteller Marie Ringenberg and middle school students who have completed a week-long storytelling camp. It is a FREE festival. Bring the entire family to this fun event that is sure to entertain all ages.

Sunday, August 17th 2:30 - 4:00 p.m.

Glen Ellyn Public Library

400 Duane St., Glen Ellyn

Call (630) 469-0879 for more information.



What's Happening Around Town...

13th Annual Senior Lifestyle Expo

**Great Opportunity for a fun and informative outing,
all under one roof!**



Expo Features:

- é **Health & Wellness Area**
- é **Fun & Educational Seminars**
- é **Product & Service Exhibitors**
- é **Game Show Challenge -**
Match wits with other guests
and win prizes
- é **Groovin' & Movin' Dance**
Thursday - 1:30 to 3:00 p.m.
- é **Giveaways & Drawings - Grand
Prize, *Southwest Airline Tickets***
Two tickets awarded each day!

Senior Idol Competition Chance to Shine & Win \$\$\$

- é **Auditions - Sept. 3 & 4**
(If necessary)
- é **Finals on Drury Lane State -**
Thursday, September 4th
- é **Call for info and application or
print one from the website at**
www.SeniorLifestyleExpo.com

Wednesday, September 3rd & Thursday, September 4th
Drury Lane Theatre & Conference Center

100 Drury Lane
Oakbrook Terrace, IL
9:00 a.m. to 2:00 p.m.

Tickets: \$3.00 at the door (see coupon below)



Some Extra Brain Boosters for the Summer!

Have A Little Fun ...

Pencil Pastime

Grab a sheet of paper and pencil
and write down at least 12
words that contain the letter
sequence

U B L.

*A score of 7 is good; 9 is fine;
and 12 is superior.*



FUNNY ZONE

A foursome of senior golfers hit the course with waning enthusiasm for the sport.

“These hills are getting steeper as the years go by,” one complained. “These fairways seem to be getting longer too,” wheezed a second. “And somehow, the sand traps seem to be bigger than I remember ‘em too,” said the third. Hearing just about enough from his buddies, the oldest, and the wisest of the foursome at 87 piped up “Oh my friends, just be thankful we’re still on this side of the grass!”

Random Thoughts and Middle Age Wisdom

é I am in shape. Round’s a shape.

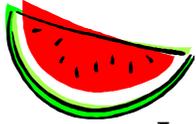
é I always wanted to be somebody, but I should have been more specific.

é Have you ever noticed? Anybody going slower than you is an idiot, and anyone going faster than you is a maniac.

é You have to stay in shape. My grandmother started walking five miles a day when she was 60. She is 97 today and we don’t know where she is!

LAUGH - A - LITTLE

August Fun trivia about topics in this issue!



Japanese farmers found a way to grow square **WATERMELONS!** They grow the melons in glass boxes and let them naturally assume the shape of the receptacle. The square shape is designed to make melons easier to stack, store and ship.

During the 1600's, **LEFT-HANDED** people were thought to be witches and warlocks.

RCA sold 8,000,000 **ELVIS** records in the 6-day period following his death in 1977 on August 16th.

Most **METEORS** or shooting stars are tinier than a grain of sand. But since they slam into the earth's atmosphere at such enormous speeds they produce light bright enough to see from the ground.

Canada is the only country not to win a **GOLD MEDAL** in the Summer Olympic games while hosting the event.

Beijing 2008 XXIX Olympiad

A Little History

The ancient Olympic Games were initially a one-day event until 684 B.C. when they were extended to three days. In the 5th century B.C., the Games were extended again to cover five days. The ancient Games included running, long jump, shot put, javelin, boxing, pankration and equestrian events.

The Olympic Rings

Designed in 1913 by Baron Pierre de Coubertin, the five rings represent five regions of the world that participated in the Olympics: Africa, the Americas, Asia, Europe and Oceania. The five colors of the rings: red, blue, green, yellow and black were chosen because at least one of them is found on the flag of every nation. The plain white background is symbolic of peace.

Medalist Quiz

Match the Gold Medal Winner with his or her sport. Answer at bottom.

- | | |
|-------------------|-----------------|
| 1. Andre Agassi | A. Aquatics |
| 2. Andriana Behar | B. Table Tennis |
| 3. Olga Korbut | C. Gymnastics |
| 4. Michael Phelps | D. Tennis |

ANSWERS: 1. D, 2. E, 3. C, 4. A, 5. B

7 Ways to Stay SAFE



*National Night Out -
August 5th*

This day is set aside to heighten crime prevention and awareness. With that in mind, here is advice from the experts on how to stay safe.

Tips for when you are out and about:

- j Carry your purse close to your body and keep a firm grip on it.**
- k Carry a wallet in an inside coat pocket or front pants pocket.**
- l Don't overload yourself with packages.**
- m Avoid wearing shoes or clothing that restrict your movement.**
- n Don't carry any more cash than is necessary. Many grocery stores now accept checks and credit cards instead of cash.**
- o Don't display large sums of cash.**
- p Have a companion accompany you.**

STOP Fraudulent Telemarketers

Studies have shown that senior citizens are more at risk to be targeted by telemarketing scams than other age groups, and fraudulent telemarketers direct 56 to 80% of their calls at older Americans. These con artists think that senior citizens are more easily tricked. So be shrewd and savvy by keeping these tips in mind:

- (Offers too good to be true usually are. Ask to receive the "unbelievable deal" in writing so you can read it carefully before making a commitment.**
- (Never give out your personal information over the phone or Internet unless you have initiated the contact. Legitimate business callers will never ask you for this information over the phone.**
- (If a caller asks you to pay for an offer in advance or asks for your credit card number or Social Security number, tell the person *you don't give our personal information over the telephone.***

Easy Bruising: Should you worry?

Easy bruising is very common among older people. Generally, it's nothing to worry about. However, occasionally it may be a sign of an underlying health problem that warrants care.

HOW - A bruise forms when a blow breaks small blood vessels near the skin's surface, allowing a tiny amount of blood to leak out under the skin.

WHY - Skin tends to "thin" with age. Without the protective layer of fat under the skin, bruises form more easily and older blood vessels are more fragile. Plus, easy bruising can run in families and might be a side-effect of some medications.

WHEN - See your doctor if you have large or painful bruises - particularly if they develop for no reason. Also seek medical care if you have abnormal bleeding elsewhere, such as from your gums or nose.

PREVENT - Wearing long-sleeved shirts and pants may offer a layer of protection for your skin and help minimize your risk for bruising easily.



5 Amazing Pantry Cures

Cold Sores - Putting plain yogurt on a cold sore helps dry it up and bacteria in the yogurt kill the bacteria infecting the cold sore.

Bee Stings - Soothe a sting by slathering it with Pepto-Bismol.

Minor Burn - Apply a wet Lipton tea bag directly to the burn - the tannic acid may relieve the burning sensation.

Dandruff - Rinse your hair with white vinegar to kill bacteria and soothe your scalp.

Hiccups - For many people, eating one heaping spoonful of peanut butter is a definite cure for hiccups.

-Amazing Kitchen Cures



Inventors Are Honored In August

Inventors over the years have come up with products we just couldn't live without. Then there are those strange inventions that just didn't quite make it big.

Here are just a few.

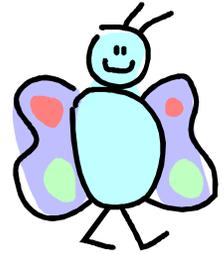
Carol Bell Hawkins of Benton, TN invented the "Drive Cleaner" a protective bib for drivers who eat their lunch on the go.

Schoolgirl, Melanie Lamontagne of Timmons, Ont. Canada, invented snow shoes for dogs.

Pizzabot, invented by American designer, K.G. Engelhardt, is a robot that makes pizzas with toppings and places them in the oven responding to voice commands.

-Ripley's Believe It or Not!

Better Protection from Bugs



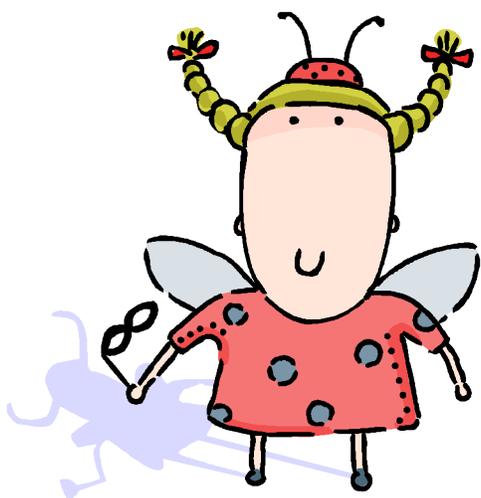
- ø After the last deadly spinach outbreak, U.S.D.A. researchers have developed a fruit and vegetable **coating that kills *E. coli***. In a few years produce distributors will apply the edible mixture of apple puree and oregano oil to their crops as a spray or a thin wrap.
- ø Cold and flu season will be back before you know it, but soon scientists will have new defenses - a **stick-on flu vaccine** patch that you'll wear on your arm for 6 hours that will fight germs all season.
- ø Bug-breeding surfaces in hospitals and airplanes may soon be coated with MIT's new **flu-fighting paint**. Spiky molecules in the substance gorge fatal holes in the virus.

Answers to the Quizzes



Iced Tea With Lemon, Please

Next time you order iced tea and the waitress asks, "With lemon?" do yourself a favor and say yes. If you make iced tea at home, a slice of orange will do almost the same good as the lemon slice, with a slice of lime coming third. Researchers at Purdue University say adding the citrus slice helps you absorb far more of the antioxidants in tea, whether it's green tea or black.



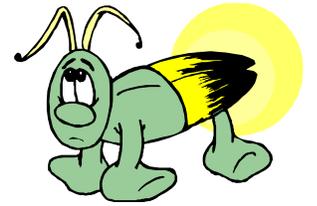
GLEN ELLYN SENIOR CENTER

493 Forest Avenue
Glen Ellyn, IL 60137

Phone: 858-6343 Jodi & Sue
858-6325 Senior Meals - Debbie
Email: geseniors@ameritech.net

Recipe for August

Trail Mix Bars



1/4 butter or margarine, melted
1 Cup graham cracker crumbs
2 Tbsp. Sugar
1 Cup Miniature marshmallows
3 Cups Wheat Chex® cereal

1-1/2 Cups thin pretzel sticks
1/4 Cup semisweet chocolate chips
1/4 Cup candy-coated chocolate candies
14 oz. Can fat-free sweetened condensed milk

- 1) Pour the melted butter or margarine into a 9"x13" pan. Sprinkle the graham cracker crumbs and sugar over the butter or margarine and mix well. Press down evenly.
- 2) Layer the marshmallows, cereal, pretzels, chocolate chips and candies over the mixture in the pan. Pour milk evenly over the top.
- 3) Bake at 350° for 25 minutes. Allow to cool 5 minutes before cutting.

Yield: 20 bars

Glen Ellyn Senior Center
493 Forest Avenue
Glen Ellyn, IL 60137

