

Plum Express

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DID YOU KNOW...?

The Future Is Around the Corner

By: Michael Joseph

With the holidays almost upon us, let us lift up our minds to new possibilities. The exploration of the solar system, once a distant possibility, now opens up before us!

While you or I may not travel to the planets, we will certainly continue to gain from the benefits of the discoveries that come from the space program. Integrated circuits, the transistor, stronger plastics, and much of the miniaturization of computers we have today originated in the race to outer space. These things have undoubtedly saved lives.

The recent discoveries of water in large amounts on the moon, Mars, and some of the moons of Saturn, as well as the possibility of more water on the moons of Jupiter, bring new hope that humans

may travel to these places.

The race for outer space continues today. We have an entire solar system to explore and tame.

Unlike those faced by the explorers of the western hemisphere just three short centuries ago, in this new voyage the challenges are greater, the distances involved are greater, and the risks are greater too. The people of Earth have always risen to challenge, and we certainly will rise to this one too.

We are not meant to dissolve in nuclear fire, but to harness the power of the atom, to take ourselves to the stars. Go ahead, dream big. You owe it to yourself and to your children!

OUR PERSPECTIVE ON SOCIETY

Sustainability By: Michael Joseph

If you ask your smart phone how long the Earth will sustain life, it will tell you 1.75 billion years - if you discount a nuclear holocaust... or an errant asteroid... or another of many disaster scenarios...

Avoiding those disaster scenarios seems unlikely. (What your smart phone has determined is that in 1.75 billion years, the Earth will move out of the zone of orbit around the sun that can support life.)

Humanity owes it to itself to find ways to preserve the ecology of this planet

for future generations. This is the only planet for many light years that can support life, so let's keep it as long as we can! Recycle those cans! For more info, attend Green Awareness Group at AID's Plum Street office on Tuesdays at 12:30 PM.



By: Michael Joseph



Seasonal Affective Disorder IV, typifies SAD as no longer unique, but common. SAD is a mood disorder characterized by depression that occurs at the same time every year. SAD is very common; there are more than 3 million cases diagnosed each year. It is also known as winter blues or winter depression. The Diagnostic and Statistical Manual of mental disorders (DSM) 5, updated from the DSM

IV, typifies SAD as no longer unique, but common.

Do you feel blue when the nights get long and dark? There may be more to your holiday rut than you originally thought! Consider contacting your doctor to have your concern addressed.

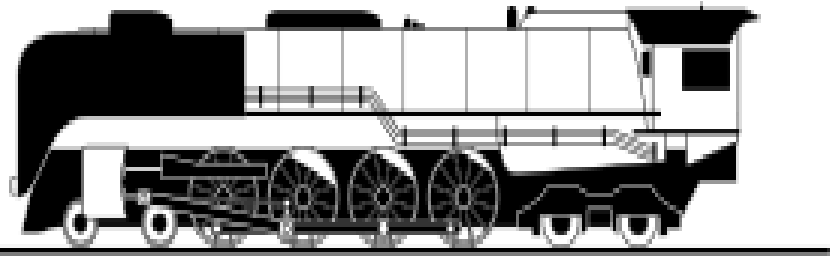
Untitled Poem

By: Michelle C. S.

There's time in our Life when we see
darkness
and we don't understand it now
but later down the road you'll see light and
have
understanding.

Be alive, be free
keep in touch with old friends
and make new ones
watch the news
learn something new every
day
there is room for
improvement
So do it. Enjoy today.
Be free, live life.

Time doesn't wait for you.
With every breath you take,
live life to the fullest.



Hobby Corner: Model Railroads

By: Guy C.

Welcome to the world of model railroads! Model railroads, as a hobby, involve much more than an oval track around a Christmas tree. You should research real railroads. Having the space available for layout plays an important role in designing your track to scale: M gauge to O gauge, N gauge being the smallest, O and G being the biggest. HO gauge is a little smaller than O. G is a cool gauge to work with, as well as N gauge. If space is a problem, I would recommend N gauge, which allows for a good layout in the least amount of space. Just so you know, O gauge goes back into the 1960's, Lionel being O gauge, G gauge being Garden gauge. I would say in closing, if you are looking for a hobby that is both relaxing and challenging, model railroads might just be the one for you.

Hope

By: Nicholas Mosley

Recovery is overcoming the loss,
 Hope is like a kiss soft against the teary salt.
 Remembering the hardship yet not giving up,
 Oh sweet hope give me luck.

Longing to continue the success of being
 beautiful,
 The right road is straight and suitable.
 The beauty of endurance,
 The songs of soaring has a chorus.

Standing tall and complete,
 Letting go of what happened yet
 The recovery I must not delete.



Expecting good fate I lighten the weight,
 My hope is strong and it cannot break
 A suffering not pacified yet destroyed.
 Staying mindful of incredible joy.

A meaning of life I will not impair.
 Chasing the healing while expressing the feeling
 No more quarrels and no more friction.
 Accepting the labor of treating the sickness.
 Recovery is richness.

Sports with the Fred Man

By: Fred M.

The Cubs have been doing very well this season! Recently they pitched a no hitter. Jake Arrieta threw the no hitter against the Los Angeles Dodgers on April 15, 2015. The Cubs are now in the playoffs! Go, Cubs, go!

In other sports news, football season is once again upon us. The Chicago Bears played the Green Bay Packers on Sunday, September 13, 2015. I hope you enjoyed the game with chips, hot dogs and lots of soda. Have a happy day!



Jake Arrieta in action.

image source: chicagotribune.com

Guy's Recipes

By: Guy C.

Ingredients:

4 to 6 pieces of country-style pork ribs
dash of black pepper
1 green bell pepper
½ large white or yellow onion
1 cup of your favorite barbecue sauce

- 1: Brown country-style ribs in a frying pan.
- 2: Season the meat with black pepper.
- 3: Julienne the green pepper and onion.
- 4: Put the country-style ribs, the green pepper, and the onion in your crock pot.
- 5: Set the crock pot on low and cook the ribs for 6 hours.
- 6: Wait 5 hours and add the barbecue sauce (enough to coat the meat). Cook for another hour.
- 7: Serve!

Mike's Music Corner:

Traditional Chinese Music Review

By: Michael Joseph

This music dates back to approximately 6000 to 7000 years ago. That means it predates written history!

If something has worked for that long, how can I knock it? If you choose to relax to this music, I suggest you go to YouTube on your smart phone or computer, and play one of the many music videos available. It is great with a cup of green tea. Enjoy! However you choose to relax, it is good to find something that works for you, to use when you feel super stressed. I give Traditional Chinese Music 5 out of 5 stars!

★★★★★



Restaurant Corner:

Tia Wanna

By: Guy C.

I recently ate out at Tia Wanna Restaurant in the Aurora plaza on Galena, with two of my friends. We all ordered the Big Burrito and a soda pop. The burrito was good and filling, made from rice and refried beans. It cost \$8.33. We also had nacho chips and salsa. The Our Lady of Guadalupe and the mirrors added to the atmosphere. Overall, I give this restaurant 3 out of 5 stars. ★★★

Gaming Corner:

Having Fun with Dice!

By: Michael Joseph

Welcome to the gaming corner! Well, there certainly are a lot of games that we have long forgotten from childhood, especially due to the popularity of video games. I recommend you become familiar with some of them again, because letting the computer do everything for you only gets you so far. Perhaps you could start with finding enjoyment rolling dice, for example.

Not for money, of course (because gambling is an easy way to lose all your money), just to see the wonderful randomness of the world around us!

Dice, like Chinese music, predates written history by at least 5000 years. So if this helps you relax, I say go for it! Now remember, being a good sport in all your games is of course important, so never be a sore loser or sore winner. Just enjoy. Also, if you are an AID client, I highly recommend attending the Games Group at the Plum Street office on Thursdays at 10 AM. It's a blast!

"Words of Wisdom"

By: Michelle C.S.

A rare treasure is a true friend.

Tick tock goes the clock, all in a good day's work.

Parents are rare like diamonds; we all have flaws.

The most impressive gift is your children.

Those that shake the dice gamble with their lives.

It's not age that makes you old, it's the miles you put on your soul.

I've never seen a rich man get ahead because he's always looking for the next buck, but

I have seen a poor man pick up a person if they so choose to.

Life is full of birdseed. It's the seed you pick up that counts.

Business is never done, but life ends.