

**marbles®**  
the brain store

www.marblesthebrainstore.com 1.877.527.2460

## Join the Marbles Team!

We are looking for articulate, outgoing people with sales experience to grow with us.

Please submit your resume and cover letter to  
[rebecca@marblesthebrainstore.com](mailto:rebecca@marblesthebrainstore.com).

Make sure to indicate which of our four locations is best for you!

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## Upcoming Events

### [Girls' Weekend at Naperville](#)

Thursday-Saturday, March 4th-6th  
Happy Hour: 5:30-7:30 pm  
*Naperville location*

### [Dr. Paul Nussbaum presents "Brain Health Across Your Lifespan" at Grand](#)

Tuesday, March 16th  
5:30-7:00 pm  
Neuropsychologist Paul Nussbaum will present on the basics of the human brain and how to keep your brain healthy across your lifespan.  
*Grand location*

### [Game Night at Old Orchard](#)

Wednesday, March 10th  
5:00-7:00 pm  
*Old Orchard location*

### [St. Patrick's Day Game Night at](#)

## March 2010

Dear Friend of Marbles,

Marbles: The Brain Store is very pleased to invite you to a discussion hosted by Dr. Paul Nussbaum, neuropsychologist and Adjunct Professor of Neurological Surgery at the University of Pittsburgh.

Dr. Nussbaum will be speaking at our downtown location (55 E. Grand) on Tuesday, March 16th from 5:30 to 7:00 PM and all are welcome!

A proactive, comprehensive brain health lifestyle can help to build brain reserve and delay onset of potential neurodegenerative diseases such as Alzheimer's disease. Dr. Nussbaum will present on the basics of the human brain and how to keep your brain healthy across your lifespan.

Join us on March 16th for a fun, informative, and personally relevant discussion!

## Brain Tip: develop a brain-healthy lifestyle . . .

*Using Dr. Nussbaum's Brain Health Lifestyle, consider the following action oriented tips . . .*

**Physical Activity:** Purchase a pedometer and walk 10,000 steps daily (your brain demands 25% of blood from each heartbeat).

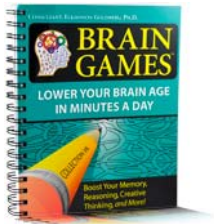


Tami smoothed the egg with a pumice stone, the only one in her domicile. Tami enjoyed the egg but Mike's gift of an imported salami cemented their relationship and helped her to miss him less."

3. In the line below, cross out 12 letters in such a way that the remaining letters spell a common word:

SEAVCOEMNMLOENTWOTERRDS

These brain teasers were drawn from [Brain Games Collection #4](#).



For the solutions, click [here](#).

## Brainfood Breakfast Recipe: Potato & Veggie Hash

Your mom and grandmother were right: breakfast is a meal you must never miss. Research tells us that people who make a habit of eating breakfast can do more work, are able to maintain their mental efficiency, have faster reaction times and think better.

This fantastic recipe is courtesy of [Dawn Jackson Blatner](#), a registered dietitian from Marbles Lincoln Square neighbor [The Chopping Block](#).

### Ingredients:

- Grapeseed oil, for brushing
- 2 cups shredded potato
- 2 cups shredded onion
- 2 cups shredded zucchini
- 2 cups shredded eggplant
- 2 Tablespoons Italian seasoning

here with their friends and family (especially when it was something that one of us recommended)!"

Some of Rachel's favorite products at Marbles include:



### Abalone

Challenge your critical thinking! Loosely based on sumo wrestling, the point of Abalone is to push just 6 of your opponent's 14 marbles off of the playing surface. Simple? Yes. Simplistic? By no means!

### Simplicity

Refine your visual perception! Challenge your visual and critical thinking skills with this clever game that combines connect-four with tic-tac-toe.



### Banagrams

Work your word skills! Banagrams is an award-winning, fast-paced word game where players race to use all their tiles in connecting and intersecting words. It's great for the whole

family, because it matters more how fast you make words than how long they are.

### X-Ball

Improve your coordination! The X-Ball is a set of 30 X-shaped magnetic design pieces that can be arranged in variety of different ways. The inspiration for the X-Ball is the "skeletal" icosidodecahedron, an orb-like geometric figure long admired for its beauty (it is one of Leonardo da Vinci's favorites).



## March Sudoku

This Sudoku is ranked 4 marbles out of 5. Good luck!

		3			2			
6	5			1				
8				7				
4	7	2					6	1
		5						

2 teaspoons smoky paprika  
Salt/pepper

**Directions:**

1. Brush large skillet with oil and place over medium heat.
2. Toss together shredded vegetables, Italian seasoning, paprika and salt/pepper.
3. Put veggie mixture into hot skillet and cook (without stirring) for 8-10 minutes, until golden.
4. Flip to cook other side another 8 minutes, until golden.

For more information about brain-boosting foods (as well as other brain fitness tips) click [here](#).



Grand Ave Location:  
55 E. Grand Ave.  
Chicago, IL 60611  
(between Rush and Wabash)

Old Orchard Location:  
4999 Westfield Old Orchard  
Shopping Center  
Skokie, IL 60077  
(between LL Bean and Lucy)

Lincoln Square Location:  
4745 N. Lincoln Ave.  
Chicago, IL 60625  
(between Lawrence and Leland)

Naperville Location:  
123 S. Washington St.  
Naperville, IL 60540

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3	1							7
	4		7	5			1	6
					8		2	5
						3		

For the solution to the puzzle, click [here](#).

Don't forget! Every month we post a new [crossword puzzle](#) on the Marbles website!

As always, please feel free to [contact us](#) with any questions, comments, suggestions or feedback.

Warm regards,  
The Marbles Team