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Brain Coaches Needed!

We are looking for a few good 'brain coaches' or sales associates and a dynamic manager with retail experience to run our new Naperville store. The ideal candidates will be articulate, outgoing and possess a love of challenging games.

If this sounds like you and you live in the Naperville area please forward your resume to rebecca@marblesthebrainstore.com.

Upcoming Events

[Parent Night at Lincoln Square](#)

Tuesday, November 10th

6:00-8:00pm

Get a babysitter and get a jump start on your holiday shopping for the season!

Lincoln Square location

[Game Night](#)

Thursday, November 19th

5:30-7:30pm

Lincoln Square & Grand locations

[Charity Events](#)

Do you have a charity/non-profit /school that you're trying to raise money for during the holiday season?

Please inquire about hosting a shopping night at your local Marbles store by contacting

November 2009

Dear Friend of Marbles,

November being a month for giving thanks, we'd like to thank you for subscribing to our e-newsletter!

To show our appreciation to all our e-Newsletter subscribers, we've created a code for 10% off all purchases from the [Marbles: the Brain Store website](#).

The coupon code is 'THANKS', and it expires at the end of November, so take advantage and beat the holiday rush by shopping early!

Brain Tip: Dealing with Stress During the Holidays

Holidays are a time for celebration but also a time for increased stress.

Stress not only affects the body, but also prevents the brain from operating in its top form. We learned from our guest speaker last month how stress is a memory killer and that in order to remember names/lists/presentations better we need to develop effective strategies to remove stress from the situation. During the holidays we have a lot going on, so it isn't a surprise that we have the most trouble focusing, remembering and making good decisions because our brain is being stressed.

A couple of tips to help your brain de-stress during the busy season:

1. Take some time each day to quiet the mind and

info@marblesthebrainstore.com!

See our [events page](#) for more information!

Brain Teasers

Which of these statements is true and which is a lie?

1. Armadillos can hold their breath up to 6 minutes.

-or-

Due to the unique chemical composition of its shell, a mounted armadillo can function as an antenna.

2. In the early 1400s, pregnant women used to rub vanilla on their bellies to help reduce their children's body odor.

-or-

In the early 1800s, pioneers commonly rubbed rabbit brains on their teeth to prevent tooth decay.

These questions were reproduced from the game [Big Fat Lies](#).

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

Brainfood Recipe: Brain Boost Smoothie

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

During memory week Dawn gave us tips on how to use diet to boost memory and presented a few recipes, including this one for a delicious brain-boosting smoothie:

- 16 ounces unsweetened vanilla almond milk
- 1 cup frozen blueberries
- 1/2 cup frozen banana slices (1/2 large banana)

focus on the positive social connections you have in your life- it will help your body and your brain!

2. Try deep relaxation activities like yoga to reduce stress. Learning to relax not only makes you feel better but also helps your brain function better.

3. Use a list to help organize your holiday to-do's. Write down all things that you need to do, even small things like calling Grandma to let her know where Thanksgiving will be this year. The satisfaction of crossing something off the list may give you the necessary endorphins (your brain's natural stress fighters) to tackle the next task.

4. If you are serious about removing stress from your life, consider one of our stress-relief products such as [Emwave](#).

In the news...

- [Wife/Mother/Worker/Spy: Sorry, I've got to go save my brain](#): A mother analyzes her latest obsession with an iPhone game, Word Wrap, and asks herself: How do you know when you've gone too far?
- [Fatty acids may be vital to learning](#): new research out of Johns Hopkins suggests that palmitate, a fatty acid, marks certain brain proteins -- NMDA receptors -- that need to be activated for long-term memory and learning to take place.
- [Amphetamine use in adolescence may impair adult working memory](#): rats exposed to high doses of amphetamines at an age that corresponds to the later years of human adolescence display significant memory deficits as adults -- long after the exposure ends.

For other recent news, check out the [Marbles: The Brain Blog](#) posts.

Employee Profile: Matthew Collins

Matthew has been with Marbles since August and manages the store at the Old Orchard shopping center in Skokie.



As Matthew explains it, as soon as he stepped foot into the store he knew it was a match: "looking around at all the brain games, puzzles, brain teasers

- 1 cup baby spinach
- 1 Tablespoon honey
- 1 Tablespoon ground flaxseeds

Directions:

In blender, puree ingredients until smooth. Note: for a thicker consistency, you can add ice.

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

www.marblesthebrainstore.com

and other "smart toys for grown ups" I felt like a kid in a candy store. Within moments of getting home I was hard at work on my cover letter."

Some of Matthew's favorite new products at Marbles include:

Big Fat Lies:

Maximize your memory!

The brilliant minds at Mental Floss have produced their first trivia game. Each card contains two statements- one is true and one is false (for an example, see this month's brain teaser in the left column). Can you spot the big fat lie?



Buckyballs:



Improve your coordination!

Each set of Buckyballs contains 216 powerful rare earth magnets that can be shaped, molded, torn apart and snapped together in unlimited ways. Make sculptures, puzzles, patterns and shapes. Give those fidgety hands a great brain building activity!

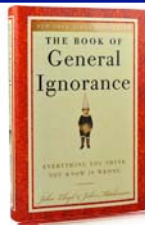
Triviathon:

Maximize your memory!

Triviathon will have players singing, arm wrestling, cheering and cheating in a game that puts each player's unique cognitive, physical and social skills to the test.



The Book of General Ignorance:



This book challenges what most of us assume to be truths in areas like history, literature, science, nature and more and sets the record straight on common myths like Alexander Graham Bell inventing the telephone. You'll be surprised

at how much you don't know!

November Sudoku

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

	7							9
			1		6	3		
				8			7	
3	4			1			9	6
	6		4	3				
						8		
		7		2	1			
			7	9			3	8
9			8					2

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

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

Warm regards,
The Marbles Team

You are receiving this email because you opted in at our website, at one of our store locations (55 E. Grand Ave., Chicago, IL, 4745 N. Lincoln Ave., Chicago, IL, or Westfield Old Orchard Shopping Center in Skokie, IL) or at the brain health fair or conference.

[Unsubscribe](#) erinc@sandboxindustries.com from this list.

Our mailing address is:
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55 E. Grand Avenue
Chicago, IL 60611

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