



# LIFT



日本語版

Life, Information, Fun, Times



On October 2<sup>nd</sup>, 1975, Emperor Hirohito and Empress Nagako were warmly welcomed in the White House during their first US visit following the end of WWII. It marked the reconciliation of the two countries, cemented in the Friendship Act of the same year.



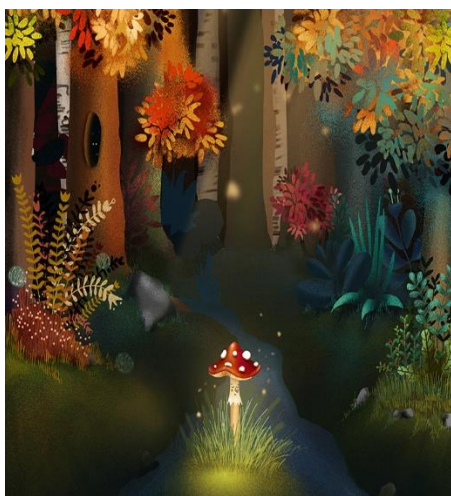
On October 16, 1701, Yale University was founded in Killingworth, Connecticut under the name Collegiate School of Connecticut. In 1716, it was moved to New Haven, and, later, renamed after Elihu Yale, a British-American philanthropist.



October 21<sup>st</sup>, 1879, Thomas Edison successfully tested an electric incandescent lamp in his New Jersey laboratory, keeping it lit for over 13 hours. The following year he patented the first commercially available incandescent light bulb.



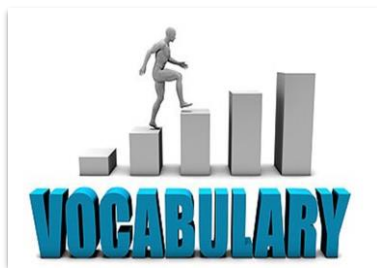
On October 31<sup>st</sup>, 1517, Martin Luther nailed his '95 Thesis' to the church door at Wittenberg, Germany, thus triggering the Protestant Reformation.



“Mushrooms remind us that growth can happen in unexpected places”  
— Unknown

## ` Tradition ` in the languages of our teachers

|   |           |   |           |            |
|---|-----------|---|-----------|------------|
|  | Welsh     |  | Tradição  | Portuguese |
|  | Tradición |  |           | Arabic     |
|  | Tradiție  |  | Tradition | French     |
|  | Hagyomány |  |           | Turkish    |



**Treated like a mushroom**

To be kept uninformed or lied to

If shareholders aren't told the truth and are treated like mushrooms, they will leave the company.

**To spring up like mushrooms**

To increase in number suddenly and rapidly

I thought I only had to bring the flowers but more party tasks are springing up like mushrooms.

**To mushroom into (something)**

To expand or grow in short time

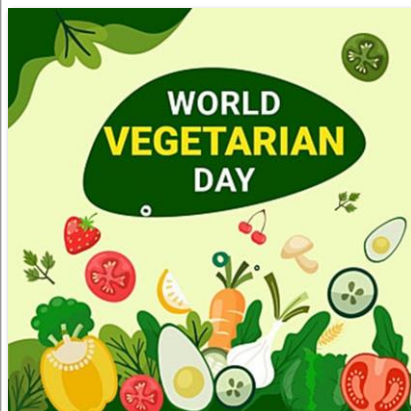
The unpaid bill mushroomed into a big scandal and an eviction notice.

**To stay in the dark (about something)**

To remain uninformed

The president prefers to stay in the dark about the company's less legal activities.

**October events**



**October 1<sup>st</sup>,  
World Vegetarian Day**

This event brings global attention to the health and environmental benefits of vegetarianism and focuses on the ethics of adopting a vegetarian lifestyle, using the opportunity to spread information and educated people about how to switch to a vegetarian diet.

**October 5<sup>th</sup>,  
World Teachers' Day**

This day honors the vital role that educators have in shaping the future. Established in 1994, it commemorates the 1966 UNESCO recommendation for Teacher Status and it provides an opportunity to consider issues related to teaching and teachers.

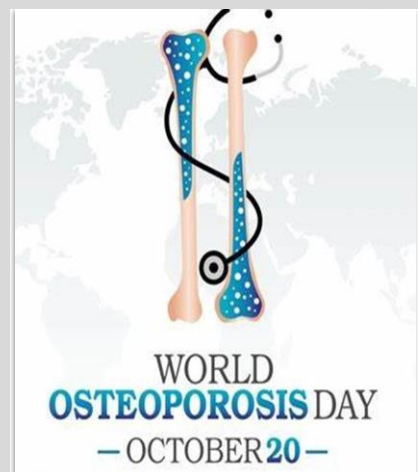


**October 10<sup>th</sup>,  
World Mental Health Day**

First celebrated in 1992, now, each year, thousands of supporters come together to celebrate this awareness program worldwide. It aims to educate, advocate and reduce the social stigma related to mental illness and its effect on people's lives, thus encouraging people to make mental health a priority.

**October 20<sup>th</sup>,  
World Osteoporosis Day**

Under the slogan – Love your bones – the event is dedicated to raising awareness of the prevention, diagnosis and treatment of osteoporosis. It aims to inform people of all ages about the benefits of nutrition, exercise and overall quality of life for healthier and stronger bones. It also urges regarding the importance of early detection.



# Unique Mushrooms and their Benefits



**Lion's Mane Mushroom – North American, Europe, Asia**  
Helps with depression, anxiety, boost immunity and brain function



**Turkey Tail Mushroom – North America**  
Contains antioxidants and prebiotics for digestion, gut health



**Reishi Mushroom – Asia, South America**  
Lowers cholesterol and blood pressure, anti-cancer



**Chanterelle Mushroom – Eurasia**  
Metabolism booster, concentration of vitamins B1, B2, B3, B5, C, D



**Shimeji Mushroom – East Asia**  
Helps with asthma and allergic reactions, can destroy tumors



**Porcini Mushroom – Europe, North America**  
Anti-inflammatory properties due to its ergosterol content



**Indigo Milk Cap Mushroom – Pacific Northwest**  
Anti microbial, can inhibit the growth of cancerous cells



**Bleeding Tooth Mushroom – Northern Hemisphere**  
Anticoagulant compound, can prevent blood clots



**Cordyceps Mushroom – Himalaya, Tibet**  
Improves lung capacity, increases energy and appetite



This 2022 American comedy provides us with the entertainment duo that is Lily Tomlin and Jane Fonda. The actors truly bring out the best in each other and are a thrill to watch, despite the fact that the storyline is not necessarily amazing. They are two old friends who reconnect at the funeral of their recently deceased best friend. As they reminisce about old wounds, they decide to get revenge on the widower, who had earned their anger decades ago. Plotting and supporting each other, they both learn how to make peace with their past and with each other and finally— move on.



## Marinated Mushrooms



This super simple recipe can be a great addition to your menu, it is delicious served with crusty bread and can be made ahead to enjoy later. All you need is:

- 1 pound cremini mushrooms
- ¼ cup olive oil
- ¼ cup white wine vinegar
- ¼ cup diced red onion
- 2 cloves garlic, *minced*
- 2 teaspoons brown sugar, *packed*
- ½ teaspoon dried oregano
- ½ teaspoon whole black peppercorns
- ¼ teaspoon crushed red pepper flakes, *optional*
- 1 bay leaf
- Kosher salt and freshly ground black pepper, *to taste*
- 2 tablespoons chopped fresh parsley leaves

In a large pot of boiling salted water, cook the mushrooms just until tender, for about 3-4 minutes, then drain well. In a large bowl, combine the mushrooms, olive oil, vinegar, red onion, garlic, sugar, oregano, peppercorns, red pepper flakes and bay leaf; season with salt and pepper, to taste. Transfer them into an airtight container and place in the refrigerator for at least 8 hours and up to 5 days. Serve at room temperature.

*Bon Appétit*