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02-Nov 2008 19:56am 51°

Happy birthday Erik!

Woops

Some of you get printed coping of my newsletter. I just finished stapling them together and I see the pages are not in sequence. It looks like I printed the back of the

fronts on the front of the backs. What? And they are out of order. Here what I see is the problem the second page say page 4 it should have been page 2 so you skip that and go to where page 4 should be to read page 2. Then go back to where page 3 should be and you will see it is right. Now you have to go to where page 2 should be to read page 4. Page 5 is where page 7 should be. Page 6 is just where page 7 should be and page 7 is where page five should be. I see I forgot to tell you about page 1 and 8. That is because there are right.

Not only this is printed wrong, I also print a full page version. It got printed wrong too. All of the even pages got printed upside down. I didn't feel like reprinting these because I used the printer that I said I would replace one of these days and I didn't yet.

For you that view this online you have no idea what I am talking about because that is right. The pages online are just fine because I didn't touch them. You have to mess them up all by yourself.

Oh, you didn't need this now. It was on the last issue not this one. Oh well, I already typed it so you might as well read it too.

Too Many Clocks

I did remember to set the clocks back one hour today. Did you? I have too many clocks. So far I have reset 6 clocks. If I ever go outside I will have to do the car and truck. The motor home can wait until spring.

Wally

Do you know Wally the Walnut Planter? I have a squirrel that must have a gazillion walnuts buried in the back yard and my flower pots. One pot must have ten holes dug in it. The other 2 have chicken wire on top so they leave them alone. One of them has rhubarb in it. I want to see how it dose next year. Maybe I can make some rhubarb wine or a pie or some thing. I think I will be lucky if I get a piece of pie or a glass of wine. If I remember there are only 1 or 2 small plants. Maybe I will plant them in the back yard next year.



I think this is his wife.

3-Nov-2008 9:22am 75°

I got off to a good start this morning. Before Breakfast I hung a load of laundry on the line and noticed I have a lot of leaves to rake up. After Breakfast I drove out to MCC to hold Anila's hand while she took her English test again. I did this knowing that they wouldn't let me. Ina stopped me at the door and told me that it wasn't going to happen. I just want to her to tell Anila I stopped by.

The test room wasn't what I thought it was going to be. After talking to Anila, I thought the each person taking test was blocked from seeing thing the others work. This

is not the case. The test room is a big open room with open tables with computer setup to take test. There is an open window all the way across the front facing the hall way. I could see Anila in there taking her test. I think there were others in there too. I didn't stay because I did not want to distract her. I don't know if she saw me. I just said; "Hi!" to Ina and asked her to tell Anila I was there and left.

11:00pm

Where did today go? I went to Inland Lake to get a new vent cover for the motorhome that they didn't have. There were 8-10 different kinds. The kind they were out of was the kind I needed. I'll try again tomorrow.

After that I worked on getting the web sites moved to the hosting service. I got them all live on the hosting service now. After I make sure every thing works I can shutdown my web server.

If you want to help just go to www.doerofthings.com and check on any links you can find. If you find any things that isn't working send me an email and I will fix it.

Also the hosting service is doing all of my email now. This means they are dealing with the spam filtering. I can't wait to see how they do with that.

Tomorrow I have to get my part for the motor home and VOTE. Now, I think will be going to get some sleep.

04-Nov-2008 9:11am 54°

Have you been out to Vote yet? I have! I was 17th person to put my ballot in the box. I was there when the door opened at 6:00 and was out eating breakfast before 6:30.

Next Door

It looks like they are going to move that portable building at the school next door. They have been removing stuff from inside all morning. Soon I will be able to look down the street see what happens. They have been breaking up most of what they remove from the building and tossing it into a big dumpster. What a waste! They should have just piled it on the curb and let people just take it. I watched for a while I was hanging laundry. I was going to go over there and make waves but I don't want the stuff. I have too much now! I can hear them pounding stuff now to break it so it fits in the dumpster. Can't you hear that? What a waste!

Too Much Coffee

I have been out for coffee three times already and it is only 11 o'clock. That is just too much, even for me. I think I should go take a break for a while.

Election Results / Predictions

Time	McCain	Obama	Source
6:01	8	3	BBC USA
6:46	12	3	CBS
6:49	21	2	CBS
7:03	39	77	FOX
7:53	49	102	ABC
8:02	69	103	WTTW
8:05	76	174	ABC
8:06	70	175	NBC
8:08	100	174	CBS
8:09	81	163	FOX
8:18	65	174	WGN
8:36	90	200	FOX
8:37	90	200	MSNBC
8:38	90	200	CNBC
8:39	90	200	C-Span
11:49	155	338	ABC Channel 7

I've been working on my web site and not watching the election. They say it looks like Obama has won. I can go to bed now? Good night!

5-Nov-2008 8:54pm 52°

I woke up so I know the earth has not come to an end yet. I guess I will for December 21st 2012. 12/21/2012 is the next time they think will end. The last time was 12/31/2000. It didn't end then either!

Life Goes On

The election is over and we have many new people elected to try their hand and making thing better for us. Let us give them a few days rest then see what happens.

We as people have to keep doing with what we can to make our life better for ourselves and others. We need to do what we can to make our lives better. Sometimes we feel everything is going bad and we will never survive. Somehow we always do survive. It is when we give up is when it is over. Life is a path of improvements. I remember when in school that at one time in our past we draw pictures on walls in caves, used smoke to talk to people long ways away, and held our shoes on our feet with strings. We now have cameras the size of deck of cards, cell phones, and wait...we still have our shoes tied on with strings. Well you see we aren't there yet.

6-Nov-2008 10:06am 57°**The Election**

Well the election is over and now we can get on with running the country. I think most of the people are happy it is over. I think there is only one person I know that is still grumpy with the out come. All I can say is; "Get over it.!" It is done! We have to get on with our lives. For the next 4 years we have Obama. He is our new President and we should support him to help improve things.

The Weather

I was going to work outside one more day before the snows. Yes, I said the "S" word. It is coming! I would like to do a little more work out of doors before we get the white stuff. If it happens it happens. I will wait until spring. You all know I don't rush into doing everything. After it took 14 years to get around to siding the garage, didn't it?

Electric Usage

I got my electric bill. It wasn't as low as I thought I could do being fifty-seven dollars. That is because the cost of it was up again. It went from an average of 12.36 cents per kWh to 13.78 cents. That looks to be an increase of 17%. At the same time I decreased my usage 38%. I also lowered my bill 27% or over \$21 dollars.

I am still working my electric bill as low as I can without it costing me my health and the fun things I use it for.

I Have Moved

Well the web has moved. Even though www.MartysThought.info does still exist, it will be discontinued on January first and will be replaced with www.MartysRandomThoughts.com.

I have done this because the name is the same as the newsletter now. I am also using a web hosting service instead of running my own web server in the other room. I think it will save me a bunch of money as soon as I get completely moved. It will save me electricity first. And then in time because I will not have to maintain the server. My phone bill will go down too. I will not need a business DSL line any more. Well I didn't need it anyway. I just thought it did! I will be able to use a low end DSL line the cost a lot less than what I use now.

New email address.

The email address for the newsletter has changed too it is now.

thoughts@MartysRandomThoughts.com

My personal email address has not changed just the email address for the newsletter. You also could contact me via the new web site by clicking on the "Contact Marty" link on the front page of www.MartysRandomThought.com.

I think every thing it working on the web site. If I have miss something please do not think twice be telling me. Either tell me by email or in person. I will do what I can to get it taken care of.

Time to Rest Up

I have been spent more time than I should on this web stuff today. I think I have fixed a lot of issues. My bottom is sore now so I think I will go find a softer chair to sit on the rest of the night.

7-Nov-2008 4:30am 42°

I think it is too early to be awake. I think I rested too long in the chair last night. I woke up a few minutes ago. Once awake I realized I was still in the chair watching TV with my eyes shut. At least this time the TV was turned off. I guess that isn't so bad. I

think most people have TVs in there bedrooms. I do not! I have a radio in there to keep me awake all night listening to Coast to Coast AM with George Noory. Maybe that is where some of the strange things I dream up come from.

In any case I am awake now and I think I will stay up for the day.

6:00am

I think I will go out and see what Kim and Sandi are doing.

Pumpkin Seeds

Remember all of those Pumpkin seeds I saved. Well I dried them in the oven for a couple hours so they would not rot. Then I put in a screen bowl so they would stay dry or dry some more and not rot. They have been sitting there for a month or more and I kept saying to myself that I need to do something with them before I knock them over. Yup! I did. I have been picking pumpkin seeds out of everything. It makes a guy want to clear off the counter so it would be easier the next time to clean up a mess.

So, what do you do with pumpkin seeds? I have saved some for seeds to grow some more pumpkins next year. I have a cup of them dried and sealed so they are ready for spring. I think I will make some kind of snack food with the rest. It is today shortly after I find out how.

Recipes I Found

I shorten these recipes some what because most had too many details.

Spray a [baking](#) sheet with butter-flavored nonstick cooking spray or brush with a light coating of vegetable oil. Put the seeds on the baking sheet in a single layer, turning to coat lightly with the spray or the oil. Sprinkle the seeds lightly with salt, if desired.

Put the baking sheet in the oven. Cook the seeds for 10 to 20 minutes, or until brown and slightly crisp, turning once. Allow to cool before eating.

Store seeds in an airtight container.

Source: http://www.ohow.com/how_1388_bake-pumpkin-seeds.html

1 Preheat oven to 400°F

2 In a small saucepan, add the seeds to water, about 2 cups of water to every half cup of seeds. Add a half tablespoon of salt for every cup of water (more if you like your seeds saltier). Bring to a boil. Let simmer for 10 minutes. Remove from heat and drain.

3 Spread about a tablespoon of olive oil over the bottom of a roasting pan. Spread the seeds out over the roasting pan, all in one layer. Bake on the top rack until the seeds begin to brown, 10-20 minutes. When browned to your satisfaction, remove from the oven and let the pan cool on a rack. Let the seeds cool all the way down before eating. Either crack to remove the inner seed (a lot of work and in my opinion, unnecessary) or eat whole.

Source: http://www.elise.com/recipes/archives/001438toasted_pumpkin_seeds.php

SPICY SWEET PUMPKIN SEEDS

Seeds from a pumpkin or winter squash, washed well (dried in a single layer on parchment or foil if done ahead of time)

SIMPLE SYRUP

1 cup water

1 cup sugar

Bring water and sugar to a boil in a saucepan. Drop seeds into hot liquid and let cook for 4 - 5 minutes. Drain seeds in a colander.

SPICE RUB (enough for an estimated four or five pumpkins, good on pork, too!)

1 tablespoon Spanish paprika (also called pimentón, it's smoky goodness)

1 tablespoon brown sugar

2 teaspoon ground coriander

1 teaspoon ground cumin

1 teaspoon black pepper (I used a coarse ground)

Mix.

ASSEMBLE

Still-wet seeds

Spice rub

Demerara or large-crystal sugar (turbinado, raw sugar)

Place still-wet seeds on a piece of parchment. Toss with just enough rub to lightly coat.

Toss with just enough sugar to coat. Separate into individual seeds or small clumps to dry.

Source: <http://kitchen-parade-veggieventure.blogspot.com/2007/10/spicy-sweet-pumpkin-seeds.html>

Once seeds are dry, dot them with butter.

Then salt lightly and bake 10-15 more minutes in a 250 degree oven until golden brown.

(Stir frequently to avoid scorching.)

Source: http://thefuntimesguide.com/2005/10/pumpkin_seeds.php

Ingredients

1 1/3 cups pumpkin seeds, cleaned and rinsed

2 teaspoons garlic powder

1 teaspoon salt

1 teaspoon crushed red pepper

1/2 teaspoon black pepper

Directions

Preheat the oven to 350 degrees F.

Spray a baking sheet with nonstick cooking spray. Combine the pumpkin seeds with the garlic powder, salt, crushed red pepper, and black pepper on prepared baking sheet and toss to combine. Bake for about 15 minutes, or until seeds are crispy and light golden brown. Remove from the oven and stir with a spatula or wooden spoon to release any seeds that have stuck to the baking sheet, and cool completely before serving.

Roasted seeds will keep in an airtight storage container for up to 1 week.

Source: <http://www.foodnetwork.com/recipes/emeric-lagasse/hildas-roasted-pumpkin-seeds-recipe/index.html>

After going out to the internet and finding all of these recipes I know I can come up with some to prepare pumpkin seeds to eat.

Basically you put some kind of oil on them to get them wet then put some spices of other thing to give them a little flavor then back them again until they are dry without burning them.

So I think all of this has made me tired. I think I will take a break before I start. After all I have not seen the newspaper yet. There may be something in there that I'll need to tell you about.

The Leaves

I went out and started clean up the leaves. I was blowing then and the wind wasn't helping. So since the wind is bigger then me I joined his program and blew the leaves to the fence. It made it a lot easier. I did enough for this time.

Then I remembered I had never put the screen cover on the garage's rain gutters. You know it; the gutters were plugged with leaves! I started using the blower to get them out but they were too wet and I just didn't get any where. So I did it by hand. That wasn't so bad. Then I remembered I had the screen cover to start with. I had almost enough to finish the whole garage. So I went out to get some more and then it started to rain...no snow...no rain...well both. Now I am waiting for it to let up so I can finish the job.

I went to Menard's to get the rain gutter screen covers. Now would you think they would keep them with the rest of the rain gutter stuff. No!!! They were with the fencing stuff up in the front of the store. Go figure!!!!

Maybe I will just go out and get wet. I only have to install 2 or 3 of the screens. They install very easy. Did you know you can take the Amtrak from Chicago to Carbondale for about \$32.00 or St Louis for \$23.00? Hummm...What about Arizona?

It's snowing too hard so I think I will work on those pumpkin seeds.

8-Nov-2008 9:57am 34°

Winter is trying to get here too soon for me. But I never liked cold, wet and wind at the same time.

I prepared a small batch of those pumpkin seeds yesterday. I just made them simple with salt and then roasted them with olive oil. Other than being burnt they...well lets say I should try again. When it said from 10 to 20 minutes at 400° I think it meant 375° for 15 minutes. Maybe I will try this again.

And it didn't stop being cold and wet enough for me to finish installing those gutter screens after the first of the week.

Seen in the Newspaper

Some guy was pleading not guilty for leaving the seen of an accident because he said the Alcohol he was drinking made him forget. I don't think I ever heard of any being forced to get drunk. Oh I am stupid because I drank 3 beer, 2 glasses of wine and a bottle of booze. Can you let me go? Come on people! Drink if you want but do not run any machinery.

Since I started to make wine I have a glass once in a while. The only machine I run it the remote for the TV. I even think I stay away from the computer. I am goofy enough without help from drinking.

Email

Since I am no longer hosting my email and web site I lost control of some of the things I was doning with my email. I was sending out automatic weather reports at noon Monday through Friday to some people. I think I can make that happen again. I just have to do it different.

Pumpkin Seeds

Ah, that's better! They are much better when they are not so burnt. I took 1 cup of seeds in 2 cups of water with 2 tablespoons of salt. I brought it to a boil and simmered for 10 minutes. I turned on the oven setting it to about 350° before I started boiling the water. It wasn't quite hot when I started roasting the seeds. It was maybe only 300°. I put one tablespoon of olive oil and spread it all over a cookie sheet and put the seeds on the sheet and placed it in the oven. I set the timer for 15 minutes but it wasn't enough I went 5 more than again 3 more after that. I think it the oven was up to heat that might have been too long. I think 375° for 15 minutes might be about right. I will try again the next time. Oh, 2 tablespoons of salt is a little too salty for me. I will try just one the next time.

So it will be; preheat the oven to 375°F while taking 2 cups of water 1 cup of pumpkin seeds, and 1 tablespoon of salt. Bring to a boil and simmer 10 minutes then drain. Spread 1 tablespoon of olive oil on a baking sheet. Spread the drained pumpkin seeds one layer deep. Bake about 15 minutes at 375° or until golden brown.

Cool and eat. Yummy!

9-Nov-2008 7:54am 33°

I could have froze and not even known it. I have one of those atomic clocks that set its own time with an outside thermometer on it. It has been reading "- -" for the last few days. The sensor is wireless and I almost forgot where I installed it 5 years ago. It was just dead batteries. So now I know it is cold outside. It looks like the batteries last 10 month in the transmitter for the sensor. I installed lithium batteries in it this time. We'll see if they last longer. I would wish they would only go dead when it is nice and warm. The last time it was in February.

Server Email

I think I have the email alerts on the server working now. I received them this morning. This means that the weather report should go out automatically on schedule Monday too. At least I hope they do.

Pumpkin Seeds in Pancakes

This morning I thought I would try some of those roasted pumpkin seeds in my pancakes. The first thing I needed to do is grind some of them up. I have a small grinder that works for grind a hand full on nuts so I thought it would work well for pumpkin seeds too. Not the case.

They just spanned around in the grinder and didn't do any thing. I tried just putting more in there but most of them just got nicked and it didn't grind then up. I won't give up that easy. I put in a hand of almonds in with the pumpkin seed and voila! So I have almond pumpkin seed pancakes for breakfast with butter and real maple syrup.

10-Nov-2008 8:37am 27°

It is a nice sunny morning today. Nice breeze out of the west. If it warms up a little more I think I will go out and rake leaves one more time before winter sets in. The forecast is for sunny today and rain most of the rest of the week and then snow Friday. So today will be it for the leaves.

Movie I Watched

The other day I watched the movie *The Bucket List*. The stars were Jack Nicholson and Morgan Freeman. The story line was about two guys that didn't have long to live and they made a list of things they wanted to do before they died. This was a comedy with an idea. So many of us have list of things in our heads of things want to do some day.

I have been sitting here looking at this pile of bills I need to pay and was wondering it was on my bucket list. I have never been much of a list person. I have been a person that does the next thing that comes up. If it is priority number one for me I am working on it. If it is number two it might get done next. If it is number three it never gets done. The priorities change from minute to minute.

Right now priority number one is typing this and paying bills is number two with an interruption of another priority number one to go take my morning medications.

So how many of you have life time goals that you are working on. What is in your Bucket List?

Motorhome Washing

It was a little cold outside but I wasn't so I thought I could try to give the motorhome its last washing before I put to rest for the winter. I started with the front and things were going well then I worked on the north side until I had to move the hose around to the other side where it would reach. This is when I should have stopped. First I hung the hose on the fence and sprayed myself with ice cold water. It went right in my face. Yah, laugh if you must, I did! After coming in and drying myself and my glasses so I could see, I returned to finish the one side. I figured it has to wait when the soapy water started to turn to slush as I applied it to the side. I continued until I had the side cleaned. I guess I have to wait until it gets a little warmer.

Weather Data

I went to see what the temperature was at 4:00pm when my soap water was turning to slush and I had no data. It looks I have not been logging any data since October 24th. It has been sending data to the internet but not keeping it on my server. It is getting harder and harder to keep up with all the things I have going on. Now I need to see if I can back read this data into my system.

I just have to fill the gap. Then things can go back to normal. There is always something.

I captured the data that was lost from my system off the internet so I can deal with it later.

Oh it was just 32° when the soap turned to slush at 4:00pm today.

Leaves have fallen

I think I have raked my last leaf. I went out today and cleaned them up along the fence and under that pine tree. There are more in the back but I think they will wait until spring.

11-Nov-2008 8:04am 28°

Well I am sure that frost did in the last of the flowers and best of all was the biting bugs of summer. I'll miss the flowers but not the mosquitoes. It may be time to plant some spring plants now. I'm not sure what you plant in the fall for spring.

Woops

Don't I write these things down so I get them right? All morning I have been thinking it was Heather's. Sorry Heather. It's in April, isn't it? Wait...I'll check. Yup, Heather's is the same day as Roxanne's. Tomorrow is Olivia's that will have to wait. For now, Happy Unbirthday Heather?

Weather Report

Well I guess this means I won't be doing too much outside the rest of the week. I looked at the weather map and it looks to me that this weather is stuck. Maybe

I will do a Wal-Mart run and get some inside supplies.

12-Nov-2008 9:58am 42°

It is a little warmer today maybe I will get out there before it starts to rain and finish up some of things I want to get done before we get a bunch of winter.

Birthday

Olivia is two today. When I've seen her she has been very quite. Now that she is two is it this when she start going through the "terrible twos?" Good luck Heather. Happy Birthday Olivia!!!

Woops

I see I missed a birthday on November 1st. Sorry Tristan, Happy Birthday 11 days ago and Happy Un-birthday today!

Feedback, Feedback

I set up a feedback web page on Marty'sRandomThoughts.com a while back. I have only received one comment since I put it there. I guess it isn't working very well. Mike was trying it and it kept timing out. I thought it was working fine because it had never failed me. Now I think it was only working for me.

I went to Vaughn's a little while ago for coffee and took the laptop with me to use there Wi-Fi to check this out. It was very, very slow. Now I have to figure out why. I have a couple that I have to try.

Well I work on this later. Right now I need to finish the motorhome before it gets cold again.

13-Nov-2008 2:44pm 54°

So far today I got a lot done. I finished washing the motorhome. The wash water didn't freeze today and just enough wind to help it dry.

Do you know to Parallel Park a motorhome takes a little doing? It is even harder to do when you park on the driver side and you are putting it between a garage and a tree. I got it done and it is where it will be until my next trip. Maybe it won't be until spring. After it dries up and there isn't any wind I will cover it up.

Garage project

I have cleaned up all that stuff I left in the lawn from working on the garage. I have all the metal sitting there waiting for me to load into the pickup and take to the recycle center. I should get a fist full of dollars for it. Well maybe one or two.

Tree Trimming

When I was out there racking leaves I noticed that pine tree in the front of the house could use some trimming. I have never trimmed it since I have lived here. I always looked good with the branches clear down to the ground. Well I looked again and it was start to look kind of ratty. I trimmed it up to head high. There about as many leaves blown under it I thought it was half of what I had already racked.

Now there it this big bare spot under it where nothing had grown. I will have to take of that in the spring.

Today I cut up all of that brush from trimming and put it in the compost pile the back with the leaves. The leaves in the back went to the compost pile and the ones in the front went to the curb for the City to pickup. I think they made their last pickup today. That is fine because I think I am finished picking up leaves for this season.

Lost for a Word

Bill asked for the word that means "when a sound comes to you and it gets loader and loader." I knew there was a word for that but I could not think of any. So I thought I would send an email to the head of www.WorksAndWords.com. You may know him as my brother Mike.

He came back with the word "crescendo" Here is his email:

Hi younger brother,

*I think the word you are looking for is **crescendo**. My online American Heritage dictionary defines it:*

cres·cen·do (kr...-shun"d½) n., pl. **cres·cen·dos** or **cres·cen·di** (-d½). **1.** Abbr. **cr.** Music. **a.** A gradual increase, especially in the volume or intensity of sound in a passage. **b.** A passage played with a gradual increase in volume or intensity. **2.a.** A steady increase in intensity or force. **b.** Usage Problem. The climactic point or moment after such a progression. **--cres·cen·do** adj. **1.** Gradually increasing in volume, force, or intensity. **--cres·cen·do** adv. Music. **1.** With a crescendo. **--cres·cen·do** intr.v. **cres·cen·doed**, **cres·cen·do·ing**, **cres·cen·does**. To build up to or reach a point of great intensity, force, or volume.

*You want definition **2.a.** A crescendo of sound happens as train approaches and a **diminuendo** is the diminishing side of that sound. It is also known as a **decrecendo**.*

di·min·u·en·do (d½-m½n"y>-un"d½) n. **--di·min·u·en·do** adv. **--di·min·u·en·do** adj. Abbr. **dim.**, **dimin.** Music. Decrescendo.

de·cre·scen·do (d³"kr...-shun"d¹/2, dʃ"-) Music. adv. --**de·cre·scen·do** adj. Abbr. **dec. 1.**

With gradually diminishing force or loudness. Used chiefly as a direction. --**de·cre·scen·do** n., pl.

de·cre·scen·dos. Abbr. **dec. 1.** A gradual decrease in force or loudness. **2.** A decrescendo passage.

All three words come to us from Italian through music originally but they have worked their way out into general usage.

Hope that answers your question.

Peace and joy,

Mike Metras

WalkingWithAwareness.com

WorksAndWords.com

Source: Email from Mike

Thanks Mike. I don't think I have heard that word before.

Does this help you Bill?

14-Nov-2008 1:56pm 50°

Have you ordered you copy of Mikes book yet? I just received mine. If you forgot where to get it you can go to Mike's web site at

<http://www.walkingwithawareness.com/gtrpilgrimage.htm>

No, hat I have it I have to start reading it. So many things to do and so little time to do them!

15-Nov-2008 10:30am 39°

It is windy this morning so I washed a load of laundry and hung it on the line to dry. You know it is very cold out there with wind gust to 20 mph when it is only 36°. My hands got cold! I wonder how far into the winter I will keep using the clothesline for a drier. With a nice breeze they will dry much faster. I don't know what the cold will do to slow that down when it is just above freezing.

I have looked at two weather reports one says snow for then next 3 days and the other one says cloudy for the next 3 days. I guess I will have to wait and see. Maybe mm clothes will get snowed on maybe it will be just fine.

Driving at Night

I don't do much driving at night. The last two nights I was out there after dark. It is a little scary driving after dark. I forgot that people don't ware bright clothing after dark. It is hard to see 'J' walkers and people on bicycles when they ware dark clothes. I think I will start by change from my dark blue jacket that I like so much because it has the big pockets. I have a bright colored coat I bought when I walked to work in the dark mornings just so it easier to see me.

So is me or is it hard to see people walking in the dark?

Printer Replacement

You know I still haven't replaced my printer. I tried to squeeze out the last newsletter and I worked. Then I tried to print a few photo and it died again. Maybe it is time to just go buy one. You can get a supper printer that prints, faxes, scans, makes copies, and does photos for less than \$300. And for less than \$100 I could get ones that most likely would be just fine for what I do.

Maybe I should make a trip to the store this afternoon and just get one.

Yearend Reflection

I think it is time to start working my Christmas letter. It is a year end reflection of what happened in 2008. It helps me to remember all that happened through the year. Some time when you do this it get to be too long because you get carried away. Then if you edit it down to a page you can pass it to your friends and family. I haven't even begun to think about happening there was this year yet. If I start working on it now maybe I will have it finished by July. Let's see..."Once upon a time..."

Winter Clothesline

Well my clothes have been on the line all day with wit the wind blowing. You would think they should be dry by now. The temperature has been just above freezing all day but the humidity has been high enough that clothes still feel wet. It is about 4:00pm now it is time to bring them and see how they feel when they warm up. I may have to move the clothesline inside for the winter. This is when I wish for a walk in attic. It would be a perfect place for a clothesline. Later: I brought in everything but the socks. They feel wet. The rest of the stuff just feels damp but it might be the cold I am feeling. I hung a rope between two doors and I will see what happens. I know I should use the dryer. But what the hay, I'm the only that has to walk around them. And besides, I can still see the TV. ☺

Smiley Face

After putting that smiley face at the end of the last line I went out to Google and looked for a new one. It said that there were 771,000 found. I looked at 20 pages of them



and I wasn't smiling any more. Here a few of them:

The more I looked the more I found the more of these things wanted to get in the newsletter.

16-Nov-2008 12:40am 32°

Well, it must be my turn. I woke up this morning with a sore throat. I garbled with some salt water as I did a few days ago. It didn't seem to help much this time. I thought I would get some honey, lemon and some mint tea. On the way to Wal-Mart my car pulled

in to Vaughan's all by itself. Since I was there I went in the back corner in the back of the restaurant to be alone and had some breakfast. After visiting with Anila a little I thought I was feeling a little better but was still sick. So off to Wal-Mart I went. I picked up some supplies and headed home.

When I got home I see the sock still on the clothesline. After putting away my groceries, I went out to check on them. They felt damp yet. After bringing them inside, I found out they were just cold.

I had another load that was waiting to be hung out to dry. I decided because I did not feel the best I would use the drier also because it was snowing a little. So while they are drying I am doing this while I drinking my mint tea.

I ache all over, no fever I just ache. I guess I will get over it. I think I will just sit around and feel sorry for myself until I get better. ☺

It is very hard to fight those little bugs the float around inside you trying to see what they can do to make you feel miserable. Sometimes they do there jobs very well. Today might be one of those days when they try to win the battle. In the end I will win! ☺

Maybe today would be a good day to a new issue on Marty's Random Thoughts. No I need to get it to about 16 pages. It is easier to print when it is multiples of four pages.

3:43pm

I feel a little better now. Maybe it was going to see Anila with Aunt Annie and running into Bob and Shirley. We had a good visit and I had some chicken soup. Good visit and chicken soup are always good when you don't feel well. Now I am going to watch *Gunsmoke* and maybe *Laurel & Hardy* later. Right now I think I will turn the heat up a couple degrees or put on a sweeter. Maybe both

How to Lower a Fever Naturally

A fever is uncomfortable, sometimes painful and often worse at night, which can inhibit your sleep, therefore depleting the immune system even further. There are numerous over the counter products to reduce a fever, but they are often slow to work, come with unwanted side effects and a hefty price tag. If you want to reduce a fever naturally and quickly, you probably already have everything you need right in your own home.

Instructions

Things you'll need:

- 4 eggs*
- 1 small white onion*
- 1 tbs. of apple cider vinegar*
- 2 washcloths or handkerchiefs*

Socks

Step1: Separate the yokes from the egg whites carefully and discard the yoke.

Step2: Chop the white onion finely and mix the pieces into the egg whites.

Step3: Add 1 tbs. of apple cider vinegar and stir gently.

Step4: Soak the handkerchiefs or washcloths in the mixture. While a bit messy, you want the cloth to be dripping with the liquid allowing plenty of absorption into the skin. Be sure some of the onion pieces remain on one side of the washcloths or handkerchiefs.

Step5: Wrap the washcloths or handkerchiefs around your feet with the onion touching the skin and place socks over the cloths. This natural remedy will quickly pull the temperature down to your feet, where it can do no bodily harm, naturally relieving a fever.

Step6: Monitor the fever carefully to watch for changes. Reapply the soaked cloths to the feet if the fever begins to return.

Source : http://www.ehow.com/how_2099321_lower-fever-naturally.html

8:51pm

Yes I have a fever but I think I will pass on this one for now. I don't have any onions. So I will take a Tylenol and see what happens.

18-Nov-2008 9:21am 23°

Well I still don't feel well. I am all stuffed up. I think it is time for a trip to the drug store. It might be a cold but I'm thinking it might be allergies of some kind. My sinuses are plugged and I am sneezing. So when I go to the drug store I will look for those kinds of drugs. If this doesn't work I will think about going to see the doctor.

Right now I think I will go out and have some breakfast. You know "Feed a cold and starve a fever". I need to feed me!

11:51am

I am still dragging. I been to breakfast and shopping for the cure. Now I need to put it all to gather and see what happens. I will let you know what I use before I consume it in case it does me in. If it does me in then it might make to autopsy a little easier. ☺ Maybe I better keep working on the Cure because it took me a long time to learn how to spell "autopsy". I am not sure it is right yet.

The Cure

1-1/2 tsp	Flax seed oil (I didn't have any so I used 1 Tbsp Flax seeds)
1/2 tsp	Psyllium husk (I used Fiber Therapy made by Metamucil, same thing)
1/16 C	Soy Protein
1/4	Banana (I didn't have any and the ones in the store were too green for me So I left it out.)
1/4 C	Blueberries (I used frozen kind)
1-1/2 tsp	Honey (I used a good squeeze out of the bottle)
6 oz	Water
Some	Ice to help with the blending (I used the frozen blueberries instead of ice)
Prep,	Put in a blender and grind/mix it all up and drink it.
	I think this should give you more energy. It sounds healthy. And there is nothing in it that can hurt you except for the blender. So I just had some. I taste ok!
	Maybe it would be better with a banana in it.

45 Minutes Later

I still think I need a Sudafed PE[®]. The last couple days I took the nasal decongestant kind. I took one a day even though the box said one ever 4 hours. The Sudafed PE[®] I got the Now-Drying Sinus kind today. It says to take 2 caplets ever 4 hours. Wouldn't 4 ever 2 hours be better? ☹

No I will stick with just 2 ever 4 hours. So around 4:30 I have to remember to take a couple more. If I don't feel as bad I may forget. Maybe if I set them on the keyboard I will remember. I don't know if I could go 4 hours without a dose of using the keyboard.



Getting Behind

I see there is six weeks or RV Travel Newsletters I haven't read and 3 Winemaking Newsletters I haven't read yet. I think they will wait now I don't feel like looking at then now, maybe later.

3:10pm

I really don't feel like doing any thing because I still don't feel well yet. I can read it doesn't hurt to do that. I think I will check those back issues.

RV Travel Newsletter

The first one here is for you Mike and Petra.

Trivia

In Italy the city of Milan is 300 miles northwest of Rome. In Kansas, Milan is less than 25 miles northwest of Rome, in Sumner County.

Half of Americans between 18 and 24 years old cannot locate the state of New York on a map. When asked to identify seven states on a map, those surveyed could name only 3.4 on average. SOURCE: National Geographic survey

One of the most misnamed products of all time is the hamburger. The patty of ground beef has absolutely nothing to do with ham. The food got its name from its city of origin, Hamburg, Germany.

Bumper Snicker

If the screams from my trunk bother you, turn up your radio.

I'm not gaining weight, I'm retaining food.

I respect your opinion I just don't want to hear it.

Even if the voices aren't real, they have some good ideas.

Worth Pondering

I care not what others think of what I do, but I care very much about what I think of what I do. That is character! --Theodore Roosevelt

The question of whether computers can think is like the question of whether submarines can swim. --

Edsger Dijkstra

Always be kind. Have a good attitude. Never give up. -- Walter Swan

Don't Wait (video)

<http://rvvideos.blogspot.com/2008/09/gaylord-maxwell-follow-your-rv-dream.html>

Sorry for you without the internet.

Rain collector for an RV

<http://rvvideos.blogspot.com/2008/10/rv-handyman-shows-off-his-self-built.html>

Sources: <http://www.rvtravel.com/publish/newsletter/issue345.shtml>, [issue346.shtml](http://www.rvtravel.com/publish/newsletter/issue346.shtml), [issue347.shtml](http://www.rvtravel.com/publish/newsletter/issue347.shtml), [issue348.shtml](http://www.rvtravel.com/publish/newsletter/issue348.shtml)

That enough of that for now. I need to take some more drugs and I have to go watch "Leave it to Beaver". There are 5 more back issues to check out.

19-Nov-2008 11:29am 38°

It is time for me to stop trying to make myself well and get some help. I have an appointment with my doctor this afternoon. Maybe it is more than just a cold or flu. He has had more training in medical things than me. I will just pay him some money to figure it out. I will let you what he comes up with.

Where to Recycle Your Christmas Lights

I found this in a newsletter along with an ad for the new LED Christmas lights. I thought some of you might like to see it.

HolidayLEDs.com Christmas Light Recycling Program

Don't want to throw your old incandescent lights in the trash? Send them to us and we will recycle them for you and send you a coupon for 15% off.

What do we do with the lights you ask?

When we receive your lights for recycling we will remove them from the package and recycle the box. The lights will be processed and any material that cannot be recycled (i.e. loose bulbs) is discarded. Once we have collected a substantial number of sets we take them to a 3rd party recycling facility located in Jackson, MI. The recycling company puts the lights through a commercial shredder, which chops the lights up into little pieces. The pieces are then further processed and sorted into the various components that make up the lights (pvc, glass, copper.) The materials are separated and transported to a region center for further processing. In some cases, the pvc cannot be recycled.

Why should I participate in the program?

It's better than throwing them in the trash and if you participate we will email you a coupon for 15% off anything on our site.

Where should I send my lights for recycling?

HolidayLEDs.com

Attn: Recycling Program

2500 W. Argyle St.

Jackson, MI 49202

What information should I include?

The name and email address (clearly printed) of the participant. All coupons will be emailed so we must have an email address.

How should I package the lights?

Please DO NOT:

- 1. Include any packing material or anything other than the lights themselves*
- 2. Send the lights in outer packaging such as retail boxes*
- 3. Include any apparatus used to wind up or store the lights*
- 4. Use any size box that is larger than what is needed to accommodate the lights.*
- 5. Put your light sets in plastic bags or any other interior packaging.*

Please DO:

- 1. Use cardboard boxes or other packaging that can easily be recycled.*
- 2. Coordinate with your friends, neighbors, co-workers, social groups, church groups, or other organizations when possible to collect lights and send in one bulk shipment (this reduces shipping costs for everyone and reduces environmental impact of shipping.)*
- 3. Compact your light sets into the smallest space possible.*

Thank you for participating in HolidayLEDs.com Christmas light recycling program.

Source: http://www.holidayleds.com/holidayledscom_christmas_light_recycling_program



Thinking about Christmas Lights

Jeremy and Mary should check out this site: <http://www.animatedlighting.com>. It is not too late.

20-Nov-2008 7:51am 29°

Good morning all I still have this Cold or Flu or what ever it is. I went to the doctor yesterday and he gave me some drugs I need to take twice a day for 10 days. I feel different today not better or worse but different. I will see what this day brings.

RV Travel Newsletter**Trivia**

Here are some facts about the Boeing 737, the best selling commercial aircraft in history: About 1,250 737s are in the air at any time. A 737 takes off somewhere in the world every five seconds. The 737 fleet has flown about 296 million hours in revenue service, traveling 75 billion nautical miles in 232 million flights. The 737 has carried about 12 billion passengers.

In 1943, the National Broadcasting Company owned two networks, NBC Red and NBC Blue. The federal government ordered NBC to sell one of its networks. Enter Edward Noble. With his Life Saver millions, he bought NBC Blue and changed its name to the American Broadcasting System, known today as ABC.

Bill's Hints

When approaching a red signal reduce your speed in advance, and try to catch the signal after it has turned green. This will save you fuel and help you keep up with traffic. --*From Motorhomes Made Easy*

Bumper Snicker

All Men Are Animals, Some Just Make Better Pets.

I'm great in bed (I can sleep all night).

Hard work never killed anyone, but why take the chance?

Money Talks! Mine says 'Good Bye'

Don't bother me. I'm living happily ever after.

Worth Pondering

"The world belongs to the energetic." -- *Ralph Waldo Emerson*

"A man begins cutting his wisdom teeth the first time he bites off more than he can chew." --*Herb Caen*

"Money frees you from doing things you dislike. Since I dislike doing nearly everything, money is handy." --*Groucho Marx*

"I have not failed. I've just found 10,000 ways that won't work." --*Thomas Edison*

"Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible." --*Doug Larson*

Bill's Hints

"Any device that burns fuel produces carbon monoxide, a very dangerous gas to inhale. Make sure the wind does not carry your generator exhaust (or a neighbor's) in through your window." --*From Motorhomes Made Easy.*

Random RV Thought

It's cruel and unusual punishment to be eating a breakfast of cold cereal when the RVer next door is cooking bacon and eggs and the wind is blowing your way.

Sources: <http://www.rvtravel.com/publish/newsletter/issue349.shtml>, [issue350.shtml](#), [issue351.shtml](#), [issue352.shtml](#), [issue353.shtml](#)

From the Email

Little Johnny's at it again..... A new teacher was trying to make use of her psychology courses. She started her class by saying, 'Everyone who thinks they're stupid, stand up!' After a few seconds, Little Johnny stood up. The teacher said, 'Do you think you're stupid, Little Johnny?' 'No, ma'am, but I hate to see you standing there all by yourself!'

Source: email from Arlene

50 MPG

Maybe since I don't really feel that well I need to continue to catch on these news letters that I have been neglecting. There are only a few I haven't checked out yet.

I have been thinking about down sizing my motor home because I do not really think I want one this large. In this issue they talk about the Romahome that is a small mini micro motor home. Yes, it is very small and that claim 50mpg. The problem is that it is a European motor home and they are not importing them yet. There are a few models. Here is a picture of one of them. You can read more about these at <http://www.romahome.com>

**Spam Control**

Since I have been using a hosting service my spam has reduced to very little. That is another plus for not doing it myself. All of the other things seem to be working just fine too. Now I have to make the changes I need to do so I can shutdown my server. I didn't want to do it right away because I want to make sure all was working the way I wanted it to on the hosting service. I think I am ok with the way things are now. It is time to let go now.

I'm Caught Up

That is the end of my RV Travel's newsletters. I like reading them. You could check them out too. They are online. There are always neat videos to watch. I have seen RV races, domination derby and there was one where they were racing cars while pulling trailers. That turned into a mess before anyone won. And they have big RV fires once in a while if you are in to that. They burn and burn and burn. Check out at <http://www.rvtravel.com> and follow the link at the top of the page.

Ad**Marty's Random Thoughts book 1**

I hear some of you have been passing copies of my newsletter on to friends and relatives. You can now get Marty's Random Thoughts as a book. Marty's Random Thoughts book 1 is all issues through 2007



To learn more go to <http://www.martysrandomthoughts.com/store/index.html>

You will see other **Random Thoughts** stuff you can buy.

Very Big Windmill

You have heard me talking about putting up a wind generator in the past. Did you have any idea how big those big ones are that along I-35 south of Rockford, IL? Cork saw one of the blades being delivered that was parked along the side of the road. Note the full size pickup alone side of it. I am guessing this blade is well over 50 feet long. Also note the Air-X Marine version of the one I was looking at. The Air-X is a little bit smaller the you can see on this picture with the boat.



22-Nov-2008 8:02am 22°

The Flu (My Flu)

Cure 1

So this Flu is still hanging on to me. I thought I would see what kind of cures are on the internet. I came across this one that looks like it can't hurt me so I am going to try it. If it works I will tell you about it because it is too simple and I have all the stuff I need to prepare it. Here is a link to the video: http://www.metacafe.com/watch/480323/cure_the_common_cold/

This basically is peel an onion cut a hole in the top and add about 2 tablespoons of sugar. Let it sit for 12 to 24 hours. It will turn to a liquid. Take a spoon and eat it. Believe me it works and it tastes like syrup.

Cure 2

I don't have any of these things in stock so I can't try it until I go shopping.

Cold & Flu Fighter

(Formulated by Brigitte Mars)

This spicy tea relieves swollen nasal passages and calms an upset stomach. Place an inch of the herbs in a quart jar. Fill with hot water and steep for two hours. Strain and refrigerate. Reheat whenever you need relief.

2 parts peppermint leaf

2 parts elder flower

1 part elder berry

1 part ginger root

Source: <http://www.moms-blog.com/general-health-concerns/detox-immunity/healing-herbs-medicinal-teas/>

Helpful Color

Maybe I could change colors

Green

As **green** gives a gentle harmonizing effect, it is the color associated with calm and peaceful feelings. **Green** therefore is the color associated with concentration. **Green** is used in the treatment of bronchitis, all manners of cough, arthritis, rheumatism, and edema. It is also believed that **green** has a positive influence on the treatments of all manners of cysts, diseases of the eye, and diabetes. **Green** further is said to promote the glandular processes, promote relaxation of the organs and stimulate general detoxification of the body. A person emitting an excess of **green** is lethargic, insecure and jealous.

Source: <http://www.harmoniousliving.co.za/Wellbeing/Alternative-Healing/Chromotherapy-Healing-by-Color/>

HHO Generator**Frozen Water**

Yesterday Bill asked me about how this would work when it is this cold. Wouldn't it freeze? I told him that you need to put some window washer fluid in the water to keep it from freezing. Right then I remembered I had not done that!

This morning I went out and both the HHO generator and the filter tank were frozen solid. Both of these are glass jars so I was surprised they were not broken. It might be because of the baking soda in the water. I removed both of them and brought them inside to thaw. I will put them back when it is warmer and I feel better.

Update

I haven't told you anything about my project of running the pickup on water lately. I disabled it for the first full tank of gas after fixing the fuel tank. I did this so I would have an idea what gas mileage was before I turned it on. Well like the last pickup I haven't driven it enough to use that gas. In fact I filled up last on July 18th. So you see I haven't used it much. Now that gas is down to \$1.99 a gallon I should fill it up for the winter. I will do that when I feel better.

The last time I looked at the gauge was when I parked it and it showed about a third of a tank and 18.5 mpg. I think that was a couple of weeks ago.

After I fill the tank I will turn on the HHO generator and see what happens.

Coins in the Dryer

Once in a while I find coins in the washer or dryer. Sometimes I have found a pen, pencil sharpener, and even some folding money. Sometime since I bought the pickup I lost my spare set of keys for the pickup. I figured they would show up in the dryer or in a jacket pocket of a jacket I don't wear much.

Today I was thinking about the coins in the dryer. If you hang the clothes on the line to dry where does that change go? I guessed it would fall on the ground but then what? Do the crows take it because they like shiny things? Or do the squirrels get them and bury them somewhere else to dig up them up later to go buy nuts this winter?

Could that be where the spare keys for the pickup went? That is another thing to check out when I feel better.

My List

My list of things to do after I feel better is getting longer and longer. Maybe I should get a pad of paper and start to write them down so I don't have to remember all of them. It looks like this flu is going to be around for a while.

From the IN-BOX

1. Avoid cutting yourself when slicing vegetables by getting someone else to hold the vegetables while you chop.
3. For high blood pressure sufferers - simply cut yourself and bleed for a few minutes, thus reducing the pressure on your veins. Remember to use a timer.
4. A mouse trap placed on top of your alarm clock will prevent you from rolling over and going back to sleep after you hit the snooze button.
5. If you have a bad cough, take a large dose of laxatives. Then, you'll be afraid to cough.
(I should try this for my Cold/Flue. ☺)
6. You only need two tools in life - WD-40 and duct tape. If it doesn't move and should, use the WD-40. If it shouldn't move and does, use the duct tape.
7. If you can't fix it with a hammer, you've got an electrical problem.
Daily thought: Some people are like slinkies - not really good for anything but they bring a smile to your face when pushed down the stairs.

Source: Email from Arlene

RV Travel Newsletter

Random RV Thought

No matter how well you plan, your RV's kitchen cupboard will always be one item short when you settle into the campground to prepare a meal.

(This is true when ever I want to make cookies too!)

RV Funnies

Moonlighting

An RVer in a motorhome got hopelessly bogged down in an unexpected muddy hole along a dirt road. After a few minutes, a passing farmer drove by on his tractor and offered to pull him out for only \$20. After the RV was back on dry ground, the RVer said to the farmer, "At those prices, I bet you're pulling vehicles out of this mud day and night."

"Can't," replied the farmer. "At night I haul water for the hole."

From RVjokes.com

Bumper Snicker

Like a roll of toilet paper, life goes faster at the end.

Worth Pondering

"I'd give my right arm to be ambidextrous." --Brian W. Kernighan

Source: <http://www.rvtravel.com/publish/newsletter/issue354.shtml>

Lunch Time

I think I need to get out of the house for a while. I should go out and see what is happening at the restaurant. This morning Heather said she would be next in line for the flu. She said she thought it was starting. Olivia was only sick for 24 hours on her birthday. A lot of the ladies I know don't want to have birthdays. But at 2 years old, why shouldn't it make you sick.

23-Nov-2008 6:05pm 39°

I have been dragging all day. The Flu/Cold seems to be going away. I took some liquid relief last night. It must have had more sleep agent in than my body could handle. I rested very well and all day so far. I have very been sleepy all day. I guess that is a good thing as long as I get this bug out of me so I am over this cold. ☺

24-Nov-2008 1:28pm 34°**Colds and flu**

What are your cures for the cold and flue? I think improper diet, lack of exercise, too much sugar and not enough sun shine have a lot to do with it. Too much sugar decreased your immune system and with less of the day light and it being colder we spend too much time in doors and we get less sunshine. Without the sunshine our bodies produces less vitamin "D". Vitamin "D" busts the immune system. Hence when the virus trigger gets to us we get a cold or the flu.

Yes, I am still waiting for mine to go away.

25-Nov-2008 8:14am 28°

My cold and/or flu is on the mend now. I have down grade it to a cough of a cold this morning. I feel much better this morning. I am not sure it is the antibiotics I am taking or the time it is taking to run it coarse through my body. The only thing I have taking that I feel that did some thing right away is the Onion and Sugar cure (see 22-Nov, Cure 1) I took the other day and again this morning. It seemed to make me feel better right away.

Gas Prices

I saw gas was \$1.84 at CITGO this morning. I went out to the internet to see how gas was doing in the last year. Here is what I found. In Illinois regular gas went from over \$4.00 in September to half of that in just 2 months. In Jan 2007 gas was less than \$2.00 too! What is going on here people? If oil prices are dropping this fast aren't the prices of other thing going to fall pretty soon? I guess we can only wait and see.



Chart source: http://www.illinoisgasprices.com/retail_price_chart.aspx

My Cold/Flu

Well my clod is down to a runny nose and a cough. Do you think it will ever go away?

What is the Difference

Awhile back some one asked me the difference between Gossip and Rumor.

As near as I can find out "rumor" means 'A piece of information of questionable accuracy, from no known reliable source, usually spread by word of mouth;' And "gossip" is idle talk or rumor, esp. about the personal or private affairs of others'

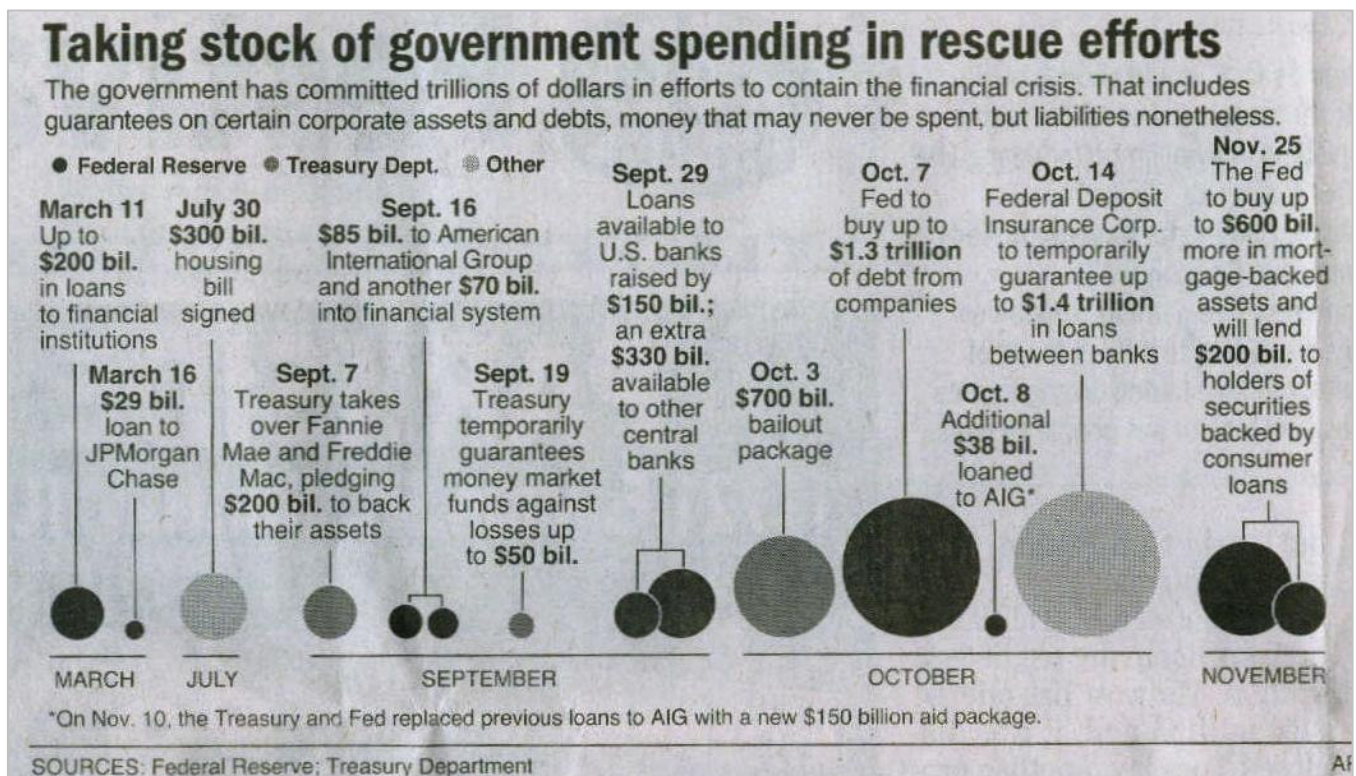
I always say to don't start rumors/gossip and don't repeat them. Yes, I know it is hard to not repeat something we have heard.

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Well the cold seems to be getting better. That is until I start to breathe in cold air or talking. Then I start to cough. I took some ZICAM® nighttime last nigh and I sleep like a log. I woke up at 9:30 this morning. Rest is good! Isn't it?

\$700 Billion

So it was \$500B then \$700 billion and now it looks like it well is something like \$7 trillion. That is \$7,000,000,000,000. Do I have enough zeros in there? It might as be gazillion dollars. Where is all of this money coming from? Or do we have a lot of ink and green paper and we are just printing it? Some day it will need to be paid back to where ever it is coming from. Look at this chart.



A Random Thought

If the new electric train went from Aurora Colorado to Washington D.C., would it be called the AD-DC Train? ☺

Secrets

Did anyone ever tell you to not tell anyone something for now? How long are you to keep this secret? It isn't that if the secret gets out it will cost any harm or money. It is just a statement that it isn't not public knowledge right now. When you feel it is good news how long should you wait to tell someone? Maybe you should just bite your tongue until you are released? *Loose lips sink ships.*

Dry Cough

A dry cough can be both irritating and embarrassing. Here are eight ways to stop a cough.

It happens when you're in an important meeting and everyone turns to stare. That nagging, irritating dry cough draws everyone's attention to your plight as you continue to disrupt the meeting with your coughing frenzy. Fortunately, there are some simple, all natural remedies that will help to stop a dry cough and take the scrutiny off of you.

What causes a dry cough to occur in the first place? The causes of a dry cough vary from allergies, asthma, a viral infection, exposure to chemicals or other foreign matter, as well as excessive smoking. Here's how to stop a cough quickly and effectively:

A natural tea based cough remedy

Prepare a cup of warm tea with a squirt of lemon and a tablespoon of honey. The honey in the tea will help to coat your irritated throat and enable you to stop coughing.

Take a warm bath or shower

The steam from a warm shower helps to hydrate your irritated throat passages stopping the cough. Stand in the shower for at least ten minutes and breathe in the warm steam. This can be quite therapeutic.

Hot milk and honey can stop a stubborn cough

Prepare a steaming glass of milk to which you've added a tablespoon of honey. Drink this slowly before bedtime to prevent nighttime coughing. The warm milk can also help you to sleep if you have insomnia.

Chew on some peppermint candy

Keep a package of peppermint candies in your pocket and chew on one at the first sign of cough.

Add some humidity to your home

Dry coughs tend to be exacerbated by dry air. Invest in a good humidifier to increase the humidity in your living quarters. Not only can this stop your cough, it also may reduce your risk of developing upper respiratory tract infections.

Discover the power of vinegar to stop a cough

Add several teaspoons of apple cider vinegar to a glass of water. Drink this slowly when you feel the impulse to cough come upon you. Vinegar helps to reduce the inflammation in your throat and upper respiratory tract which can help to prevent coughing.

Use fresh ginger to stop a cough

Ginger can be a very effective cough remedy. Peel a small piece of fresh ginger and chew on it slowly. Your impulse to cough should slowly disappear.

Drink lots of water

If you're in a situation where you'll be talking a great deal, always have a glass of water by your side. Sip it whenever you take a break from talking. This can help to keep your throat passages moist and reduce irritation.

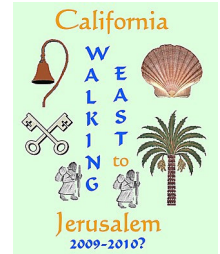
Knowing how to stop a cough can help you avoid embarrassment when you're with an important client, speaking at an important meeting, or at a social event. Keep these tips in mind and you'll have fewer coughing spells to deal with in the future.

Source: <http://www.healthmad.com/Conditions-and-Diseases/How-to-Stop-a-Dry-Cough.60159>

Walking East

Mike and Petra are coming to see me. Well, I hope they stop on their way through town. They have walked across Spain to Santiago and Germany to Rome and many other places. Their next pilgrimage is to walk to Jerusalem. I am not talking about Jerusalem, Arkansas, Ohio, or even Jerusalem, Rhode Island. I am talking about Jerusalem, Israel. Mike has been talking about walking to Jerusalem for a long time and now it is going to happen.

Mike says they are getting ready now and plan on leaving Paso Robles, CA on New Year's Day 2009. They will walk from their now home in California and walk east across the southern US until it starts to get warmer then they plan to come northeast to Woodstock, IL. I told Mike that if he gets here in time I would take them to the fire work on the Fourth-of-July. Mike has a web sit that tell about it. You can check out all the details at <http://walkingwithawareness.com/ctjwalk.htm>.



Tomorrow

Tomorrow is Thanksgiving Day. By the time you read this it should be over. Remember to thank the turkey!

I think it is time to cut this issue off and get started on a new one. They kind of get hard to print when there are too many pages. If I would break down and get a new printer that prints the way I want it would be less of an issue. I need to proff it and get it out there for you to enjoy.

AD

Mike's Latest Book

Germany to Rome in 64 Days: Our Pilgrimage is about our pilgrimage from Kisslegg, Germany to Rome. It's about how my wife, Petra, and I interacted with the people we met and the places we walked through on this 64-day pilgrimage. It's also the story of our internal pilgrimages through our souls, minds, hearts, and spirits as we walked that external path through Germany, Austria, and Italy to Rome.



To put it in a broader perspective, ***Germany to Rome in 64 Days: Our Pilgrimage*** is about how we celebrated these ten weeks of our lives and some of the things we want to take from it to enrich our ongoing pilgrimage of life. And as we tell our story we drop a few hints on how you might use some of what we learned as you walk your pilgrimage of life or when you choose to take a similar walking pilgrimage.

For more details go to <http://www.walkingwithawareness.com/gtrpilgrimage.htm>

Birthdays

Nov 1	Tristan P	Dec 1	Jimmy W
Nov 2	Erik T	Dec 1	Steve M
Nov 12	Olivia	Dec 3	Joe Anne
		Dec 3	Donna, Steves's Sister
		Dec 4	Bill
		Dec 6	Ryan S
		Dec 9	Flo (Kim's Mom)
		Dec 12	Linda's Sister
		Dec 12	Marty M,
		Dec 12	Melody W
		Dec 12	Teri Z,
		Dec 13	Arben
		Dec 15	Ed P

If you want to see birthday, Anniversary, or other special date listed make sure I have then let me know.

My master list is at <http://www.martysrandomthoughts.com/randomthoughts/html/Birthdays.html>

Ad**Marty's Random Thoughts book 1**

I hear some of you have been passing copies of my newsletter on to friends and relatives. You can now get Marty's Random Thoughts as a book. Marty's Random Thoughts book 1 is all issues through 2007

To learn more go to <http://www.martysrandomthoughts.com/store/index.html>

You will see other **Rand om Thoug ht** stuff you can buy.

