

Issue # 67 February 2010

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1-Feb-10 continues

So I finally have an appointment to get my back checked out on Wednesday morning.

My back is just like a tooth ache, as soon as you make the appointment it stops hurting. I am going any way!

This will be my first time visiting a chiropractor. I people have told me what might happen but until I have experience it, it is only the story of their experience. I will know more Wednesday. Stay tuned if you want to hear my

story. For now I have to get the newsletter ready for you.

2-Feb-10 4:03pm 30°

Well let's start with the snow thrower I bought a month ago. Well it works. It is different than the electric one I had. I have to get uses to this one. It does the job and without the cord I could go all the way around the block if I remember to put fuel into it.

I Got ATTECKED

I was attacked by a random act of kindness today. While I was eating my lunch at the Three Brother, Kim asked me if the door was opened on my car.

I couldn't tell where I was sitting. I guessed that maybe the seat belt hadn't retracted and stopped the door from latching. It has happened before. Most of the time I notice it and fix it before I walk away.

So I looked a couple time and figured I could finish my sandwich first before going out in the snow and cold.

I looked up and I someone stop their car and close my door for me. Thanks some one!

Facebook

I am in the process of setting up a Facebook account. I have had many more people as of late ask me to go onto Facebook. So Now I have my face on there. It is setup with this email address for now.

MartysFace@MartysRandomThoughts.com.

Well it is setup now I will just see how it goes and then figure what to use it for.

I Have a Friend

I sent email to the people on my "Friends of Marty's Random Thoughts" and invited them to be one of the friends on my Facebook and Jenae answered back to be my first friend. That isn't a lot of people only 13.

I am spending a lot of time looking for people on Facebook. I found the name Metras 289 times. Are there that many of us out there?

Wait I didn't look to see if I am out there more than once. Wait, I'll check...nope just me!

Jenae

I thought you who remember Jenae would like to hear this. Jenae is a singer and songwriter. I am listening to one of her songs while I am typing. She was playing in downtown Nashville yesterday.

She has gone a long way since she poured us coffee couple of years ago. Her website is at <http://www.jenaecherry.com>

Birthdays

Today is my nephew, Josh's birthday. I got to see him last Christmas for the first time in years and years and it was good. Happy Birthday Josh!

Oh that's right, it is also Sam's birthday today. Sam was one the three brothers of The Three Brothers Family Restaurant. I think he lives in Florida now. Happy Birthday Sam

3-Feb-10 7:38am 22°

Birthdays

This is a new birthday not even on the list yet. Dawn, Steve's daughter birthday is today. Happy Birthday Dawn!

Woops Where Is It

The other day when I went to Sewing Concepts to get some thread I went around the block and still had to park on the side street. I almost always park in front of the door.

I was only in there five minutes so you would think I would have remembered that I parked somewhere different.

Well I came out the door and walked the car and pulled the latch and it was locked. Right then I saw that someone was in the car and it wasn't me! Out loud I said: "Woops, this is not my car! It is not even close! Where did I park?"

The lady sitting in the car smiled. I looked and the only thing about the car that was the same was the white color and it was where I might have parked.

For a few seconds I forgot where I had really parked. This is funny how you can get in a rut and get so confused because you do something different.

I think this is the fourth time I lost my car since 1966. Once when I went home for lunch and walked back to work. It took me 15 minutes that time. Once at Farm & Fleet my car couldn't found. I walked all over the parking lot looking for the car before I remembered I had the pickup. I found it right behind me.

Last year I tried to get in a car that was the same year, model and color as my car out in front of Vaughan's. Mine was only two spaces away. And last Saturday at Sewing Concepts.



My dad drove all the way home to the farm once. Not only was the car the same the key worked. He noticed it when he went to turn on the radio or something like that and there was none. He took it back and thanked the other guy for letting him take it for a drive. I guess he know him.

What about you this ever happen to you? Come on you can tell me!

Pilgrims

Mike and Petra have made it to Santiago, Spain. Read about is at www.WalkingEast.com

Back to My Back

It was the first time I went to a chiropractor. I had a clue what to expect but not real sure what would happen. It was a very present experience.

Because I was a new customer I had to fill out some forms. That is the same if I was going to have my car repaired at a new place. Then the doctor, Mark Dowell DC, gave me an idea what would happen after we went into the treatment room.

He asked where it hurt and what I was doing when started to hurt. Then he applies some heat and wiggled me around adjusting my spine a little. And pushed here and there and kept asked me if there was any discomfort. I had no pain at all and the discomfort was very, very minor. As I said it was a very present experience.

Before we finished he checked my neck. He cracked it to the right and to the left. I say "cracked" but it was really a clicked. He said it may be a little sore most likely just a little stiff for a day but is should be just fine.

If I remember this right I had one vertebrae twisted causing one lag to be an inch longer than the other. This was the one where I hurting to most. He adjusted that and realigned the rest of my spine and I was out of there.

Mark said I could be a little sore for 24 to 48 hours because of what head did but is should be just discomfort. So far that is the case.

It has been 2 hours now and I can feel that something has happened and but no pain at

all. I will let you know what it is like again tomorrow. Thanks Mark!

5-Feb-10 11:13am 35°

Birthdays

Today is Kim's birthday. Kim is the only one of the three brothers I see any more. Happy Birthday Kim!

About Me

My back seems to be doing just fine. I am walking in a straight line after Mark made my legs the same length. I can ever back out of the driveway in a straight line.

I didn't know how messed up I was before going to see Dr. Dowell. I thought I had just a pulled muscle. I guess I did but I was out of alignment too. Thanks Mark!

One of the things Mark told me is not to sit too long with a bid thick billfold in my back pocket. If you sit a log it makes you sit funny and in time can mess up the alignment of you back. I had heard this before and just discounted it. Now after over 50 years having my billfold in my back pocket I think I will to remove it when I am sitting. I sit a lot at the compute or in front of the TV. I have also know to go to the restaurant and sit for more than a minute or too. I will have to find a new place to keep my wallet. Maybe I could just sew a second pocket on my shirt or use my front pocket or just not carry it at all. There must be someone around I could to buy my coffee.

Hay what are you doing? ☺

Quilting

Yesterday I went to that Scrap-Therapy class and made a place mat. I learned how to make a quilt about the size of a placemat. With all of the sewing I have done I have never tossed any of my scraps. Now that I have an idea how you make a quilt I should make one that is full size.

If I am going to sit in from of the TV so much I could put the sewing machine between me and TV along with a table. I could do two things at once. I think I will make a couple of small things first.

Maybe I could make a few pot holders. Mine are getting a little ratty and I was thinking about getting a few new ones anyway. And I could make a shirt or jacket out of all of those scraps. I guess there are always things to do if you want to use your time for to do it.

Facebook

Well I have been on Facebook for a couple of days now. It looks like when I start to use it a lot of the time. I could also talk to people face to face instead.

Even while I am typing this I am waiting for Facebook to load in my browser just so I can see what is on there for me to look at.

6-Feb-10 9:59am 23°

Birthdays

Laurie's birthday is today. If you see her ask her if her car is still in the pond. You can tell her I asked. Happy Birthday Laurie!

Today at Breakfast

Old Pictures

While looking through the paper today I saw this ad for digitalizing old pictures & movies.

DON'T NEGLECTED YOUR OLD 8MM FILM, PHOTOS & TAPES

DON'T LET YOUR 8MM FILM LOOK LIKE THIS!
WE ALSO SCAN BOXES OF OLD PHOTOS INTO
HIGH-RES IMAGES & DVD MOVIES!
300 PHOTOS SCANS \$75.00 & 1000 FOR \$199.00
SPECIAL! VHS & VHSC 10 OR MORE FOR \$8.00 EA.
THIS IS A LIMITED OFFER ENDING 2-15-2010

DESTROYED FOREVER

WHAT BETTER WAY TO PRESERVE. SAVE AND SHARE

VIDEOS - MOVIE FILM - SLIDES - PHOTOS
EVERYTHING IS DONE IN-HOUSE
DVD PHOTO & SLIDE MONTAGES
BEST SERVICE & PRICING IN TOWN

A VIDEO & IMAGE CO.
THE TRANSFER AUTHORITY

CRYSTAL LAKE 15 MORGAN ST. 815-455-1323
ARLINGTON HEIGHTS 12 E NORTHWEST HWY. 847-577-0055
Established 1991 www.avideocandimage.com

Now this is not ad for this company. It is just to show you that there is someone in the area that does this kind of thing. I have had no experience with these guys. If you have let me know so I can tell my readers.

What this ad did for me is remind me that it is another one of those projects I started and haven't finished. A few years back I started converting old slides, pictures and Super 8's to digital media. After spending hours and hours doing it I saw the quality was not that good. I kind of knew how to do it myself but was trying to do it too fast and many did not come out that clear. This is one of those projects that got put aside and never got finished.

This told me two things. I need a list of half started projects. Some should be finished some should be dropped and other should be handed off to someone else.

The other thing is that I do not know where those pictures are that I digitalized before. But I am not ready to start up that project just yet. I know Cork has Mom's old photos and if I start doing mine I would want to help with those too. This is for later.

Where Do I Eat

Heather told me I should try to keep track where I eat and what it cost for a week and then eat at home for a week and see what that cost. That sounds like something I might try.

Initially I thought that it might not be a good idea. I was keeping track of what I ate for 2 or 3 months. I tracked everything even the butter on my toast. Some of it was guessing because when you eat in the restaurant you don't know everything that is used to make the food.

I caught myself eating stuff just so I could put it into my log. At first it showed me I was eating between 2000 and 3000 calories. Then I it was 4000. This is not good! So after about three months I stopped tracking it.

The good thing about this was that I know I eat too much and that I was eating for the wrong reasons.

Keeping Track

I have been wearing a pedometer every day for years. Started tracking mile I walk but changed it to steps. The length of your stride changes depending if you are in a hurry or tired. If you go for a long walk as you relax your steps get closer together.

Years and years ago I heard that you should walk 10,000 steps a day. Well I do that some times. If I go to Wal-Mart and go up and down every aisle or a day I am active I might make it. When I stay on the treadmill for an hour I might make it. Walking to Vaughan's then to The Three Brother and then home is sometimes not enough to get 10,000 steps.

For me 10,000 steps are about 4 miles. I figure roughly 2,500 steps for a mile. When I measure my stride it comes out 26 inches. But 2,500 to a mile are good enough for me.

To give you an idea of how many steps my pedometer has shown here is a chart of the data.

Average days		
Year	Sum of steps	Notes
2002	98,200	Started to log 12/01/02
2003	1,044,886	
2004	1,258,187	
2005	1,081,335	
2006	817,280	
2007	1,212,251	
2008	1,647,167	
2009	2,797,155	
2010	163,963	Last log was 02/05/10

Remember I sit and watch TV and at the computer a very lot so a lot of this is from the house to the car. There are 656 days where I have nothing logged. Could be I forgot or a long spell with a broke pedometer or something.

There is also 82 days with less than 100 steps. Was I in bed all day? If so why did I have the pedometer on in bed? ☺

Enough of this. What I started to say is that I collect a lot of data now. I don't know if I want to collect some more.

7-Feb-10 9:59am 29°

If this is that big storm we are going to get today we have nothing to worry about. Since seven oclock it has been snowing and I only see white dust out there and it looks like the sun is shining through it.

Rumors

Yes I like to talk and after doing it some time I wish I would have kept my mouth closed. I resist rumors so much that some time my tongue starts to bleed.

I found some ways to help rumors form spreading I thought I would share them with you.

Though shall not repeat hear say!

Define Rumor:

A rumor is a piece of information of questionable accuracy, from no known reliable source, usually spread by word of mouth.

Ways to Rumors

Scientific research is suggesting that the old adage - "Don't dignify a rumor with a response" - is bad advice. The way rumors were handled in the most recent American elections seems to back up this new perspective. So if you can't ignore the rumors, what are you supposed to do?

***Never say "no comment".** Rumors thrive in environments of uncertainty, and an ambiguous statement only fuels the fire. Don't play dumb, or pretend that you don't know what people are implying. Also, becoming defensive, depressed, or irritated will validate the rumor in most people's minds.*

***Don't confuse taking a stand for integrity with 'being defensive'.** Since silence is not always so golden, it is good to have some things you can be prepared to say: "I do not believe that is true." or "This appears to be an unfounded (or vicious) rumor. Such things can do a lot of harm." Look them in the eye, when you say that.*

***Determine what lends credibility to the rumor, and stop it.** People are more likely to tell rumors that are plausible, and that hinge on the existence of suggestive evidence. For instance, a rumor about a workplace affair will take off if the two people involved flirt in the office, or sit together every day at lunch. Once you determine what is feeding the rumor, take steps to remove it, if you can. Don't bother thinking "Well they shouldn't assume that" or "I should be able to do what I want without them thinking such and such." The point is, they do, and as long as you continue the behavior, the rumor will continue to spread.*

If you have credible evidence to the contrary, state "That simply cannot be true because...." and keep it simple.

Broadcast the rumor. Yes, that's right. Verbalize or post the rumor in a prominent way. By acknowledging the rumor, you're taking away some of its momentum. Rumors spread like wildfire because the people who spread them do so in order to gain social status, and that depends on them having the "inside scoop." If you broadcast their "inside information" then they won't have any motivation to spread the rumor. Everybody will already know!

Address the rumor-mongering comprehensively. Explain why the rumor exists, and who is benefiting from it. Then, create a new truth. Rumor specialists call this "stealing thunder" and if it's done early enough, it can stop a rumor in its tracks. The ideal situation is to introduce a new, rumor-worthy piece of information; one that people will gossip over, but which you have a lot more control over. Let's take the example of a celebrity who has rumors flying around about an affair; one way they can "steal the thunder" is by following all the steps above, then following up with the suggestion that the celebrity couple is trying to conceive a child.

If you do work out who has started the rumor it is best to avoid a harsh confrontation with them. If they have based it on something you told them and blown it out of all proportion then you should avoid talking to them about private affairs in future but remain civil with them, as conflict with them will cause the rumor to spread further.

Warnings

Don't waste time trying to track down who started or spread the rumor. It's futile and ineffective.

Source: <http://www.wikihow.com/Stop-Rumors>

9-Feb-10 5:51pm 24°

It looks like we have some weather to deal with today. We all deal with is in our own way. Some of us love driving or play in it. Some can't wait for it to clear up and go away.

I like to plow the snow off the driveway. I think it must go back to when I played in the sand box. We use to have a big sand pile to play in when we first moved to Woodstock. Well it wasn't real sand. It was coal and cinders. None the less we played in black sand.

I moved about three inches of the white stuff before I went to breakfast this morning. So I missed my early coffee and my mid day break. I think it was almost noon before I got to see

was happening in town. And you know I do not think I missed much.

I try to get out in the morning about 6:30 in the morning to have my first cup of coffee. Sometimes I do and some time I sleep right through it. Steve says if he was retired he wouldn't get up that early. I try to get up without an alarm and sometime it works.

Exercise

Remember I started to exercise more after my last birthday. Well I stopped for some reason and want to get back at it. I could make all kinds of excuses but most would not that great. Even when I hurt my back it shouldn't have stopped me for more than a few days. It was only sore when I was going from sitting to standing or standing to sitting.

Today I moved a bunch of snow with the snow thrower. I call it a thrower because it is not a blower. It has this auger thing that picks up the snow and throws it through a hole and it looks like it is blowing it to the side.

A snow blower really has a blower that blows the snow through a pipe to the side of the driveway. I guess they are both getting the snow off the drive and makes no matter what I call them. No I think I will exercise my eyes and ears watching Star Trek or whatever it on TV.

10-Feb-10 8:11am 16°

Well I woke up to more snow to move. It was about 3:30 and I wasn't ready to remove it that early. I thought I would go back to sleep but it was hard to do because they were plowing the snow at the school and they were using noisy trucks.

Around 4 they made a big noise and I felt the house shake. It felt like they ran the plow into the house. I figured that they would be knocking on the door in a few minutes so I turned over and went back to sleep.

Earthquake

This morning Cork told me that we had an earthquake around 4 o'clock. I guess that truck hitting the house was really an earthquake.



This is the second earthquake I have experienced. While I lived on Lawrence Avenue I thought I had a hard drive out of balance because the table shook a little then it felt like someone hit the house with a car.

I asked mom if she had been driving again when I saw the news on the TV about the earthquake.

Imagine what it must be like in places like California where they have earthquakes often.

11-Feb-10 8:55am 12°

I see Valentine's Day is coming up and I thought I could give you this list of things from A to Z that someone might want.

Gifts from A to Z

A.	ATLAS OF AFRICA
B.	BAND-AID FOR YOUR BUTT
C.	CALENDER FOR YOUR CAT
D.	DUST PAN FOR YOUR DIRT
E.	EVE DROPS FOR YOUR EYE BOLT
F.	FOOT BALL FOR YOUR FUN
G.	GRATE FOR YOUR GARLIC
H.	HAT FOR YOUR HAIR
I.	INCANDESCENT LAMP FOR YOUR ILLUMINATION
J.	JAR WITH SOME JUNK
K.	KNIFE FOR YOUR KITCHEN
L.	LENTILS FOR YOUR LEISURE
M.	MANUAL SCRIPT FOR YOUR MIND
N.	NAIL CLIPS FOR YOUR NAILS
O.	'O' RINGS FOR YOUR ORIFICE
P.	PAINT FOR YOUR PALACE
Q.	QUARTER AND SOME QUARTZ
R.	RAISONS TO REMEMBER
S.	SCREEN FOR YOUR SINK
T.	TAPE FOR YOUR TEARS
U.	UNION FOR UNKNOWN USE
V.	VITAMINS NOT VACCINE WRAP FOR YOUR WRIST
X.	XENOLITH YOU COULD XEROX
Y.	YELLOW YARN TO TRADE FOR YUAN
Z.	ZERO ZIP, ZAP, ZIG OR ZAG. JUST ZIP CODES

I scanned this list from a piece of paper from a long time ago. I think mom helped me with it. I am guessing it was printed with my fist computer so it could be over 30 year old.

Feel free to use any of them you would like. It may be time to update the list with more modern masterpieces.

Earthquake Follow ups

I asked who felt the earthquake and most told me what they felt. I got a few kinds of responses.

Stuff on the shelf shook and rattled.

It felt like someone was running a noisy snow blower and it was just out the door.

Some one hit the house with a truck.

And my favorite was the bed that shacked across the bedroom. This was what Kim told me her sister in Elgin said. Remember Elgin was closer to where the earthquake started.

Yesterday there were all kinds of stories where the earthquake started. Now that things have settles down it looks like it was just south of Gilberts Illinois and it was a 3.8 magnitude. As I said yesterday it is nice to live in Illinois!

12-Feb-10 8:28am 14°

Question of the Day

What was the rabbit's name that was Garfield Goose's side kick?

Garfield Goose



Garfield the Goose, Romberg Rabbit, and Frazier Thomas

Frazier Thomas invented his legendary puppet Garfield Goose in the late 1940s while working in Cincinnati. In 1952, Thomas brought his "Garfield Goose and His Friends" to Chicago where it appeared on various TV stations. In 1954, Thomas and Garfield Goose joined WGN-TV, where it remained until 1976. They were introduced as "Garfield, the goose who thinks he's king of the United States, and Frazier Thomas, his prime minister, who wouldn't tell him differently for the world." There Might even be a little more information than you want to know about the King of the United States.

The puppet characters Included Garfield Goose; Garfield's nephew, Chris (born on Christmas day); Romberg Rabbit, a former magician's assistant; Ramona

Rabbit, Romberg's girlfriend; Beauregard Burnside III, a bloodhound; Macintosh Mouse; Mama Goose and Ally Gator. The puppets never spoke. Garfield would clack his beak, and Thomas interpreted for him.

More at: <http://www.toontracker.com/garfieldgoose/garfield.htm>

Though I watched Garfield for many years I had no idea that the show started 6 years before I was born!

Do you know that John Williams on WGN radio has been bidding to be king of the United States? I guess John wants Garfield's old job!

Listen to him weekdays 9:00am to noon. Or you could just ask Kim about King John.

A Note from the Universesm...

You are the reason
the sun came up today.

Believe it.

www.tut.com

Lincoln's 201st Birthday

I am sure you remember it is Abe Lincoln's birthday today. Last year was his 200th and they made some new penny in his name.

I save some and think I will see if I got all four of them. Wait here while I go look....

Ok I have one of each but my camera is doing funny things so I took a picture with the cell phone camera. Then I tried to clean it up a little. Here I what I have to show you.



I'll have to work on that camera problem before I need to make a lot of pictures that are not all fussy.

13-Feb-10 5:52pm 21°

Did You Know

In Arkansas: After 9 p.m. it is illegal for a person to sound the horn on a vehicle in any

location where sandwiches or cold drinks are served.

Source: This was in the RV Travel newsletter

14-Feb-10 11:34am 24°

It looks likes the temperature is creeping up. It won't be long and it will be spring after all the ground hog did not see his shadow.

Valentine's Day

Happy Valentine's to all my friends that are girls. I can't call you all girl friends be a lot of you have husbands. I don't want them to break my heart or bloody my nose.

Happy Valentine's Days to you guys too!



Source: Google image search

Weather Maps

I found a new weather map that gives you a different look at the weather. Click on <http://fullscreenweather.com> And put in a location or zip code and It goes right to that location and gives you a map with the temperature and a small popup window gives you all the other weather information.

It is run by wunderground.com so the have weather data from a bunch of people like me. I searched using just the word "Germany" and it gives me the whole country.

Unlike wunderground.com that is full of ads FullScreenWeather.com has no ads. I wonder how long that will last.

You can zoom right in and see that my weather data is up to date.

I have always use "Midtown" for the name of my weather stations data. So if you got to wunderground.com and lookup Woodstock's weather if it says "Midtown" you know I am helping. I have noticed that they forecasting up to about 4 days has been closer than the others I have watched in the past.

Check it out if you watch the weather you might like it.

Birthdays

Today is Kim's Dad's birthday. Happy Birthday Dad wherever you are!

15-Feb-10 3:32pm 27°

I just turned on my computer and I see I received an email for the Universe it reads as follows:

A super-secret, double-reminder for all fearless flowers:

If you but soak up the sunlight you are given, drink each drop of water I send, and strive only to be yourself, life shall quicken in your roots, spirit shall raise you into the light, and your bloom will inspire the world.

You see, Martin... I do all the hard stuff.

The Universe

Source: www.tut.com

My Camera

I think I told you the other day that my camera had been acting up and I figured I needed a new one. The one I found to replace it cost about \$275.00. It would have twice the quality of the one I have now and cost about half as much. It is amazing that these electronic things have dropped so much in the 5 years since I bought this one.

In the past I would have just gone out and bought a new camera and forget it. This time I took the time to find a place they could repair this one. I found a place on the internet that gives an estimate from my description of the problem and will send you a box to ship it to them.

They estimated mine at \$115.00 including the shipping container. Even less I ship it in my container.

After seeing they were located in Chicago area I thought that was a good deal. I looked up the address and they were really in Bensenville. That is less than an hour drive from here.

After breakfast this morning I called then and they were open even though today is a national holiday. So I took off and went to see them with camera in hand.

When I got there I found they have one hour service on some repairs. The lady took my camera to the technician to see if they could fix it right away and they could. I filed out some paper work and left the camera there and headed for McDonald's for coffee.

I came back in 50 minutes and in 59 minutes I had the camera in hand and all fix. Wow, I saved about 175 bucks.

They had to replace the CCD unit. That is the image sensor that the lens projects the picture on so the other electronics can store you picture on the memory card. On the film camera that is all done with mirrors. I kind of guessed it was that or the control circuit.

They also re-soldered the board connections, reprogrammed the camera, cleaned, and checked the whole thing. They did all of this in under an hour and for under \$100. Yes the charged me under the estimated.

You may want to know who these wonderful people are and I will tell you.

When I went in the door I thought it was a small reception area when on the internet they had a sound like a big outfit.

A man came in and told me he dropped his camera of yesterday and came in to get it because it was ready. When I came back to get my camera

there was a guy picking up one SLR film camera and dropping off another for repair. He may have been just returning a loaner. Yes if you really need to have a camera they have loaners.

Say you are on vacation and you break your camera and really need one. They will get a camera to you and then send you back where you are in a few days.

Oh, they say in most cases cameras are returned within 24 hours.

I could go on and on how impressed I was but I'll leave the rest up to you.

Here it there card.

**UnitedCamera**
A BETTER REPAIR EXPERIENCE

Kathy Bush
Director, Customer Service
www.unitedcamera.com

kbush@unitedcamera.com	
Main 630-595-2525 Ext. 200	Tower Lane Business Park
Direct 630-496-8008	1062 Tower Lane
Fax 630-595-2526	Bensenville, IL 60106

16-Feb-10 10:21am 28°

I just scanned this newsletter and I see I am telling about things that are coming things that will have passed by the time you read the newsletter. Maybe I have to think an issue ahead of you.

Most of the issue is full of thing I think you might be interested in but there is a lot of the "Life and Times of Marty" in here too.

They say that a writer should write to his readers. I see that 99 visitors have been to the web pages since July. That means nine visits per issue and only some of them are me checking to see if the web page is working.

I print a few copies and give them out so I know those people. I am not sure of the others.

I have an idea. I think I will put a survey on the web page and ask. Since I only know for sure of two people who read my newsletter from the web site it would be nice to know my readers.

Maybe I could have a contest. I could give away something to people the register. Hummm... I think I will think on this. Have I got anything that the readers might want, any ideas?

You do all know you can tell me you thought by clicking on "Contact Marty". No one but me will see your email, name or address unless you tell me it is ok. I do not use last names for your privacy.

My newsletter is kind of like our Saturday afternoon get to gather. Anyone can join just show up. If you need more room we can pull up another chair or even a table if needed. So pull up a chair and talk to me. MartysRandomThoughts.com/forms/ContactMarty.html
This site is about as secure as I came make it right now.

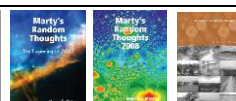
Fixing Things

I bought an M-Peg player a long time ago. It is so old it has a hard drive instead of have a memory stick. A few months ago it died much as my camera did. It is a sealed unit so normal repairing was out of the question.

Well I removed the screws away. After I got it opened I found that it had replaceable rechargeable batteries. And would you know it they were the same as the rechargeable "AA" NI-Mh batteries I have been using for years. Who would have thought it would be so easy.

After I had all the screw out of the case I found there were clips to remove the battery covers to replace them. The manual say you have to return it to the factory to replace the batteries.

So now with fresh new batteries it should be good for 5 more years. And as a bonus the new batteries will let me play music 1-1/2 times longer life.



Now what else do I have around here I can fix. Or maybe I should say what else around here is going to break down next?

Oh I need those foam pads that go on the headphones. Many of them are getting old and falling apart. I have to find some of them.

17-Feb-10 9:56am 32°

The Pilgrims

Are any of you keeping track of the Pilgrims progress on Mike's Journal? I have a few people ask me how they are doing but I was wondering how many of my readers go to mikes website.

Printer Retired

This morning I took my laser printer offline. It still works but it eats way to much electricity. It draws as much as a toaster when you first turn it on. And then 300 to 500 watts when you are using it and 100 to 200 when it sitting there doing nothing. What a waste of energy. The printer works fine and is a good tool for large print jobs. And for ninety bucks I can print about 6000 pages it just cost too much to use it for a few pages.

So I have unplugged it and set it aside for now. I will plug it in again when I have a big print job that is in black and white.

20-Feb-10 11:59am 37°

How could it be snowing and be this warm? I removed the snow from the drive and walk ways before I went to breakfast. It kept snowing until just a little bit ago. There is no more snow on the drive and walks. That is just fine with me.

Marty's Random Blog

I have been working on my blog the last few days trying to get it set up so I can use it with the cell phone. The normal format is just way too messy to using it on the little screen. There is a way to automatically have it display a cleaner format on the phone and have a different on display on the PC where there is a much bigger screen.

I got that to work a little bit but when I went in to Administrator mode it is almost impossible to navigate to do anything with all the clutter. For now there is only one way, the hard way.

If I decide to go on a field trip I wanted to make it easier to post notes. I want to be able to just whip out the phone and enter something quickly. Until I figure this out I have to be somewhere more stable where I can use the laptop. I will have to resolve this somehow.

21-Feb-10 8:03am 28°

Birthdays

Petra's Mom, Christine is having a birthday today. I only added her to my list a few days ago. Happy Birthday Mom! Or is it glücklich Geburtstag Mama!

22-Feb-10 9:59pm 28°

Well I think I had a lot of things I wanted to finish or at least work on today. I got up to 3 or 4 inches of snow to remove.

It didn't help that I got up late. Well it was seven o'clock. It was 8:30 before I got all the snow removed. I didn't get back from breakfast until after ten-thirty because I am so good at hanging around.

After I got home I noticed that most of the streets were clear so I thought I would do a little work on the computer after I started a load of laundry. So as you see things were happening. I figured I would go to Osco after lunch and check to mail on the way.

Well I turned on the computer and very shortly I saw I had a virus. I think it had been 2 years since I got one of them. This virus was a bad one called a Trojan horse.

A Trojan horse is a computer virus that disguises itself as something else and if you are not careful some of them will steal all your information. This one called itself "XP Internet Security 2010" and looked something like Microsoft's firewall program.

The program told me I had a virus and I needed to update to clean the virus off the computer. Something looked fishy to me.

I have Microsoft's firewall turned off because I use Zone Alarm. I figured the one of the Microsoft security updates turned it back on.

When it asked me to buy something I stopped and tried to use my AVG anti-virus program to get rid of it. This Trojan was too new to remove it but it stopped it from doing any real damage. It still stopped me from doing anything because it was on the computer.

After getting the laptop out so I could go out and get the updated and then running a full system scan it took me about 8 hours to get it off this PC.

Right now I think this my system is clean again. I will do 1 or 2 more full system scans with other programs to make sure there are no more pieces of this on my computer. Sometimes pieces hide so you have to run another program just in case one misses part another one might find it.

24-Feb-10 11:39am 27°

New Electric Bill old Rates

I received my Electric bill today and it is only sixty-nine dollars. This is the last bill paying a fixed price for my electricity supply charge.

Remember around the first of the month the switched my electric meter so I start getting the spot price for electricity. This is when I pay the current cost of the Electricity Supply Charge. If it is 1¢ to this hour that is all I pay if it is 10¢ I pay more. On this my last fixed bill it is 6.435¢ per kWh.

I have only been on this since the 4th of the month but I am starting to see where the peak charges are. It looks like 11pm to 5 in the morning is the best price. Most of the factories and stores are closed and I am sleeping. Good time to run the A/C. Wait it is winter! ☺

The prices are high 7 to 10 in the morning and again 6 to 9 in the evening seems to be the highest time. I have only 14 days of data so far so this may be change as I get more data. I am guessing 7 to 10 in the morning is when factories and businesses are turning on their stuff and the demand is high. The 6 to 9 in

the evening is when everyone is returning home and firing up the TVs, Computer, and there heaters and all those things people do when they get home from work.

I don't know if I will save a lot on energy because I don't know if I will do all of my TV watching from 11pm to 5am or even do my laundry at that time of the morning. I am going to try and shave some of the dollars off my electric bill. It may only be enough for a cup of coffee a day. Even that little bit is something.

Oh I am talking about Starbucks coffee not Town & Country's coffee.

Right now Town and Country's coffee is only 95¢!

A Note From The Universesm...

Someone bugging you?

Nah, way too easy.

Just like happiness,
disappointment is an "inside" job.

www.tut.com

25-Feb-10 9:01am 17°

It looks like we keep getting more snow every day. Maybe that is because there are only ten months until Christmas. ☺

Old Newspaper

When I reroofed my house Labor Day 1993 I found an old newspaper under the porch. It was folded in a square and very hard to open. Parts of it are damaged from being under there since May 5th 1952. I just re-found it in a box.

I scanned part of to show you. Because it is damaged it may hard to read other parts. I am going put part of it in the newsletter any way.

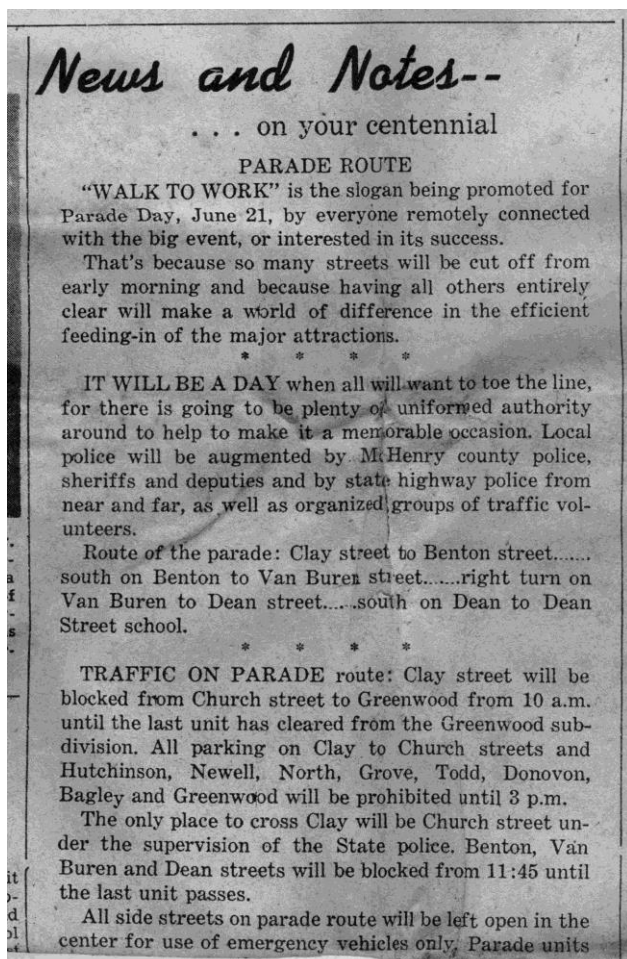


Does anyone know of someone that might be able to restore old newspapers? It would be nice to see what is inside without destroying any more of it.

I copied a quarter of a page but it was too wrinkled to read so I will try to get some snippets.



Woodstock Daily Sentinel Headlines May 5, 1952



Snippet on from the front page.

Est. 1856 - 96th Year - No. 221

Todd's Talents Fully Displayed At Bach To Boogie

Mrs. R. P. Pfeiffer Gives Ample Praise To Auxiliary Group

Full appreciation of the advanced talents of Todd School's, 12-17 year old boy's chorus, was evidenced on the second night of the Bach to Boogie concert, May 3, by another banner attendance of well over 200. The Saturday performance probably was a bit more profitable since the greater majority of the audience were adults.

Praises Committee

Mrs. R. P. Pfeiffer, who has been confined to her bed with a leg injury the past 10 days, was high in her praise of the committee, co-chairman of which was Lura Wandrack, for helping to make this event one of the most successful for the Memorial hospital building fund.

Acting on this committee were Mrs. V. S. Lumley, Mrs. Lisle, Mrs. A. L. Bennett, Fred Charles, Mrs. Hubert Hardy, Mrs. Roger Hill, and Mrs. W. W. Lichty.

Likes Spanish Sequence

Reached for comment after the performance Carl Hendrickson, director, found it difficult to express preferences in the program but felt the Spanish sequence, with the following accompanying soloist Ronnie Vegalis, was outstanding: Rene Roldan, piano; Ted Weis, Ray Little, Paul Fisher, guitars; George Cowan, Walter Dahl, accordion; Jacques Hendrickson, bass viol; Larry Levin, percussion instruments; William Hutchinson, organ and Mr. Hendrickson, violin.

Two numbers, "You'll Never Walk Alone" and "Waiting For The Robert E. Lee," rendered by the Todd choir, were director Hendrickson's own arrangements.

This may be of some enjoyment to some of you.

My brother's books

For more details go to

WorksAndWords.com/bookindex.htm

Mike's
Works and Words



I wonder what ever happened to the Sentinel. I looked up for some trivia about it and found this:

Title:
Woodstock daily sentinel. : (Woodstock, McHenry County, Ill.) 1930-1974

Place of publication:
Woodstock, McHenry County, Ill.

Geographic coverage:
Woodstock, McHenry, Illinois

Publisher:
Woodstock Sentinel Co.

Dates of publication:
1930-1974

Description:
75th year, no. 149 (Dec. 24, 1930)-119th year, no. 117 (Dec. 31, 1974).

Frequency:
Daily (except Saturday and Sunday) Apr. 25, 1960-1974

Notes:
Weekly ed.: Woodstock weekly sentinel, 1936-1948.

LCCN:
sn 82015881

OCLC:
8821152

Preceding Titles:
Woodstock daily sentinel and Woodstock American. (Woodstock, McHenry County, Ill.) 1926-1930

Succeeding Titles:
The daily sentinel. (Woodstock, Ill.) 1975-1985

Related Titles:
Woodstock weekly sentinel. (Woodstock, McHenry County, Ill.) 1936-1948

Source: <http://chroniclingamerica.loc.gov/lccn/sn82015881/>

Did you notice thon the picture of the headlines that the price says "FIVE CENTS PER COPY." I don't think you can buy a copy of anything for 5¢ anymore.

For you older folks what was in the Sentinel on March 26, 1964? It was a major event and filled up 3 big sections of the paper. That is 10 times more pages of newsprint than was normal back then.

26-Feb-10 12:28pm 29°

Let's start today's notes with a birthday.

Birthdays

Did you remember that today is Shirley's Birthday? I have known Shirley for a very long time and maybe I known her longer and didn't even know it was her.

When I first knew her when she was a waitress at the Timber's. The Timber's is long since been gone. The build where Timber's was now sells cars.

On Wednesday night and late night Saturday Shirley would wait on me from time to time at the Timber's.

Years later Shirley works at the Three Brothers. I used to hang out there too. I don't remember if she waited tables there very long if at all. Before she moved on she was part of the management. There was some of her family working there for a while as well. I used to kid the brothers, Kim, Sam, and John that I was going to change the sign to read "Shirley's Family and the Three Brothers."

Then next thing I remember Shirley and her husband Bob opened a carryout restaurant where I had food delivered at home once in a while. When they moved the business out to the building we all know as Vaughan's now. I started hanging around and got to know Shirley and Bob a lot more. About 3 years ago. Yes it will be three years in July they sold the business and went in to semi retirement.

Shirley is now working weekday mornings helping out at IHOP in Crystal Lake.

Wait...I didn't tell you about before I knew her. Where Round-The-Clock is in Chrystal Lake was a place called the Auto-Dine. I remember going there at the wee small hours of the morning to have a cup of coffee. The parking lot was so bad that is a truck got lost in the pot holes. I am talking semi-trucks here. ☺ Well maybe it wasn't that bad.

Anyway Shirley told me that was where she got started. If I remember right her dad cooked there and he would let Shirley help.

Anyway Shirley I won't tell any more of your life story. ~~Happy Birthday Shirley!~~ Woops, I mean Happy Today Shirley!

Marty's Random Thoughts BLOG



Some of you may know I have a blog on the web site where I can post Marty's Random Thoughts as a blog. Well I have had for around a year. I almost never update because I have the newsletter so don't rush out to check it out yet.

For the last few weeks I have been trying to find a tool that will let me administrate it on my new cell phone. Every tool I found was just a pain to use. I was looking for a simple tool that would let me just post something once in a while. I didn't want some tool that would let me do all of the editing and maintenance that is needed from time to time. It would be a royal pain to do a lot of the administration on the small screen on the cell phone. A simple posting now and then is all I want.

Well I found the tool for that. It is called "moblog." It lets me write messages and once published to the web site it removes them from the phone so it doesn't clutter up the memory with a lot of extra files.

It also lets you grab postings from the web site to edit and repost. It is simple and works great.

If you haven't seen my web blog site and wanted to look at don't expect anything fancy. I will work on making it fancy later. Check it out martysrandomthoughts.com/blog/

27-Feb-10 8:41am 26°

Will this snow ever let up? It snowed a little again last night. Last year at this time I was in Arizona with Mike and Petra and it was sunny. Maybe I need to go to there to get away from the snow.

Even Marie in Philadelphia is getting snow. I should contact her about her snow. After all she kept asking us to send her some.

Things are Dragging

Many things are dragging today. Many of the people I have talked to today seemed to be below their happy go lucky selves today. I am also below my normal self. And even my computer seems to be going slow today.

I wonder if that is the tsunami that is causing this feeling. Maybe us all feeling this way is causing the tsunami.

I don't really feel sad. It is my nose has been stuffy or running and I have been sneezing a lot the last couple of days. I know it will be all better in a day or so. I guess I will just let it run it's coarse.

28-Feb-10 8:26am 31°

Remember yesterday some of us were dragging? Well this morning I woke up around 5:30 and decided to go to Starbucks and get a couple of cups of that bold coffee they sell in the morning. That stuff is so strong that one day I had a coup at three in the afternoon and was awake until 3 in the morning when I forced myself to bed.

I took these two cups to Town & Country and gave one to Anila who I found out had already stopped and got coffee. Well she got busy and made me drink both of the cups I brought.

That coffee is so strong I had to put 3 or 4 things of cream in it just so I could down it. If you see me today and I seemed all hipper you will know why. You do know I drink decaf most of the time with only cream in the first cup.



Right now I think I could go all day with any more coffee. All of a sudden this coffee high will wear off and I will crash and be done in for as long as I was high on caffeine.

It All Ends Today

Today is the end of February. In 2 more days it will be three years since I retired. Can you believe that? I remember that day because of the snowing. It was snow so bad it took me an hour to get to work. There were about a

dozen cars in the ditch and one or two stuck in the road.

It was my last day of work so I had to get there. Shortly after I got to work it stopped snowing and the sun came out. I think we had ten or twelve inches of snow that morning. When I went home most of the roads were cleared and I was retired. Wow, twenty-two years at the same place.

Thinking Back

I have been thinking about this retirement and what I have been doing for the last 3 years and what to do next. In the last three years I have been on a few adventures.

In April 2007 I went to Germany to visit Mike & Petra and then walked a couple hundred miles across Spain. After returning I started writing a book about the adventure. I published the book earlier this year. Oh, can review it or even buy one online for less than twenty bucks. lulu.com/metras3 . Or ask me if I still a couple copies because I think I can get it to you for about \$13.99. So for \$15 I could keep my newsletter running a little longer.

That's enough advertizing for now.

I have also published 2 books with the back issues of my newsletter. The first book was all issues I could find from the beginning in 1998 to 2007. And the second is 2008. I still have to put 2009 together.

You can see them out there at lulu.com/metras3 too.

In 2008 I went out to California to visit Mike and Petra while there were resting up before the started there big journey to walk east. I spent a month on the road and think I only had three things break that I had to fix so I could finish my vacation.

I don't know why I keep calling a vacation when I am retired. May it is because retirement is an occupation. Like when I took a year off in the mid 1980's and went to college. The Unemployment people told me it was an occupation if I want to school.

About this time last year I head to Flagstaff Arizona to have coffee with Mike and

Petra. They were about a month and a half in to their walk to Jerusalem and I thought that was the right time for a coffee break.

I spent about a month with them being their support team with the motor home. I traveled about 15 miles a day while they were walking east. After that I thought it was time for me to head home. I stopped to say "HI!" to people on my path home and was home around 3 days after I let the pilgrims.

That was funny. It took me 3 days to go from Albuquerque to home. It took Mike & Petra about 6 months make there way to Woodstock on feet. See Mike's journal at WalkingEast.com .

I think it was July I head in the direct of Hannibal Missouri to have coffee with them again. I got as far as Pittsville Illinois and the fuel pump failed on the motor home. I spend two days at the Ford dealership getting that fixed. Later I had a rood leak. That was it for me. I decided to get rid of the motor home.

It wasn't the cost it was just that it was breaking a lot. After have the same car for seven years without any problems I had it with the motor home. I guess having two house payments and putting 50 gallons of gas in it at a time is part of that too. Anyway I lost interest in the motor home.

I have all the things fixed now so it should be a good buy for someone looking for a nice motor home. Yes, here is another ad!



Sunny Island RV is selling it for me. Their web site is <http://www.sunnyislandrv.com/>

Later in the year I installed a grid tie on my solar charges system to send my excess electric back to the power company to get credits. Well it really never gets that far because I use it before it gets to my electric meter. I think this winter I have had 1000 watts I couldn't use because I am not using the electric mower or the trimmer.

I also setup a wind turbine. It is rated at six times the output of my solar panels. I have it



temporary installed out by the pickup. It is blocked by the trees so I have to move it this spring. Where it is now it needs to be raised about 100 feet to get enough wing to be of much use. With the trees blocking it is nothing more than something to look at to see which way the wind blows.

This spring I am going to try to install it on my antenna tower. It is open the south west where the stronger winds come from. Trees only block that spot a little.

Is I am about at the end of the page. I will save this space in case something profound happens that I need to report upon. ☺

I think I should go for coffee now. ☺

I'm back. I didn't need that coffee. I did get to see Marilyn. Do you remember Marilyn? She used to work at Vaughan's back when Bob and Shirley used to own it. Wow, that will be three years ago in July.

Restaurant Now Open

I forgot to tell you about Scoops being open now. Marilyn is working there. It is a

walk-in and drive through restaurant. No there is now place to sit inside. Marilyn said that they plan on putting in a stand up table later. Scoop's is located at the corner of Madison and Judd.

See my eatery list on the web at www.doerofthings.com/lists/restaurants/.

Vacation Thoughts





11th Year

Woodstock, IL

Marty Metras
