

Marty's Random News

Woodstock, IL

Decembet 4, 2006

Random Updates:

11/29: Just yesterday I printed the last issue of Marty's Random News and already I have updates to write about.

I have an editor. Thank you Shirley. 3-2 people have already been told me of items I missed. And I proofed it 3 times myself.

Arlene has emailed me some jokes to look over. I will see if there is a couple I can add to the newsletter.

Last issue there were 6 copies printed. Maybe I will try 10 with this issue.

I have had a coupe people ask me if they are in the newsletter. Some where in this issue I will put the names of the people I feature in the newsletter.

Aunt Annie has here brakes fixed and there was some thing wrong with the transmission that was fixed. Though she is broke now her car is much safer to drive. Sure cost a lot to drive.

Marty's Random Thoughts:

I may change the layout of the newsletter. 2 issues ago I printed it on fancy paper. It had tulips on the front page. I think that paper can wait until spring. I will figure out some thing before I print this one. I may use different paper each time I print this. After all it is called Marty's Random News. Random paper would be good to use. Maybe random color ink too. ☺

11/29: Last Saturday while Aunt Annie and I were eating at one of our favorite eatery's we saw that they had Christmas stockings hang up on all there wall with names of each of the help. We told them that we were there more often than some of the help and we did not see our names up there. Wasn't long and we had our names on the wall. Today I see that there are 5 new stockings. Annie, Marty, Bill, Arlene, and Jeff. I wonder who else will get away with this before Christmas. I told Mary this morning that I will have replace mine with a real stocking so some one could make donations. ☺

Random Stock Prediction update:

Random Stock Prediction update:			2-3	6-9
<i>Company</i>	<i>11-28</i>	<i>12/02</i>	<i>Months</i>	<i>Months</i>
Caterpillar (CAT)	61.60	61.19	68.00	79.00
Toyota Motors (TM)	117.44	120.00	122.00	100.00
Cummins (CMI)	118.23	118.63	130.00	unknown
Boeing (BA)	87.94	89.55	85.00	unknown
Dow Chemical (DOW)	39.65	39.70	41.00	unknown

First posted 11/28/2006

Predictions are based on the gap that needs to be filled. And these are my guesses.

Invest at you own risk.

Marty

Random Answer to Questions:

Last issue had a picture of a big rock. Some one asked me what it was. I really don't know what it was. I did a Goggle search for "random picture" and that was one of the pictures. I didn't save the file name or any thing. I did a couple random searched and could not find it. So here is the deal. If you can get me a link to the picture and I figure out what it is I will give you \$1.00 in quarters.

Remember I have to figure out what it is by what you supply me to get the four quarters. Marty

Random Picture:

So here is a picture for this issue. This one has a name.

"Burgundy Random Cladding". It came from doing a search using "random picture". It says that this picture "...the image in its original context on the page:

<http://www.outofafricastone.com/gallery/popup.php?image=Burgandy%20Random%20Cladding.jpg&descrip=Burgundy%20Random%20Cladding>



Maybe you see why I do a random search for some of the pictures. I did a little research on this picture. This picture came from <http://www.outofafricastone.com> who is as it says on there web site

"The stockyard of **OUT OF AFRICA STONE** In William Nicol Drive, Fourways, Johannesburg is a veritable treasure chest of options for architects, developers and property owners with a wide range of natural stone tiles, pavers, and boulders to get the creative juices flowing"

Ok for you who need what things are, are you happy. Or maybe you need another 865 words or so? And "Yes!" these may from some of the rocks in my head. Now I only need 846 more words! ☺

How about a picture from you. Email me one.

Email address at the bottom of the page.

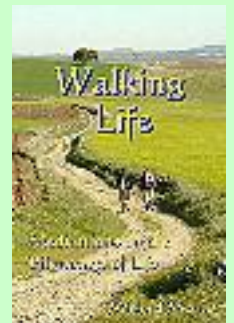
Random Statistics:

There are over 700 words to this point in this newsletter. I bet you are just so happy I told you this piece of information. ☺

Random News:

Mike's book is available. Here is a cover shot. Mike was telling me how this is working with his publisher. When you order the book you would think the book is on the shelf. They would ship it to you and you would have it a few days. That is what I thought. Boy, oh boy, have thing changes!

This publisher makes the books when you order it. Yes, you order a book and the print the book and ship it to you and you still have in just a few days. I have to repeat this because a few years a go it would take a year or so to get a book published and they would have printed a thousand book some times. You or me could write a book and send the copy to them. They print you a book and send it to you and you proof it and send it back. 3-4 trips like that until you are happy with and you sign it off as ok. At that point you can have them print you a bunch of books or set up a store, as Mike has to sell them on line. Go the <http://www.WorksAndWords.com/walkinglife.htm> for details.



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December, 4 2006

Here I am publishing my newsletter and I could be writing a book to sell. You can go to my web site and I have links to Mike's books on my front page at www.doerofthings.com or you can go the Mike's site at www.worksandword.com to see all of his works.

Random Statistics:

THE PREGNANT LADY

ACTUAL AUSTRALIAN COURT DOCKET 12659---CASE OF THE PREGNANT LADY

A lady about 8 months pregnant got on a bus. She noticed the man opposite her was smiling at her. She immediately moved to another seat. This time the smile turned into a grin, so she moved again. The man seemed more amused. When on the fourth move, the man burst out laughing, she complained to the driver and he had the man arrested.

The case came up in court. The judge asked the man (about 20 years old) what he had to say for himself. The man replied, "Well your Honor, it was like this: When the lady got on the bus, I couldn't help but notice her condition. She sat down under a sign that said, 'The Double Mint Twins are Comin' and I grinned.'" "Then she moved and sat under a sign that said, 'Logan's Liniment will reduce the swelling', and I had to smile. "Then she placed herself under a deodorant sign that said, "William's Big Stick Did the Trick", and I could hardly contain myself." "BUT, your Honor, when She moved the fourth time and sat under a sign that said, 'Goodyear Rubber could have prevented this Accident'... I just lost it."

CASE DISMISSED

Source: Email from Arlene

Random Snow:

12/01 8:57am Yes, This is just out the front on my house.



See slide show at: http://www.doerofthings.com/doerofnothing/nothing_01.htm

12/02: I spent time today removing snow from the driveway so I could be late for lunch. I am out of shape! My arms and legs are sore now. I guess tomorrow they will start to hurt and Monday I will not be able to move. That seems to be the pattern when you find muscles you did not know you had and they didn't want to be found. I talked to Aunt Annie and she caught a cold/Flu or some thing. She just got dug out. She is staying in where it is warm for now.

Friday night I heard there was a surprise birthday event I missed. I was such a secret; I didn't know I was invited. Sorry Bill! I was snowed in.

There weather is better now. It looks like this now.



Little better but the walks still has snow. Maybe I will go out and move more tomorrow. I think I might break down and buy one of the snow blower things one of these days. We'll see.

Random Riddle:

This is an unusual paragraph. I'm curious how quickly you can find out what is so unusual about it? It looks so plain you would think nothing was wrong with it! In fact, nothing is wrong with it! It is unusual though. Study it, and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out! Try to do so without any coaching! *Answer below.*

Random Riddle:

Snails can crawl over razor blades without injury.

Random Picture:



Hungry?

Random Ad:

Mike's new book, *Walking Life: Meditations on the Pilgrimage of Life*, is now available.

Check it out at <http://www.WorksAndWords.com/walkinglife.htm>

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December, 4 2006

Random Food for Thought:

Some of you may think I am full of Beans.

Bean Cuisine-Bean Flour!

Recent reports on radio, television, and in newspapers and magazines across the country report scientific evidence that we as a nation are consuming too many refined foods, too much fat, too much meat, too little fiber, too few fruits and vegetables, and too few grains. In addition, hydrogenated and partially hydrogenated fats should be eliminated from our diets. The problem is most of the products in the grocery store, except for the fresh produce department and the grains and beans aisle are also eliminated. It also seems to eliminate anything quick to prepare and everything that tastes good!

Not so! There are many great-tasting, easy, and quick-to-prepare natural foods to fill the gaps left when we eliminate not-so-good-for-you foods. [Legumes](#) (dry [beans](#), [peas](#), and [lentils](#)) are nutritious, high in fiber and protein, and low in fat and salt. Now you may eat more delicious meals without counting calories and fat grams. [Legumes](#) can be added to hundreds of foods to enhance texture and nutrition. Serving [beans](#) with [grains](#), [eggs](#), or [cheese](#) makes a "complete" protein.

Bean Flour

Bean flour is one great way to put your beans or other [legumes](#) to use. Bean flour can be added to any recipe calling for [wheat flour](#). Replace up to 1/4 of the total amount of [wheat flour](#) with bean flour. Super nutrition can be added to any commercial dry mix (cakes, cookies, muffins, breads) by adding a few tablespoons of bean flour to the dry ingredients, then adding extra liquid as necessary. Combining bean and [wheat flours](#) also helps form a complete protein for those cutting out or down on meat. The best part is that no one will ever know they're eating beans!

By adding bean flour to thicken gravies and sauces, you increase the nutrition and make your dishes virtually fat-free. Bean flour of any kind also makes an excellent "instant" creamy soup base. No more soaking, boiling, mashing, and blending those beans to make thick, creamy, rich-tasting soups. Simply grind some dry beans, add water, and cook for 3 minutes. Add your own [pasta](#), [vegetables](#), or other beans for a quick, healthy, homemade soup. These 3-minute soups can be made in the microwave or on the stovetop. See the [recipe section](#) of this [web site](#) for more recipes that use beans.

Grinding Tips

To grind beans, first sort them and check for dirty beans or rock pieces. Place the [mill](#) in a kitchen sink and fill hopper with beans. Cover with kitchen towels to reduce bean dust, and leave a hole to stir beans as they go into the milling chamber. Small seeds like peas and lentils will not need to be stirred. Large beans like Lima will need to be cracked in a [blender or food grinder](#) before grinding to flour. Clean the sponge filter after each hopper of beans.

Store flours in resealable plastic bags or other [food storage containers](#) and refrigerate or freeze if possible. Flours last about six months at

room temperature. After that time, a bitter aftertaste may start to develop. Old beans which have been stored too long (usually over 10 years) will taste bitter whether they have been cooked whole or ground to flour and made into soup.

Traditional Use of Beans

When cooking with beans, it is helpful, although not necessary, to soak and cook dry beans beforehand. There are two ways of doing this--the long soak method and the quick soak method. Before cooking or soaking beans, you should wash and sort the beans. Remove any rocks or dirt, and damaged beans, and then rinse the beans in cold water.

Note: [Lentils](#) and [split peas](#) do not need to be soaked.

When using the long soak method, place the beans in a container and cover with approximately 4 times as much room temperature water as beans. Keep beans covered and let them soak 8 to 12 hours. Discard soak water and cook.

To prepare beans using the quick soak method, place beans in a large pot, cover with water, and bring to a boil. Let the beans boil for 2-3 minutes, remove from heat and let stand at least 1 hour. Discard the soak water and cook.

The longer the beans are soaked, the more sugar will be dissolved and the beans become easier to digest. To cook the beans, refill a pan with fresh water, enough to cover the beans, and add 1-2 teaspoons vegetable oil and 2 teaspoons [salt](#) (optional). Simmer beans slightly uncovered, until tender. Add to your favorite recipe.

Cooking beans without soaking takes a longer amount of time. When cooking unsoaked beans use twice as much water and bring to a boil, add beans, then cover and simmer for 2 to 3 hours until beans are tender. Watch carefully and add water as needed.

Cooking time will depend on how tender you would like the beans. A bean that has been cooked, but is still firm is great for salads, while a bean that has been cooked longer until soft can be easily mashed.

Taste test often to achieve desired tenderness. High altitudes will require a longer time to cook the beans.

Foods that are acidic (such as [tomatoes](#)) should be added last when using dry beans in a recipe. The acid slows the softening of beans and prolongs cooking time.

Bean Equivalents

1 lb dry beans = 2 cups

1 cup dry beans = 3 cups cooked

1 lb dry beans = 6 cups cooked

Source: Emergency Essentials at <http://beprepared.com/article.asp?ai=70>

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December, 4 2006

Random Survey:

Some of the Survey I get to fill out just go in the trash. Here is one I got in the RV Travel newsletter.

Trailer trash funnies

You don't hear the term "trailer trash" much anymore, but there was a time when trailer park residents had less than stellar reputations. Well, here is a hilarious quiz to see if you qualify as "trailer trash." If you have a healthy sense of humor and won't be offended by this tongue-in-cheek survey, then be sure to read this. It's a hoot!

Trailer Trash Quiz

By Missouri Trailer Trash .com

Are you trailer trash? Take this quiz and find out...

Top of Form

1. Do you let your 12 year old daughter smoke at the table in front of her kids?

Yes / No / Sometimes

2. Does the Kelly Blue Book value on your truck go up and down, depending on how much gas is in it?

Yes / No / Who is Kelly Blue Book?

3. Do you ever have to go outside to get something from the fridge?

Yes / No / Not anymore

4. Do you have flowers planted in a bathroom fixture in your front yard?

Yes / No

5. Have you ever lit a match in the bathroom and your trailer exploded right off its wheels?

Yes / No / Once, but I can explain.

6. Did you have to remove a toothpick for your wedding pictures?

Yes / No

7. Has your wife's hairdo ever been ruined by a ceiling fan?

Yes / No

8. Has your front porch ever collapsed, killing all of your dogs?

Yes / No

9. Does the Halloween pumpkin on your porch have more teeth than your spouse?

Yes / No / That depends on how many teeth the pumpkin has.

10. Do you ever wonder how service stations keep their bathrooms so clean?

Yes / No

11. Has your property ever been mistaken for a recycling center?

Yes / No / No, but sometimes people stop by thinking that I'm having a yard sale.

12. Do you think a "subdivision" is part of a math problem?

Yes / No

13. Do you have a working T.V. sitting on top of a non-working T.V.?

Yes / No / Not anymore

14. If a tornado hit your neighborhood, would it do \$100,000 worth of improvements?

Yes / No

15. Has the Salvation Army ever declined your mattress?

Yes / No / Why would I give them my mattress?

16. Do you keep a can of Raid on the kitchen table?

Yes / No / Not when we have company.

17. Do you have a complete set of salad bowls that all say "Cool Whip" on the side?

Yes / No

18. Have you ever asked the preacher, "How's it hangin'?"

Yes / No / Just once

19. Have you ever used a rag for a gas cap?

Yes / No

20. Does it matter what type of material you use to "skirt" your trailer?

Yes / No

I give no answers to these questions. If you feel a need for answers then go to the source: <http://www.missouritrailertrash.com>

Near the Random End:

Well this gets near the end of this issue. It is getting too long. I have to give my new editor, Shirley work out. Four pages are about enough. 2 were enough on the last issue. So I will end here with a couple pictures from my archives and get to work on the Christmas issue. So get you thoughts to me as soon as you can if you want to see then by the Christmas issue. I am planning on having just Christmas stuff in it and I will try to have it out by the 20th of December.

Near the Random End:

I almost forgot. The paragraph does not contain the letter "e."



Left to right, Marty, Cork, and Mike Jansen Family Picnic Sunday, June 30th 2002 White Pines State Park, Oregon, Illinois

The End

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