

## **Issue # 67 February 2010**

### **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.

### **02-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](mailto: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>

### **Birthday**

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 Brother Family Restaurant. I think he lives in Florida now. Happy Birthday Sam

**03-Feb-10 7:38am 22°**

**Birthday**

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 find. 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](http://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°**

**Birthday**

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

I have a collection of newsletters I wrote for my amusement and gave to my friends and family for their enjoyment. I put them all in books.



You can preview these and other books along with other stuff at my store. [MartysRandomThoughts.com/store](http://MartysRandomThoughts.com/store)