

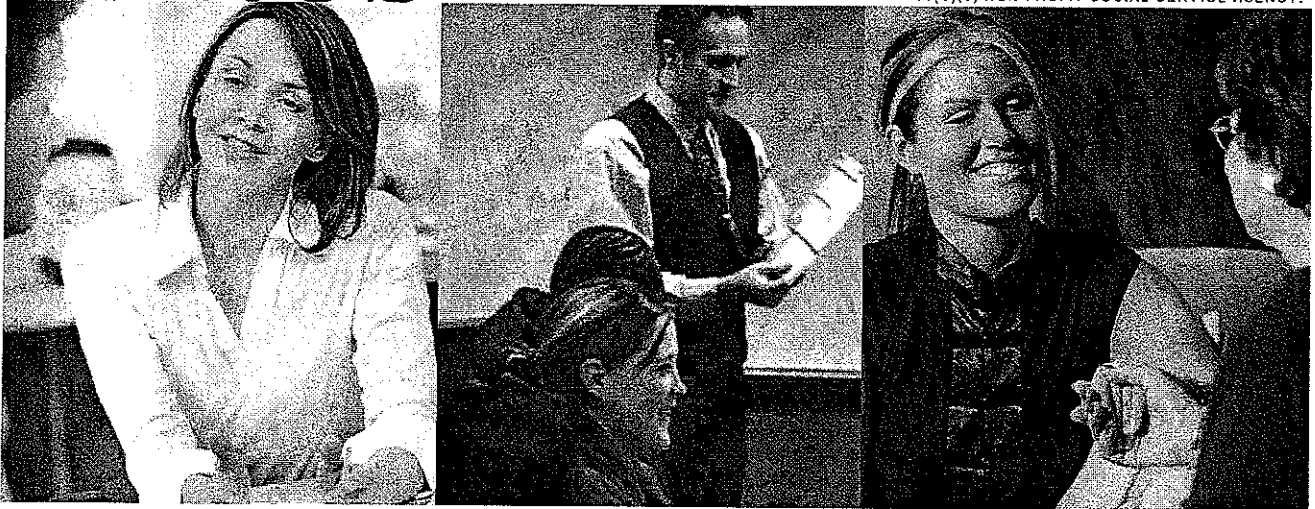
# The Family Times

April 2010



United Way of Greater Houston

FAMILY TIME IS A 501(C)(3) NON-PROFIT SOCIAL SERVICE AGENCY.



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## FamilyTime Presents The 2009 Women of Achievement



Susan Meinholz, Gala Chairwoman.

The 2009 FamilyTime Women of Achievement Honorees were recognized at a gala dinner event at the Marriott Airport Hotel on Saturday January 30, 2010.

“The FamilyTime Women of Achievement honorees are role models to the many women FamilyTime serves. By contributing to the gala, individuals and businesses are supporting the FamilyTime Crisis and Counseling Center and helping these women find the strength to make a new life for themselves and their children.” said

Now in its 32nd year, FamilyTime provides free crisis intervention, counseling, support groups, a 24-hour crisis helpline, case management and legal advocacy services to victims of abuse, including domestic violence, sexual assault and child abuse. “The Door,” FamilyTime’s shelter for women and children who are fleeing domestic violence, is the only such shelter in north Harris and south Montgomery counties. Since opening in July 1996, it has provided safe haven and crisis services to more than 4,500 women and children.

The 2009 FamilyTime Women of Achievement award recipients are Pat Chandler, 2009 Woman of Achievement in the category of EDUCATION; Jennifer Morris, Woman of Achievement in the category of HOME MAKER; Debbie Norris, Woman of Achievement in the category of THE ARTS; Cherrie Ledox, Woman of Achievement in the category of ENTREPRENEUR; Patty Kupritz, Woman of Achievement in the category of BUSINESS; Lisa Dempsey, Woman of Achievement in the category of COMMUNITY ACTIVIST; Millie Garrison, Woman

(Continued on page 2)

FamilyTime  
Crisis and Counseling Center.  
programs and services are generously  
supported by funds from:

- TX Health & Human Services Commission
- TX Office of the Attorney General
- TX Office of the Governor
- Harris County Community Services Department
- United Way of Greater Houston
- Emergency Food and Shelter Program
- FamilyTime Thrift Shop
- Private foundations, churches, social service organizations, fundraisers
- Donations from the community

### BOARD OF DIRECTORS

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Administrative  
Office:  
101 Main Street  
Humble, TX 77338  
(281) 446-2615

www.familytimecco.org

Office Hours  
Monday -Thursday  
9:00 AM to 5:00 PM

Friday  
9:00 AM to 2:00 PM

24-Hour Helpline  
281-446-2615

### DONATE ONLINE

Monetary donations help us increase ser-  
vices to our clients and give them a fresh  
start without violence in their lives.

You can help us make a change today!  
Visit our website at www.familytimecco.org

# Letter from the Executive Director

The new year is always very busy, and this year is no exception. Our Hearts of Gold Gala held Jan. 30 was beautiful. Susan Meinholz, board member, chaired this event and did an outstanding job! The Gala honors our local Women of Achievement who make our community a better place to live and raise our families.

The Lifetime Achievement Award recipient was Tamara Paul, a board member for the second time, volunteer and so helpful establishing our legal advocacy program. This year we added a new award, The FamilyTime Hero Award, to be awarded to a man who has been a "friend" to FamilyTime and supported one of our many causes. The first recipient is the Honorable Judge Doug Warne of the 311th Family District Court. Judge Warne was instrumental in establishing the Protective Order that has protected thousands of women!!

2009 was a difficult year for FamilyTime with clients increasing and monetary donations decreasing. Our situation is somewhat different of other non-profits, since we operate a 24-hour shelter for women and children. We still are responsible for utilities, food, insurance, up-keep for our vehicles and appliances, and salaries for our advocates. We are struggling, but hope 2010 will bring us some relief.

Thank you to all who have provided donations, fundraisers, and volunteered at our locations, without this support we could not continue our mission!!

*Spring  
is here*

(Continued from page 1)

of Achievement in the category of HUMAN SERVICES; Lisa Niccum, Woman of Achievement in the category of VOLUNTEER; Lorena Funez, Woman of Achievement in the category of WOMEN'S ADVOCATE; Polly Logan and Janet Little, Women of Achievement in the category of MEDICAL; Cheryl Johnson, Woman of Achievement in the category of SPECIAL RECOGNITION and Minda Kaltenbacher, Woman of Achievement in the category of SPIRIT OF FAMILYTIME.

The FamilyTime Lifetime Achievement Award is reserved for those who have given remarkable service to FamilyTime as a staff, board member, volunteer, or supporter. This year's recipient



has been a board member, volunteer and a loyal supporter. This year's award went to Tamara Paul.

Over the years, FamilyTime has honored local women with Women of Achievement awards to show our appreciation for their talents and efforts in their profession. We have also presented several Lifetime Achievement Awards for their devotion to FamilyTime. This year FamilyTime added to their awards a FamilyTime Hero award presented to a man that has made a difference to our many causes or to our agency.

This Year's FamilyTime Hero award was presented to Judge Doug Warne. Prior to 1979, Texas did not have a protective order statute. It took an attorney who represented women who were victims of domestic violence and who also understood there was a need for legislation to help protect them to write the original protective order statute. That attorney was Doug Warne who for the last 30 years has lead the way in the fight to eliminate family violence in Texas.

## FamilyTime 2010 Class Schedule

**Managing Your Emotions** is an eight-week course developed to assist individuals with handling their anger and other emotions.

**Managing Your Emotions**  
 Cost: \$80 per person  
 Day/Time: Thursday 6:30pm-8pm

Mar. 11 - Apr. 29  
 May 6 - June 24  
 Jul. 1 - Aug. 19  
 Aug. 26 - Oct. 14  
 Oct. 21 - Dec. 9



**Power of Positive Parenting**  
 Cost: \$50 per person / \$80 couple  
 Day/Time: Wednesday 6-8pm

*Class is on-going, participants can begin on any Wednesday.*

**Family Foundations: Learning About Myself and My Children** is a six-week parenting course designed to meet the needs and requirements of families involved in the reunification process with the Texas Department of Children and Families.

**Family Foundations**  
 (CPS approved)  
 Cost: \$25 per person  
 Day/Time: Tuesday 6pm-8pm

Mar 23 - Apr 27  
 May 18 - June 22  
 July 6 - Aug 10  
 Aug 24 - Sep 28  
 Oct 19 - Nov 23

**The Power of Positive Parenting** is an eight-week, in-depth, parenting course that teaches parents and families positive discipline, active listening, effective communication and the meaning of healthy relationships.

### AAM-AFA Adolescent Anger Management A Family Affair

The overall goal of anger management intervention is to reduce and control the emotional feelings and physiological arousal caused by anger. This 7-week/ 8-week course will be offered on Saturdays. Pre-Teen (10-13) & Teens (14-17)

**AAM-AFA Adolescent Anger Management A Family Affair**  
 Cost: \$80 per Teen  
 Please call to schedule an appointment to begin the course.

**The Domestic Violence & Sexual Assault Survivor Support Group** is offered every Wednesday from 6pm - 8pm. Free

**Divorce: Putting the Children First** is a four-hour co-parenting workshop required by most courts and attorneys. This course gives divorcing parents a better understanding of what their child(ren) may experience during and after their divorce as well as techniques to keep their child(ren) from being put in the middle.

**Divorce: Putting the Children First**  
 Cost: \$35 per person  
 Day/Time: Saturday 9am-1pm

March 13, 27  
 April 10, 24  
 May 8, 22  
 June 12, 26  
 July 10, 24  
 August 14, 28  
 September 11, 25  
 October 9, 23  
 November 13, 27

**Divorcio: Tus Hijos en Primer Lugar (en Español)**  
 Cost: \$35 por persona  
 Fecha /Horario: Miércoles 6-10pm

Marzo 17  
 Abril 21  
 Mayo 19  
 Junio 16  
 Julio 21  
 Agosto 18  
 Septiembre 15  
 Octubre 20  
 Noviembre 17

**All class participants must begin the class on the first week or else they will have to wait until the next full class begins. Class participants who are more than 10 minutes late will have to re-take that class.**

April is  
**Sexual Assault**  
 Awareness Month



### 2009 STATISTICS

- 696 - Victims of Domestic Violence Provided with Emergency Shelter
- 1,957 - Sessions of Free Counseling Provided to Victims of Abuse and Other Violent Crimes
- 17,126 - Calls Received on the 24-Hour Crisis Helpline
- 1,068 - Total, Unduplicated Number of Clients Assisted with Victim Services (Shelter, Counseling, etc.
- 1,262 - Sessions of Low-Cost Counseling Provided to Non-Victims
- 541 - Volunteers Who Donated Their Time to the Agency
- 10,080 - Hours of Volunteer Assistance Donated to the Agency
- 204 - Educational Presentations & Trainings performed for the community



**"Share a Smile Foundation"**

**Professional Teeth Whitening Charity Fundraising Event**

March 1<sup>st</sup> – May 31<sup>st</sup>

News reports tell us that charitable giving is down this year, so Dr. Ray McLendon of Clear Choice Orthodontic Associates has decided to do something positive to turn this trend around! Dr. McLendon and the Share a Smile Foundation are hosting a Professional Teeth Whitening Charity Fundraising Event to benefit several local charities. *This is a 100% charity event so every dollar raised will go directly to the charity of your choice.*

**Details of the Event:**

\$350 is the typical fee that people pay for professional teeth whitening but for a minimum donation to a participating charity, you can take advantage of professional dental whitening services while helping those in need.

To participate, a minimum donation of \$50 is requested but a donation of \$100 or more would be greatly appreciated. Our intent is to raise as much money as possible to benefit the participating charities during these challenging times but we cannot do it without your help. In keeping with the charitable spirit, we hope that people wanting to take advantage of this offer will donate the full \$350 to the charity of their choice.

Call Clear Choice at (281) 587-4900 to schedule an appointment at any of their 5 locations. During the appointment, impressions of your teeth will be made to make your custom trays. Your custom whitening trays will be made in our lab and can either be picked up at our office when ready or mailed to your home to save you a trip for a minimal \$10 fee (payable to Clear Choice).

We are excited about helping make a difference in our community and we ask your help in spreading the word! There is nothing more exciting than helping someone in need and you will have this opportunity to help your chosen charity, plus get a bright beautiful smile.

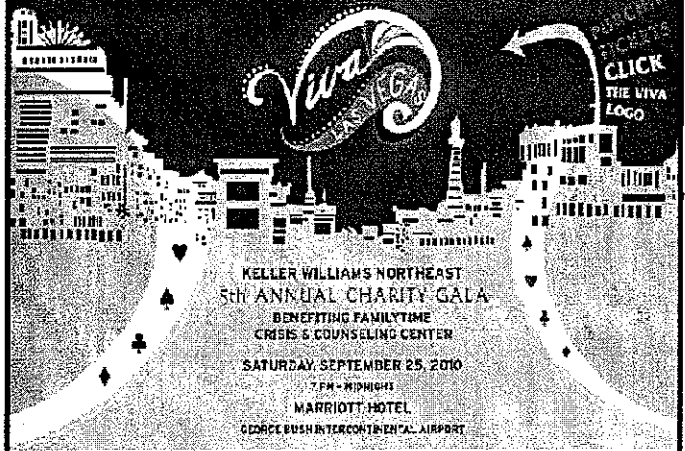
Call us today for an appointment at any of our 5 locations -- (281) 587-4900  
[www.clearchoiceortho.com](http://www.clearchoiceortho.com)



FamilyTime Crisis and Counseling Center is a 501(c)(3) non-profit victim service center located in Humble, Texas. As a participating charity, FamilyTime is eligible to receive designated donations through this charity event.

For more information about FamilyTime and the services that the agency offers, please call (281) 446-2615 or visit their website at [www.familytimecc.org](http://www.familytimecc.org).

**SPONSOR AN EVENT WHERE EVERYONE GETS LUCKY.**



**KELLER WILLIAMS NORTHEAST 5th ANNUAL CHARITY GALA**

BENEFITING FAMILYTIME CRISIS & COUNSELING CENTER

SATURDAY, SEPTEMBER 25, 2010

7 PM - MIDNIGHT

MARRIOTT HOTEL

GEORGE BUSH INTERCONTINENTAL AIRPORT

DINNER & DANCING • MUSIC BY TONY MAC • SHOWGIRLS • CASINO GAMES  
 AUCTION / RAFFLE • HOTEL ROOM DISCOUNT

HELP KELLER WILLIAMS NORTHEAST SUPPORT FAMILIES IN NEED.  
 Contact Diana Hedner or Leticia Whipple at Keller Williams at 201-253-4345 or visit [www.KW.com](http://www.KW.com)

**HIGH ROLLER \$10,000**

Large reception in an auditorium. Sponsored \$10,000 cash prize. 50% opportunity for personal and verbal recognition at the Gala. 2 complimentary tickets to the Gala. 2 complimentary tickets to the Gala.

**LUCKY 7 \$7,000**

Large reception in an auditorium. Sponsored \$7,000 cash prize. 50% opportunity for personal and verbal recognition at the Gala. 2 complimentary tickets to the Gala.

**ROYAL FLUSH \$5,000**

Large reception in an auditorium. Sponsored \$5,000 cash prize. 50% opportunity for personal and verbal recognition at the Gala. 2 complimentary tickets to the Gala.

**BLACKJACK \$2,500**

Large reception in an auditorium. Sponsored \$2,500 cash prize. 50% opportunity for personal and verbal recognition at the Gala. 2 complimentary tickets to the Gala.

**FULL HOUSE \$1,500**

Large reception in an auditorium. Sponsored \$1,500 cash prize. 50% opportunity for personal and verbal recognition at the Gala. 2 complimentary tickets to the Gala.

**JACKPOT \$1,000**

Large reception in an auditorium. Sponsored \$1,000 cash prize. 50% opportunity for personal and verbal recognition at the Gala. 2 complimentary tickets to the Gala.

**INDIVIDUAL GALA TICKET \$100**

FamilyTime is pleased to be present at our event. Proceeds from the event will be used to support our program and available services to victims and survivors. We are a 501(c)(3) non-profit organization. For more information about FamilyTime, please call (281) 446-2615 or visit our website at [www.familytimecc.org](http://www.familytimecc.org).

**PROCEEDS BENEFIT**

FamilyTime Crisis and Counseling Center

**PRESENTED BY**



Music by JJ Sacards Band  
 27700 W. Lake Houston Pkwy  
 Sat. July 3, 2010  
 6:30pm: Food  
 7:00pm: Dance

Presented by

**Alspaugh's Hardware**

Benefiting FamilyTime Crisis and Counseling Center

\*Lawn chairs and coolers are welcomed

**FAMILYTIME CRISIS COUNSELING CENTER PRESENTS**

**THE DOOR CHARITY GOLF TOURNAMENT**

April 30, 2010

Kingwood Country Club

1700 Lake Kingwood Trails, Kingwood, TX 77339

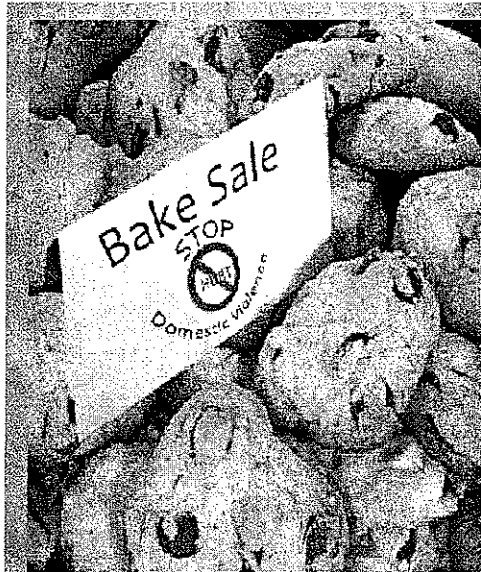
The Marsh Course

12:00pm Shotgun Start

**TOURNAMENT SPONSORS**



[www.thedoor.org/golf.com](http://www.thedoor.org/golf.com)



On October, 9, 2009, FamilyTime staff and volunteers put together a Bake Sale to fund-raise money for victims of Domestic Violence.

"We could hardly keep up with the heat melting all of our goodies, but people were very generous and bought for our cause," said Patti Tristan.

What was not sold at Palais Royal in Atascocita was sold at a church.

The Door was able to raise \$2,000.00. We want to thank all our volunteers for their time and hard work they provided to FamilyTime.



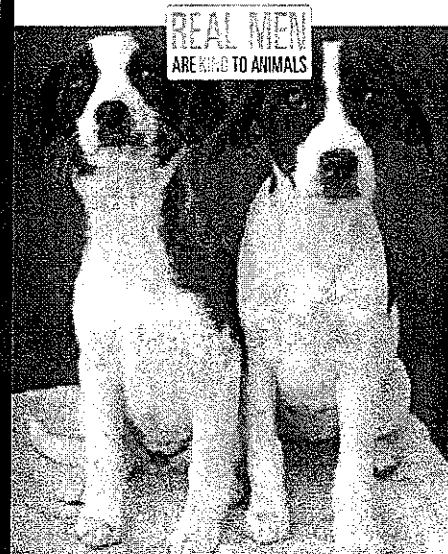
FamilyTime's shelter staff help put together a BBQ fundraising event to raise funds for our shelter in Humble.

Thanks to Valerie Copley from Triggs Catering who help cook our donated brisket. FamilyTime staff donated, chicken, potatoes, gift cards to purchase food, water, and cookies. Ms Danuta, the cook for our shelter, and her daughter helped cook and make her famous potato salad.

On the day of the event, staff help put together the orders and delivered to local businesses, Humble Court and The Constable's police dept.

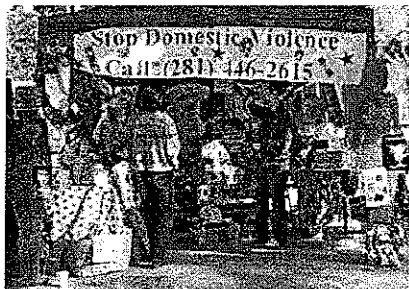


### Animals are victims too

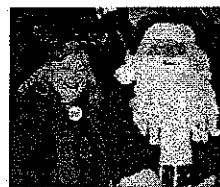


Domestic Violence Awareness month was observed during the month of October 2009. When domestic violence occurs, family pets are often the first target because abusers understand the deep bond between their pets and members of the family. Threatening to harm or kill their beloved pet often causes the victim to stay for fear of what might happen to the animal. We collaborate with the Houston SPCA's Pet Safe Program to provide a safe haven for their family pets of victims, while they reside at our shelter.

To promote community awareness, we were able to set up a booth at the Old Town Spring PetFest 2009. We provided the public with educational materials, bake sale, a sale of gift baskets and goodies for our four legged friends. Some staff and their spouses were able to bring their own pets (Fur Kids) to enjoy this fundraising event.



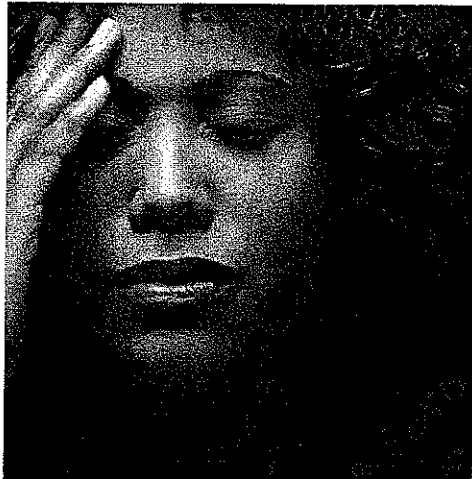
FamilyTime's Christmas Shop was successful again, thanks to Sheila Hickman and her hard working volunteer staff of Administaff.



Sheila made it possible for our women and children to have a wonderful holiday season.

The Christmas store was filled with toys and other gift items donated by the community and area businesses. Administaff volunteers had fundraising events during the year to raised money for Christmas items. On December 21, 2009, our Christmas Store was opened to our women, children of the shelter and our non-residents clients.

FamilyTime would like to thank Mike Price who let us use his warehouse again this year. The warehouse was decorated beautifully with Christmas trees, ornaments, lights, and much more. The volunteers of Administaff helped the moms from our shelter pick and wrap items for their children. Some of the other volunteers went to the shelter with Christmas gifts for the children to pick gifts for their moms.



Stress is a fact of life. Although some stress is normal and even needed, too much of it can affect your quality of life and your health. There are simple things you can do to help relieve stress.

**Tips to relieve stress**

When you feel stressed, you can:

- Take slow, deep breaths.
- Soak in a warm bath.
- Listen to soothing music.
- Take a walk or do some other activity.
- Meditate or pray.
- Take a yoga class.
- Have a massage or back rub.

Have a warm drink that doesn't have alcohol or caffeine.

You also can make some changes in your everyday habits to reduce and relieve stress.

- Get plenty of sleep.
- Stay connected to your family, friends, and other caring people in your life.
- Get regular exercise. It can help you clear your mind and work off feelings of frustration and anxiety.
- Don't drink or eat anything that has caffeine in it. Caffeine can make you feel "wound up" and more stressed.
- Don't smoke or use tobacco. Nicotine can make you feel more anxious.

**Don't drink alcohol. It can cause sleep problems and depression.**

**Muscle relaxation to relieve stress**

Your body may respond to stress by tensing up, which can cause pain. If

you learn to relax your muscles, you can reduce muscle tension and anxiety. Progressive muscle relaxation is an exercise that can help you do this.

In progressive muscle relaxation, you tense and then relax related groups of muscles. You can use a relaxation tape or CD to help you go through all the muscle groups. Or you can learn the muscle groups and work through them from memory.

Find a quiet place where you won't be bothered. Be sure you can lie on your back in comfort.

For each muscle group:

- Breathe in and tense the muscle group for 4 to 10 seconds. Tense hard, but not to the point of cramping.
- Then breathe out while you suddenly and completely relax the muscle group. Don't relax it gradually. Rest for 10 to 20 seconds.

Here are the muscle groups:

**Hands and arms**

- Hands: Make a tight fist.
- Wrists and forearms: Tense them and bend your hands back at the wrist.
- Biceps and upper arms: Make your hands into fists, bend your arms at the elbows, and tense your biceps.
- Shoulders: Shrug them.

**Head and neck**

- Forehead: Wrinkle it into a deep frown.
- Around the eyes and bridge of the nose: Close your eyes as tightly as possible. If you wear contact lenses, remove them before beginning the exercise.
- Cheeks and jaws: Smile as widely as you can.
- Around the mouth: Press your lips together tightly.
- Back of the neck: Press your head back against the floor.
- Front of the neck: Touch your chin to your chest.

**Upper body**

- Chest: Take a deep breath and hold it, then breathe out.
- Back: Arch your back up and away from the floor.
- Stomach: Suck it into a tight knot.

**Lower body**

- Hips and rear end (buttocks): Press the buttocks together tightly.
- Thighs: Clench them hard.

Lower legs: Push your heels out and flex your toes up, as if trying to bring the toes up to touch your shins. Then point your toes away and curl them downward.

You may feel sleepy after doing this exercise. To "wake up" your body, count backwards from 5 to 1. Then move your fingers, toes, hands, and feet. Finally, stretch and move your entire body.

Be sure you are alert before you drive or do other activities.

**Roll breathing to relieve stress**

Roll breathing helps you use your lungs better and gets you in touch with the rhythm of your breathing. You can practice it in any position, but it's best to lie on your back, with your knees bent. Practice roll breathing daily for several weeks until you can do it almost anywhere.

When roll breathing, always breathe in through your nose and breathe out through your mouth. As you breathe out, make a whooshing sound.

- Place your left hand on your belly and your right hand on your chest. Notice how your hands move as you breathe in and out.
- Breathe in to fill your lower lungs. Your belly will push your left hand up as you do this. Your right hand won't move. Then breathe out. Your left hand will fall as your belly falls. Do this 8 to 10 times.
- Next, breathe in as you did before, but don't stop after your left hand pushes up. Continue to breathe in. You will feel your upper chest expand and push your right hand up. Your left hand will fall a little as your belly falls.
- Breathe out slowly through your mouth. As you breathe out, feel the tension leaving your body. Both your hands will fall.

Do this for 3 to 5 minutes. Notice how your belly and chest move like waves, rising and falling in a steady motion.

Caution: Some people get dizzy the first few times. If you begin to breathe very fast or become lightheaded, slow your breathing. Get up slowly.

# Thank You

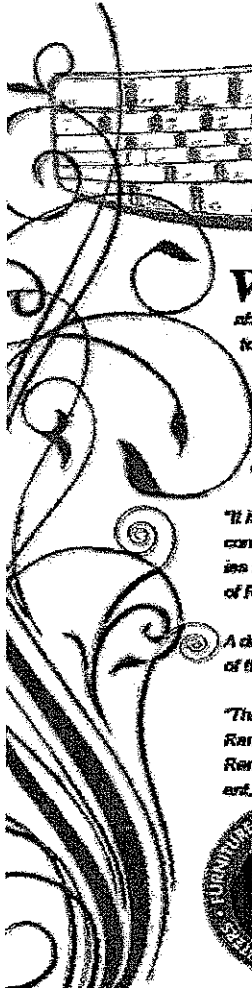
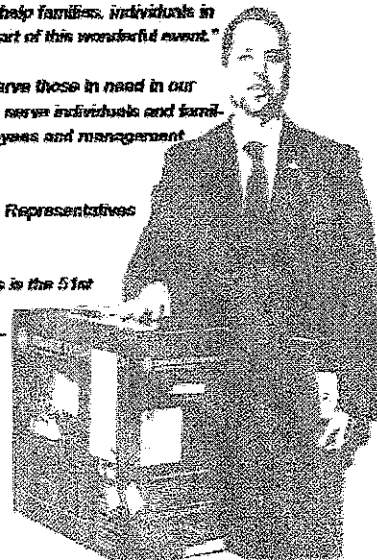
With help from the Rent-A-Center Random Act of Caring initiative, the FamilyTime Crisis and Counseling Center will be able to better serve local families and individuals in crisis. Rent-A-Center is donating eight HP computers and additional support for the center.

"Working with the Rent-A-Center Random Act of Caring initiative allowed me to immediately look to the needs of my district and I am grateful to Rent-A-Center for their kind and compassionate donations to the Family Time Crisis & Counseling Center in Humble," said State Representative Sandra Thompson. "It is important that we continue to support centers that help families, individuals in crisis, and battered women during their most difficult time. I am very proud and happy to be part of this wonderful event."

"It is through generous gifts like this that the FamilyTime Crisis and Counseling Center can continue to serve those in need in our community," said Judy Cox, executive director of FamilyTime. "The computers for our offices will help us serve individuals and families more effectively as the need continues to grow. We count it a privilege to partner with the employees and management of Rent-A-Center."

A donation ceremony was held on Friday, January 15, 2010 at FamilyTime Crisis and Counseling Center. Representatives of the Center and Rent-A-Center were present, as well as State Representative Sandra Thompson.

"Through Random Acts of Caring, they were able to help FamilyTime and others that also need help. This is the 51st Random Act of Caring since the program was initiated in 2003 Beyond Random Acts of Caring. Rent-A-Center supports Feeding America, Boys & Girls Clubs, Big Brothers Big Sisters, Junior Achievement, and scholarships for deserving students."



## Outstanding FamilyTime Volunteers of 2009:

**Platinum Level**  
(801 + volunteer hours)

Debbie Robertson

**Gold Level**  
(501-800 volunteer hours)

Megan Arnold  
Exxon Mobil  
Tamara Phallan

**Silver Level**  
(301-500 volunteer hours)

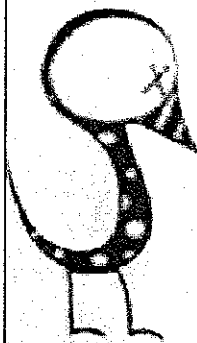
Roni Kibby

**Bronze Level**  
(100-300 volunteer hours)

Lori Brady  
Jillian Faker  
Petey Franey  
Phillis Gray  
Margaret Grimmer  
Dorothy Hight  
Jenny Jacobs  
Suzie Jones  
Minda Kaltenbacher  
Lone Star Legal Aid  
Jacque Menna  
Reba Moreau  
Zed Penn  
Dee Quinn  
Paul Silva  
Kathy Struzynski  
Culley Templeton  
Bob Wagner  
Calvary Christian Church

### Special thank you

We would like to thank the Knights of Columbus from St. Mary Magdalene Catholic Church for their donation of \$1,400.00. Your contribution will help us continue free services for Domestic Violence victims.



FamilyTime would like to thank all of the generous individuals and organizations that provided volunteer support throughout 2009.

It is with the support of these generous volunteers that FamilyTime is able to provide essential services to the community such as counseling, a 24-hour crisis helpline, an emergency shelter for domestic violence victims, and thrift shops whose proceeds directly benefit the free services that FamilyTime offers to all victims of abuse and other violent crimes.

We would like to bring special attention to those individuals and organizations that provided over 100 hours of volunteer support in 2009.



## Care To Volunteer?

Volunteering is a great way to contribute to your community. It is also a great way to gain experience and it fosters personal growth. Whether you would like to answer the hotline or organize a donation drive,

FamilyTime would love to work with you. FamilyTime is a non-profit organization committed to improve the lives of survivors of domestic violence and sexual assault. We also provide affordable counseling services and programs. We have a vast array of volunteer opportunities and need the community's assistance in accomplishing our mission.

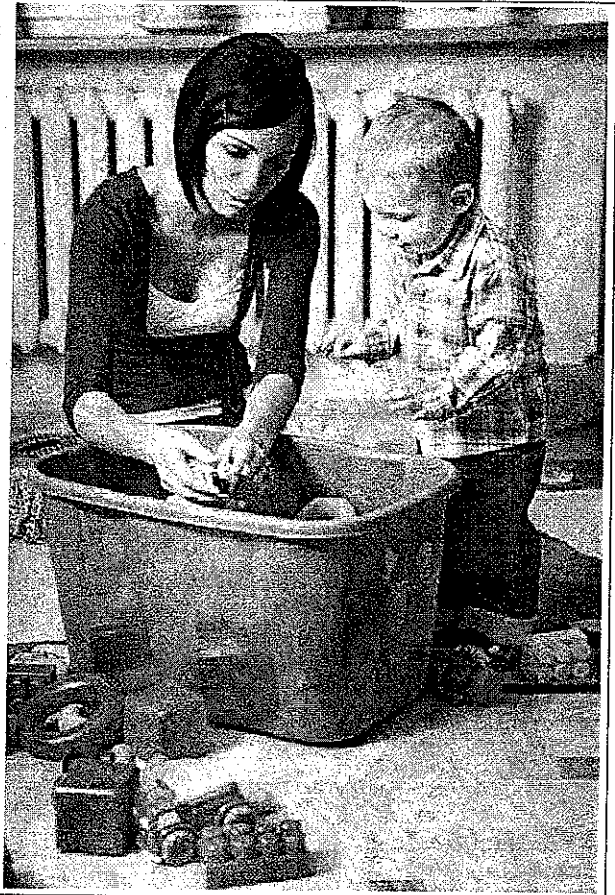
If you are interested in becoming a FamilyTime volunteer, please call our office at 281-446-2615 to speak with our Program Coordinator to schedule a training session.

## Wish List

- Cold Medicine for Adults/ Children
- Large Size Diapers
- School Supplies
- Pre-Paid Phone & Gas Cards
- Linens for shelter (blankets, towels pillows, crib sheets)
- Cleaning & Household Supplies (Mops)
- Personal Hygiene Items

We are only able to accept new, unused, unopened, and unexpired items.

If you prefer to give a monetary donation, you can visit us at  
[www.familytimeccc.org](http://www.familytimeccc.org)



**FamilyTime Crisis and Counseling Center**  
101 Main St.  
Humble, TX 77338

NON PROFIT ORG.  
US POSTAGE

**PAID**

PERMIT NO. 162  
HUMBLE, TX



[www.familytimeccc.org](http://www.familytimeccc.org)

P.O. Box 893 Humble, TX 77338 Phone: 281-446-2615 Fax: 281-446-3691 E-mail: [ftime@earthlink.net](mailto:ftime@earthlink.net)