In this SWE Space Coast Newsletter Edition:

- Don’t miss our next Book Club meeting & Holiday Party on December 14th!
- Registration is open for IGEW! We also need volunteers. So sign up online.
- The SWE-SC scholarship fund needs your help!
- We need your travel photos for ‘Travel Bug’. We want to see where you’ve been!
- Discover the top 10 online job search tips
- Learn what year end moves can trim your tax bill
- Want to buy healthy? Check out America’s healthiest grocery stores in ‘Health Galore’
- A delicious Italian chicken & dumpling dinner
- Plus more!!!
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# Space Coast Section 2008-2009 Events Calendar

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<td>Book Club/ Christmas Party: “How Mrs. Claus Saved Christmas”</td>
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Check the website ([http://www.swe-sc.org](http://www.swe-sc.org)) for the latest details and update.
SWE Holiday Party

Nan Joi Hayne’s House

Sunday, December 14th, 2008 @ 3 PM in Nan-Joi Hayne’s home

Bring an unwrapped toy for donation to Toys For Tots and a dish to share!

Come ready for a good time!

5881 Herons Landing Drive, Viera

RSVP to Nan-Joi at kimchee@cfl.rr.com if you plan to attend. Phone: 504-0596
President’s Corner

SWE-SC Members,

I hope this finds each of you doing well as you prepare for the busy holiday season. We have outlined many exciting meetings, speakers, and a tour for the remaining months of the 2008-2009 Year. The newsletter will review many of these.

The 2008 SWE National Conference was amazing. We had at least eight members attend, and were proud to bring home 3 awards. These include:

* 2008 Corning Profession Outreach Incentive Grant: For Robotics Summer Day Camps
* 2008 Outreach – Connecting Educators to Engineering Award: For the Robotic Teacher Training Program
* 2008 Motorola Foundation Multicultural Award: For the SWE-SC Book Club

In addition, our Carol Craig of Craig Technologies was awarded the 2008 Entrepreneur Award.

Craig Technologies also sponsored student members from FIT and Embry Riddle to attend the Friday evening awards banquet.

On December 14th, we will have both our Book Club and our Section Christmas Party at Nan-Joi Cummings home in Viera. All members are welcome to attend either or both of these back-to-back functions.

January 31st is our Introduce Girls to Engineering Workshop, being held this year at Cocoa Beach HS. As usual we’ll need many volunteers as we host 500 girls, 50 teachers, and 120 parents for this event that is sold-out every year.

February 24th is our Engineering Awards Banquet. It is time to nominate someone you know for one of our very prestigious awards. Nominations are due on Jan 21st.

Finally, Our 2009 SWE Region D Conference is being held in Atlanta March 6 - 8 at the Georgia Institute of Technology (Georgia Tech). The Region Conference is great for helping you re-focus and re-motivate in your Engineering field, or, consider the job fair if you’re interested in looking for a new opportunity.

This year, we are sorry to see that our membership roll has decreased. Since member dues enable us to provide our many outreach events at affordable pricing, such as “Introduce Girls to Engineering”, “Wow, That's Engineering”, Scholarships and more, we are struggling this year to fund our many events. If you haven’t paid your dues this year, please consider paying them soon. Also, I encourage each member to reach out to a friend who would benefit from being a member of the Society. Invite them to a meeting or include them in a social event. We have much to offer and they may only need a bit of encouragement to join. The Space Coast Section is one of the more active SWE Sections, and we hope you take the opportunity to join us at all of our exciting events!
Our December Book Club Meeting will be on Sunday, **December 14th**.

We will be discussing *How Mrs. Claus saved Christmas* by Jeff Guinn. This is a light Christmas read you can enjoy over the Thanksgiving Holidays. This meeting will be held at the home of Nan Joi Cummings in Viera: 5881 Herons Landing Drive, Viera RSVP to Nan-Joi at kimchee@cfl.rr.com if you plan to attend. Phone: 504-0596

It's 1620 and Mrs. Claus's dear husband is off in the New World planting the seeds of what will become a glorious Christmas tradition. Meanwhile, Mrs. Claus has chosen to stay in England, where the first signs of a dangerous threat to Yuletide cheer are in evidence. The Puritans have gained control of Parliament and appear determined to take all the fun out of Christmas. But Mrs. Claus knows that it's time for serious action when, in 1647, a law is passed by Parliament that actually punishes anyone who celebrates Christmas. Using as its springboard the actual events of a day in 1647 when ten thousand peasants marched through the streets of Canterbury demanding their right to celebrate a beloved holiday, *How Mrs. Claus Saved Christmas* is rich in historical detail, adventure, and plain ol' Christmas fun.
Our January Book Club Meeting will discuss *The Red Tent* by Anita Diamant. on Saturday, January 17th.

*From Library Journal*

Skillfully interweaving biblical tales with events and characters of her own invention, Diamant's (Living a Jewish Life, HarperCollins, 1991) sweeping first novel re-creates the life of Dinah, daughter of Leah and Jacob, from her birth and happy childhood in Mesopotamia through her years in Canaan and death in Egypt. When Dinah reaches puberty and enters the Red Tent (the place women visit to give birth or have their monthly periods), her mother and Jacob's three other wives initiate her into the religious and sexual practices of the tribe. Diamant sympathetically describes Dinah's doomed relationship with Shalem, son of a ruler of Shechem, and his brutal death at the hands of her brothers. Following the events in Canaan, a pregnant Dinah travels to Egypt, where she becomes a noted midwife. Diamant has written a thoroughly enjoyable and illuminating portrait of a fascinating woman and the life she might have lived. Recommended for all public libraries.
Introducing Girls to Engineering Workshop

Registration is now open for our IGEW program for girls in 3rd to 6th grades. Registration information is available on the web at www.swe-sc.org/IGEW. The workshop will be held on Saturday, January 31 at Cocoa Beach High School. Pass this information on to all your friends, co-workers and relatives who have daughters in this age group. Tell them to sign up early since we may have to close registration early if we have too many girls sign up!

Volunteers, registration is open at:
http://www.swe-sc.org/IGEW/VolunteerReg.htm

The list of modules is online with short descriptions. We have detailed instructions for all of the open Leader positions. Please consider signing up to lead a module. This is our largest outreach event of the year and we can't do this without you!

Questions? Contact Judy Kersey – judy.kersey@swe.org
Dear SWE members and friends,

With the holidays approaching, we're all very busy preparing for a season of giving. When making your gift lists, please consider including the SWE-SC scholarship fund. We depend on the support of our membership for one of our $1000 college scholarships given to a deserving young lady each year. Finances are tight for many of us, but there can be no better investment that one made in the future of our profession! Donations can be made via [http://www.swe-sc.org/Contribute.htm](http://www.swe-sc.org/Contribute.htm) , and are fully tax-deductible—this could be a great way to bring yourself into a lower tax bracket for 2008. If you have any questions, please feel free to contact me. Thank you for your support!

Sincerely,
Amanda C. Muller, Ph.D.
SWE-SC Scholarship Chair
Engineering Crossword Puzzle

ACROSS
1. Table type used in software for storing selectable values
4. Physical quantity defined as being the work done per unit time, pl.
5. International phonetic alphabet letter "R"
6. Stock symbol for Intel
10. Multiprotocol Label Switching
14. Electric enclosure standard setter
15. Basic PN junction component
16. Online auction site
17. European spectrum allocation agency
20. _____ factor, the peak-to-average waveform value
21. One factor of a polynomial
24. Started as HPIB
25. Foot/12
26. Unit of length equal to 5.5 yards, pl.
27. Type of data storage IC, pl.
28. Asynchronous Communication Interface Adapter
32. Total Access Communication System
35. The "T" in ATE
36. PCB interconnect
37. American National Standards Institute
38. 10^-9 numerical prefix
41. Inductor
42. The "C" in CDMA
45. Ratio of output to input power, voltage, current, light, etc.
46. Fremont, CA based company that designs, develops and markets high-performance, analog and mixed-signal silicon solutions for the worldwide communications infrastructure.
47. Using a logical connection scheme for redundant power supplies
48. What is the plane figure enclosed by two radii of a circle and the arc between them
49. International phonetic alphabet letter "Y"

DOWN
2. A receiver circuit consisting of a beat frequency oscillator and additional circuitry for enhanced reception of SSB signals (2 wds.)
3. High power RF & microwave amplifier manufacturer in Inglewood, CA
4. Capacity for doing work by virtue of position
6. Performing a calculus function
7. Chemical symbol for neon
8. Chemical symbol for thulium
9. Adjustment to meet a specification
10. A property of memristors
11. Chemical symbol for lead
12. Chemical symbol for lanthanum
13. Circuit to generate frequencies
18. Test point, abbr.
19. Chemical symbol for silicon
22. Switch position
23. Amateur radio abbreviation for the Oceania region
29. European equivalent to the U.L.
30. Network department, abbr.
31. Unit of heat
33. Army-Navy spec
34. Chemical symbol for cesium
39. A common battery cell size
40. Chemical symbol for nickel
43. Shorthand for oxygen
44. 10^1 numerical prefix
Name: Amanda C. Muller, Ph.D

Workplace... Northrop Grumman Integrated Systems

Profession... Systems Engineer specializing in Human-Systems Integration (HSI)

Work Description... I am one of two HSI engineers at the Northrop Grumman Melbourne facility. I'm supporting the Enhanced Land/Maritime Mode upgrade to the Joint STARS aircraft. I'm also beginning an internal research and development effort to test and evaluate unique human-centered flight instrumentation. No matter what project I'm working on, my job centers around designing systems that don't just accommodate the human user, but are designed with the human user as an integral system component.

How many years as a SWE member... I joined SWE when I moved to Florida in 2006. I wasn't a member in college or graduate school because I was under the mistaken impression that it was a male-bashing club! I'm grateful for the opportunities that SWE has provided me in the past two and a half years– outreach, networking, volunteering, professional development, and FUN!

Tell us a little about yourself... I was a varsity track and field athlete in college (high jump, 100m hurdles, and the 4x100m relay), and switched to triathlons in graduate school. Since then I've competed in numerous triathlons every year. I prefer the sprint distance, but have competed in longer races as well. I have been married for four years to my wonderful husband, Paul, who is a Captain in the United States Air Force. We have two furry children--Sadie (dog) and Curie (cat). I also enjoy reading and scrap booking. My biggest vice is reality television--I love Dancing with the Stars, Project Runway, Top Chef, and American Idol!

Message to SWE Members... Take advantage of all the fun activities that SWE has to offer! I especially enjoy the book club--we always have such great discussions.
The SWE-SC Newsletter presents:

New!!!

Travel Bug

Our newest section where your pictures are the stars!

We want to know where our members have been. Where are they going? What fun things are they up to? Send us your pictures along with a caption of picture content and your picture could be featured in a future edition of Travel Bug. To shy to submit a pic of yourself? Show us your family or a scenic shot! So take out those cameras and start snapping away!

Send your pictures to Ivette @ ivette.rivera-1@nasa.gov
Travel Bug

We want to see where you’ve been! Send us your pictures!

Lori McPherson went to Germany and snapped this picture in the town of Celle.
This Month in Engineering History

December 1997

While lithium-ion batteries were first proposed in the 1960s, they came into reality once Bell Labs developed a workable graphite anode to provide an alternative to lithium metal. Groundbreaking cathode research followed by an Oxford University team led by John Goodenough in 1991. Goodenough moved to the University of Texas, and in 1996 he discovered the electrochemical utility of the olivine material lithium iron phosphate. This development delivered the necessary safety that makes the batteries viable commercially. The advantage of the lithium ion batteries is the wide variety of shapes and sizes that allow them efficiently fill available space. They are also lighter and don’t suffer from the memory effect and high self-discharge of nickel-based batteries. The downside is their lifespan, which is dependent on aging from time of manufacturing.
Engineering Marvels

● The Panama Canal

The Panama Canal is a man-made canal in Panama which joins the Pacific and Atlantic oceans. It is undoubtedly one of the most complex, costly, and difficult engineering projects ever undertaken. It had an enormous impact on shipping between the two oceans, replacing the long and treacherous route via Cape Horn. A ship sailing from New York to San Francisco via the canal travels 6,000 miles, well under half the 14,000 mile route around Cape Horn.

The first attempt to construct a canal began in 1880 under French leadership. After this attempt failed, the project of building a canal was attempted and completed by the United States in the early 1900s, with the canal opening in 1914. The American expenditures from 1904 to 1914 totaled $352,000,000, far more than the cost of anything built by the United States Government up to that time. Together the French and American expenditures totaled $639,000,000. It is estimated that over 80,000 persons took part in the construction and that over 30,000 lives were lost in both French and American efforts. The canal consists of artificial lakes, several improved and artificial channels, and three sets of locks. An additional artificial lake, Alajuela Lake, acts as a reservoir for the canal.

Fast Facts:
• Each lock is 300 meters long with the walls ranging in thickness from 15 meters at the base to 3 meters at the top. The locks are 33 meters in wide.
• Ships pay tolls to cross the canal. The average toll is around US$54,000.
• The canal was estimated for a maximum capacity of 80 million tons per year, it currently ships 278.8 million tons.
Top 10 Holiday Gizmos & Gadgets

1. Apple iPhone
2. Google Phone
3. Microsoft Surface
4. SlingCatcher
5. Wii Fit
6. Vudu
7. Microsoft Zune
8. Sony Handycam HDR-CX7
9. LG Super Blu HD Player
10. One Laptop Per Child
While the popularity of online job boards puts millions of jobs at one's fingertips, it has also made the job applicant pool that much bigger. For this reason, national job search sites and the Internet as a whole have gotten a bad rap from some industry professionals as an ineffective job seeker tool; on the contrary, the Internet actually can be a great resource for job seekers -- they just need to know how to use it.

When it comes to a fruitful online job search, successful job seekers follow these 10 guidelines.

**1. If you build it, they can come.**

Instead of simply posting your résumé on a Web site, take it one step further and design an easily-navigable Web site or online portfolio where recruiters can view your body of work, read about your goals and obtain contact information.
2. **Check yourself to make sure you haven't wrecked yourself.**
Google yourself to see what comes up -- and what potential employers will see if they do the same. If you don't like what you find, it's time to do damage control.

3. **Narrow your options.**
Many job boards offer filters to help users refine their search results more quickly. You should have the option to narrow your job search by region, industry and duration, and, oftentimes, you can narrow it even more by keywords, company names, experience needed and salary.

4. **Go directly to the source.**
Instead of just applying for the posted job opening, one of the best strategies to finding a job is to first figure out where you want to work, target that company or industry and then contact the hiring manager. Also, many employers' career pages invite visitors to fill out candidate profiles, describing their background, jobs of interest, salary requirements and other preferences.

5. **Find your niche with industry Web sites.**
Refine your search even more by visiting your industry's national or regional Web site, where you can find jobs in your field that might not appear on a national job board. More and more employers are advertising jobs on these sites in hopes of getting a bigger pool of qualified applicants.

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6. Try online recruiters.
Recruiters will help match you with jobs that meet your specific skills and needs. Not sure where to start? Sites such as recruiterlink.com, onlinerecruitersdirectory.com, searchfirm.com and i-recruit.com provide links to online headhunters for job seekers.

7. Utilize video résumés.
Video résumés are just one more way to stand out to employers. Intended as supplements to -- not replacements for -- traditional résumés, video résumés allow job seekers to showcase a little bit of their personalities and highlight one or two points of interest on their résumés.

8. Run queries.
You run searches on everything else, from your high school sweetheart to low-fat recipes, so why not jobs? Enter a query that describes the exact kind of job you're seeking and you may find more resources you wouldn't find otherwise (but be prepared to do some sorting).
Most job boards have features that allow you to sign up to receive e-mail alerts about newly available jobs that match your chosen criteria. Or go a step further and arrange an RSS (really simple syndication) feed from one of these job sites to appear on your customized Internet homepage or your PC's news-reader software.

10. Get connected.
How many times have you been told that it's not what you know, but who you know? Thanks to the emergence of professional networking sites like LinkedIn.com, job seekers no longer have to rely on the old standby of exchanging business cards with strangers. These sites are composed of millions of industry professionals and allow you to connect with people you know and the people they know and so forth. (A word of caution: When you sign up for online social networking sites, you are in a public domain. Unless you are able to put a filter on some of your information, nothing is private, and it can be difficult to erase once it is posted.)
Holiday Gifting the Right Way at Work
by Rosemary Haefner

Some may debate whether it's better to give or to receive when it comes to holiday gifts among colleagues. It's not unusual for bosses and employees to exchange wine, chocolate and gift cards at the end of the year, but what about a voodoo doll?

All of us have received a questionable gift that begs the question: "Is this person kidding or do they just hate me?" When asked to identify some of the more unusual holiday gifts they or a co-worker had received at the office, respondents offered the following examples:

* Gift certificate to a strip club * A voodoo doll * Underwear * What Would Jesus Do? Bracelet * Used make up * Bottle of vodka for a recovering alcoholic * Package of over-the-counter medicines * Tin of burnt cookies * Used cookbook with food stains on it

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Holiday Gifting the Right Way at Work (cont.)

**Tips for Gift-Giving at the Office**

If you plan to give presents at the office, CareerBuilder.com and ShopLocal experts offer the following advice:

1. **Ask around.** Companies have different policies when it comes to gift-giving at the office. Some may restrict dollar value amounts or outright prohibit gifts. Check with HR and ask other employees how gift-giving was handled in the office in previous years.

2. **Err on the conservative.** The best of intentions can turn into the worst of consequences if the recipient of the gift feels it is offensive or inappropriate. The safest bets are to stay with classic items such as portfolios, books, picture frames, food baskets, etc. And remember to stay away from religious themes.

3. **Consider charities.** Thirty-eight percent of workers said their office gets involved in charitable activities including Toys for Tots, adopt a family or adopt a classroom and group volunteering. Instead of buying a present for your boss or co-worker, make a charitable donation in his/her name for those in need.

4. **Quality counts.** Closeouts and clearance sales can be tempting, but beware of dead batteries, cheap construction and spoiled goods. If you want to make a lasting impression, make sure it's a positive one.

*Rosemary Haefner is CareerBuilder.com's Vice President of Human Resources and Senior Career Adviser.*
Year End Moves to Trim Your Tax Bill
by Jeff Schnepper

Your tax planning for your 2008 return should have started last December. Still, there are things you can and should do before Dec. 31 to trim your 2008 tax bill.

1. Charitable Donations

If you contribute to your church, your college, the local dog pound, United Way, organizations that help with disaster relief or whatever, make these donations before Dec. 31. And make sure, before you file your tax return, that you have a receipt from the organizations that benefited from your generosity. Picture dead presidents on the receipt. It represents real money in your pocket. If you don't have the cash, find out whether the organization can process a donation via credit card. As long as the donation is made by Dec. 31, it's valid as a 2008 deduction, even if you don't pay the bill until next year.

Separately, any contributions of clothes or household goods must be in good condition or better to qualify for a deduction. If a single item has a value of $500 or more, an appraisal is now required. Complicating any deductions are new requirements on record keeping. To deduct a cash donation, regardless of the amount, you must have a bank record or a written communication from a charity that shows the charity's name and the date and amount of the contribution. Acceptable bank records include canceled checks or bank or credit union statements. So, if you're just putting cash in the collection plate, you're making a donation, but it's not deductible. Use either a check or an envelope where you can get a receipt later.

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Year End Moves to Trim Your Tax Bill (cont.)

2. Your Flexible Spending Account, FSA

This isn't exactly a tax savings, but if you don't use the dollars you contribute to a flex plan, you lose them. The IRS allows purchases made up through March 15, 2009, to count. Your employer can give you a debit card for your FSA spending. You can even pay for nonprescription drugs through an FSA. That eliminates a whole lot of paperwork. Be careful, however. Unless your employer's plan also is amended to allow the March 15 extension, you won't qualify.

3. Mortgage Interest

Make your Jan. 1 mortgage payment by Dec. 31. Remember to add the extra interest paid to what your bank reports on its Form 1098 -- it'll get your payment in 2009 and won't report it for 2008. But you paid it then, so it adds to your deduction this year. (The downside is that you won't be able to deduct the payment from your 2009 return.)

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Year End Moves to Trim Your Tax Bill (cont.)

4. Real Estate Taxes

If you pay your own real-estate taxes, make any payments due in the beginning of 2009 by Dec. 31. My fourth-quarter real-estate tax is due Feb. 1. By paying before the end of 2008, I can get the deduction a year earlier. (Again, you can't deduct payments made in 2008 from your 2009 return.) A friendly warning: Taxes aren't allowed as a deduction under the alternative-minimum-tax computation. If you think you will be hit by the AMT, don't prepay. A happy note: Beginning this year, you can increase your standard deduction by as much as $500 ($1,000 on a joint return) in property taxes paid.

5. Medical & Miscellaneous Deductions

These have "floors." For medical expenses, only those in excess of 7.5% of your adjusted gross income count. Miscellaneous itemized expenses have to exceed 2% of your AGI to qualify. Your health insurance premiums count so long as you're not paying them out of a flexible spending account. If you're going to exceed the floor, accelerate your expenses. Prepay your orthodontist or your tax preparer. Mail your checks on or before Dec. 31. Alternatively, if you're not going to exceed your floors, defer the deductions to 2009. You may exceed your floors then.
Year End Moves to Trim Your Tax Bill (cont.)

6. Pension or IRA Contributions

These are especially important if you are self-employed. Unless you expect tax rates to shoot up, you want to pay your tax "tomorrow" rather than today. If you're contributing to a retirement plan such as a 401(k) or a 403(b), you can put in $15,500 this year and $16,500 in 2009. If you're 50 or older, you can put in an additional $5,000 ($5,500 for 2009) as a catch-up contribution.

7. Cash Gifts

If you might ever be subject to the estate tax, make your $12,000 tax-free gift ($13,000 for 2009) before the end of the year.

8. Capital Gains & Losses

2008 has been a wacky, volatile year for investors. "Volatile" is a technical term for "Oh, my God! What happened to my money?!" If you have capital gains, remember that any net capital losses over the $3,000 allowed on your 2007 tax return should be carried forward to offset those 2008 gains. If you still have net losses, up to $3,000 may be used to offset ordinary income for 2008. All net long-term gains are subject to a maximum 15% rate. If you're in the 15% or lower tax bracket, your tax hit this year is now zero! If you have net capital gains, sell losers to offset those gains. If you have more losers, sell at least enough to get the $3,000 offset against ordinary income. If you have shares of stock pregnant with gains and you don't expect them to appreciate further, sell those shares and shelter the gains with the losses on your losers. Worst case: Pay the maximum 15% tax. You can't go broke taking profits.
Go Green

Computer Recycling

Computers, cell phones, remote controls and other devices containing circuitry are often tossed into landfills and forgotten. This is not the most green friendly way to go, especially when it comes to monitors and video displays, which may contain chemicals that can seep into the groundwater.

Instead of throwing away those old computers, donation is a very earth friendly alternative. Schools, local charities and churches are always in need of more computers, accessories, monitors and spare parts. Many thrift stores are eager to get computer donations, and larger operations may even feature free pickup from your home or office.

Before getting rid of your old television, do a quick search of the phone directory to see whether local hospitals or nursing homes could use a donation. There are so many green alternatives to simply throwing away your old electronics that sending them to a landfill seems particularly wasteful. An excellent resource to help you find a new home for old electronics is www.freegan.info, which is dedicated to helping people both acquire and donate a wide variety of goods.
Let's face it: Your weekly (or daily!) run to the grocery store is the foundation for your good health. So it's thrilling news that the supermarket industry is on a health kick—these days you'll likely find organic produce and "natural" packaged foods at almost any store you go to. But which chains are outdoing themselves to deliver the freshest and healthiest foods to you? And which ones provide the best tools to help you make smart choices? We asked six prominent health experts to help us pick the top 10 healthiest grocery stores out of the nation's largest chains. Here are the true standouts. Happy, healthy shopping!

1. Whole Foods
2. Safeway
3. Harris Teeter
4. Trader Joe's
5. Hannaford
6. Albertsons
7. Food Lion
8. Publix Super Markets
9. Pathmark
10. SuperTarget
Recipe Summary  
Difficulty: Easy  
Cook Time: 20 minutes  
Yield: 4-6 servings

Food for Thought  
“Italian Chicken & Dumplings”

Place a large pot of water on to boil for gnocchi. Heat a pot with 1 tablespoon extra-virgin olive oil, a turn of the pan, over medium-high heat. Add chicken, season with salt and pepper, and lightly brown. Remove to a plate and add another tablespoon of olive oil and 2 tablespoons butter and heat. Add mushrooms, carrots, celery, and bay leaf, season with salt and pepper. Soften 5 minutes, sprinkle in flour and cook 2 minutes. Whisk in 2 1/2 cups stock, slide the chicken back into the pot and simmer to allow sauce to thicken. Place the remaining 1/2 cup stock in food processor with basil, parsley, garlic, pine nuts and cheese, salt and pepper. Turn processor on and pour in the remaining few tablespoons oil. Melt 2 tablespoons butter in a skillet over medium heat with the zest of 1 lemon. Salt cooking water and drop gnocchi in the water, cook until the gnocchi floats, drain and add to the lemon butter and season with salt and pepper, to taste. Toss the gnocchi 2 to 3 minutes in lemon butter until light golden at edges. Turn heat off chicken and stir in pesto sauce. Serve the chicken in shallow bowls and top with lemon butter dumplings.

- 5 tablespoons extra-virgin olive oil, divided  
- 2 pounds chicken tenderloins, diced into bite-sized pieces  
- **Salt** and freshly ground black pepper  
- 4 tablespoons butter, divided  
- 12 large white mushrooms, sliced  
- 1 cup shredded carrots, store bought  
- 4 ribs celery from the heart, very thinly sliced  
- 1 to 2 fresh bay leaves  
- 3 tablespoons all-purpose flour  
- 3 cups chicken stock, divided  
- 1 cup basil leaves  
- 1 clove garlic  
- A generous handful parsley leaves  
- A handful pine nuts, lightly toasted  
- A couple handfuls grated Parmigiano-Reggiano  
- 1 lemon, zested  
- 2 (10 to 12-ounce) packages, fresh gnocchi

Recipe courtesy of Rachael Ray (www.foodnetwork.com)
SPACE COAST SECTION SWE MISSION

Our mission is to inform the community of opportunities open to women in engineering and to encourage women to enter and grow in engineering and the sciences.

Society of Women Engineers
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