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INTRODUCTION

*“A good name is rather to be chosen
than great riches.”*

Proverbs 22:1

“What’s in a name?”

From Romeo and Juliet by Shakespeare

What’s in a family name? Words alone? No. The name represents heritage—the birth of a child, the passing of a loved one, the first day of school, a funny moment at your wedding. Yes, a family name is all of these.

Say your grandmother’s name. What thoughts come to mind? Perhaps you think of Nana’s potato casserole or her incredible coconut cake. (OK, so I do!) We connect memories with names. Therefore, when we preserve a name, we preserve both history and memories.

As I think of my own family, I am reminded of a heritage of sewing. All four of my great-grandmothers quilted, and our family is privileged to own some of these pieces of art and history. My grandmother and my mother designed and sewed my wedding gown. My sister created and sewed her own gown, along with beautiful christening gowns for her two children. Now each of the children sews. Are the projects only fabric and thread? No. Just as family names represent history, so the stitches in each of the quilts and gowns represent the time and love to create them.

This book, then, is borne of a desire to preserve the precious heritage of family. Besides, who says software exercises won’t become the heritage of tomorrow? OK, so maybe not! My desire, though, is that the exercises inside will be a foundation for preserving your own heritage.

What’s in a name? Everything.