

## Issue 113 May 2013

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### 2-May-31 6:54am \*\$

Did you enjoy your May Day? I did. I spend my day cutting grass. It was only an hour and it wore me out but I enjoyed it just the same.

Now that the weather has started to warm it is time me to get outside and enjoy it. If it I am working or playing it will be great.

It is time for me to start working on my infrastructures issue I talked about in the previous issue. Even though I have not made that list yet I know what needs to get taken care of and what that can and should wait. I won't bore you on all the

details I will just do it and it is needed and bore you later.

### 3-May-13 5:28am Home

What happened to our happy weather? It is raining and its only 35° this morning. Oh well, God is telling it isn't quite time to plant the garden just yet. Sometime people think I don't believe in God because I don't talk about him much. I know God is there but some time I think he gets busy with all of us asking him to fix our problems and takes breaks.

I think God is always on the job taking care of us. The thing He does

it in His way and we don't understand the help we get. Just the other day I saw some of His gifts in the works. I go through this intersection at the corners of Newell, Madison, and McHenry all the time. This can be a scary place sometimes. I really try to make sure it safe before I leave my stop sign at the east end of Newell. I must have been getting a little sloppy the last few weeks and I almost hit a car. Thinking back it was a lesson I was being reminded of. Here is how I look at what God was doing for me.

I looked both ways as I usually so. I looked back at Madison Street to see if there were cars were turning my way or going straight north on Madison. I saw no cars at all.

I pulled out on to McHenry and there was a car there that I never saw. I just missed hitting him and don't think he even knew I was there. What a relief!

Here is what I think God did for me. He made the gray car invisible to me when I looked and set the timing in motion that we would not make contact. He made is so I would be so close that I would wake up and be reminded that cars can be there and come out of nowhere and I should not be so sloppy and look to see what is happening in my interment.

*(Note: That is not the word I wanted. I'm not dead yet: ☺)*

The car was not there when I looked but it was in front of me when I pulled into the intersection. This is one of the gifts for God many forget about.

Now if I had hit that guy it may have been because I had been wormed a few times to slow down and be careful. So in any cast God puts these things in motion to show up things and how they could be.

Sometimes when God puts thing in motion it is a lot more complicated. Here is one of those change reaction I saw on T-V one time that will give you an idea of how complicated they can get. Remember man created this list of event that was put into motion. This is my version of what I remember.

### **6-May-13 12:16pm Front Porch**

What fantastic weather we have today! A couple hours ago I figured I should maybe cut my grass for the first time this year. This year I feel lazy. I bought my gas mower after I bought my house about 23 years ago. A couple weeks ago I decided I might treat my lawn to a new mower. A self propelled mower. Well I have bought two today. The second one stuck. The first one was front wheel drive and the way I mow just wasn't me. I cut a 50' path and asked if I could take it back. The let me, and the second one is great. I

called them back and told it was too easy. Really I like it! So in a few minutes I had finished the back and now I am watching the front grow a little longer before I mow it later today.

This mower is a Toro and the self propelled part moves as fast as you want to walk. If you push harder on the handle it goes faster. If you stop pushing it stops. Someone stayed awake all night to figure this out. Thanks Toro!

After lunch I will mow the front yard without playing so much and see how it works set real low. You do know that you play with a new toy the first time then you get serious the second time. Then after a few time it just is mowing the lawn again. :-)

So I have three lawn mowers now. There is the 23 year old that works and runs good. I still have the electric mower I thought I would like more than I do. It does a fantastic job but it is too hard to push on my rough lawn. Now I have the Toro that seems to be just right. After lunch I will try it again.

Whoops, I see this iPad needs to be charged. You really need to charge is every few days. I have gone 6 days but charging it every night is best. Oh well it can eat electricity while I eat lunch. :-)

## 7-May-13 6:48are \$\*

I checked my emails when I sat down to drink my coffee and I received an email from Tim. You may remember Tim was part of our Breakfast Group at the Three Brothers many years ago. Tim retired about a month ago. He thinks he is going to have time to go fishing and traveling. Wait until he finds out that all the extra time he thought he gained by retiring isn't there. :-)

After I retired I had all kinds of time. I started with extra day then it was extra minutes then seconds. Now days I am so busy doing things I enjoy I have to look for a nanosecond to blink my eyes once it a while. When you enjoy your time, it flies. If you really need to gain time you need to find something to do that you really loath doing.

Even watching paint dry and grass grow can be enjoyable if done right.

Watching paint dry is fun if it is on a public park bench and there is a "Wet Paint" sign on it. If you don't think so, get a sign and put it on there and stand back and watch. And new grass seed I fun to watch too. I like to see how things grow.

Thinking about I have my grass cut now for the first time and the new mower is great. I should get my garden planter before the first frost. I planted some flowers, asparagus,

and see the rhubarb is about ready to try.

I planter that rhubarb in a pot about 3 years ago and it is this year that I might have enough to eat. I don't have a lot. It might be enough to make for a piece of pie. Now I think I have a place to plant some if the back corner of my yard where I don't want to mow. I wonder if I will have to wait three years for that to mature. Rhubarb like Asparagus and grapes that a few years to mature before they can be harvested. Oh I forgot I have raspberries over by the garage.

I like planting things I only have to plant once and enjoy them for years. I planted English Ivy from a 2" pot in the ground now it is a weed, same thing with the Periwinkle. This is good and bad. Looks nice but both are taking over the area where I planted them. Ah, I can try to relocate some of them to along the driveway. I don't like mowing there anyway. See I have more things to do and where will I get that time?

### **11-May-13 6:43are \*\$**

Ouch, My Vastus Intermedius! Hurts! (Leg muscles) Yesterday afternoon around 4:00 my leg muscle started to stiffen up by eight o'clock it started to hurt when I started to use it. Now sitting here in Starbucks I started to stand and

have to give it a few seconds to adjust so I could walk without looking like Chester from Gun smoke. I know I will be all better in a day or so but it is not pleasant right now.

I thought back about my work-out yesterday morning and I don't think I did any more than I had any other day. So I must have done something different. I have only had one other time when I hurt like this in the year and half I have been exercise. Oh yes, I get stiff from time to time but not hurting to the point I have to talk about it my make me feel better.

Maybe I am empathy. An Empathic is a person that feels someone else's pain. Diana Troy for Star Trek was empathic and felt other emission. I know of two others that are in pain this week and maybe I am in pain to help them feel better. One is trying to pass a kidney stone and the other was in a car crash. Both seem to be ok, but are they?

The Farmers Market is on the square so maybe I could limp around the market to loosen up my leg a little. It may help as I don't want to sit here.

### **12-May-13 7:18am \*\$**

#### **Happy Mother's Day Moms**

I have been sitting here making corrections to manuscript about my Camino trip and listen to the group

of guys at the table in front of me. There is a group of 4 to 6 guys that come in every Sunday morning around the same time I do. Like many other people I enjoy they cover many subjects. I like listening to people talk. Believe it or not I just listen most of the time. On the other hand I like to talk too. I think one or two of you might have heard me talk a little. :-)

My leg is still hurting. Many people have told me how to heal. There have been many different methods I have decided to use the ice pack for 15 minutes ever hour until the pain leaves. Then alternate hot and cold until I am healed.

I also if it does get better in a couple days I should seek professional help. For my leg not my head! :-)

### **I Hate Computers**

I just had Marty's Random Thoughts blog crash again! I think it is broken again and not recoverable. I may try a little to repair it but this is the third time and I am getting frustrated with it breaking. And again I have not backup again. I know better! Why do I let MRT blog go without a backup? If I'm going to keep my blog running I am going have to rethink how I am going to keep this working. Maybe I should start hosting it from home. I could do

that. I would have much more control over what happens.

It failed at the same time my leg started hurting. Maybe it is an organic thing. Or maybe my leg is part computer.

Ok I will start working on making my server for my blog. I will start looking to see if I have enough spare part to make a server. Wait I do not use my PC anymore and I have Fedora 18 (Linux) loaded on it and it works. I think I will load Word Press a get it running again. I can leave the path in LaLa land and redirect the link to the server.

I see the database for MRT looks to be there so I could copy it and recreate it on the new server. Maybe I could save most of the content too.

I would just need to do a recreate the WordPress app and maybe, just maybe...

Ok breakfast then I will think on this and see what I can do. Maybe it isn't the computer I hate it is my lack of control over it.

Ok breakfast!

### **1:35pm Home**

Town & Country was very busy this morning, Herman joined me for breakfast. After visiting I remembered it was Mother's Day. That was while there were so many people in the restaurant.

Later I took Aunt Annie for lunch. We tried Town and Country at 11:30

thinking it will not be so busy. Wrong, the place was packed. We looked over what was happening to see if any one might me about to leave. Short we guessed we should go elsewhere. We headed to Isabel's where we found a spot to sit.

We had an enjoyable lunch and desert. Happy Mother's Day Aunt Annie!

So my leg still is hurting me I am sitting here with ice on the hot spot. I have been getting around today but taking it very easy that I don't want to make bad thing worse. Thing will get better!

### **15-May-13 6:54am EWT**

I came out to EW Training at my normal time the fantastic morning not to exercise but to backup the computer. I started the backup process and now I am sitting outside enjoying the day. Maybe I will just sit here all day and do nothing. After all I am good for nothing.

My leg is still sore. Yesterday I went to the doctor because it is not healing on its own. Today I'll wait for feedback on that test. Is there something I can do to make it better faster or should I just let it wait for it to take its course. I can deal with either. It is the unknown I have trouble coping with.

I better check on my backup...but it is nice out here.

Well the backup says it'll take about 1 hour and 23 minutes to complete. That is time enough to check my email, Facebook, and go have breakfast with Michelle and be back for the 8:30 class.

My other leg is hurting a little from using it more to take the load off the sore leg. When the sore leg is good again I will have to learn how to walk straight all over again. :-)

### **16-May-13 5:57am \*\$**

This week has been interesting to say the least. My leg still is hurting and my treatment is to apply heat hourly until the swelling goes down. If that isn't enough I pass some blood in my pee and after getting the easy test to see why, I get to spend half my Friday in the hospital for more tests. I am still trying to sort this all out in my mind what was the cause. It is all Cause and Effect. I am a believer that one thing leads to another.

Sometimes we get bored and need something to get us un-bored. Our subconscious mind is bored and need to be busy. It does not know good busy from bad busy. It just wants to be active. Well an open heart operation is a project to deal with. So is a walk across Spain.

Well I have been trying to think of why I am having all these problems

right now. Maybe it is something simple that I over look. Maybe it is the too much TV watching or eating habits. Maybe it is the clutter in my house that is getting to my subconscious mind. And a cluttered house is a metaphor for a cluttered mind. Maybe starting with de-cluttering what I see will help with what I don't see in my subconscious.

I have starting de-cluttering again but I need to find the joy in doing it. I have way too much stuff I have become emotionally attached to. Again this is in my subconscious where I can really see the reason. In my conscious mind I know I need to keep something I have had for 60 years but do I? Ouch, my leg hurts.

There is a big electronic recycling event this Saturday. I am trying to get a bunch of stuff ready to drop off. I asked Cork to help by using his pickup. I thought I could have two pickup loads ready by Saturday. Well, then I got blood in my urine so I got some antibiotics, my leg started to hurt and then looked all black. I decided my blood got too thin causing this but ended up with an ultrasound to verify no blood clots. But then there is the reason for the blood in the urine in the first place. So I get to spend my Friday in the hospital for a bunch of test. Is this what I am talking about my subconscious mind wanting to keep active? The subconscious mind says

you aren't de-cluttering enough so I will figure out another way to keep me busy. I really don't think God is getting even. It is all self imposed. God, family, and my other friends are the ones the reminded me about being attached to too much of my stuff I don't use.

I keep talking about this why I don't do something about it instead of just talk.

### **MRT Blog Crashed**

Yes, Marty's Random Thoughts Blog crashed again! This is the third time I had to rebuild it from scratch. This time I can get at the blog and database but no backup. I need to practice what I preach. I say; "Backup, Backup, Backup early and often!" Well, this is why you might want to do a backup.

This time I brought MRT blog home. I am hosting it on my server in the other room. I have much more control of it. I can keep it as simple or as hard as I want and it is automatically backed up. Having it hosted in LaLa land I need to keep checking or doing the backup to verify it is really happening and it isn't the easiest to recover. The backup they had was a backup of the crash. I have full control now. I get full credit for anything that fails. No more giving someone else blame for what I do or don't do. I get full credit!

I never did like someone else getting credit for my screw ups. If I screw up royally, I want to be the king! :-) On the other hand if someone else does something fantastic they should get full credit for it. Even if I did it and someone else gets credit. If I did something good I know I did it and someone else can have all the fame. I get enough credit that I don't need much. Just let me tell a story once in a while. :-)

### Cut Grass

Since I think I will be unable to do much after noon tomorrow because of those test at the Friday I think I will see If I mow my lawn with my new mower. If I take it easy I may be able to at least cut the grass in the front of the house. If I feel ok I might think about going out and cut the grass at EWT. Again I will cut just the front. Fastenal is moving in next door so they may be cutting it the next time. There is only the setup crew there now so there is no one to talk to about the lawn yet. It would be ok if they pay for part of it and pay Michelle. I could still do it and would get some funds for coffee money.

Funny I am getting a lot of funds in my coffee money slush fund pile. I started out using my pocket change for my Starbucks funds. Then I added my points/rewards from the credit

cards then adding rebates and then refunds. Hey, I don't drink that much coffee at Starbucks!

### No New Car, Yet

My car, Honda Civic Hybrid, needs a new battery for the electric part of the hybrid. It cost about \$2,800.00. I seemed like a lot of money at the time. After thinking about it, I have had the car for about 11 years and the only major parts I have replaced were the front brakes and the tires. I have less than 75,000 miles and it has been good for me. I decided to get it fixed. And I also bought an extended warrantee to cover the next 36,000 miles/4 years. I will price fixing some of the rust and maybe fix that.

Ok here is the plan; I will take the extra coffee funds and put it away for a new car in 4 years. Maybe by then I could get a full electric car or maybe a plug in hybrid.

So it is the plan for today except for going to breakfast.

*(Note: \$144.00 a week would buy me a \$30,000 car in 4 years. ☺)*

### 10:30am Home

I mowed my grass without too much difficulty. Yes I hurt but it hurt the same following the mower as before... I decided to do the front and the back. After that I decide to hang the laundry out in the sun to dry. Good thing I bought those extra

clothes pins last fall. I used up all of them too. Usually I only do one load at a time. This time I decided to everything even the bedding in the same day. It is another fantastic day to do things outside. Later if my leg is going ok, I might go out and try cutting the front grass at EWT. It is a lot easier cutting than mine. There are not a lot of things to mow around at EWT. It is basically a big rectangle.

### **Crazy Horse**

In 2006 is when I bought my motor home. The first vacation was to the Black Hills and visited the Crazy Horse Memorial. Today I was taking a break on the front porch when Diane delivered my mail. You know after these years I am still the Progress newsletter from them. If you ever are in the Black Hills area you may want to check it out. They started carving it when I was only two years old. To give you an idea how big it will be when it is finished, Crazy Horse's head is 65 feet tall!

### **18-May-13 5:54pm Hospital**

Yes, I am in the hospital. The test I had the other day kept me here this time. It seems to be a prostate issue. I'm dealing with it until the test results and my options are all in. Since Cork brought me my iPad I am dealing with the waiting much better. I'll let

you know what happens as something happens.

### **19-May-13 7:42am Hospital**

Yes, I am still in the hospital. It seems like I have been here for a very long time. It is only day three. Hopefully I'll be out today so I can start my recovery. Also later I will know then next steps I will need to talk to make me better.

Well breakfast is here now so I will eat what room service has brought me.

### **23-May-13 6:26am \*\$**

I finally got out of the house and got to Starbucks after a week of being laid up. I do not like to be tied down, or in this case hosed down.

About two weeks ago I noticed blood in my urine. I had this happen once before just was take some antibiotics and I would be fine. It was Friday afternoon so I scheduled an appointment with the doctor for the following. I passed a no more blood the rest of the weekend. So I figured I need not be too concerned I had a doctor appointment for Wednesday.

At the doctor we figured it most likely was a urine infection so he subscribed an antibiotic but also took a urine sample for a lab test to verify.

Later Friday in the evening my thigh was hurting. I just discounted

that as over exercising in the morning. On Monday I noticed that my knee and part of my leg was turning black like I had bruised it. At this time I noticed I remembered that they warned me there could be a reaction between the antibiotics and the blood thinners I was already taking. They also told me I could have low blood sugar issues too.

I checked my blood sugar and it was normal but my leg turning black was just not normal. So I head back to the doctor to get that checked out.

My doctor was off this day so I decide to use another. I need two legs! So the doctor sent me for an ultrasound to find out if I had a blood clot in my leg. This test should no clots and it was suggested I apply heat to help it heal faster.

In the mean time the results of the urine test returned. They didn't say much other than I should go see an Urologist. I went to the Urologist and be more test. I thought I needed to get this checked out to find the problem.

Friday I arrived at the hospital for a CT scan of my kidneys and blatted. There was nothing they could see that was too much of a concern. To make sure they wanted to go inside and look around to see what there was to be sure. Thinking it was a minor ordeal because they said I could go home afterwards I

had no fear or even gave it much of a thought at that time.

So I lay there in bed and they installed the standard IV in my arm and they talked me telling me they would put me to sleep to make it easier on me and them while they did the procedure. I had no problem with that. I wanted to watch and they said it was not a good idea. We laughed a little.....

...Oh I'm awake! The whole operation only took about 40 minutes and I was awake with a hose hanging out of me to drain the fluid from my bladder. I was a little out of it yet only remembering that there was some bleeding and they wanted to keep me over night until that cleared up.

After I was in my room I learned there was no real problem with my kidneys or bladder. The blood in my urine was from an enlarged prostate that just got the point that needs attention. The Urologist talked about the course of the treatment for that but first I have to stop bleeding so I can get this tube out of my bladder and go home. It most likely would be Saturday. In the mean time I was peeing through a tube hanging out of my body.

...To be continued...I'm going to see Michelle and Anila now and have some breakfast.

## Back Home

I think after not have any coffee for a week that I got a little caffeine buzz this morning. I'll have to take it easy on the coffee for a while until I am over this ordeal. Now to continue with my story...

Ok I ended up in the hospital for three days before they would let me be on my own at home. Sunday I returned home with a hose stuck in my body. At time is hurt very much and keep getting worse. They told me it would hurt some because my body wouldn't like foreign objects. The drain tube that is. I thought I could deal with a little pain. Well within 5 hours or returning home the pain got unbearable even for me. I asked Michelle, who had just brought me some dinner to give me a ride back to the hospital. At the hospital I saw that everybody and their brother were also in the emergency room waiting to be treated. Michelle was going to wait but I knew she had to get up at three in the morning so I sent her home. I called Cork to ask him for a ride home after I was ready and he agreed.

After a short wait they called me into a room and asked all kinds of questions. Then they told me that it would be at least two hours. This didn't surprise me because the place was so busy there was almost no place to sit in the waiting room.

Even though I was in pain that I think was more than when I had my heart attack in 1998, I could wait. I always figure I handle pain better than most people. So I went in to the waiting room leaned my head in my hand and relaxed.

A couple hours in my dream someone was calling out;"Martin! Martin! Martin!" I started to wake up wondering why someone was calling me "Martin!" Oh, I was in the hospital emergency waiting room. They took me into a room and asked me all kinds of questions and the doctor came in to treat me. Well it wasn't a "treat" but they did take care of me.

To save you the graphic images of this, let's just say the replace the tube into bladder with a new one and things got better. Then they sent me home. I called Cork and before three in the morning I was sleeping in my own bed.

For about 3 days is was nice to not thinking about going the bathroom every time I had to go. That was the only pleasant thing I can think to say about that.

Yesterday my urine very clear and the doctor removed the tube. So now I need to learn how to pee all over again.

My first treatment now is to drink a lot, a LOT, of water to flush my kidneys and bladder. And also try taking Jalyn to work on the prostate issue that sent me to the doctor in

the first place. In many cases Jalyn will help. The other option is surgery. I want to try the medication first. I don't want to go under the knife if the Jalyn will work.

Today I am getting around and in the recovery mode. I see my grass needs mowing. Lucky for me it is wet and I can't cut is wet. Unfortunately it stopped raining and the wind blows so it might dry out later.

I have some low impact task I will work on while I am in the recovery mode and leave the lawn sit for a rainy day. Whoops, I won't be to cut it if it is raining. Good plan! :-)

For now I will see how much water I can drink today. I just finished the third cup and it is only 10:15 am.

### **24-May-13 6:01am \*\$**

Again the news media is on the square and some of the parking places are blocked in front of Starbucks. This time it is Channel (7). There are two vans one of which is a satellite feed truck and a whole mess of cars parked down by Angelo's this morning. What's up with that?

### **Reporting Events**

With all the things I keep running into this year maybe I need to become a reporter that reports on happenings that I run into. I don't always let you know all of them.

Sometimes I know about them before the fact and still I discount then and you miss them.

Wait, I could start telling you now. If I tell you about upcoming events in me Marty's Random Thoughts newsletter it will be too late as you don't really get to see it for a month. MRT blog would be a good place to start. Problem here is that postings are out of order being the latest post is always on top. I will have to look into that. Maybe there is a way to put up an event calendar like the Birthday Calendar I already have. I just need an easier way to keep it updated and search. I think I will add this to my already to TODO list. Maybe I can do this with a database engine.

### **Channel (7)**

Every time I look out at people coming toward Starbucks they look down to those Channel (7) trucks so I went out and took you a picture.



Not the best photo but at least I capture a point in time.

## **25-May-13 6:42am \*\$**

We finally made it to Saturday. Hum I just wandered where Saturday got it day. Is the "sat" part from sitting around or maybe from that planet with the rings around it? Ah, I will look it up.

Here it is:

*Saturday* (/ˈsætərdi/ or /ˈsætərdeɪ/) is the day of the week following Friday and preceding Sunday. Saturday is the seventh and therefore last day of the week according to many commonly used calendars, but it is the second-to-last (sixth) day of the week according to ISO 8601 (see below). Its Latin name *dies Saturni* ("Saturn's Day") entered into Old English as *Sæternesdæg*. Saturday was named no later than the 2nd century for the planet Saturn, which controlled the first hour of that day according to Vettius Valens. Prior to that, the old English name was *sunnancæfen* ("sun"+"eve"). Source: <http://en.wikipedia.org/wiki/Saturday>.

Believe it or not, I thought it might be named for Saturn. I'll let you look up the other days of the week. Maybe together we could rename the days. Let's see...Monday could be renamed to something like "Oh no not again" or "ONA" for short. Ok, I'll stop. :-)

**Today:**

Today we have the Farmers Market on the Square. Ok I have just posted my first event.

### **The Domino Effect**

I always analyze thing to see if I can find the cause of things so maybe the next time something happens I can change to outcome

for the better. Sometimes it works and other times not so good. It is a kind of a cause and effect thing. Karma is what the New Agers call it. I kind of think of it like this. If you do good, good comes to you. If you mess with someone you are going to get mess up. There all degrees of this and many paths it takes. I cause this the Domino Effect.

Here are two Domino Effects I was just thinking about. They may even be at places in ways I missed.

#### ***Blood to Grass***

Here is the path from blood to the grass. A couple weeks ago on a Friday I saw some blood in my urine. Knowing this could wait until Monday I waited. The doctor took urine sample and gave me some antibiotics because most time it is just a minor infection that causes this. A few days later my leg is hurting a little. I think this is just a pulled muscle from over exercising. In a couple days my leg looked bruised like banged my knee or something. I didn't remember doing that and discounted it. The next day I remembered them telling me that the antibiotic could interact with the blood thinner making my blood thinner. The next day my leg is blacking so I head in to the doctor along with my very sore leg. I ended in the hospital for an ultrasound to check for blood clot. This showed none and I was told to apply heat to

my leg to help it heal. In the mean time I get a call from the doctor my urine lab test results were in and I should see an Urologist.

The Urologist had me stop taking the blood thinners and back to the hospital for more test. This time it is a CT scan and a bladder test that kept me in the hospital for 3 days after returning home I had to return to the hospital finding a urine infection. They subscribed another and different antibiotic. I returned and returned home for another 3 days at home. In the meant time my leg is still a little sore from before and the blacken leg is looking better. At this point I am kind of thinking the leg this is different that all of this other than the urine issue. The kidney and bladder test results were in and the blood in the urine was from the enlarged prostate and some from the test too.

At this point I am to drink as much water as I can to flush out the blood from the test and the infection. Oh, and take the antibiotic. Life is great. I just get to sit around and drink water and take drugs for a few days. And watch TV.

In a couple days the urine clears up and I get the hose removed and I think I will back to normal soon. It is at this point when I noticed my leg hurt again.

Thinking it was still hurting from before and because my mind was

on other thing I figured it just wasn't healed from before. Not the case! As the day went on, it hurt more and more. Then my knee and leg started to turn black again. I went to the internet to research interaction and side effect of the antibiotic I was taking and found this drug was a different version of the same antibiotic I was taking before. As for interactions and side effects it leads me back to call my doctor. He said to stop taking this drug and drink a lot of water to flush my system. So I was taking it easy but wanted to be mobile so my body does not get lazy.

Yesterday I went out to see if I could walk and cut my grass. If I cutting my grass I can just quit and go in the house without over doing it. I can always come back out and cut a few more feet. So what if it takes me two weeks. I was find and mowed the whole lawn. I rested by visiting with the guy next door who was also doing his grass. I'm an hour or so I was a little tired from mowing but my leg was not any sorer.

This morning my leg is black and sore but it stopped getting blacker and sorer.

Damn it! I just went to the internet to copy some of the works I couldn't spell for the side effects of this drug and found out it is poison! So I will go to the drug store and see what I can do about it! The "Cipro" is marketed

under many different names and I need to find out how toxic it is and what I can do. I'll start at the drug store. It scares me because my blood thinner I know is rat poison. It is very controlled and a lot less scary.

## **26-May-13 5:43am \*\$**

Here I am back to Starbucks having my morning coffee and eating an egg mc-muffin look alike. There are few things I should tell you before I return to other things I want to tell you.

I seem to be mending. My legs are still sore from the side effect of the Cipro poisoning. Wait I should call the reaction. I am thinking it is really a poison or it wouldn't be on the market. It has just really messed my body up. It is another thing I can add to my list I can avoid. Anyway my knee is sore and black.

Yesterday afternoon I cut a quarter of an acre lawn and other than getting a little tired I did ok. I am a little sore but I am sure that is because I have been inactive for the last 3 weeks.

As for the urine and bladder issues it then seems to be better and better every day in every way.

## **Memorial Day Parade**

Tomorrow Woodstock will have a Memorial Day Parade then I just found out will be starting somewhere

at 10:00am. Without looking it up I am guessing it will start somewhere around the Square or at least go through the Square. I am planning on checking it out.

Michelle will be driving her convertible with a couple of dignitaries sitting on the back waving at us. When we last talked she didn't know who they would be. She was all excited to be in the parade. And I am excited to watch the parade when there is someone going to be in the parade I really know.

Ok I add this to my new calendar I will have available soon. It isn't ready just for the public.

## **Talk at Starbucks**

This morning at Starbucks was these wobbly tables. Ever since the remodeled this place about two years ago we have complained tables. The bases don't adjust and the pedestals are unstable. This morning we were wondering if we could get into the basement so we could drill holes through the base and floor and bolt them to the floor. :-)

Stop laughing! These tables spill many cups of coffee because they wobble so much. To leave this on a

positive note, the tables look nice.



### Cause and Effect

I dislike robot phone calls. I get many phone calls that are made by machines, robots as I call them. They are trying to sell you windows, security, fix your credit, or whatever. They are a pain in the butt. I started searching the internet to see if there is a way I can block these calls without even having my phone ring.

Well I see there are a few devices they are working on that answer the call for you and have the caller enter a number and pass the call to your phone and make it ring. This sounds good at first but it puts undue burden on your friends that call you

all the time. I am all for blocking the robot calls but not to make the good people have to do anything different than they have for years.

Some of these devices are better than others. One of them used the caller ID and only asked you for to punch in a four digit number once to verify you were a real person and then would use the caller ID to let the call through to you after that. You could also block the number manually if you wanted. This sounded like it could be a good thing. But again I have to buy the device and you would have to listen to the message and punch in a number to prove you are a real person. I did not want to go this route! Next step...

A week or so I was thinking that maybe the phone company has a way to block these robot calls. So a few days ago I remembered and called. Indeed AT&T can block the 900 and 967 numbers from calling me. They tell me that the 900 & 976 numbers are mostly robots and ad companies. This the phone company can block and they never said anything about it costing me anything. In a few minutes they were blocked.

This service will not block all robot or ad calls but it will stop most of them.

Note: You can add your phone number the "Do-Not-Call" list the

helps get rid of a lot of the sales calls. I did this a few years ago and cut 90% of them. You just go to "[donotcall.gov](http://donotcall.gov)" add your phone number to the list. It will stop most of the calls. Poly-ticks and charities can still call. You can't have everything. Wait there is a phone number you can call to get on the "Do-Not-Call" list too. Tel: 888-382-1222

Ok what does this have to do with Cause & Effect? Read on...

So while I was on the phone the lady had notices my phone bill was quite high. She was telling me about the U-verse service. It is the new technology the phone company is using a whole cheaper. Well I listened to her sales pitch while I was looking it up on the internet and found out I could increase my internet speed by 4 times for about half the price. I even lowered some of what was offered to even get a great price. So Friday the installer arrived and hooked up the new system and was on his way in less than an hour. My internet speed went from 3 to 12 megabytes. That means I could if I wanted watch 4 movies at the same time on four different TV over the internet at the same time and still have leftover bandwidth left over to check my email at the same time for half the price.

Now I have all this speed I can start making changes to my home

network hardware to let it use all this new stuff? They told me there is nothing I need to change by getting the new services. Well there are always changes. First I had a fixed IP address and not can change from time to time making my home network stop working. I can deal with this but I have not set my system for this in a long time therefore there is a learning curve.

I figured it was time to look over my whole network system and see if there are other changes I could make at the same time to make things better. I kind of have a random plan in my head and I have created a cloud of dust in my mind and waiting to settle.

Right now I don't have my internal network and the internet talking to each other. This is because I have made many changes and missed a few details. Like many other things I work on I am all over the place making changes until the dust settles and then thing will be just fine and I won't have to mess with it again for years.

For now I will just keep plugging away until it is as stable as I want. Well until I change my mind.

So the robot call made my network change for the better. Cause and effect! Now I can go have breakfast.

### **30-May-13 6:20am \*\$**

Today is another morning sitting at Starbucks with my morning coffee.

Yesterday I got Marty's Random Thoughts blog running again. The temporary location is shutdown and the little I posted has been moved back to the repaired site. I was able to recover the whole thing. I found the cause and I think I have removed it so it doesn't cause me problems. Sometimes things go better than others.

I need to check out the new birthday/event calendar I found. It looks much cleaner and easier to keep updated than the one there is on MRT right now.

### **New Internet/phone service**

So here it is six days into my AT&T U-verse service. It is faster than before. I felt this right away. I have had some issues hooking my network to it. Most of these issues have been minor issues. The biggest issue I am having right now may not be a U-verse issue or may be a laptop issue. For some reason my laptop will not send out email. I can send email on my iPad so today I am thinking it may be an issue laptop came up with around the same time and I need to just find it. Could be an antivirus, firewall, Outlook, or any other update that happened around the same time I missed? Too

many changes have been going on in the last 2-3 weeks to pin this issue to one thing just yet.

So I am drinking coffee at Starbucks because my legs still hurt.

### **31-May-13 7:03am \*\$**

This morning I came up to the quietness of Starbucks with both my Laptop and iPad to see if I could figure out why my Laptop stopped sending emails. I thought it was a problem with the new Internet service, U-verse. Well U-verse is not the issue and it is working just fine. There are some issues with it but that is because of my network and NOT U-verse.

So I have been going back and forth between looking things up on the internet for why Outlook's emails get stuck in the OUTBOX and doing tests on the Laptop. Then it hit me was it my laptop's firewall and/or antivirus causing the problem. Either of them could do this. I checked them out one at a time. Finally after finding no settings to change and nothing in the logs that said anything I could not explain I just shut them both down.

Outlook sent the emails out right away. I tried 2 or three more and they also went through. So I turned the antivirus program back on and the emails got stuck right away. So I looked into the settings and I turned

off outgoing email scans and then I could send emails. This has been turned on for years and years. Now I got it working and can make it work or not so I can get on with fixing it. Right now I am running a repair on the antivirus program and will see if I need to reinstall it. ...Please stand by...

### 9-Jun-13 7:17pm Home

#### Updates:

##### *U:-verse*

On the 12<sup>th</sup> AT&T is coming to take out the U-Verse service and give me back my DSL and old phone line. I then can go back to normal. That is if I can figure out what normal mean.

##### *Health*

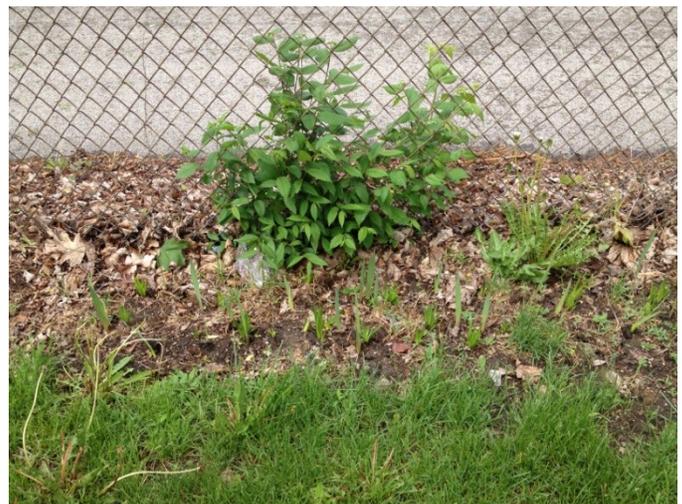
I seem to be healed up for the most part and will start exercising again tomorrow morning. Well that is if I remember to wake up in the morning. It has been a while since I had to get up at five o'clock.

##### *Memorial Day Picture*



Michelle In the Memorial Day Parade

#### Random Pictures



MARTY

## The MRT Backer Page



TRAINING

Functional Strength Training Center

### **E.W. Training**

11820A Catalpa lane  
Woodstock, IL 60098  
(815) 308-5021

[info@EWTrainingWoodstock.com](mailto:info@EWTrainingWoodstock.com)  
[EWTrainingWoodstock.com](http://EWTrainingWoodstock.com)

f



### **Starbucks Woodstock Square**

129 Van Buren Street Unit B  
Woodstock, IL 60098-3249  
815-334-1325

[starbucks.com/store/13617](http://starbucks.com/store/13617)

f

### **Town & Country Family Restaurant #2**

*Great Food, Great Prices  
Best of all, Great People*  
1674 S. Eastwood Drive  
Woodstock, IL 60098  
(815) 334-0486

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If you want to be on my backer page let me know

### **Pilgrimage Creations**

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