

Issue 115 July 2013

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1-Jul-13 9:13am TC

After my workout this morning I remembered I had an appointment for a blood test at 7:00am. Guess since it after nine I am going to be little late. I guess even I can be late once in a while. I guess I should call them to apologize and set up a new appointment. I will finish my coffee, pay my bill and head home and take care of this.

This is good way to start a new month.

5-Jul-13 6:51am *\$

Hope you had a good Holiday. I sat on my porch last night and watch the fireworks. I had a very good view. I didn't see the ground display but all the sky rockets were great.



An Hour Later

So I have been sitting here enjoying my coffee and reading my book. It may be time to get motivated to do something. I already blew of my work-out this morning. When I backed out of the driveway I noticed the lawn need mowing again. Didn't I just mow that a couple days ago? Wait this is a holiday weekend...the grass can wait!

It looks like it is going a fantastic day for doing nothing. I think I should get out there and get started. Nothing I like less than being late for nothing. :-)

I was just thinking there had to be something that was good for nothing so I

went to the internet to find out. Well this is a Nothing Day. It has been on Mike birthday since 1973. Check it out: <http://www.holidayinsights.com/other/nothingday.htm>

Well, I am going so celebrate today. And then maybe again in January! After all I have been known to be good for nothing a few times. :-)

MRT Event Calendar

Have you checked out my new event calendar on my blog? I have it set up as a sidebar right now. As I work on it I will make it a menu item on the Menu Bar. It allows me to do many things easier than I could with the one I am using now. I think I can make it interactive but I have to learn how first. Right now I have only put in a few events to see how it works. And, yes, I have entered Nothing Day!

MRT Restaurant List

I see I have not been working on the Restaurant List I started. Maybe it will never happen.

Maybe you could help. How about sending me a list of all the restaurants you can think of in Woodstock. If you do I will go out and take pictures of all of the ones on your list and post them. It might motivate me to work on this. Sometimes I need outside forces to get me started.

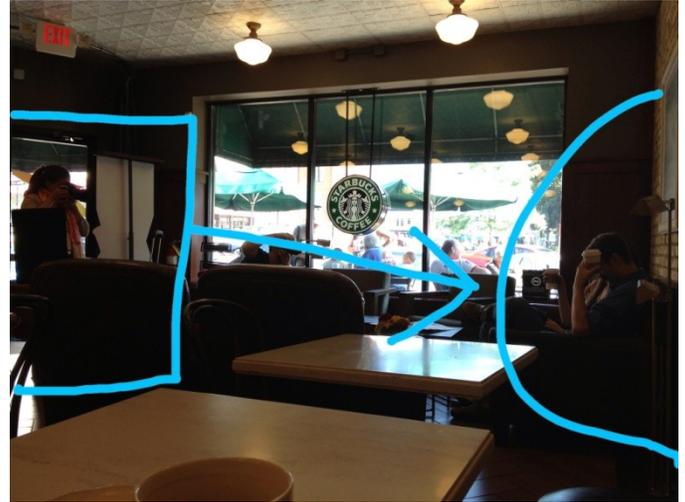
Nothing Day 2

I see I am about to get into hour two of my do nothing so I think I should get up and get started not doing nothing.

6-Jul-13 9:23am *\$

I just looked at the clock. Now I know why I am hungry. I haven't been here at Starbucks that long but I am stuck. There is some many people in here I can't get out

of here. I am struck back here in the corner. There are even people taking pictures. In any event I like to a picture of them taking the pictures. I like doing that.



Ok there is a gap in the crowd so I can go see Viollca for breakfast.

...Got to go....!

7-Jul-13 9:00am *\$

Maybe I shouldn't have asked for the second cup of coffee. Oh well I will drink it then go have breakfast.

I have been proofing all the add-ons I have added into my book. You know you can only do this for just so long before you need to get away from it. Today was different. I just keep plugging away and went through 70 pages. I see some of what I added was already in there and other parts need to be merged into different places.

What my add-ons were things that from outside my journal. Things from posting on my blog and emails I never put in my book. When you keep a diary/journal and also write down paces they all must come together into the book. Then I have over 700 pictures to deal with too. I don't want this book to be too long and boring. On my 100th birthday I want to enjoy my memories.

Now I have to enter the page into the computer and so some formatting and then leave it sit for a while. If I try to proof it again too soon I will miss too much. It seems to be when I proof my own stuff I know what it says and don't really see what I am looking at. Letting it sit for a while helps forget some of what I wrote.

Today is the last day of a long holiday weekend. I hope you enjoyed yours. I have enjoyed mine.

9-Jul-13 6:27am *\$

Maybe I'll wait! After about 2-1/2 months the battery on the keyboard for the iPad went dead this morning. Yes, two and a half months it holds a charge. Isn't that amazing in these days of battery eating devices. But I am spoiled none the less. It only takes about an hour to recharge but I must remember to do it.

I am spoiled using the external keyboard! It has a lot more keys than the on screen keyboard. Wait I am doing ok here without it. Why am I complaining? It is typing this just fine.

My Book

Yesterday I printed out my book to edit the 8th draft. There is something about printing it on paper to proof and edit the doing it on the screen of the computer. It is really easier because I grew up with paper. Maybe it is that paper and pencil is more portable than a computer and I can take it with me? Wait, it is easier to just make the changes in the computer at the same time I profit. If I use the paper copy I have to write and then try to read my own writing and put it into the computer. Whatever the reason it, for the most part I like the paper and pencil method.

Well, typing to you isn't getting that done.

10-Jul-13 9:45am *\$

Break time! I woke up early after having the A/C running full blast all night. Boy do I sleep well when it is cooler! I woke up refreshed so I decided to walk out to E.W. Training for my morning work-out. Well I haven't been walking much lately so my time was a little off. I had not time to spare when I arrived.

You would have thought I would have walked much faster after running in to those little biting flies. At about the Moose I ran into a small swarm of flies that I just thought were Gnats. Gnats stick around for a while and then go elsewhere and don't bother me much. Well these things hang with me until I got into the sun and a breeze and they bite! I started to think I was the guy in the Dick Tracy comic strip that always had flies around his head. What is his name?

After my work-out I bummed a ride over to Rt-47 and stooped at TC for breakfast. Then I headed home. When I got home around nine o'clock my feet hurt. So I cleaned up and decided I need a cup of coffee so here I am 1,500 calories lighters.

11-Jul-13 8:25am TC

After all that walking yesterday morning I went back out and cut the grass at EWT. When I went home I saw my grass looked like a hay field. I am sure I grew just because I was out cutting Michelle's grass. I looked at my pedometer and said I had walked over 20,000 steps so I decide to not do mine. That will teach my lawn to get ahead of my schedule. :-) This morning after breakfast I will return to EWT and do some weed whacking another clean up. Then maybe I will think about bailing hay at home.

12:25pm *\$

Well I have been here an hour editing my book some more. I am on my 8th time through it. How do all these things that I don't want in the book get in here.

It could be because I keep adding things to it. I could because I proof it with my eyes closed sometimes or it could just that it take times. This is pass number 9 and I am on page 38. This version is 98 pages.

I need a break so I am telling you my hard luck story. When I am finished I will go and cut my grass. That is unless someone has it done before I get there. Yah!

Oh I have to go home. The battery is just about dead on my iPad. I think this is the 3rd day it has gone without a feeding. :-)

14-Jul-13 7:29am *\$

Here it is Sunday again and it looks like we will have fantastic weather. The weather all week has been just.

I have been working on my book off and on all week and am coming alone quite well. For someone who isn't the real great with spelling and grammar it is a learning process for me. I think after this pass I will need to format it to see how it looks.

Project List

I keep thinking on other things that need to go onto my list of things to do. I don't know if I have finished anything from the List of Lists. I just looked and there are now 89 items on my list.

Other places

I had a lady I have met before in Starbucks who was telling me about

another exercise place and how great it was. I promptly told her there is a much better place where the master is located. I am not sure that was convinced yet. I found she just lives 2 blocks north of me and I figured she should walk to the training center. I got the stock answer I give myself all the time, "Oh, it's too far!" Well, hearing this was liking to a echoing.

I walked Wednesday and Friday to EWT for my work-out. I found that little bit of walking made my work-out easier.

Michelle and the other trainers are always telling us to warm up before we exercise and I have not. Warming up by walking is what I have been doing and I am not stiff or sore any more. Now two days is not much of a pattern to say this is the way it is for to be all the time. But, before I went to Spain last year I walked to E.W. Training most every day from October to April and I don't remember being sore, stiff, or even tire. Many of those days I even wore a fully load backpack and had no issues I issue I remember.

What happened to me? When I came back from Walking the Walk I stopped walking out to exercise. I think it was laziness. Maybe it was the hot summer last year. I returned the end of June. We had a very hot summer and my car has A/C. Yup, laziness set in!

So I think I will start walking again and not use too many of the excuses in my pocket. It is not too far. It is only 2.5 miles (4k) and that is only about 1-1/2 hours round trip.

And I walk by the Three Brothers and Town and Country so if I need a break they are there waiting for me. And I can make a short side trip by Starbucks if I need a fix. :-)

Other than carrying large packages, walking is easy. Try it!

Give E.W. Training a try you may like it. Call Michelle at (815) 308-5021.

16-Jul-13 12:58pm Home

Rumor and/or Gossip

We had an excitement at Starbucks this morning. I arrived for my morning coffee and started editing my book and Cork called and asked me out for coffee. I told him I was at Starbucks and he joined me. We visited and then he left but I stayed to edit some more.

After a while I noticed one of the staff go outside and talked to a group of people sitting at one of the tables. This was unusual because it was busy inside.

So you see I had to watch and see what was going on. I quickly guess someone was complaining about them smoking. What gave me the idea was the fact that a couple of them blew smoke in the staff members face. I remembered the law was that you can't smoke with fifteen feet of the entrance. Though I don't agree with the law, it is the law. After a while the police were there talking to another staff member inside the store.

You know I had to listen to see if I could find out what is happening. I only heard enough that they were talking about the group of rude people. After a while it was time to leave so I just asked it if it was a smoking issue. Here is the way I understand what happened;

Someone asked the group to stop smoking and someone in the group told them "No! We don't have too!" Someone on the staff went out to ask nicely and was shunned. There is a sign saying "No Smoking on Starbucks property" and the law is 25 feet from the entrance. Well these people were breaking the law and being rude so they called the police to intervene. The Police were still hanging around when I left. They may be waiting to the people that had 3 dogs in a car sitting in the sun at that time.

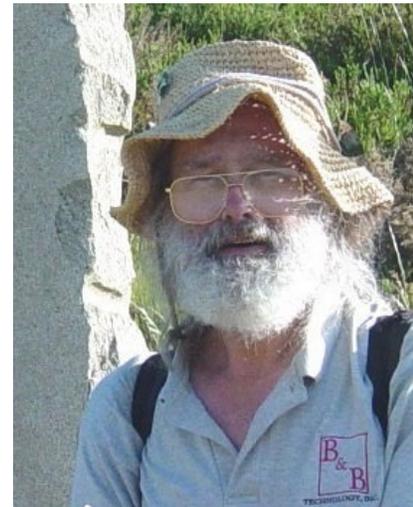
So tomorrow I will have to ask what came of that.

Shame on me this is rumors and gossip! Isn't fun thought?

I feel business have the right to let or not let people smoke or not smoke on their property. Same thing with the new Conceal Carry law. If you don't want guns in your business post a sign. Ok, I'll get off my soap box and watch some TV with my eyes closed.

16-Jul-13 6:38am *\$

I see Mike posted a young picture of his self on Facebook. It only took me a short time to figure out it was from one of his walking trips. I am guessing it was from about 2003. Wait he would have been a kid then and not even married yet. I do think you need a shave Mike.



Yesterday's Excitement

Remember yesterday at Starbucks? They caught one of the smokers. The one they nabbed was the oldest one that was being an ass.

There is still more exterminate I missed by leaving so early. The Police were standing by a car with dogs locked inside. They tell me they had to break into the car and get the dogs out. The Police waited for the owners to return. You don't leave any

living thing locked in a car when it is so hot outside. Come on people are you suffering from heat stroke or something? Think!!

My Book

My book is coming along. It is taking a long time. This is the 9th time I have gone through it to clean things up. I must have been very opened minded this time through because I have made many corrections. So far I am only re-wording and editing the content. I have not started to make formatting or make it look purity yet.

So I have to enter these corrections into the computer and see how it looks.

18-Jul-13 8:03am TC

So I see it is going to be 93° today. Today I think I will mow the lawn because none of you have come over to do it for me. Maybe a good thing. You would most likely get mad at me because I might watch in disbelief.

As for the weather report, I should have my data logger for my weather station today. If it shows up I may be back on the air before I go to bed tonight. I only need to install and configure it and it should be up and running. Okay, I'll look at the manual too! :-|

I think since it is already 80° with 82% humidity and it is only eight o'clock. Maybe I should get started with that grass cutting thing. I know the weather from my weather station will not make it so hot. :-)

12:02pm TC

So part of the grass is cut. I thought I might wait until tomorrow because it might rain and then...guess what it will be too wet. Smart hum? Really the grass isn't that long. Just some of those weeds and

wild grass seeds sticking up. Oh and the crab grass.

Oh I have to go in for a blood test I best eat and get there!

I made it on time and now I am waiting. I'm glad I brought my iPad with me. No they are not late, I'm early. Many times when I am early I get home before it is time for my appointment. So there are advantages to being on time or a little early. I don't like being late for too many things.

21-Jul-13 7:17am *\$

Sometimes I think I am not as smart as I think I should be. Lately my laptop has been slowing down. Today it has been really acting up. It seems to have a problem that I haven't figured out. I installed a program to do some clean up and it only helped a little. Today some of the Apps are telling me they can run for one reason or another.

Now I talk about my laptop not the iPad which is fine.

So today I haven't been able to work on my book.

After working on it for an hour up here I think I have picked up a virus or some kind of bad thing on the laptop. Now I need to find a good scanning program that can help clean up it. And I know better than to use my laptop on an open public network like at Starbucks. Now don't blame Starbucks. I use this W-Fi freely and know the risk. The risk is great being on any open network.

Well, I see I was still running the web server and database programs on my laptop. Both of them use a lot of race horses. I turned both then off and hopefully won't restart unless I want them to run. They were both set to auto start. As for how that will help things. I'm not

sure because the battery was about dead when I got them stopped and I had to shut down the laptop.

You may ask; "Where is my charger?" well I don't bring with me up to Starbucks for two reasons. One is I have another thing to carry. The other reason it is holds a charge for two hours. If I spend that much time here it is time to go any way. It makes a kind of forced time that makes me go home and not spend my whole morning up here.

I was sitting here typing and feeling frustrated and two of the clients from EWT came in and cheered me up. Eva and Claudia saw me sitting here looking confused and asked me why I wasn't at the Yoga class this morning. It lifted my spirit to think someone might want to cheer me up. Did I tell you there is a Yoga class on Sunday morning at seven o'clock at E.W. Training. I get lost in what I am doing and forget to get out there.

22-Jul-13 5:43am Home

I just looked at the thermometer and it is on 63°. Then I looked out the window and saw it was foggy. What a difference a couple a day makes. I checked my weather station data and it too says 63° and 98% humidity. Yes, it tells me what I can see out the window. I see the air pressure is steady so the weather maybe too. Boy is it nice to have a weather station again. It tells me how I am feeling and going to feel. I know whether or not I will be wet or dry, hot or cold, and if I need an anchor so I don't blow away. Before I got the weather station fixed I had to walk outside and look at the sky. :-)

I have to head out to EWT for my Monday morning work-out now.

23-Jul-13 08:19am *\$

Boy did I lose track of time today. I had my laptop with me today and was gathering pictures for my book and things were going very well. Then I got this alert message that my battery was near drained. That takes over two hours for that to happen. It was a reminder that is time to move on to something else. This is one of the reasons I do not bring the charger up here with me. It is like having an alarm clock with me. Today I needed it.

So I did get all the pictures I want in the book in one place. Next step is going through then and make sure they all look good for the printed book. I may have to replace a few but for the most part I think they should be fine. Right now there are about 70 pictures. That is 10% of what I took while walking. I think it might be a good group for the book.

I am starting to remember how time consuming it is to do all of this. I am glad I do not have to do this full time. It is a good part time job. I have many part time jobs these days. It is kind of work on something until I want to work on something else. Maybe I have Adult Distraction Symptoms or Some-timers or something. :-)

It may be time for me to cut the grass while it is still cool, or not!

25-Jul-13 6:23am *\$

I thought I should stop for coffee this morning before my trip to Rockford to sit in the waiting room all day. I have to finish fixing the broken things on the camper and I will wait. Remember back in March when Cork and I went to California. Something blew the alternator. Maybe it was just the alternator but they bypassed the house battery. Well if I want to use it for a camper I need it to charge the house battery or is it just a steel tent on wheels.

The other thing is it has a leak in the drain hose and it is built in and it needs to be up in the air to fix it. You know I always want a car lift in my garage. I thought of digging a pit to drive over but that never happened either. I guess there are a lot of thing I still want. Maybe I could win the lottery. Wait don't you need to buy a ticket to win?

While at Sunny Island RV I will have then un-winterize the camper's water system. I didn't do that last March because it was just way too c-o-l-d!

And yes I will have my computer with me for the waiting part of this adventure. I'll be working on my book most of the time. Maybe I finish it someday.

So first coffee here the breakfast and then I am off to Rockford for the day.

I still have some time so I think instead of picking on the Starbucks' staff I will read some on my book. It has been a while. Yup, I will quit typing and do that now. Yup NOW Marty!

9:06am 5 Coins Restaurant

I have been to Sunny Island and I think they understand the problem I had so I head across the street to have breakfast here. I thought since I had eggs and bacon already I should try their Black Forest Waffle. You know you can't have too much breakfast when all you can do for a while is wait. :-)

This restaurant has been here before but I never saw it. It is funny because I always turn right and drive a long ways before I see a place to eat. This place is just across the street to the left. It is always funny to me how I drive around focused on the traffic and don't see what is out there other than what is considered traffic. When I ride with someone else I see these things and ask; "How long has that

been there?" I get answers like; "That been there for years, Where have you been?"

Someone is talking computer stuff behind me. This is a restaurant people! You don't see me with a computer. :-)

Great Uncle Again

My sister Marcia just poster this on Facebook;

"Yet I have to welcome my 8th grandbaby Chasity Rochelle Dowdell 6lbs 4oz on July 24th 2013. Welcome Chasity, can't wait to see you next month when you were suppose to be here. She's doing fine 5 weeks early"

I guess that means I am a Great Uncle, again! Samantha had a baby.

27-Jul-13 8:13am *\$

Got to go...

28-Jul-13 10:11am *\$

Wow did I lose track of time this morning. I have been working on my book and got lost in the zone. It is amazing when you get in the zone that time just stops until you get out of it. I was working on indexing the whole book yesterday and while doing this I found more things that needed fixing. Most of them I finished last night. This morning I continued and fixed some things and realized I need to redo the index from the start.

This is normally a pain to un-index each word. Well I remembered you can write a Macro in MS Word that will handle that with a couple of key strokes. So I installed that. I also remembered you could have a Macro to make it easy to mark all the words that match at the same time. This will mark more that you may want indexed but it is easier to un-mark a few of them manually that marking them all manually.

Then after remembering that I may have to un-index everything and start over and it would be a pain in the gluts, a random thought came to mind. I can create a master list of words I want indexed. I had forgot how to do that and had to re-learn how.

After I relearned it made the whole process much easier. I can un-mark all the words and recreate a new index in about a minute. This took hours before. So after I have it about where I want it I can go in and make a few corrections as needed and I will be one day closed to being ready to publish "Walking the Walk."

I think I will leave this for now and go out and enjoy the day. It looks like it will be a fantastic day outside. Enjoy it!

29-Jul-13 10:35am EWT

So I spend some time at Starbucks going over my book some more. I think it is time to print it out and read through it and see if it is ready to publish. I think I have all the grammar and spelling thing fixed. Also I think the pictures and captions are done. I even have a table of contents and an index.

I am taking a break from it for now and will get back it tomorrow.

I forgot

I was thinking I would make some hot cocoa and when I opened to Cocoa it looked like I had just enough to make some fudge. I looked and there was no recipe on the box. What's up with that? I thought I only needed milk, sugar, cocoa, and butter. I had all of that. When I was a kid I made fudge all the time. I thought I might have remembered the recipe but looked it on Hershey's web site anyway. Well I would have put in twice as much

milk as needed, but I was right on with the rest of the recipe.

The recipe says it only takes 25 minutes. That is wrong because I am at a half hours and it is still over there cooking and it is only 184°

The recipe says to don't stir it while it cooking. I remember constantly stir it so it doesn't burn to the bottom of the pan. Well maybe I have the fire lower because it isn't burning so I turned up the heat a little. Not too much because I already boiled it over once.

Must be something I missed because it is only 187°. Maybe my pan it to small and I need to cook slower?

I can't find my candy thermometer so for now I am using an IR thermometer. I do know how to test this without a thermometer with sample in cold water. 192° now! It needs to get to 234° to be ready. When it gets near 210° I will test it in cold water. My IR thermometer only measures the surface. I don't want to burn it.

I am going to add a package on coconut flakes to it before it cools.

I just turned the heat up a little. Boy is there a mess under the pan from when I first started. Oh well, that is what dish washer are for.

I remember when the fudge gets near ready, it gets ready fast and you need to be ready! It says 196° so I will test it to see how it looks. Wait right there...

It close but not quite there yet.... got a go it is about ready.....

Ok It is finished! Dish washer is loaded and started. It cooled enough in the pan to cut it. It is 32 pieces. Recipe says 36 pieces. I figured I scrapped 2 out of the cooking pot and there may have 2 or 3 that boiled over at the start. And yes that mess it cleaned up too.

Now I am going to resist the temptation to have any more tonight.

Good night and sweet dreams. Punt intended!

30-Jan-13 7:48am *\$

Hay I have been proofing my book this morning and just remembered I made fudge last night. I left the house and didn't even remember I made it. I guess it was just fun to make it and I was not all that excited about eating all of it. I'll bet I will notice it when I get home and eat a couple of pieces. Then I will package up most of it and give it away.

Cork said he might need a ride today and if not we will just go for coffee and/or breakfast. Since it is near eight o'clock I think I will just wait for his call.

Thinking about waiting for a phone call I still haven't received my final bill from U-verse. It has been a pain in the assets. The last thing I did was send their hardware back them so they would issue me a credit. I just want to see how all of that plays out. After all I spent about 14-1/2 hours on the phone trying to get that all straightened out. I am not sure it is finished yet. I looked up the tracking ID the other day and see it was delivered so I should get a credit for the hardware. We'll see! :-|

31-Jul-13 7:53am TC

The end is near. Only 18hours and it will be next month. I must have slept through July or been in the fog because it went by awful fast.

Thinking about fog, I over slept and missed my Wednesday morning work-out class. So I am eating breakfast here at TC and will attend the 8:30 class.

Do you know that they have a class as early as 5:30 in the morning and about 40 classes throughout the week at E.W.Training? It would be hard to find a

time that wouldn't fit your schedule. I used to think there was no way I would have time to work-out now I start having withdrawal when I miss my regular time schedule. Today it on the second class I have missed in almost two years. Well there was the unavoidable time I was in the hospital. I wonder what the 8:30 class will be like. Hum...I'll find out shortly.

I will see you there.

August First today!

I best start a new issue.

Happy August!

Marty

Now let's get this published!

The MRT Backer Page



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