

## Issue # 130

### TABLE OF CONTENT

Missing Week .....	1	Numbers.....	2
Weather .....	1	Happy Birthday Marcia! .....	3
Sewing.....	1	Happy St. Patty's Day.....	3
Different Morning .....	1	8:30am .....	3
Sewing.....	2	From My Weather newsletter.....	3
The Doctors .....	2	Mother Was Right: Cold Can Make You Sick...	3
Virous .....	2	Happy April Fool's Day .....	5
Working-out .....	2		
Friday the 13 <sup>th</sup> .....	2		

### 8-Mar-15 1:09pm @\*\$

#### Missing Week

Wow it is the 8<sup>th</sup> already! Let see what has been going on? Hmm...oh yah. I was sick for a while. I am mostly over that. I have drugs to take for my prostate now. I like taking more drugs. ☺

And I now know what is most likely causing my nose to run all the time. It seems that my sinouses are all plugged up. They are full and not draining. Therefore it is like a glass of water that is level full and you add more to it. There is nowhere to go so it runs over. Hence they can fix that. In a couple weeks I should have it fixed. I have to be checked out by my doctor before they do the operation. Not to worry it is an outpaction operation. For a week after that I will have cotton shoved up my nose. When it is over with I will be able to breath again.

I am glad they found something that was causing the problem. I have been suffering with this way too long. I remember when I went to spain the first time I had a running nose. That was 2007. This last time I decided to keep going back to the doctor until they found something they could fix. Yay, I have plugged sinouses and they can fix that!

#### Weather

Did you notice it is nice outside? 40s, 50s, and even a forecast for the 60s in the next 10 days. Fantastic!

#### Sewing

I started sewing again. I haven't finished the shirt I started in the middle of February. It needs buttons & the holes. I started four more. Yes four! I decided to setup a mini production line. It is working out great. The four I am making do not have patterns that need a lot of matching up. That made it easier to cut out all four of them at once. I have a good start sewing them together too. I needed a break. That is why I am up here. I think my break is over now. There was nobody here that I knew when I came in. Not even the help. I asked a lady in line if I was in Woodstock.

### 1-Mar-15 8:43am @\*\$

#### Different Morning

I woke up early without the alarm. That in its self is unusual. I went out to come up here to have some tea and the van was blocking my car. So I started it up and turned on the wipers. It was ice not dew! It was the kind of ice that is a pain to remove.

It was 30 degrees so I knew in an hour or so it would be gone so I went back in the house.

### Sewing

I started working on my shirts. Since I am doing four at once there was plenty to work on. After finishing what I could with random colors it was time to use colors that match the fabric color. I sew some and thought I should sew all I could with changing thread color. I am getting fast rethreading the sewing machine so I does really matter. It is just that I have to remember to change it when I change material.

So I am pinning the sleeve to the shirt and it was not even. This happen so I just split the difference and repined it. When I got the other and it was still way off. So I split the difference and started over. After the third time I needed to stop and see what was causing this. I took it all apart ad measured it. It was off a little, but enough to be of any concern. So I looked it over to see what else could cause the mismatch when pinning.

Ah I did not iron the yoke where the front is sewn. Oh and I did not top stitch it. It moves when you pin it but not when you measure it. Seems that I was production sewing with random colors and skipped that step to wait until I was using the proper color to the top sewing. I ironed it and sewed it and then the sleeve pinned evenly to the body of the shirt. Now I know what happened and I can deal with that on the other three shirts.

I decided to check the ice on the camper and it had melted. So here I am! I grabbed a double-Smoked Bacon, Cheddar & Egg thingy and a cup of Jade Citric Mint tea. Here I am writing to you too.

### The Doctors

Tomorrow I have two doctor appointments. I have these plugged sinouses worked on but must be checked before the other doctor will do the operation. It is an out outpension operation. It seems I will only be on light duty for a week. Anyway I will get a preoper tomorrow.

### Virous

Tomorrow I will going to check out a computer that is running very slow. They tell me it may have a virous. Those are a royal pain to remove some times but it can be fixed. We'll see how that goes.

### Working-out

I started working out again Sunday with Yoga. Monday I worked out with Marco. I was only a little sore. Not bad for being away for three weeks. Yesterday I worked out with Michelle and feel fine

this morning. Today is Wednesday and also my day off. I will work-out again tomorrow morning. Then I have to go see all those doctors and then work on that computer. It will be a busy Thursday!

## 13-Mar-15 13:54pm @\*\$

### Friday the 13<sup>th</sup>

Yes it is Friday the 13<sup>th</sup> and also is Steve's Birthday. I hope you have a lucky birthday Steve!

### Numbers

Where did our numbers come from? Well it seems that the came from the people before the Cave-Man. They used to use their fingers to count what they killed when they hunted. Sometimes they would made marks on the walls in the cave. One mark was one bear or chicken it the made 5 marks they had a great hunt.

Along came the Romans. The romans counted things using "I" like "III" meant 3. They used to make the marks in stone so they almost never used curved marks to start with. At least not in stone. So they used I, V, X, L and so forth. I think they used something like "[ for the letter "C" (one-hundred). I can't find the square "C" but the Romans had trouble at fist making curves.

The wanted to save time making a 4. They did not use "IIII" but used "V" for 5 and with an "I" on the left side it meant minus 1. Hence "IV" is 4 and VI" is 6. So 2015 is something like "MMXV" and I was born in "MXCIVVI". Is that right? Hmmm! Ok "M" is 1000, "XC is 90...Wait it is "MCMXLVI" or 1946. "MXCIVVI" is 1904-6 I think it might be an improper Roman number. ☺

Anyway the Romans did not use Zero. They did not have a clue how no mark a stone for nothing. Along came the people from India. They figured that our and an Arabs changed it for Europe and now we use Arabic symbols for our numbers.

Wait, there is more that is pushing us back to the Cave-Man. Our computer are using the 1's and 0's. We count with the 1's from the cave man and the null from the Indians. You see the Computer just can count a few more things but still only use one electron to count one dead bear.

And other thing that has not changed much in the last few thousand years. We still write with sticks (pencils) and still keep out shoes on out feet with strings. ☺

Happy Friday the 13<sup>th</sup>!

**16-Mar-15 @\*\$ 7:26****Happy Birthday Marcia!**

I have a stress test tomorrow and have to get home and study for it. And cork just called so I have to go. And I kind of survived Friday the 13<sup>th</sup>. Bye!

**17-Mar-15 7:52am @Mercy****Happy St. Patty's Day**

So today I wear green and have an IV stuck in my arm too. I am at the Mercy Hospital for a Stress test. They called the other day and told me my appointment was for 7:30am, 8:30, 9:30, and 10:30am. I guess I will be here all morning.

I got here about 7:15 and they already have a needle in my arm and have filled me with something radio-active. I will start to glow soon. ☺  
Now I wait!

**8:30am**

The first part is done. That would be the Ultra Sound.

**18-Mar-15 7:27pm @Home****From My Weather newsletter****Mother Was Right:  
Cold Can Make You Sick**

*In a stunning vindication of mothers and grandmothers everywhere, science has proven that, yes, you will catch your death if you don't wear a hat outside in the wintertime!*

*Our great-grandmothers may have formed the opinion that cold CAUSED colds and flu, which is of course not true (viruses cause colds and flu; no virus, no illness no matter how cold you are). However, they were not wrong in their opinion that people are much more likely to get sick in the wintertime.*

*Even scientists had to admit that cold weather and colds and flu were correlated: up to 20% of us will come down with a cold or flu every winter.*

*But the question is, why?*

*Was it all on the human side of the equation? Does cold provide more opportunity for transmission?*

*Or was it on the side of the wee germs? Does cold somehow make viruses better able to infect us?*

*For a very long time, the thinking has been mostly toward the former. Cold makes us more likely to encounter germs. In cold weather, people tend to stay crowded indoors around the fireplace, sneezing on each other. In other words, if people holed up all summer long in a nice warm room with the windows closed, there'd be just as many colds and flu in the summer. (Granny would have said, "Pshaw. It's the cold itself! Put on your mittens!")*

*A couple of years ago, researchers came up with a test to see whether or not just the fact that someone experienced cold made them more likely to get sick, and guess what? They were! Scientists put people's feet in in ice water and compared their rate of illness in the following weeks to people who said, "heck no" to the offer of a free footie ice bath. The popsicle-footed did get sick more often! (Chalk up one point for mothers everywhere!)*

*Researchers came up with lots of reasons why being cold might increase our susceptibility to colds and flu. They posited and proved that being cold increases cortisol levels, which would decrease immunity. They know that being cold causes our blood vessels to constrict, which would make it harder for the body to get white blood cells to the infection scene quickly. They know that dry, heated, indoor air causes dried out, mucous-less nasal passageways, which would lead to more viruses getting past the nose into the lungs. It was suggested that with less time out in the sunshine, our levels of immune-boosting vitamin D drops. (Chalk up a few more points for our very smart moms!)*

*Researchers had already demonstrated that warm cells are better at performing the "self-destruct" function when they are infected. But a new study out of Yale may be offering the definitive answer. It has shown that lower temperatures weaken the nose's fist line of immune defense. They used a modified rhinovirus on mice and tested the ability of the cells in the mouse airways to fight the virus. They saw a marked change in the immune response when the temperature got to 91.4°F/33°C. Even a nice wet, mucousy nose, if it is cold, loses its ability to fend off a rhinovirus as the temperature drops.*

*Where the cold makes us more susceptible, it seems to give viruses a boost. The coat on flu and cold viruses gets stronger the colder it is. This allows them to survive longer while burrowing deep and cozy into your cold, dry nose and be better able to fend off your cold-impaired immune response.*

*It sounds to us like the key is not so much avoiding being in cold air, but in avoiding breathing cold air. We suggest that researchers take a group of volunteers and outfit them with respirators that warm the air and keep nasal passageways at 98.6°F/37°C, then drop them off in their swim suits on a*

*snowy winter mountaintop. Come back in a few months and see who has the flu. Any volunteers?*

*No takers? Even for science? Well, at the very least, go call your mother and apologize, right this minute. Tell her you will be wearing the scarf she knitted for you and that you won't take it off until your Vantage Vue (WeatherStation) reports some bathing suit weather.*

Source: WeatherUnderground Newsletter

## **20-Mar-15 10:11am @\*\$**

It seems like I only up here when I write in my newsletter. Well I don't like to write much at home. I is too quite there. It is the same when I am reading a book. There is something about the quite of the crowd. I seems when I am home I get distracted by the quite. Even when I am just sitting there doing nothing I am getting distracted. Maybe that it telling me something.

Now I looking up and see it is pack in here. I thought it was quite so I could write. I guess it is. ☺

After talking to all my doctors it seems I am falling apart. The Heart doctor told me to quite trying to be my own doctor. He is right! I am doing what he is telling to do now. I am setting up an appointment to get my sinus drilled out with my nose doctor. Just waiting for a call back. My Urologists monitoring my high PSA screen number. I have to go back to see him in a month. Let's see who else...all my cholesterol numbers are good as well as my blood sugar. Oh there is the Cardiologist tells me I need to start thinking about a pace maker. I am going to check that out too.

As I said "I am falling apart." in some places. Oh well I still have 85 years to go. You want to race me?

I have all my body parts yet and want to keep them. I may have to add some parts to keep things running. I need to start refining my diet and life style a little. In the next 85 years I become more biotic!

Just got a call. The Sinus procedure is set for April 3<sup>rd</sup>. I will get the details on Mar-30. Now it time to go see Bill and see if he has any coffee. I have to finish my tea first. In the mean time I think I should list my Appointments for March and April to see if I have time for all of them.

3/30 Mon. Dr. Shirazi (Office) Pre-opt  
4/2 Thu. Blood test (Hospital)  
4/3 Fri. Sinus Procedure (Hospital) Surgery  
4/16 Thu. PSA test (At Hoffman's clinic for Dr. Lodowsky) Pre-visit  
4/24 Fri. Dr. Lodowsky (Office) Go over things

4/30 Thu. Dr. Smith (Office, Rockford) Pre-Opt for Pace Maker, I think

## **22-Mar-15 0:56am @\*\$**

Ok I have been up since 7:35 and I was too late for Yoga today. Sorry Sally I will see you another time.

After my doctor told me I was being a dork trying to be my own doctor I needed to rethink what I was doing. So I have spent my morning looking over my meds, vitamin, and other supplements. I think I have updated my list so if somebody ask I can whip out my list.

I couldn't go the Osco just yet because they won't talk to me until after they open at 10 o'clock. So here I am at Starbucks again. I see some of my Meds are only marked at once a day and I should be taking two. Since I have only taken then once in a while my supply increased and it has not be an issue for me. Now that I am listening to my Doctor I need to get them changed before my inventory goes to zero and I need to panic. I won't really panic because I don't panic. I just need to get the prescriptions correct so things run smoothly.

I know they will not get it fixed until next week some time so I should be ok with my supply for now.

I have been taking different supplements and have been neglecting my vitamins so I need to resupply then too. This has all taken place in the last year or so I think I will start feeling better when I get back on my routine. Many of the vitamins and Supplements are slow acting over time. Therefore after a year they are out of my system and need time to build back up. This is also the case with some my prescription meds. I had a long talk with my Doctor and realized that trying to doctor myself was not one of the best thing I have ever done.

My stress test reviled that my heart has not change over the last two years. The reason I am going to get a pace-maker is more like insurance. My heart skips a beat for time to time and the pace-maker will sense when that happens and give my heart a little boost. It also will slow it down if it start going wild. It kind of a little machine the monitors my heart to make sure it to keep it doing what I want it to do for the next 85 years or so. The technology has come a long ways since I first heard about people wearing pace-maker.

Generically, I have heard that once a month they call you on the phone to check and make sure it is working and every few month you have to have it checked out in person. I am not sure if that is the

case. This is just hear-say. I have an appointment on April 30<sup>th</sup> to find out all these things. Until I talk the pace-maker people it is only gossip. And gossip (go sip) is what I'm doing at Starbucks.

Well I should go to Osco now and talk to them. Bye!

### **27-Mar-15 4:10pm @home**

Well it is Friday afternoon. His wee has been moving right along and so it the month. You might say; "Time marches on." or something like that.

I am a little sore today. I started working-out again and am taking it easy. My body got so soft. I know it will come back quickly. As the day has traveled through time I have been getting less and less sore.

I have been talking about writing a book but don't know that is really true. I know I want to do something but I am not sure what it might be. Do I really want to get on the road and travel to all 48 states or walk across Spain again. All I really know is I have ants in my pants to do something. I just know there is something I want to do or somewhere I want to go. People have been trying to tell me where to go and what to do but I am not ready to hear them. I know I want to be sitting on top of a hill in the middle of nowhere and think. I can do that while sitting in Starbucks for 15 minutes before getting distracted. Also while driving across the country until I run low on gas or get hungry or have to pee.

Today I am just thinking I want to get lost in myself. I am sure I will figure it out in the next month or so. At least I would hope so.

### **1-Apr-15 9:14am @\*S**

#### Happy April Fool's Day

Yes it is already April! As I said in the past;" How did that happen?" Well, Time marches on. They say time moves faster as you get older. "They" are right!

New Month I must start the next issue so...bye

***marty***

### **5-Apr 15**

PS: My sinus surgery went well, No pain! Just a little blood draining from my nose. I am taking it easy. Good Friday was a good day for an operation and Easter is a good day to leave the house and go to Starbucks.

God Bless,  
Marty

# I Have Random Thoughts

(C) 2007 MEM

## The Random Backer Page



### Marty Metras

Marty has always been a doer of things. For the last 50 years has lived within a mile of the same place. When he retired in 2007 decided it was time to travel and see the world. His brother was living in German. Mike and his wife were planning to move back to the USA in a few months. Since he had only been out of the United States once in the 1960s on a trip around Lake Michigan it would be a new adventure.

Marty's brother Mike and his wife Petra told him he could walk across Spain while in Europe. Never being in a different country and not really being able to speak other languages there was a lot of fear. So he tried to learn a little German and Spanish. Then he committed to 5 days walking in Spain after Mike said he would walk with him for the first week. Even after Petra & Mike said it would take 10 to 12 days walking on the Camino to decide if you are going the whole 790 kilometers.

After a few days visit with Mike & Petra, Marty and Mike headed off to Spain and started walking the Camino de Santiago from Roncesvalles. This trip was Marty's first book, "My Camino de Santiago Adventure." Many things did not work out the best so Marty gave up and came home.

Then in 2012 Marty decided that he needed to finish something in his life. He booked a plane ride to France. He then walked down to the train station from home and headed to the airport. On the walk to the train he decided he would not turn back unless someone was injured. In the next 7 weeks he did not have a bad day.

This book is all about Marty Walking the Walk in the spring of 2012

### WALKING THE WALK CAMINO DE SANTIAGO 2012 BY MARTY METRAS

ISBN# 978-1-304-42330-6



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)

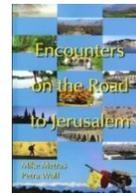
F



*Marty's book is available in two media, paperback and eBook.*

*Paper books are available online from Lulu.com, Amazon.com, and from him personally.*

*You can download the eBook vision for Nook and Kindle from BarnesAndNoble.com and Amazon.com.*



### Pilgrimage Creations

Mike Metras and Petra Wolf  
[mikem@worksandwords.com](mailto:mikem@worksandwords.com)  
[PilgrimageCreations.com](http://PilgrimageCreations.com)

E

Mike has written the second edition to  
"Encounters on the Road to Jerusalem"

*IF YOU ALL HAVE MY BOOK I COULD REMOVE THIS AD FOR MY BOOK. I STILL HAVE A FEW COPIES OF THE PAPER VERSION IF YOU WOULD LIKE ONE. I AM STILL SELLING THEM FOR \$10.00 IF YOU GET IT FROM ME.*

*Marty*