



Glad the general population is trying to lose weight... as for you hope its is because you are trying and not because of health issues. Our health is muchly connected to the past deposits we made, much, like our finances... until lately that is. Hell, our financial weight is reducing faster than a fatty that had an intestinal reduction operation. The President of Russia once predicted the USA would implode and collapse. I remember Khrushchev banging his shoe one time at the UN saying almost the same thing... this time it might true... scary times.

There are myriads of Print on Demand, POD, companies. Amazon is moving toward refusing to accept books from people from POD other than their own POD company. As with anything you do there are those who wish to take advantage of you, especially vulnerable are the creative people, their

ego gets involved and they become easy marks for dishonest opportunist. The term "Vanity Publishing" used to be the name before it was politically correct to call them POD companies. Now you can lease POD equipment and go in business for yourself PODing as much as you wish. Be very careful all PODs have fine print and gobbly-gook language that only a lawyer purports to understand. Especially some can end up owning your book from then on. I almost got caught in that web... they are clever in their deception. Like I say, they are almost as many as there are grains of sand on the beach... be careful.

Saw an article in the paper about a peculiar scull that was found in Mexico. It is interesting how the established principles cannot except huge changes in thinking... it has always been and always will be, I suppose. I talked to a man 20 or so years ago, who found hundreds of actual marble balls in varying sizes which looked like they were literally made of real marble. They had a seam around the middle, obviously formed by humans. Theses were under about 400 feet of

earth along where they created the Tombigbee Waterway. The waterway canal was dredged through low areas to connect several rivers for barge and ship traffic. The balls were varying in size from softball to hardball and golf ball sizes.

The man surmised they were ballast stones from a ship or large canoe of an age long ago. Since he had hundreds of them he could afford to send them many places to get expert opinions concerning their origins and purpose. No one would offer an opinion, not even the Smithsonian. There are natural ways that nature forms balls, but none with a seam. Also they dig up huge trunks of petrified trees at the same location. You would think there would have been some real interest in it all... 400 feet deep!

So far we have managed to escape what our siblings and parents might have handed down to us as far as health goes. We seem to be creating our own, I suppose. Take many vitamins and wash them down with prescribed stuff to head off what it is they don't want us to get. Works out nicely for them, not so sure about us.

Got re-hooked on John D. MacDonald novels recently. He wrote about 85 of them. In one series he used a character named Travis McGee. I get them at the library. They have a category to where you can check them out for an indefinite time, just tell them how many you are taking. They have yellow labels on the end with regular library numbers but treat them differently. It works out nicely, not having to buy books and many are old anyway. Check his books out.

You say you don't read fiction, but I believe you would like them. The book series uses colors in the title, like "The Turquoise Lament". Travis lives on a houseboat in the Keys area and drives an old Rolls Royce which was made into a pickup truck by a previous owner. The vehicle's name is Agnes. He wrote 21 in that series and is dead now. An interesting and short read since he gives a lot of insight into the characters and uses good communication skills. The books are small in comparing them to the monsters of today especially. Pocket sized, literally.

Had to replace my wife's computer's power

supply. Bought one of the cheapy ones from Tiger Direct, a good company to buy computers and electronic parts and stuff. It crapped out in about two weeks. I called them to order a better one. They said send the other one back and they would give me credit. The new one is much better and only cost \$45. To buy items like that locally would be more than a new computer would cost. A new one would be nice but it takes so long to get the software set up the way you like, about two weeks worth of effort.

*So what's next...?*

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*Title: PODing*