

Orion Works Sonova Quark

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Completed somewhere around the date of May 21, 2021

Hernia Surgery

On May 20 I am due for a hernia operation at UW Hospitals. I'm pretty sure I got the affliction due to accidental collateral damage, the result of my prostatectomy surgery conducted back in December 2019. I have what is known as an *Inguinal* hernia, possibly the most common type. The bulge is located within the right side of my tropical zone, a tad above my tributary. I imagine I will suffer some temporary deforestation as part of the patch up procedure. As I write this I have not yet been informed of the time of day of my surgery—presumably in the morning. This kind of procedure is considered day-surgery. They should kick me out of the building by late afternoon. I'm cool with that as I'd rather suffer in peace laying down on my own living room couch rather than in a unfamiliar hospital bed. Post-op instructions recommended various over the counter pain killer pills and only to take prescription drugs if I'm really in pain. The literature they give hernia patients is to get up and walk around the house (or perhaps your outdoor garden) almost immediately after surgery. Of course... stroll gingerly at first. I'm sure there will be weight restrictions for the first couple of weeks.

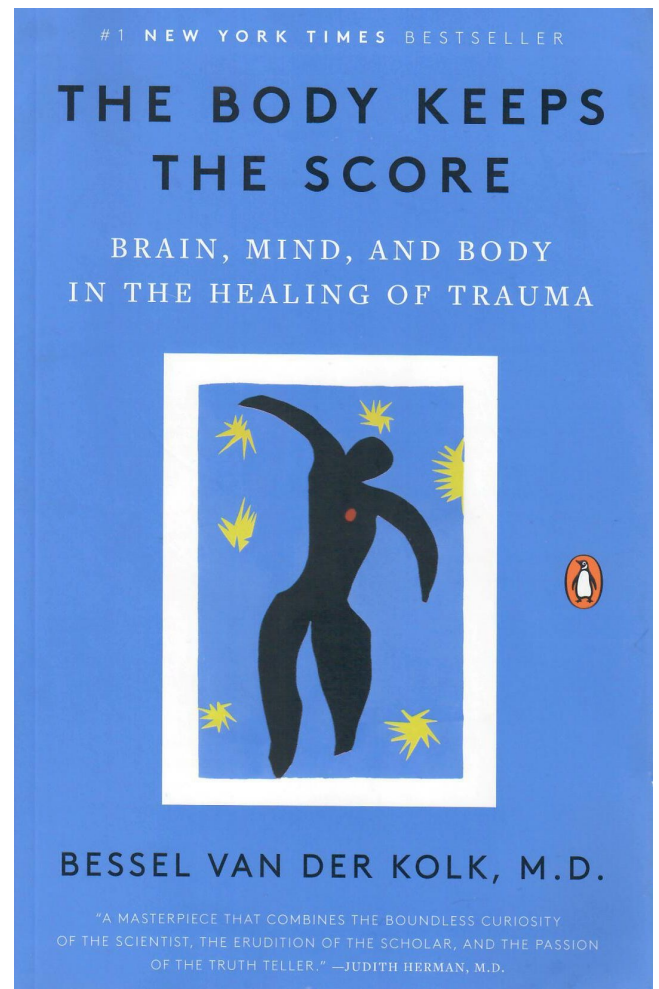
Or

Monsters from the ID, Part 7

Emotionally speaking, It's been a rough couple of months for me. EMDR therapy results in the unbottling of buried emotional trauma kept under tight psychic wraps in order for the body and mind to survive. Memories, sensations, and emotions begin surfacing to conscious awareness, often randomly and in unexpected ways. Once "unbottled" one has to face the fear and pain that had been locked away. I have been told *THE BODY KEEPS THE SCORE*. It never forgets. Past trauma is experienced vividly as present trauma. Surfacing emotions and sensations are felt viscerally. When another wave hits me it's as if I'm reverting to a much earlier age where

my primary caretaker betrayed me. I feel defenseless to protect myself. I feel abandoned and discarded. It's not unusual for survivors to feel like it's my own fault, that I allowed this to happen to me. Of course, this isn't true, but that's what PTSD does to one's sense of identity and self-worth. It's no picnic.

Or



60 Minutes takes on UAPs

On May 16 CBS *60 Minutes* interviews two former Navy pilots who saw a UAP perform in exotic ways. They both described the unknowns as performing in ways our best technology is not even close to mimicking. After decades of suppressing and dismissing *Unidentified Flying Object* (UFOs) , or as the Pentagon has lately rebranded the subject as *Unidentified Aerial Phenomenon* (UAPs), several clips of gun camera footage ended up being deliberately leaked to the public by frustrated researchers. It would appear that the leak forced the Pentagon to acknowledge *to the public* for the first time that the phenomenon is real. *We assume*, perhaps incorrectly, that UAPs remain a mystery to the Dept. of Defense. Congress has demanded a detailed report be handed to them sometime next month. I suspect getting a detailed report will be as difficult as pulling teeth out of the mouths of dental patients who really want to keep their traps shut tight.

I can sympathize with pentagon’s dilemma. I wonder about how much detail they feel they can reveal derived from whispers emanating from secret walls of those who have

probably known and studied the phenomenon since perhaps as early as the 19th century and earlier. The most likely interpretation many in government positions, including scientists, and other learned professionals will gravitate towards is that these advanced craft were developed from skunk-work projects originating from an adversarial super power, like China or Russia. I’d imagine such an assessment won’t sit well with just about anyone who is an American citizen gravely concerned about these uncontrolled incursions within our national borders... well, excepting perhaps aerospace defense contractors. OTOH, if these object don’t originate from planet Earth you then got the whole god-damned Bible Belt to contend with. Recent political activity expressed from this group would seem to suggest that many of them are not too tightly wrapped around the axel. No one wants another Orson Wells debacle.

I would like to savor this development, but, crap! Too much of my time is currently preoccupied with my own personal issues. I find close encounters of the PTSD kind a lot scarier than facing LGMs *Little Green Men*.





60 Minutes Overtime interviews two former Navy pilots who witnessed UAPs perform in ways that our most advanced aerospace technology is incapable of achieving.