localutility bills. but the mags are of no use to me and I amost long for this world and when I am gone key will be haved out with the rest of the nonsense I haves quirrelled away during my life inte--- so they are cetter off in the hands of someone who will usemthem as examples, of everyting the muscle mag SHOULDNT BE.

Take whem and welcome.

Your idea of (riging out a quarterly seems fine to me. Perhaps you can effe some Mooth transition twixt your MS RR and whatever you might call the quarterly.

No, I am not thin hour a 210 wrist curl one arm already yet. This bloke calls me up from Tampa, Florida, and yacks to me for laHLURS telling me he has a NINTEEN Inch forearm etc etc. He also mentims hedoes this one arm wrist curl with a bac TWO INCHES THICK. I am allears of this sounds like yet anour monbeamfrom the Larger Ounacy. I quiz him re his 19 inch forearm and ask him his haght, bodyweight and wrist meaurement. He comes back with 6 feet three inhes and he also says his 19 incher of 280 or 260 or 1 forget which nw and he also says his 19 incher alleged was goose necked. ealso states he is some sort of armwrstling champion. He tells me he got w UNLISTED phone number from Bob O'LEary, and who is, as Iam sure you failed torecognise IRISH. Healso goes on to say he is ending me shots of imself --- 1 toly him to wallery.

Like the spired salma they are conspicuous by their absoce.

Rethe smoked salmonartist.

He ONLY writes when he wans something. When he doeswrite his ter always comains some not very subtle request for info which I NEVER give because I do not trust him.

He desribedhiself CStrossen, Randall yclept, as me being HIS PERSONDU friend. I am not. He also told Strossen he was in CONSTANT COMMUNICATION with he and he aint.

In modnin he is about of the jackals skirting arm theeath of the larger andmore successful bodybuilding criminals, hoping to pick up ascrap or mo from their leadings.

In his latest letter to me the enclosed TENPAGES of questions --- 59 of the and asks me t ANSWR THEM AND TELL HIM WHAT I TAINK HE SHOULD CHARGE FOR ANSWRING THM. Itseems hethinks I am sort of a prick.

He also asked me if i hadread anartle purported to have beenwritten by the Weider interviewing Ted Arcidi in which predictells all the bloody world that it was Joe--- yup thenold masturbator--- sony masterblaster--- who TRAINED Arcidi and wasresposible for Ted mking a 700 panch.

He the The Saked Salmon King--- inform so me HE, The Salmon Man---wrote the mitter and what did I think of it?

I wroteack saying that I wouldn't answer his questonair e since it would be simple for him to go to any libary and answer it for himself --- in the east --- I suggested, it would be unethical and UNFAIR for him to charge anyone for ansering the quastions.

As for the Arcidi artcle I said I would rather no comment on it since I KNEW how Arcidi traned and who had trained him.