POSTMAN was not cooperating and after 3 hrs of troubleshooting and googling and asking AI what the issue was I gave up and used powershell  
GET   
A screen shot of a computer

AI-generated content may be incorrect.  
  
PUT  
A screen shot of a computer program

AI-generated content may be incorrect.

POST  
A computer screen with white text

AI-generated content may be incorrect.  
  
DELETE  
A screenshot of a computer

AI-generated content may be incorrect.