



Lots has gone down since my last installment

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My Cancer is in remission - the 9" x 12" mass  
has shrunk down to the size of a marble

②

my Covid is in the rear view mirror

(see the details below - LATEST 3.28.21)

Covid kicked my ass pretty good, but I'm  
double vaccinated & feeling much  
better now. I heard that the vaccine  
can help folks with Long Haulers.  
Maybe that's the cause of my quick improvement.



I've been working out with a great therapist, Zack Wermers. We've been concentrating on getting me off of the oxygen assistance, which until recently I've been needing to walk around. The sound it makes reminds me of Darth Vader.



PPSSSS...  
HHOOO...

I had a goal - walking my daughter, Hayley down the aisle. She was getting married to a wonderful guy, Justin Shane.

Thanks to Zach & my terrific medical team,  
I was able to, not only walk Hay down the  
aisle, but do the father/Bride dance with her  
WITHOUT OXYGEN



I'm excited to get back to work on  
the **OLD MAN**! It's lookin' good  
Here's a little peek —



WHAT SOME FOLKS ARE DOING

*Some good news during these  
challenging times*



Below is an earlier entry  
that I decided to hold back  
until I got a handle on my  
Covid. Now that I'm feeling  
better I thought I'd share  
those earlier thoughts with you.

(Latest 3-28-21)

Before



Menu

Earlier Latest

