

February 17, 2008

Carol is OK. No worse than usual. Her blood pressure goes up and down, so her doctor put her on blood pressure medicine, and that is making her feel sick. She will see him again March 3 and maybe he can find something that works better. She is also seeing a personal trainer who is teaching her some exercises. And we go and walk at the mall a couple times a week.

I'm thinking about a vacation, too. We talked about going to Florida, but winter is slipping away and Carol thinks that if we go now it will be too hot. So maybe I'll go somewhere by myself - like Costa Rica or Panama. I get Outside magazine and National Geographic Adventure and they have a lot of adventure travel websites.

How are Kelli and Chewy? How is your job?

Dad