

9/22/09

To Amy:

We were watching State of Play with Russell Crowe and Ben Affleck. It was OK. I've never heard of Cold Souls. I'll watch for it. We will see The Informant! this week some time, depending on when our friends can go. From what I've read, it should be very good.

We have new friends we met a few months ago. We were having breakfast at our favorite diner and they were sitting in the booth next to us, talking about movies. When we got up to go, we introduced ourselves and exchanged phone numbers. They are in their mid-seventies. He worked at Social Services when I did - I remember him, but he doesn't remember me. They've been married only about 6 years. Their previous spouses died. So we've been going to movies and out to dinner with them.

The other couple we used to hang out with dumped us. We'd known them for 20 years. They stopped calling and don't return our calls. That was about a year ago. We can only guess why. My best guess is that they didn't like my views on unions. Some day, we are going to run into them and it is going to be mighty uncomfortable.

We took advantage of a spell of beautiful weather and went up north last week. We took our canoe and did a short trip on the Manistee river - beautiful. The water was clear and we saw a lot of fish - and fisherman. A couple weeks ago, a guy caught a record brown trout on this river - 41 pounds. Then we went to Ludington and stayed 2 more nights. We took walks in the state park and paddled around the edges of Hamlin Lake where Carol likes to spot fish in the shallow water - gar, especially. But this time we didn't see any gar. Did see a snapping turtle and a bowfin (a big fish), which we have done in the past. We've done this several times. We also found a new place for breakfast where we had stuffed French toast with strawberries and whipped cream. In case you didn't know, stuffed French toast is two slices with cream cheese in between.

On Sunday I did my last long run (13.5 miles) before Sunday's half marathon. I get to take it easy the rest of the week, because any hard training done in the last week or so before a race doesn't help your performance. This is the third year I've run this race.

Carol has been feeling better in the last few weeks. Stronger and in better spirits. She attributes most of the improvement to treatments and counseling she gets over the phone from a chiropractor in Oregon.

Megan had another daughter a week ago.

Love, Dad