

Monday, January 11, 1993

Marathon**

Did my chores, then went to swim. The pool was almost empty, and I did 24 ^{lengths} laps. It felt great. I'm gonna try again tomorrow. Maybe I'll get close to a 1/2 mile, since today was over 1/4 mile.

Tonight I am making steak and sweet potatoes. I'm going to try to do mostly potatoes. I think I am beginning to drop a pound or so. Can't tell exactly since I have no scale. The belt is better though.

Note: Mort took the filter out of the seagull today.

Mort seems out of it. I think he is depressed. I know swimming would get his endorphins cooking. I'll ask him to join me tomorrow.

We had cocktails with a mob on the pier.

Tuesday, January 12, 1993

Marathon

I did my chores and was off to swim by 10:30 A.M. Today I did 28 lengths. It felt great. I'm craving less food too.

Note: Mort informed me that he thinks he has a sinus infection. Today I will, as per Marv's instructions, put Mort on Vibramycin - 3 days 2 each day (D in A.M. and D in P.M.) then one a day for 7 more days, making a total of 10 days on the medication. This is why he has been feeling kind of low. I began Bactrim (1 per day) slight urinary ^{problems}.

Tonight we'll have whitefish, Lou, Bagel, tomatoe cukes, and onion. Maybe a good cup of coffee too. Yum!

Wednesday, January 13, 1993

*Marathon

We have had a very nice quiet day today. Mort was feeling run down, but in a good mood. His exercises feel some better.

I decided not to swim. I'll go tomorrow. I'm told it's not good to press every day, and you should let your muscles rebound.

My knee feels very much better, although not 100%. I can do some climbing of stairs although ~~going~~ descending the stairs is still very uncomfortable. If things keep improving ^{as they go}, I don't think I'll keep my appointment with the orthopedic doctor.

We are having Paul & Jojo from Terre Des Hommes aboard for cocktails. They just had an offer accepted on a trawler - hard used. They want to pick our brain.

Tonight we probably will go to the Chinese restaurant. We did go & Paul joined us.

Thursday, January 14, 1993

Marathon

I swam 36 lengths today. Did basic Chores. Mort still isn't feeling super so he is doing minor jobs.

We had cocktails on pier and Talapia for dinner.

Mort went to High School for Code Class.

Friday, January 15, 1993

Marathon

Today I took Arthur to Jo Anne's Discount Fabrics to get a new foam mattress. While there I bought fabric to re-cover setee in our stateroom.

It rained off & on this afternoon. The beginning of a front.

After cocktails, as usual, on the pier (we are gathering more people) we had Cornish hens for dinner.

Saturday, January 16, 1993

Marathon

Today is Rich's 25th birthday. We spoke to all of the kids today, and all was well.

We had a tornado & severe thunderstorm watch today. Fortunately, we only got the drizzle.

We had cocktails de jour in spite of the damp. We covered the wet park benches with plastic bags. Then Mort took us to Captaways for dinner. He had oysters-fried, and I had fried chicken. We also had lobster bisque.

Note: I had some equatorial feelings at night. (Mouth, feet, hands) It was probably the bisque - bet it had fish stock.

Sunday, January 17, 1993

*Marathon

Today are two playoff games. The weather is sunny, cool (68°) and crisp. Great football weather.

I think I'll make chicken & Capers for dinner.

Monday, January 18, 1993

Marathon

It's very cool today. Too cold to swim. I scrubbed floors, however, even though it is a real truck on only one knee. The offending joint has improved very much, though.

(actually 1/19/93) As it's Mort's turn. He can't breath again - Not his best this time, but like in November Marv put him on Cortisone
 Note: Short Course - 3 - 3 - 2½ - 2½ - 2 - 2 - 1 - 1

We both went to the supermarket. Got Lobster for Dinner. Had a great group on the pier this evening. We are planning a pig roast for a week from Friday.

Tuesday, January 19, 1993

Marathon

Today is Margeaux Rose's 5th birthday. We sent her a game and a dress.

I swam only 24 lengths. It was too cold to do more. Dinner will be salmon steaks.

The group on the pier was the largest ever this year.

Note: Mort had his teeth cleared today. Tomorrow is my turn.

Wednesday, Jan. 20, 1993

Marathon

Went to dentist today for cleaning. Did not think ^{the} hygienist did such a good job.

Went with Gil & Nancy to Porkie's for dinner. Got word that Dr. Herring's response to BC/BD never came. They will not process. Had to get Marv's office on phone to Fed X & review to Blue Cross. Should arrive Thursday.

Thursday, Jan 21, 1993

Marathon

Did boat chores today - both of us & studied for HAM. Dennis was gourmet Dirty Moose. Then we went to HAM-class.

Friday, Jan. 22, 1993

* Marathon

Mort worked on HAM, in a.m., while I swam 36 lengths (or 1/2 mile). I worked on Ham and called BC/B to see if info. had arrived yesterday. They said it never got there. Had to put a trace on it - Marv's office girl Doris, was very uncooperative. But, finally it checked out received at 1:30 on Thurs. Had delivered to the underwriter at that time.

We went to dinner at Brookville. Had very good prime rib. Linda and Dick of Dream Carriers came over for an after dinner drink.

Saturday, January 23, 1993

to February 15, 1993 Marathon

Too cold to swim, very busy with HAM. (Several hours per day) and preparation for guests and trip to Bahamas.

No time for log, but will give highlights:

Discharged by Dr. Terzel on 1/25/93
Saw Charlotte, Roy, Dave, Ed, Ruth & Nat for dinner 1/25/93