

To whine and Diners:

Thank you for the well wishes many of you have sent. Been home from the hospital resting for a week now. The broken hip feels like it's starting to mend. The rotator cuff is taking longer. Last Monday, my mother helped me realize by some of what I was saying that I wasn't thinking as clearly as I thought so I quit taking the painkillers.

Recovered from the emotional shock of the crash, and getting the effect of painkillers out of my mind, my energy level is higher. The night I crashed the pain was crippling, physically and mentally. Currently it hurts much less but I realize I'm more severely injured than I tried at first to avoid accepting. Still, it nags like an endless howling headwind on a long ride that just won't go away.

I realized already how separated I am from everything and everyone right now. People have been offering to help if I needed anything. I've been saying, well I'm ok here. But the truth I realized is that most of all I need some friendly company from good caring people. That would cheer up my outlook and help my body heal more than anything else could.

Sincerely,

Barry