Tuesday 2/18/14 Day 12

6:15am

Yesterday was so good for my soul. Lukas arrived midday. I'm so happy that he is here. We had a long talk about many things but I still don't have a great sense for how he is doing with all this. Fortunately he has Kristin to talk with. I'm really glad she is in his life right now. He did tell me that his Grandpa (Claude's Dad) died a week ago. He was 95 and died peacefully. Lukas seemed to be ok with this. I'm sure largely because his Grandpa lived a long life.

Luke set up the suspension system off our pergola so I and Luke can work out. Luke showed me some good easy upper body stretches and exercises I can do to build my core and arms. That was good. Between the trainer and the suspension system I should be able to minimize my fitness loss.

We went for a short walk to Hillcrest Park. The weather was beautiful and it felt great to be out.

Jeffrey, Alison, Sam and the girls came over later and Luke made burritos for dinner. It was wonderful having a full house of noise, different conversations and all of Ainsley's activity. She is so cute and quite animated. Ellie gets cuter by the day. Her cubby cheeks are adorable. Alison and Sam are such good parents.

Progress in civilization has been accompanied by progress in cookery.

—**FANNIE FARMER** (1857–1915)
American cooking teacher

I know how hard this must be for them and they have such patience with the situation. Alison will be going back to work soon. I wish I could be more help to them. I don't trust myself to pick up Ellie. Hopefully after surgery I'll regain