



later date - really for palliative measures. That sounded very reasonable to me so that is the plan. Additionally he wants to monitor me closer with MRIs. So I will have my next MRI on Sept 10th and we will see if the tumor is indeed progressing. I'm hopeful that this next MRI will be unchanged. That would be a great result in my opinion.

Meanwhile I've kept busy. Saturday I went with some women from the VT to see Menopause the Musical. It was very funny and felt great to laugh for a few hours. Although I do wish I could relate quite so well, I think I had 4 hot flashes in the 1½ hrs of the program.

On Tuesday I had lunch with Kathie. It had been quite a while since we've gotten together so that was fun. On Wed I had lunch with Linda Skogmo which also was a lot of fun.

I'm really excited about the 10k race in Oct. On Mon and Wed I ran a 10K and it felt great. I also heard from the kids and they all are planning on running with me. Mike and I will likely ride this weekend since we finished the garden last weekend. I love the garden. Such wonderful memories of my Charlottesville friends and family.

Well - enough for now. My head is in a good place and still feeling strong, although a little tired from the Temodar. Tomorrow I'll take the last dose for this 4th round. Then a

