



## Morgan's Moment...



The lady has just run 26 miles...  
 a personal best time...  
 crossed the finish line  
 with 2000 in the stands.

The one known as "man friend"  
 steps onto the track  
 which is not allowed.

He kneels...  
 words are spoken  
 lost in crowd noise...  
 a box is given...accepted.

26 long miles melt away...  
 eyes sparkle  
 like her new diamond.

And all who know and love them  
 celebrate the wonder  
 of a new personal best.

— Grampa Art

## BOOK CORNER

Here are some of the  
 responses to the most recent  
 page on "Thoughts and Prayers."

"Thanks much! I'm going to  
 get Epperly's book!"...."Another book  
 for me to check out on sabbatical"...  
 "I'll check out the book!"..." Will find  
 the recommended book"... "Will get  
 the book"... "Ordering it today!"  
 Epperly is a Process theologian."

I'm complimented some  
 would trust my book comments  
 so much but warn you to check  
 Amazon reviews as well. There  
 are a lot of books out there.

Other good comments as  
 well. Always appreciated.

## Email Blue Sheet - May 6

### THOUGHT AND PRAYERS II

When I was first diagnosed with cancer 12 years ago my first concern was for the best medical treatment I could find. I had advice from my urologist and from a survivor friend as well as from people in the Tacoma Prostate Cancer Support Group.

I paid attention to each of these sources, plus a number of others I sought out for myself.

I was suspicious about the recommendation to begin with a visit to a Naturopathic Physician. My mind registered it as "quack."

It turned out to be a good beginning place. I was forced to see what I had been doing that was not healthful and what I could do to help my body deal with this present trauma.

Nothing was offered to replace my choice of medical treatment. What was offered was really a way to begin to become involved in my own treatment.

**This leads me to another book** I've recently read that broadens the range of alternative strategies one can take when confronted with some disease.

I didn't have it when I might have used it, but my experience tells me that there is truth that might help a lot of people. The book is: **"Embrace, Release, Heal —An empowering guide to Talking About, Thinking About and Treating Cancer"** by Leigh Fortson.

My general feeling is that we should begin by following the science and that we should be very suspicious of anecdotal reports that claim to trump tested research. This book is heavy on interesting and encouraging anecdotes, but avoids the miracle alternative approach. The author says:

***"Although I emphasize diet, the power of the mind, spiritual prowess, and some alternative treatments, I won't tell you to cancel your next appointment with the oncologist."*** (p. xxxv)

It's another book among many I found interesting.

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### THE MERRY MONTH OF MAY

It's time for us to make our annual migration to Puget Sound. We will be there by Memorial Day to begin setting up camp for the summer.

Our final **THURSDAY NIGHT MOMENT** of the season will be **THURSDAY, MAY 10**. We function (if you call it that) on the academic calendar.

Occasional **Morgan's Moment Blue Sheets** will appear throughout the summer. We also expect to have our usual summer drop-ins take advantage of the camp and bunkhouses.

We don't like to be away during the summer, but this year will have three exceptions that we know about. The weekend of June 16, when Grandson Aram graduates from Southern Oregon University. The weekend of June 30 when Grandson Kyle and Sabrina are being married in California. The weekend of August 25 when Brad Lorenzen and Lillian are to be married in Eugene.

That leaves at least 12 weekends for us to be in residence at the cabin. We look forward to whatever comes next.