

Advent Greetings in the Name of Bethlehem's Babe;

Thank you so much for all the thoughts and prayers! It has been a tremendous blessing and comfort to know that so many people have been praying for me. Your prayers are truly appreciated!

I got home last night from CHOMP (Community Hospital Of The Monterey Peninsula).

For the past several months I have not been feeling "myself" as I've had lightheadedness and very low blood pressure. About three weeks ago I began to experience shortness of breath and easily fatigued. As someone who swims 4 times a week at MPC and has run marathons and done Ironman, I couldn't walk 1 lap around the track without feeling exhausted.

On Tuesday November 28<sup>th</sup> after encouragement from Dr. Mary Ichiuji, I went to the ER because my blood oxygen was low and previous tests indicated possible heart problems.

I am grateful that I had a number of tests done on my heart. I give thanks to God that there were no abnormalities found. I was concerned that there might be some blockage to my arteries because as many of you know, my nightly routine for DECADES has been to eat Jolly Time Movie Theater Buttered Popcorn and then add an extra ½ cube of melted butter! I use chopsticks so that my fingers don't get all greasy! Praise God that the nuclear treadmill stress test did not reveal any abnormalities.

I have follow up appointments next week, December 5<sup>th</sup> with a Pulmonologist and Cardiologist to further examine why I continue to have shortness of breath, lightheadedness and low blood pressure. The Hospitalist thinks it could be stress related but I'll discuss that with my doctors. As several of you have written, "obey your doctor," I will do my best.

Once again, I truly appreciate your emails, texts, cards, etc.

I will keep you posted on any new developments, but Sherry and I are so grateful for your love and concern for us.

<sup>23</sup> "The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us"). Matthew 1:23

Praying that God will be with you all!  
Praising God that He is with us all!

Love in Christ,

Ted and Sherry