

# My Monday Memo

May 2, 2022

Adventures in the PNW

Issue 101

Today is... May 2nd

National Life Insurance Day

On this day in 1946...

An attempted prison escape by six inmates at Alcatraz resulted in two days of violent fighting, which became known as the Battle of Alcatraz.

Quote of the Week

"Difficult roads often lead to beautiful destinations."

- Unknown

MIRA'S PHOTO OF THE WEEK



## Rachel's Spine Update

What a day, what a day. On Monday, April 25<sup>th</sup>, Rachel headed to Seattle in the early hours to spend the entire day at the hospital. She hated each moment and describes the entire day as pure torture. Rachel had a bone scan, CT scan, MRI, and visit with the surgeon.

The last exam of the day was the MRI. After a 20-minute panic attack on the MRI table, the scan was completed, and she headed to hear the results.

Dr. Zhang advised Rachel that the new imaging showed the entire fusion had failed, both front and back. The good news is that she has no additional disc issues, and they will only need to go in through her back to perform a revision fusion of L5/S1. This is truly the best-case scenario.

Surgery was scheduled for June 10<sup>th</sup>, which could change, as Dr. Zhang would like Rachel to have a diagnostic spine injection for surgical planning. The date of the injection has yet to be determined and could change the June 10<sup>th</sup> surgery date.

Fingers crossed that it all goes to plan and June 10<sup>th</sup> sticks.

*Pictured left: As there is no photo of Rachel on the MRI table, this serves as a good visual for what that 20 minutes looked like.*



## Did you find it?

Merriam-Webster's Word of the Day  
April 29th

Flummox

Flummox means "to confuse."

## All Hail Seattle's 'Broccoli Guy'

By Rachel Brandes

On Sunday, April 24<sup>th</sup>, Mira and Rachel took a day trip to Seattle for a Mariners baseball game against the Kansas City Royals. The weather couldn't have been more perfect and the entertainment, well, the entertainment was unexpected. The Mariners were able to pull out a win in extra innings, beating the Royals 5-4 in the 12<sup>th</sup>.

Sunday's game was Little League Day at T-Mobile Park, and the venue was packed with young players sporting their own team uniforms. Each child in attendance received a Mariners hat as a souvenir. The kids and their parents had the opportunity to participate in a parade around the warning track prior to the game. Some kids were lucky enough to get autographs from players during the parade.

As the pre-game ceremonies got underway, a lucky select group of kids were announced and took position on the field as if they were going to play the game. Next, the Mariner players for each position joined the Little League player and had a moment of interaction and autograph signing before the kids headed off the field. Now it was game time.



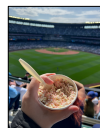
Mira and Rachel before the game as the Little League players and their parents take their stroll along the warning track.



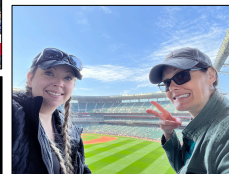
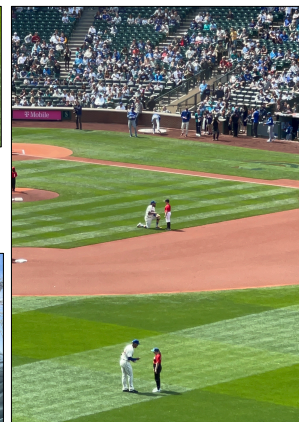
The Broccoli Guy in all his glory.

Backing things up a bit... As Mira and Rachel enjoyed a pizza lunch before the game, they noticed a man across the way dancing by himself to the stadium music. Not only was he dancing, but he was holding what appeared to be broccoli in each hand. This view was likely to flummox anyone in attendance. Mira zoomed in, Rachel got her binoculars out, and low and behold, this man was dressed in a onesie, and he was dancing with a stalk of broccoli in each hand. Boy oh boy, did he look happy. Mira quickly Googled him, and it's a good thing she did because Rachel was beginning to think they had a nutty fan in the stands. He is a well-known Seattle sports fan that has been dubbed 'Broccoli Guy' and is at most Seattle sporting events with his raw vegetables in an attempt to raise awareness for the need of substitute teachers. Seattle news station, [King 5, did a story](#) on him in last year and he is clearly a bit kooky, but apparently a well-meaning teacher and sports fanatic. Mira and Rachel [enjoyed him throughout the game](#), as did plenty of other fans.

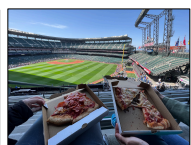
This trip to watch the Mariners play ball was an entertaining one for sure. Mira and Rachel look forward to at least another Mariners game this summer, as well as some Triple-A affiliate Rainier games in Tacoma. Until next time, eat your veggies, and be well.



Pictures all around: Photos from the ballpark, including left, Mira takes a pic of Rachel in the stands while she's grabbing an ice cream.



Pictured Above L to R: Pictured taken through the binoculars. Pictured Below L to R: Yum, pre-game pizza, yummiest, Mira and Rachel have removed all trace of meat from Rachel's pizza, and finally, yummiest, they enjoy a tasty lunch.



## 22 for 2022 Happier Project Update

It's hard to believe we are almost halfway through 2022. Here is an update to my Happier Project.

**Learn Spanish** - 141 consecutive days of Spanish lessons to date.

**Walk 7,000 steps on average** - April average 4,969.

**Happiness Project Audiobook** - Chapter four completed.

**Zen as F\*ck Book** - April entries made.

**Yoga** - practiced three days a week in April.

**Family VHS Tapes** - Completed!!! Still figuring out how to get into MP4 format.

**Oral Communication** - talked with both moms in April.

**Written Communication** - two handwritten cards mailed to loved ones.

**Journaling** - wrote in both Blake and Alec's journals.

**Read Weekly** - Reading *Being Present* by Dean Kundtz and 14,000 things to be happy about by Barbara Ann Kipfer.

As far as long-term goals:

**Get Spine Fixed** - Surgery scheduled for June 10<sup>th</sup>.

**Boobs Be Gone** - Surgery postponed to mid-August to follow recovery of spine.

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