

## This and That

Written by  
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For the first time since Christmas, today I returned to my early morning walk. Due to my miscounting of the remaining cleansing capsules I was taking, I thought this day was arriving a week ago so I really relished every step I took. It has cooled here again but the morning air felt good and the silence of the hour was wonderful.

While I walked Rick was busy showering and dressing because he was heading to Mexico for a doctors appointment. I wrote about the asthma clinic in Mexicali that he went to before and today he was due for his annual checkup. Dr. Carillo's magic has made a big difference in Rick's breathing ability so the two and a half hour one way drive is well worth it. He returned after lunch with another 10 month supply of medication to last until next fall when we return to the area.

This evening we drove to Palm Springs to pick up some groceries and have dinner. When Gayle and Graham were here we discovered a New York style deli, Manhattan in the Desert, which we enjoyed so tonight we made a return visit. On our way, we stopped so I could take this picture of the moon; wouldn't you know it, I didn't bring my zoom lens!