

## Late Nights and Early Mornings

Written by

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There was a time not too long ago when staying up late was the norm and getting up early was routine. Somehow I thought I functioned well and assumed I could catch up on my sleep if I needed to. In the past few months I have been enjoying 8-hour, undisturbed sleeps and I have learned that I not only really like them but I need them.

Since coming to Vegas, we have been going to bed well after midnight and getting up at 7 or 8, making for some very loooong days. This morning we were up and out the door fairly early because Jamie was flying back to Toronto at 1:30 and “the boys” had something they wanted to do first. We headed over to The Gun Store so they could each have a turn at shooting some “real” guns at targets. Jamie and Fred each shot genuine M16’s, fully automatic weapons and Rick shot a semi-automatic beretta. In ten minutes “the boys” had their jollies for the year and we then went out for breakfast before heading to the airport. Once there we learned that Jamie’s flight was delayed to 3:30.

There is a conference in town this week and today we learned how much it has affected the parking at the hotels. We thought we would venture to “The Strip” to see some of the other casinos but by the time we got the car parked we had just a short time to walk around before we needed to head back to the airport. Short as it was it was great for us to spend some time with Jamie. Fred took this picture of Jamie and me at the airport, my proof that he was really here!

PS. Now that the “young one” has departed, the rest of us will be in bed earlier tonight!