

Well it has been almost a week following knee surgery and the knee seems to be doing well. There is still a little swelling and so I ice it down frequently. Between sitting and reading while icing down and doing my exercises, it seems as though the days are just zipping by. Spring is coming to Maryland and I hope that I can soon get out in the yard and do some very much needed work there. Although I will not be able to walk at the Atlantic Region AVA Conference the weekend of the 21st, I will be able to volunteer and send the walkers on their way.

Jim