

Supporting Bill



A mountain is something you don't want to f' with . . .
Billy the Mountain - Frank Zappa

What's Important to Me ...

- When I have a sense that my family is doing well, it makes my day.
- Seeing my daughters get settled.
- Opportunities to travel with Gretchen.
- Live music is very important. I try to hear it at least once a month.
- Staying healthy and out of the hospital.
- Technology and the latest ways to be more efficient.
- Keeping a balance in my life between head and hands and heart.
- One more family vacation.
- A Thanksgiving dinner at both of my daughter's homes.
- Working on projects that bring out my passion.
- Going to a game or watching the Giants with Gretchen.
- Walking two miles in the morning with Gretchen.
- Warm enough to wear shorts.

How to Best Support My Health ...

- When I'm in the hospital or sick, I really prefer to do it alone.
- I don't drink, don't even ask.
- I don't like to be lectured, but if you see me doing something really stupid (like eating dessert) it can't hurt to playfully mention it.
- Any day that involves diagnostic tests or doctors appointments is an anxious day for me. You might have to cut me some slack.

My Health

I have many related health conditions that affect my urinary, digestive, and endocrine systems. The major underlying condition is chronic liver disease. If you want to know why, I'll tell you. All that said, I have periods of excellent health.

Music When You're Feeling Sorry for Yourself

My S**t's F'd Up - Warren Zevon
Life'll Kill Ya - Warren Zevon
Why Must I Always Explain? - Van Morrison

Some Music That'll Get You Going

Rock N Roll Artist-Mutant - Patti Smith • I and Love and You - The Avett Brothers
Sexual Harassment in the Workplace - Frank Zappa • Franklin's Tower - Grateful Dead
Vanlose Stairway - Van Morrison • Beat on the Brat - The Ramones