# down for the count

February 27, 2009 By Paul Dalton

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I have been offline for a few days because, well I have been offline. On Monday, I came down with what turned into one of the worst GI bugs I have ever experienced- bad enough to land me in the hospital for a day to get IV fluids and meds.

I am just starting to crawl up from the muck now. I feel like I have been on the losing side of fight. I look like it too.

In the midst of all of this, of course I had to deal with insurance issues. When will the national nightmare of our health care system be dealt with in a sane and rational manner?

Cleary, I am not all the way back yet, so I will keep this short. Health care is a right.

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