



On the Mend, On the Move

February 28, 2011 By [Shawn Decker](#)

I still feel pretty rough, but getting better... managed to get out during the day yesterday, which is a step in the right direction. Am also well enough to go forward with a week-long trip for a little r&r, even though staying at home sounds quite relaxing. Once I get off the plane, all will be good.

Am leaving today, so may not be on the blog too much this week. Just wanted to give an update, because I don't like leaving anyone in the dark when I post that I'm not feeling well. Based on how everyone else has dealt with this bug in town, I can expect another few days of an annoying cough and three more hours of sleep than I usually require a day.

I can deal with that!

Thanks to everyone for your well-wishes. I'll be back stronger than ever in about a week.

Positively Yours,
Shawn

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