

---

Subject: Busted some stuff while I was gone  
Posted by [Tom Bruhl](#) on Sat, 26 Jan 2008 18:13:33 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

This is a multi-part message in MIME format.

-----=\_NextPart\_000\_00B6\_01C8601D.408CDA70  
Content-Type: text/plain;  
charset="iso-8859-1"  
Content-Transfer-Encoding: quoted-printable

He guys,  
It's been a month since my last post. Reason being  
I broke my tibia fibula just above my ankle clean through  
on 12/30. =20

Got some titanium inserted inside where the marrow was  
and screwed in in three places. I spent five days in the hospital  
due to a fever I was running. The pain was incredible for  
the first three weeks. Now I'm barely taking the pain meds.  
They helped alot though. Toes are moving and feeling. They  
tell me that's good. Ankle feels swollen and tender and is tough  
to move.

Physical therapy is in house which is great although  
very difficult. I am giving it all I've got to get back on my=20  
feet asap. So far keeping the foot above my heart all  
the time is the best way to keep the swelling down along with  
ice after exercise.

I want you all to know that I've been looking in here over the  
last few weeks and it's great to feel some what normal again.  
I can't spend more than 30 minutes at a desk. The studio  
has been out of the question although I'm looking for a way to=20  
rest my foot on the console without falling out of my chair.  
I am giggling once or twice/week which is way bad for me. =20  
Gotta make a living. =20

My stereo amp is in the shop where I am sleeping and exercising.  
When it comes back I'll be doing some big time listening.

Any tips from friends here would be great regarding healing  
and/or music productivity while healing would be great.

I'm down but not out,  
Tom

I choose Polesoft Lockspam to fight spam, and you?

<http://www.polesoft.com/refer.html>

-----=\_NextPart\_000\_00B6\_01C8601D.408CDA70

Content-Type: text/html;

charset="iso-8859-1"

Content-Transfer-Encoding: quoted-printable

```
<!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">
<HTML><HEAD>
<META http-equiv=3DContent-Type content=3D"text/html; =
charset=3Diso-8859-1">
<META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>
<STYLE></STYLE>
</HEAD>
<BODY bgColor=3D#ffffff>
<DIV><FONT face=3DArial size=3D2>He guys,</FONT></DIV>
<DIV><FONT face=3DArial size=3D2>It's been a month since my last =
post.&nbsp; Reason=20
being</FONT></DIV>
<DIV><FONT face=3DArial size=3D2>I broke my tibia fibula just above my =
ankle clean=20
through</FONT></DIV>
<DIV><FONT face=3DArial size=3D2>on 12/30.&nbsp;</FONT></DIV>
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>
<DIV><FONT face=3DArial size=3D2>Got some titanium inserted inside where =
the marrow=20
was</FONT></DIV>
<DIV><FONT face=3DArial size=3D2>and screwed in in&nbsp;three =
places.&nbsp; I spent=20
five days in the hospital</FONT></DIV>
<DIV><FONT face=3DArial size=3D2>due to a fever I was running.&nbsp; The =
pain was=20
incredible for</FONT></DIV>
<DIV><FONT face=3DArial size=3D2>the first three weeks.&nbsp; =
Now&nbsp;I'm barely=20
taking the pain meds.</FONT></DIV>
<DIV><FONT face=3DArial size=3D2>They helped alot though.&nbsp; Toes are =
moving and=20
feeling.&nbsp; They</FONT></DIV>
<DIV><FONT face=3DArial size=3D2>tell me that's good.&nbsp; Ankle feels =
swollen and=20
tender and is tough</FONT></DIV>
<DIV><FONT face=3DArial size=3D2>to move.</FONT></DIV>
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>
<DIV><FONT face=3DArial size=3D2>Physical therapy is in house which is =
```

great=20  
although</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>very difficult.&nbsp; I am giving it =  
all I've got=20  
to get back on my </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>feet </FONT><FONT face=3DArial =  
size=3D2>asap.&nbsp; So=20  
far keeping the foot above my heart all</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>the time is the best way to keep the =  
swelling down=20  
along with</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>ice after exercise.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>I want you all to know that I've been =  
looking in=20  
here over the</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>last few weeks and it's great to feel =  
some what=20  
normal again.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I can't spend more than 30 minutes at a =  
desk.&nbsp;=20  
The studio</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>has been out of the question although =  
I'm looking=20  
for a way to </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>rest my foot on the console without =  
falling out of=20  
my chair.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I am giggling once </FONT><FONT =  
face=3DArial size=3D2>or=20  
twice/week which is way bad for me.&nbsp; </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>Gotta make a living.&nbsp; =  
</FONT></DIV>  
<DIV>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>My stereo amp is in the shop where I am =  
sleeping=20  
and exercising.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>When it comes back I'll be doing some =  
big time=20  
listening.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV>  
<DIV><FONT face=3DArial size=3D2>Any tips from friends here would be =  
great regarding=20  
healing</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>and/or music productivity while healing =  
would be=20  
great.</FONT></DIV>

<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>I'm down but not out,</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>Tom</FONT></DIV></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT size=3D2><BR><BR>I choose Polesoft Lockspam to fight spam, =  
and=20  
you?<BR><A=20  
href=3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=  
..html</A>&nbsp;&nbsp;&nbsp;&nbsp;</FONT></DIV></BODY ></HTML>

-----=\_NextPart\_000\_00B6\_01C8601D.408CDA70--

---

Subject: Re: Busted some stuff while I was gone  
Posted by [Jamie K](#) on Sat, 26 Jan 2008 18:41:32 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Hey Tom,

Welcome back! Sorry to hear about your leg. Sounds like you're in good hands and it's just a matter of time before you're back on your feet.

Music to heal by, (to start the list):  
Mark Sloniker - True Nature  
One Of A Kind - Bill Bruford

Cheers,  
-Jamie  
[www.JamieKruz.com](http://www.JamieKruz.com)

Tom Bruhl wrote:

> He guys,  
> It's been a month since my last post. Reason being  
> I broke my tibia fibula just above my ankle clean through  
> on 12/30.  
>  
> Got some titanium inserted inside where the marrow was  
> and screwed in in three places. I spent five days in the hospital  
> due to a fever I was running. The pain was incredible for  
> the first three weeks. Now I'm barely taking the pain meds.  
> They helped alot though. Toes are moving and feeling. They  
> tell me that's good. Ankle feels swollen and tender and is tough  
> to move.  
>  
> Physical therapy is in house which is great although

> very difficult. I am giving it all I've got to get back on my  
> feet asap. So far keeping the foot above my heart all  
> the time is the best way to keep the swelling down along with  
> ice after exercise.  
>  
> I want you all to know that I've been looking in here over the  
> last few weeks and it's great to feel some what normal again.  
> I can't spend more than 30 minutes at a desk. The studio  
> has been out of the question although I'm looking for a way to  
> rest my foot on the console without falling out of my chair.  
> I am gigging once or twice/week which is way bad for me.  
> Gotta make a living.  
>  
> My stereo amp is in the shop where I am sleeping and exercising.  
> When it comes back I'll be doing some big time listening.  
>  
> Any tips from friends here would be great regarding healing  
> and/or music productivity while healing would be great.  
>  
> I'm down but not out,  
> Tom  
>  
>  
>  
>  
>  
> I choose Polesoft Lockspam to fight spam, and you?  
> <http://www.polesoft.com/refer.html>

---

---

Subject: Re: Busted some stuff while I was gone  
Posted by [John \[1\]](#) on Sat, 26 Jan 2008 19:48:25 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

holy crap ! I hope you get well quick. For swelling i put 50% water and  
50% isopropyl alchohol in a zip lock bag and freeze it. It will stay liquid  
an be cold as hell.

John

---

---

Subject: Re: Busted some stuff while I was gone  
Posted by [excelav](#) on Sat, 26 Jan 2008 20:13:02 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Wow dude, sorry to hear all that! I hope you feel better and get completely  
back on your feet soon.

"Tom Bruhl" <arpeggio@comcast.net> wrote:

>

>

>He guys,

>It's been a month since my last post. Reason being

>I broke my tibia fibula just above my ankle clean through

>on 12/30. =20

>

>Got some titanium inserted inside where the marrow was

>and screwed in in three places. I spent five days in the hospital

>due to a fever I was running. The pain was incredible for

>the first three weeks. Now I'm barely taking the pain meds.

>They helped alot though. Toes are moving and feeling. They

>tell me that's good. Ankle feels swollen and tender and is tough

>to move.

>

>Physical therapy is in house which is great although

>very difficult. I am giving it all I've got to get back on my=20

>feet asap. So far keeping the foot above my heart all

>the time is the best way to keep the swelling down along with

>ice after exercise.

>

>I want you all to know that I've been looking in here over the

>last few weeks and it's great to feel some what normal again.

>I can't spend more than 30 minutes at a desk. The studio

>has been out of the question although I'm looking for a way to=20

>rest my foot on the console without falling out of my chair.

>I am giggling once or twice/week which is way bad for me. =20

>Gotta make a living. =20

>

>My stereo amp is in the shop where I am sleeping and exercising.

>When it comes back I'll be doing some big time listening.

>

>Any tips from friends here would be great regarding healing

>and/or music productivity while healing would be great.

>

>I'm down but not out,

>Tom

>

>

>

>

>

>I choose Polesoft Lockspam to fight spam, and you?

><http://www.polesoft.com/refer.html>

>

><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">

```
><HTML><HEAD>
><META http-equiv=3DContent-Type content=3D"text/html; =
>charset=3Diso-8859-1">
><META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>
><STYLE></STYLE>
></HEAD>
><BODY bgColor=3D#ffffff>
><DIV><FONT face=3DArial size=3D2>He guys,</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>It's been a month since my last =
>being</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>I broke my tibia fibula just above my =
>ankle clean=20
>through</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>Got some titanium inserted inside where
=
>the marrow=20
>was</FONT></DIV>
>five days in the hospital</FONT></DIV>
>pain was=20
>incredible for</FONT></DIV>
>taking the pain meds.</FONT></DIV>
>moving and=20
>swollen and=20
>tender and is tough</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>to move.</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>Physical therapy is in house which is =
>great=20
>although</FONT></DIV>
>all I've got=20
>to get back on my </FONT></DIV>
><DIV><FONT face=3DArial size=3D2>feet </FONT><FONT face=3DArial =
>far keeping the foot above my heart all</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>the time is the best way to keep the =
>swelling down=20
```

>along with</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>ice after exercise.</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>I want you all to know that I've been =  
>looking in=20

>here over the</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>last few weeks and it's great to feel =  
>some what=20

>normal again.</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>I can't spend more than 30 minutes at a  
=

>The studio</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>has been out of the question although =  
>I'm looking=20

>for a way to </FONT></DIV>

><DIV><FONT face=3DArial size=3D2>rest my foot on the console without =  
>falling out of=20

>my chair.</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>I am giggling once </FONT><FONT =  
>face=3DArial size=3D2>or=20

></FONT></DIV>

><DIV><FONT face=3DArial size=3D2>My stereo amp is in the shop where I am  
=

>sleeping=20

>and exercising.</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>When it comes back I'll be doing some =  
>big time=20

>listening.</FONT></DIV>

><DIV>

><DIV><FONT face=3DArial size=3D2>Any tips from friends here would be =  
>great regarding=20

>healing</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>and/or music productivity while healing  
=

>would be=20

>great.</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>I'm down but not out,</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>Tom</FONT></DIV></DIV>

><DIV><FONT size=3D2><BR><BR>I choose Polesoft Lockspam to fight spam, =



>and=20  
>you?<BR><A=20  
>href=3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=

>  
>

---

Subject: Re: Busted some stuff while I was gone  
Posted by [Neil](#) on Sat, 26 Jan 2008 20:50:16 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

That's a real bummer, Tom... hope you get better soon!

Neil

"Tom Bruhl" <arpeggio@comcast.net> wrote:

>  
>  
>He guys,  
>It's been a month since my last post. Reason being  
>I broke my tibia fibula just above my ankle clean through  
>on 12/30. =20  
>  
>Got some titanium inserted inside where the marrow was  
>and screwed in in three places. I spent five days in the hospital  
>due to a fever I was running. The pain was incredible for  
>the first three weeks. Now I'm barely taking the pain meds.  
>They helped alot though. Toes are moving and feeling. They  
>tell me that's good. Ankle feels swollen and tender and is tough  
>to move.  
>  
>Physical therapy is in house which is great although  
>very difficult. I am giving it all I've got to get back on my=20  
>feet asap. So far keeping the foot above my heart all  
>the time is the best way to keep the swelling down along with  
>ice after exercise.  
>  
>I want you all to know that I've been looking in here over the  
>last few weeks and it's great to feel some what normal again.  
>I can't spend more than 30 minutes at a desk. The studio  
>has been out of the question although I'm looking for a way to=20  
>rest my foot on the console without falling out of my chair.  
>I am giggling once or twice/week which is way bad for me. =20  
>Gotta make a living. =20  
>  
>My stereo amp is in the shop where I am sleeping and exercising.  
>When it comes back I'll be doing some big time listening.

>  
>Any tips from friends here would be great regarding healing  
>and/or music productivity while healing would be great.  
>  
>I'm down but not out,  
>Tom  
>  
>  
>  
>  
>  
>I choose Polesoft Lockspam to fight spam, and you?  
><http://www.polesoft.com/refer.html>  
>  
><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">  
><HTML><HEAD>  
><META http-equiv=3DContent-Type content=3D"text/html; =  
>charset=3Diso-8859-1">  
><META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>  
><STYLE></STYLE>  
></HEAD>  
><BODY bgColor=3D#ffffff>  
><DIV><FONT face=3DArial size=3D2>He guys,</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>It's been a month since my last =  
  
>being</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>I broke my tibia fibula just above my =  
>ankle clean=20  
>through</FONT></DIV>  
  
><DIV><FONT face=3DArial size=3D2>Got some titanium inserted inside where  
>=  
>the marrow=20  
>was</FONT></DIV>  
  
>five days in the hospital</FONT></DIV>  
  
>pain was=20  
>incredible for</FONT></DIV>  
  
>taking the pain meds.</FONT></DIV>  
  
>moving and=20

>swollen and=20  
>tender and is tough</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>to move.</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>Physical therapy is in house which is =  
>great=20  
>although</FONT></DIV>

>all I've got=20  
>to get back on my </FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>feet </FONT><FONT face=3DArial =

>far keeping the foot above my heart all</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>the time is the best way to keep the =  
>swelling down=20  
>along with</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>ice after exercise.</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>I want you all to know that I've been =  
>looking in=20  
>here over the</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>last few weeks and it's great to feel =  
>some what=20  
>normal again.</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>I can't spend more than 30 minutes at a  
=

>The studio</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>has been out of the question although =  
>I'm looking=20  
>for a way to </FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>rest my foot on the console without =  
>falling out of=20  
>my chair.</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>I am giggling once </FONT><FONT =  
>face=3DArial size=3D2>or=20

></FONT></DIV>

><DIV><FONT face=3DArial size=3D2>My stereo amp is in the shop where I am  
=  
>sleeping=20  
>and exercising.</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>When it comes back I'll be doing some =  
>big time=20  
>listening.</FONT></DIV>

><DIV>  
><DIV><FONT face=3DArial size=3D2>Any tips from friends here would be =  
>great regarding=20  
>healing</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>and/or music productivity while healing  
=  
>would be=20  
>great.</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>I'm down but not out,</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>Tom</FONT></DIV></DIV>

><DIV><FONT size=3D2><BR><BR>I choose Polesoft Lockspam to fight spam, =  
>and=20  
>you?<BR><A=20  
>href=3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=

>  
>

---

Subject: Re: Busted some stuff while I was gone  
Posted by [rick](#) on Sun, 27 Jan 2008 10:13:53 GMT  
[View Forum Message](#) <> [Reply to Message](#)

so you were the guy in the cape and spandex tights on the news...whoda  
thunk. get better and remember the safety ropes next time. :o)

On Sat, 26 Jan 2008 13:13:33 -0500, "Tom Bruhl" <[arpegio@comcast.net](mailto:arpegio@comcast.net)>  
wrote:

>He guys,  
>It's been a month since my last post. Reason being  
>I broke my tibia fibula just above my ankle clean through  
>on 12/30.  
>  
>Got some titanium inserted inside where the marrow was  
>and screwed in in three places. I spent five days in the hospital  
>due to a fever I was running. The pain was incredible for  
>the first three weeks. Now I'm barely taking the pain meds.  
>They helped alot though. Toes are moving and feeling. They  
>tell me that's good. Ankle feels swollen and tender and is tough  
>to move.  
>  
>Physical therapy is in house which is great although  
>very difficult. I am giving it all I've got to get back on my

>feet asap. So far keeping the foot above my heart all  
>the time is the best way to keep the swelling down along with  
>ice after exercise.  
>  
>I want you all to know that I've been looking in here over the  
>last few weeks and it's great to feel some what normal again.  
>I can't spend more than 30 minutes at a desk. The studio  
>has been out of the question although I'm looking for a way to  
>rest my foot on the console without falling out of my chair.  
>I am giggling once or twice/week which is way bad for me.  
>Gotta make a living.  
>  
>My stereo amp is in the shop where I am sleeping and exercising.  
>When it comes back I'll be doing some big time listening.  
>  
>Any tips from friends here would be great regarding healing  
>and/or music productivity while healing would be great.  
>  
>I'm down but not out,  
>Tom  
>  
>  
>  
>  
>  
>  
>I choose Polesoft Lockspam to fight spam, and you?  
><http://www.polesoft.com/refer.html>

---

---

Subject: Re: Busted some stuff while I was gone  
Posted by [emarenot](#) on Sun, 27 Jan 2008 16:18:07 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Oh my gosh... my ankles are hurting reading your post. Wishing you a speedy recovery Tom. Take care, MR

"Tom Bruhl" <[arpeggio@comcast.net](mailto:arpeggio@comcast.net)> wrote:

>  
>  
>He guys,  
>It's been a month since my last post. Reason being  
>I broke my tibia fibula just above my ankle clean through  
>on 12/30. =20  
>  
>Got some titanium inserted inside where the marrow was  
>and screwed in in three places. I spent five days in the hospital  
>due to a fever I was running. The pain was incredible for

>the first three weeks. Now I'm barely taking the pain meds.  
>They helped alot though. Toes are moving and feeling. They  
>tell me that's good. Ankle feels swollen and tender and is tough  
>to move.  
>  
>Physical therapy is in house which is great although  
>very difficult. I am giving it all I've got to get back on my=20  
>feet asap. So far keeping the foot above my heart all  
>the time is the best way to keep the swelling down along with  
>ice after exercise.  
>  
>I want you all to know that I've been looking in here over the  
>last few weeks and it's great to feel some what normal again.  
>I can't spend more than 30 minutes at a desk. The studio  
>has been out of the question although I'm looking for a way to=20  
>rest my foot on the console without falling out of my chair.  
>I am gigging once or twice/week which is way bad for me. =20  
>Gotta make a living. =20  
>  
>My stereo amp is in the shop where I am sleeping and exercising.  
>When it comes back I'll be doing some big time listening.  
>  
>Any tips from friends here would be great regarding healing  
>and/or music productivity while healing would be great.  
>  
>I'm down but not out,  
>Tom  
>  
>  
>  
>  
>  
>I choose Polesoft Lockspam to fight spam, and you?  
><http://www.polesoft.com/refer.html>  
>  
><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">  
><HTML><HEAD>  
><META http-equiv=3DContent-Type content=3D"text/html; =  
>charset=3Diso-8859-1">  
><META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>  
><STYLE></STYLE>  
></HEAD>  
><BODY bgColor=3D#ffffff>  
><DIV><FONT face=3DArial size=3D2>He guys,</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>It's been a month since my last =  
  
>being</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>I broke my tibia fibula just above my =

>ankle clean=20  
>through</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>Got some titanium inserted inside where  
=  
>the marrow=20  
>was</FONT></DIV>

>five days in the hospital</FONT></DIV>

>pain was=20  
>incredible for</FONT></DIV>

>taking the pain meds.</FONT></DIV>

>moving and=20

>swollen and=20  
>tender and is tough</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>to move.</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>Physical therapy is in house which is =  
>great=20  
>although</FONT></DIV>

>all I've got=20  
>to get back on my </FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>feet </FONT><FONT face=3DArial =

>far keeping the foot above my heart all</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>the time is the best way to keep the =  
>swelling down=20  
>along with</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>ice after exercise.</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>I want you all to know that I've been =  
>looking in=20  
>here over the</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>last few weeks and it's great to feel =  
>some what=20  
>normal again.</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>I can't spend more than 30 minutes at a  
=

>The studio</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>has been out of the question although =  
>I'm looking=20  
>for a way to </FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>rest my foot on the console without =  
>falling out of=20  
>my chair.</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>I am giggling once </FONT><FONT =  
>face=3DArial size=3D2>or=20

></FONT></DIV>

><DIV><FONT face=3DArial size=3D2>My stereo amp is in the shop where I am  
=  
>sleeping=20  
>and exercising.</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>When it comes back I'll be doing some =  
>big time=20  
>listening.</FONT></DIV>

><DIV>  
><DIV><FONT face=3DArial size=3D2>Any tips from friends here would be =  
>great regarding=20  
>healing</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>and/or music productivity while healing  
=  
>would be=20  
>great.</FONT></DIV>

><DIV><FONT face=3DArial size=3D2>I'm down but not out,</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>Tom</FONT></DIV></DIV>

><DIV><FONT size=3D2><BR><BR>I choose Polesoft Lockspam to fight spam, =  
>and=20  
>you?<BR><A=20  
>href=3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=

>  
>

---

Subject: Re: Busted some stuff while I was gone  
Posted by [Rich Lamanna](#) on Sun, 27 Jan 2008 18:01:47 GMT  
[View Forum Message](#) <> [Reply to Message](#)



This is a multi-part message in MIME format.

-----=\_NextPart\_000\_003B\_01C860DC.648A0E60

Content-Type: text/plain;

charset="iso-8859-1"

Content-Transfer-Encoding: quoted-printable

Bummer Tom, wishing you a speedy recovery. Music for the soul and spirit = as much as you can manage in the mean time. Also a good opportunity for = a new perspective.

Guidance,  
Rich

"Tom Bruhl" <arpeggio@comcast.net> wrote in message = news:479b7a9b@linux...

He guys,

It's been a month since my last post. Reason being I broke my tibia fibula just above my ankle clean through on 12/30. =20

Got some titanium inserted inside where the marrow was and screwed in in three places. I spent five days in the hospital due to a fever I was running. The pain was incredible for the first three weeks. Now I'm barely taking the pain meds. They helped alot though. Toes are moving and feeling. They tell me that's good. Ankle feels swollen and tender and is tough to move.

Physical therapy is in house which is great although very difficult. I am giving it all I've got to get back on my=20 feet asap. So far keeping the foot above my heart all the time is the best way to keep the swelling down along with ice after exercise.

I want you all to know that I've been looking in here over the last few weeks and it's great to feel some what normal again. I can't spend more than 30 minutes at a desk. The studio has been out of the question although I'm looking for a way to=20 rest my foot on the console without falling out of my chair. I am giggling once or twice/week which is way bad for me. =20 Gotta make a living. =20

My stereo amp is in the shop where I am sleeping and exercising. When it comes back I'll be doing some big time listening.

Any tips from friends here would be great regarding healing and/or music productivity while healing would be great.

I'm down but not out,  
Tom

I choose Polesoft Lockspam to fight spam, and you?

<http://www.polesoft.com/refer.html>

-----=\_NextPart\_000\_003B\_01C860DC.648A0E60

Content-Type: text/html;

charset="iso-8859-1"

Content-Transfer-Encoding: quoted-printable

<!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">

<HTML><HEAD>

<META http-equiv=3DContent-Type content=3D"text/html; =

charset=3Diso-8859-1">

<META content=3D"MSHTML 6.00.2800.1555" name=3DGENERATOR>

<STYLE></STYLE>

</HEAD>

<BODY bgColor=3D#ffffff>

<DIV><FONT size=3D2>Bummer Tom, wishing you a speedy recovery. Music for =  
the soul=20

and spirit as much as you can manage&nbsp;in the mean time. Also a good=20  
opportunity for a new perspective.</FONT></DIV>

<DIV><FONT size=3D2></FONT>&nbsp;</DIV>

<DIV><FONT size=3D2>Guidance,</FONT></DIV>

<DIV><FONT size=3D2>Rich</FONT></DIV>

<BLOCKQUOTE dir=3Dltr=20

style=3D"PADDING-RIGHT: 0px; PADDING-LEFT: 5px; MARGIN-LEFT: 5px; =  
BORDER-LEFT: #000000 2px solid; MARGIN-RIGHT: 0px">

<DIV>"Tom Bruhl" &lt;<A=20

href=3D"mailto:arpeggio@comcast.net">arpeggio@comcast.net</A>&gt; wrote =  
in message=20

<A href=3D"news:479b7a9b@linux">news:479b7a9b@linux</A>...</DIV>

<DIV><FONT face=3DArial size=3D2>He guys,</FONT></DIV>

<DIV><FONT face=3DArial size=3D2>It's been a month since my last =  
post.&nbsp;=20

Reason being</FONT></DIV>

<DIV><FONT face=3DArial size=3D2>I broke my tibia fibula just above my =  
ankle clean=20

through</FONT></DIV>

<DIV><FONT face=3DArial size=3D2>on 12/30.&nbsp;</FONT></DIV>

<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>

<DIV><FONT face=3DArial size=3D2>Got some titanium inserted inside =  
where the=20

marrow was</FONT></DIV>

<DIV><FONT face=3DArial size=3D2>and screwed in in&nbsp;three =  
places.&nbsp;l=20  
spent five days in the hospital</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>due to a fever I was running.&nbsp;=  
The pain was=20  
incredible for</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>the first three weeks.&nbsp;=  
Now&nbsp;l'm barely=20  
taking the pain meds.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>They helped alot though.&nbsp; Toes =  
are moving=20  
and feeling.&nbsp; They</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>tell me that's good.&nbsp; Ankle =  
feels swollen=20  
and tender and is tough</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>to move.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>Physical therapy is in house which is =  
great=20  
although</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>very difficult.&nbsp; I am giving it =  
all I've got=20  
to get back on my </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>feet </FONT><FONT face=3DArial =  
size=3D2>asap.&nbsp;=20  
So far keeping the foot above my heart all</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>the time is the best way to keep the =  
swelling=20  
down along with</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>ice after exercise.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>I want you all to know that I've been =  
looking in=20  
here over the</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>last few weeks and it's great to feel =  
some what=20  
normal again.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I can't spend more than 30 minutes at =  
a=20  
desk.&nbsp; The studio</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>has been out of the question although =  
I'm looking=20  
for a way to </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>rest my foot on the console without =  
falling out=20  
of my chair.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I am giggling once </FONT><FONT =  
face=3DArial=20

size=3D2>or twice/week which is way bad for me.&nbsp; </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>Gotta make a living.&nbsp; =  
</FONT></DIV>  
<DIV>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>My stereo amp is in the shop where I =  
am sleeping=20  
and exercising.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>When it comes back I'll be doing some =  
big time=20  
listening.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV>  
<DIV><FONT face=3DArial size=3D2>Any tips from friends here would be =  
great=20  
regarding healing</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>and/or music productivity while =  
healing would be=20  
great.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>I'm down but not out,</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>Tom</FONT></DIV></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT size=3D2><BR><BR>I choose Polesoft Lockspam to fight spam, =  
and=20  
you?<BR><A=20  
=  
href=3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=  
..html</A>&nbsp;&nbsp;&nbsp;&nbsp;</FONT></DIV></BLOCKQUOTE ></BODY></HTML>

-----=\_NextPart\_000\_003B\_01C860DC.648A0E60--

---

Subject: Re: Busted some stuff while I was gone  
Posted by [steve the artguy](#) on Sun, 27 Jan 2008 21:05:51 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Tom-

Reading this made my hair hurt. ouch.

Whatever you did, don't do it again!

-steve

"Tom Bruhl" <arpeggio@comcast.net> wrote:

>  
>  
>He guys,  
>It's been a month since my last post. Reason being  
>I broke my tibia fibula just above my ankle clean through  
>on 12/30. =20  
>  
>Got some titanium inserted inside where the marrow was  
>and screwed in in three places. I spent five days in the hospital  
>due to a fever I was running. The pain was incredible for  
>the first three weeks. Now I'm barely taking the pain meds.  
>They helped alot though. Toes are moving and feeling. They  
>tell me that's good. Ankle feels swollen and tender and is tough  
>to move.  
>  
>Physical therapy is in house which is great although  
>very difficult. I am giving it all I've got to get back on my=20  
>feet asap. So far keeping the foot above my heart all  
>the time is the best way to keep the swelling down along with  
>ice after exercise.  
>  
>I want you all to know that I've been looking in here over the  
>last few weeks and it's great to feel some what normal again.  
>I can't spend more than 30 minutes at a desk. The studio  
>has been out of the question although I'm looking for a way to=20  
>rest my foot on the console without falling out of my chair.  
>I am giggling once or twice/week which is way bad for me. =20  
>Gotta make a living. =20  
>  
>My stereo amp is in the shop where I am sleeping and exercising.  
>When it comes back I'll be doing some big time listening.  
>  
>Any tips from friends here would be great regarding healing  
>and/or music productivity while healing would be great.  
>  
>I'm down but not out,  
>Tom  
>  
>  
>  
>  
>  
>  
>I choose Polesoft Lockspam to fight spam, and you?  
><http://www.polesoft.com/refer.html>  
>  
><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">  
><HTML><HEAD>  
><META http-equiv=3DContent-Type content=3D"text/html; =

```
>charset=3Diso-8859-1">
><META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>
><STYLE></STYLE>
></HEAD>
><BODY bgColor=3D#ffffff>
><DIV><FONT face=3DArial size=3D2>He guys,</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>It's been a month since my last =
>post. Reason=20
>being</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>I broke my tibia fibula just above my =
>ankle clean=20
>through</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>on 12/30. </FONT></DIV>
><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
><DIV><FONT face=3DArial size=3D2>Got some titanium inserted inside where
=
>the marrow=20
>was</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>and screwed in in three =
>places. I spent=20
>five days in the hospital</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>due to a fever I was running. The =
>pain was=20
>incredible for</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>the first three weeks. =
>Now I'm barely=20
>taking the pain meds.</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>They helped alot though. Toes are =
>moving and=20
>feeling. They</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>tell me that's good. Ankle feels =
>swollen and=20
>tender and is tough</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>to move.</FONT></DIV>
><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
><DIV><FONT face=3DArial size=3D2>Physical therapy is in house which is =
>great=20
>although</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>very difficult. I am giving it =
>all I've got=20
>to get back on my </FONT></DIV>
><DIV><FONT face=3DArial size=3D2>feet </FONT><FONT face=3DArial =
>size=3D2>asap. So=20
>far keeping the foot above my heart all</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>the time is the best way to keep the =
>swelling down=20
>along with</FONT></DIV>
><DIV><FONT face=3DArial size=3D2>ice after exercise.</FONT></DIV>
```

><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
><DIV><FONT face=3DArial size=3D2>I want you all to know that I've been =  
>looking in=20  
>here over the</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>last few weeks and it's great to feel =  
>some what=20  
>normal again.</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>I can't spend more than 30 minutes at a  
=  
>desk. =20  
>The studio</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>has been out of the question although =  
>I'm looking=20  
>for a way to </FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>rest my foot on the console without =  
>falling out of=20  
>my chair.</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>I am giggling once </FONT><FONT =  
>face=3DArial size=3D2>or=20  
>twice/week which is way bad for me. </FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>Gotta make a living. =  
></FONT></DIV>  
><DIV> </DIV>  
><DIV><FONT face=3DArial size=3D2>My stereo amp is in the shop where I am  
=  
>sleeping=20  
>and exercising.</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>When it comes back I'll be doing some =  
>big time=20  
>listening.</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
><DIV>  
><DIV><FONT face=3DArial size=3D2>Any tips from friends here would be =  
>great regarding=20  
>healing</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>and/or music productivity while healing  
=  
>would be=20  
>great.</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
><DIV><FONT face=3DArial size=3D2>I'm down but not out,</FONT></DIV>  
><DIV><FONT face=3DArial size=3D2>Tom</FONT></DIV></DIV>  
><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
><DIV><FONT size=3D2><BR><BR>I choose Polesoft Lockspam to fight spam, =  
>and=20  
>you?<BR><A=20

>href=3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=  
>.html</A> </FONT></DIV></BODY></HTML>  
>  
>

---

---

Subject: Re: Busted some stuff while I was gone  
Posted by [Tom Bruhl](#) on Mon, 28 Jan 2008 06:03:46 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

This is a multi-part message in MIME format.

-----=\_NextPart\_000\_0102\_01C86149.A2215720  
Content-Type: text/plain;  
charset="iso-8859-1"  
Content-Transfer-Encoding: quoted-printable

Hey everyone,  
You had me laughing and that's a healing agent right there!  
Today's better than yesterday and it's usually like that.  
Your well wishes are graciously accepted. =20

I'll get into the studio one way or another. I am in need of a new  
armless chair with wheels. Does anyone have any suggestions  
for less than \$350 ? I like a firm lower back and adjustable  
height at a minimum. The more bells and whistles the  
better though.

Thanks!  
Tom

"steve the artguy" <artguy@eaglenebula.com> wrote in message =  
news:479ce41f\$1@linux...

Tom-

Reading this made my hair hurt. ouch.

Whatever you did, don't do it again!

-steve

"Tom Bruhl" <arpeggio@comcast.net> wrote:  
>



>  
>He guys,  
>It's been a month since my last post. Reason being  
>I broke my tibia fibula just above my ankle clean through  
>on 12/30. =3D20  
>  
>Got some titanium inserted inside where the marrow was  
>and screwed in in three places. I spent five days in the hospital  
>due to a fever I was running. The pain was incredible for  
>the first three weeks. Now I'm barely taking the pain meds.  
>They helped alot though. Toes are moving and feeling. They  
>tell me that's good. Ankle feels swollen and tender and is tough  
>to move.  
>  
>Physical therapy is in house which is great although  
>very difficult. I am giving it all I've got to get back on my=3D20  
>feet asap. So far keeping the foot above my heart all  
>the time is the best way to keep the swelling down along with  
>ice after exercise.  
>  
>I want you all to know that I've been looking in here over the  
>last few weeks and it's great to feel some what normal again.  
>I can't spend more than 30 minutes at a desk. The studio  
>has been out of the question although I'm looking for a way to=3D20  
>rest my foot on the console without falling out of my chair.  
>I am giggling once or twice/week which is way bad for me. =3D20  
>Gotta make a living. =3D20  
>  
>My stereo amp is in the shop where I am sleeping and exercising.  
>When it comes back I'll be doing some big time listening.  
>  
>Any tips from friends here would be great regarding healing  
>and/or music productivity while healing would be great.  
>  
>I'm down but not out,  
>Tom  
>  
>  
>  
>  
>  
>I choose Polesoft Lockspam to fight spam, and you?  
><http://www.polesoft.com/refer.html> =20  
>  
><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">  
><HTML><HEAD>  
><META http-equiv=3D3DContent-Type content=3D3D"text/html; =3D  
>charset=3D3Diso-8859-1">

```
><META content=3D3D"MSHTML 6.00.2900.2180" name=3D3DGENERATOR>
><STYLE></STYLE>
></HEAD>
><BODY bgColor=3D3D#ffffff>
><DIV><FONT face=3D3DArial size=3D3D2>He guys,</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2>It's been a month since my last =
=3D
>post. Reason=3D20
>being</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2>I broke my tibia fibula just =
above my =3D
>ankle clean=3D20
>through</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2>on 12/30. </FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
><DIV><FONT face=3D3DArial size=3D3D2>Got some titanium inserted =
inside where
=3D
>the marrow=3D20
>was</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2>and screwed in in three =3D
>places. I spent=3D20
>five days in the hospital</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2>due to a fever I was running. =
The =3D
>pain was=3D20
>incredible for</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2>the first three weeks. =3D
>Now I'm barely=3D20
>taking the pain meds.</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2>They helped alot though. Toes =
are =3D
>moving and=3D20
>feeling. They</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2>tell me that's good. Ankle =
feels =3D
>swollen and=3D20
>tender and is tough</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2>to move.</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
><DIV><FONT face=3D3DArial size=3D3D2>Physical therapy is in house =
which is =3D
>great=3D20
>although</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2>very difficult. I am giving it =
=3D
>all I've got=3D20
>to get back on my </FONT></DIV>
```

><DIV><FONT face=3D3DArial size=3D3D2>feet </FONT><FONT face=3D3DArial =  
=3D  
>size=3D3D2>asap. So=3D20  
>far keeping the foot above my heart all</FONT></DIV>  
><DIV><FONT face=3D3DArial size=3D3D2>the time is the best way to keep =  
the =3D  
>swelling down=3D20  
>along with</FONT></DIV>  
><DIV><FONT face=3D3DArial size=3D3D2>ice after exercise.</FONT></DIV>  
><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>  
><DIV><FONT face=3D3DArial size=3D3D2>I want you all to know that I've =  
been =3D  
>looking in=3D20  
>here over the</FONT></DIV>  
><DIV><FONT face=3D3DArial size=3D3D2>last few weeks and it's great to =  
feel =3D  
>some what=3D20  
>normal again.</FONT></DIV>  
><DIV><FONT face=3D3DArial size=3D3D2>I can't spend more than 30 =  
minutes at a  
=3D  
>desk. =3D20  
>The studio</FONT></DIV>  
><DIV><FONT face=3D3DArial size=3D3D2>has been out of the question =  
although =3D  
>I'm looking=3D20  
>for a way to </FONT></DIV>  
><DIV><FONT face=3D3DArial size=3D3D2>rest my foot on the console =  
without =3D  
>falling out of=3D20  
>my chair.</FONT></DIV>  
><DIV><FONT face=3D3DArial size=3D3D2>I am giggling once </FONT><FONT =  
=3D  
>face=3D3DArial size=3D3D2>or=3D20  
>twice/week which is way bad for me. </FONT></DIV>  
><DIV><FONT face=3D3DArial size=3D3D2>Gotta make a living. =3D  
></FONT></DIV>  
><DIV> </DIV>  
><DIV><FONT face=3D3DArial size=3D3D2>My stereo amp is in the shop =  
where I am  
=3D  
>sleeping=3D20  
>and exercising.</FONT></DIV>  
><DIV><FONT face=3D3DArial size=3D3D2>When it comes back I'll be doing =  
some =3D  
>big time=3D20  
>listening.</FONT></DIV>  
><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>

```
><DIV>
><DIV><FONT face=3D3DArial size=3D3D2>Any tips from friends here would =
be =3D
>great regarding=3D20
>healing</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2>and/or music productivity while =
healing
=3D
>would be=3D20
>great.</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
><DIV><FONT face=3D3DArial size=3D3D2>I'm down but not =
out,</FONT></DIV>
><DIV><FONT face=3D3DArial size=3D3D2>Tom</FONT></DIV></DIV>
><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
><DIV><FONT size=3D3D2><BR><BR>I choose Polesoft Lockspam to fight =
spam, =3D
>and=3D20
>you?<BR><A=3D20
=
>href=3D3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/re=
fer=3D
>.html</A> </FONT></DIV></BODY></HTML>
>
>
```

-----=\_NextPart\_000\_0102\_01C86149.A2215720

Content-Type: text/html;

charset="iso-8859-1"

Content-Transfer-Encoding: quoted-printable

```
<!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">
```

```
<HTML><HEAD>
```

```
<META http-equiv=3DContent-Type content=3D"text/html; =
```

```
charset=3Diso-8859-1">
```

```
<META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>
```

```
<STYLE></STYLE>
```

```
</HEAD>
```

```
<BODY bgColor=3D#ffffff>
```

```
<DIV><FONT face=3DArial size=3D2>Hey everyone,</FONT></DIV>
```

```
<DIV><FONT face=3DArial size=3D2>You had me laughing and that's a =
```

```
healing agent=20
```

```
right there!</FONT></DIV>
```

```
<DIV><FONT face=3DArial size=3D2>Today's better than yesterday and it's =
```

```
usually like=20
```

```
that.</FONT></DIV>
```

<DIV><FONT face=3DArial size=3D2>Your well wishes are graciously =  
accepted.&nbsp;=20  
</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>I'll get into the </FONT><FONT =  
face=3DArial=20  
size=3D2>studio one way or another.&nbsp; I am in need of a =  
new</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>armless chair with wheels.&nbsp; Does =  
anyone have=20  
any suggestions</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>for less than \$350 ?&nbsp; I like a =  
firm lower back=20  
and adjustable</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>height at a minimum.&nbsp; The more =  
bells and=20  
whistles the</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>better though.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>Thanks!</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>Tom</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV>"steve the artguy" &lt;<A=20  
href=3D"mailto:artguy@eaglenebula.com">artguy@eaglenebula.com</A>&gt; =  
wrote in=20  
message <A =  
href=3D"news:479ce41f\$1 @linux">news:479ce41f\$1 @linux</A>...</DIV>  
<BLOCKQUOTE=20  
style=3D"PADDING-RIGHT: 0px; PADDING-LEFT: 5px; MARGIN-LEFT: 5px; =  
BORDER-LEFT: #000000 2px solid; MARGIN-RIGHT: =  
0px"><BR>Tom-<BR><BR>Reading=20  
this made my hair hurt. ouch.<BR><BR>Whatever you did, don't do it=20  
again!<BR><BR>-steve<BR><BR><BR>"Tom Bruhl" &lt;<A=20  
href=3D"mailto:arpegio@comcast.net">arpegio@comcast.net</A>&gt;=20  
wrote:<BR>&gt;<BR>&gt;<BR>&gt;He guys,<BR>&gt;It's been a month since =  
my last=20  
post.&nbsp; Reason being<BR>&gt;I broke my tibia fibula just above my =  
ankle=20  
clean through<BR>&gt;on 12/30. =3D20<BR>&gt;<BR>&gt;Got some titanium =  
inserted=20  
inside where the marrow was<BR>&gt;and screwed in in three =  
places.&nbsp; I=20  
spent five days in the hospital<BR>&gt;due to a fever I was =  
running.&nbsp; The=20  
pain was incredible for<BR>&gt;the first three weeks.&nbsp; Now I'm =

barely=20  
taking the pain meds.<BR>&gt;They helped alot though.&nbsp; Toes are =  
moving=20  
and feeling.&nbsp; They<BR>&gt;tell me that's good.&nbsp; Ankle feels =  
swollen=20  
and tender and is tough<BR>&gt;to move.<BR>&gt;<BR>&gt;Physical =  
therapy is in=20  
house which is great although<BR>&gt;very difficult.&nbsp; I am giving =  
it all=20  
I've got to get back on my=3D20<BR>&gt;feet asap.&nbsp; So far keeping =  
the foot=20  
above my heart all<BR>&gt;the time is the best way to keep the =  
swelling down=20  
along with<BR>&gt;ice after exercise.<BR>&gt;<BR>&gt;I want you all to =  
know=20  
that I've been looking in here over the<BR>&gt;last few weeks and it's =  
great=20  
to feel some what normal again.<BR>&gt;I can't spend more than 30 =  
minutes at a=20  
desk.&nbsp; The studio<BR>&gt;has been out of the question although =  
I'm=20  
looking for a way to=3D20<BR>&gt;rest my foot on the console without =  
falling out=20  
of my chair.<BR>&gt;I am giggling once or twice/week which is way bad =  
for me.=20  
=3D20<BR>&gt;Gotta make a living. =3D20<BR>&gt;<BR>&gt;My stereo amp =  
is in the=20  
shop where I am sleeping and exercising.<BR>&gt;When it comes back =  
I'll be=20  
doing some big time listening.<BR>&gt;<BR>&gt;Any tips from friends =  
here would=20  
be great regarding healing<BR>&gt;and/or music productivity while =  
healing=20  
would be great.<BR>&gt;<BR>&gt;I'm down but not=20  
out,<BR>&gt;Tom<BR>&gt;<BR>&gt;<BR>&gt;<BR>&gt;<BR>&gt;<BR>&gt;<BR>&gt;I =  
choose=20  
Polesoft Lockspam to fight spam, and=20  
you?<BR>&gt;http://www.polesoft.com/refer.html&nbsp;&nbsp;&nbsp;=20  
<BR>&gt;<BR>&gt;&lt;!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0=20  
Transitional//EN"&gt;<BR>&gt;&lt;HTML&gt;&lt;HEAD&gt;<BR>&gt;&lt;META=20  
http-equiv=3D3DContent-Type content=3D3D"text/html";=20  
=3D<BR>&gt;charset=3D3Diso-8859-1"&gt;<BR>&gt;&lt;META =  
content=3D3D"MSHTML=20  
6.00.2900.2180"=20  
=  
name=3D3DGENERATOR&gt;<BR>&gt;&lt;STYLE&gt;&lt;/STYLE&gt;<BR>&gt;&lt;/HEA=  
D&gt;<BR>&gt;&lt;BODY=20  
bgColor=3D3D#ffffff&gt;<BR>&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial =

size=3D3D2&gt;He=20  
<div style="font-family: Arial, sans-serif; font-size: 20px;">  
<div style="font-family: Arial, sans-serif; font-size: 20px;">  
guys, </div></div><br><div style="font-family: Arial, sans-serif; font-size: 20px;">  
face=3D3DArial=20  
size=3D3D2&gt;It's been a month since my last =3D<br>&gt;post.&nbsp;=20  
=  
Reason=3D20<br>&gt;being</div>&lt;/div> <br>&gt;<div style="font-family: Arial, sans-serif; font-size: 20px;">  
ONT=20  
face=3D3DArial size=3D3D2&gt;I broke my tibia fibula just above my =  
=3D<br>&gt;ankle=20  
=  
clean=3D20<br>&gt;through</div>&lt;/div> <br>&gt;<div style="font-family: Arial, sans-serif; font-size: 20px;">  
FONT=20  
face=3D3DArial size=3D3D2&gt;on 12/30.&nbsp;=20  
&lt;/div>&lt;/div><br>&gt;<div style="font-family: Arial, sans-serif; font-size: 20px;">  
size=3D3D2&gt;&lt;/div> &lt;/div><br>&gt;<div style="font-family: Arial, sans-serif; font-size: 20px;">  
face=3D3DArial=20  
size=3D3D2&gt;Got some titanium inserted inside =  
where<br>=3D<br>&gt;the=20  
=  
marrow=3D20<br>&gt;was</div>&lt;/div> <br>&gt;<div style="font-family: Arial, sans-serif; font-size: 20px;">  
T=20  
face=3D3DArial size=3D3D2&gt;and screwed in in three =  
=3D<br>&gt;places.&nbsp;=20  
spent=3D20<br>&gt;five days in the=20  
hospital</div>&lt;/div><br>&gt;<div style="font-family: Arial, sans-serif; font-size: 20px;">  
face=3D3DArial=20  
size=3D3D2&gt;due to a fever I was running.&nbsp; The =3D<br>&gt;pain=20  
was=3D20<br>&gt;incredible=20  
for</div>&lt;/div><br>&gt;<div style="font-family: Arial, sans-serif; font-size: 20px;">  
face=3D3DArial =  
size=3D3D2&gt;the first three weeks.&nbsp; =3D<br>&gt;Now I'm=20  
barely=3D20<br>&gt;taking the pain=20  
meds.</div>&lt;/div><br>&gt;<div style="font-family: Arial, sans-serif; font-size: 20px;">  
face=3D3DArial=20  
size=3D3D2&gt;They helped alot though.&nbsp; Toes are =  
=3D<br>&gt;moving=20  
and=3D20<br>&gt;feeling.&nbsp;=20  
They</div>&lt;/div><br>&gt;<div style="font-family: Arial, sans-serif; font-size: 20px;">  
face=3D3DArial=20  
size=3D3D2&gt;tell me that's good.&nbsp; Ankle feels =  
=3D<br>&gt;swollen=20  
and=3D20<br>&gt;tender and is=20  
tough</div>&lt;/div><br>&gt;<div style="font-family: Arial, sans-serif; font-size: 20px;">  
face=3D3DArial=20  
size=3D3D2&gt;to =  
move.</div>&lt;/div><br>&gt;<div style="font-family: Arial, sans-serif; font-size: 20px;">  
face=3D3DArial size=3D3D2&gt;&lt;/div> =  
&lt;/div><br>&gt;<div style="font-family: Arial, sans-serif; font-size: 20px;">  
FONT=20

face=3D3DArial size=3D3D2&gt;Physical therapy is in house which is=20  
=  
=3D<BR>&gt;great=3D20<BR>&gt;although&lt;/FONT&gt;&lt;/DIV&gt; <BR>&gt;&lt;=  
&gt;DIV&gt;&lt;FONT=20  
face=3D3DArial size=3D3D2&gt;very difficult.&nbsp; I am giving it =  
=3D<BR>&gt;all=20  
I've got=3D20<BR>&gt;to get back on my=20  
&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial=20  
size=3D3D2&gt;feet &lt;/FONT&gt;&lt;FONT face=3D3DArial=20  
=3D<BR>&gt;size=3D3D2&gt;asap.&nbsp; So=3D20<BR>&gt;far keeping the =  
foot above my=20  
heart all&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&lt;DIV&gt;&lt;FONT =  
face=3D3DArial=20  
size=3D3D2&gt;the time is the best way to keep the =3D<BR>&gt;swelling =  
  
down=3D20<BR>&gt;along =  
with&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&lt;DIV&gt;&lt;FONT=20  
face=3D3DArial size=3D3D2&gt;ice after=20  
exercise.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&lt;DIV&gt;&lt;FONT =  
face=3D3DArial=20  
size=3D3D2&gt;&lt;/FONT&gt; &lt;/DIV&gt;<BR>&gt;&lt;DIV&gt;&lt;FONT =  
face=3D3DArial=20  
size=3D3D2&gt;I want you all to know that I've been =3D<BR>&gt;looking =  
  
in=3D20<BR>&gt;here over =  
the&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&lt;DIV&gt;&lt;FONT=20  
face=3D3DArial size=3D3D2&gt;last few weeks and it's great to feel =  
=3D<BR>&gt;some=20  
what=3D20<BR>&gt;normal=20  
again.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&lt;DIV&gt;&lt;FONT =  
face=3D3DArial=20  
size=3D3D2&gt;I can't spend more than 30 minutes at =  
a<BR>=3D<BR>&gt;desk.=20  
=3D20<BR>&gt;The =  
studio&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&lt;DIV&gt;&lt;FONT=20  
face=3D3DArial size=3D3D2&gt;has been out of the question although =  
=3D<BR>&gt;I'm=20  
looking=3D20<BR>&gt;for a way to=20  
&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial=20  
size=3D3D2&gt;rest my foot on the console without =3D<BR>&gt;falling =  
out=20  
of=3D20<BR>&gt;my =  
chair.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&lt;DIV&gt;&lt;FONT=20  
face=3D3DArial size=3D3D2&gt;I am giggling once &lt;/FONT&gt;&lt;FONT=20  
=3D<BR>&gt;face=3D3DArial size=3D3D2&gt;or=3D20<BR>&gt;twice/week =  
which is way bad for=20  
me.&nbsp; &lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&lt;DIV&gt;&lt;FONT =  
face=3D3DArial=20



size=3D3D2&gt;Gotta make a living.&nbsp;=20  
=3D<BR>&gt;&lt;/FONT&gt;&lt;/DIV&gt;<BR >&gt;&lt;/DIV&gt;=20  
&lt;/DIV&gt;<BR>&gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial =  
size=3D3D2&gt;My stereo amp=20  
is in the shop where I am<BR>=3D<BR>&gt;sleeping=3D20<BR>&gt;and=20  
exercising.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&lt;/DIV&gt;&lt;/FONT =  
face=3D3DArial=20  
size=3D3D2&gt;When it comes back I'll be doing some =3D<BR>&gt;big=20  
=  
time=3D20<BR>&gt;listening.&lt;/FONT&gt;&lt;/DIV&gt; <BR>&gt;&lt;/DIV&gt;&lt;= &lt;/FONT=20  
face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&lt;/DIV&gt;<BR>&gt;&lt;/DIV&gt;&lt;/FONT =  
face=3D3DArial=20  
size=3D3D2&gt;Any tips from friends here would be =3D<BR>&gt;great=20  
=  
regarding=3D20<BR>&gt;healing&lt;/FONT&gt;&lt;/DIV&gt; <BR>&gt;&lt;/DIV&gt;=  
&lt;/FONT=20  
face=3D3DArial size=3D3D2&gt;and/or music productivity while=20  
healing<BR>=3D<BR>&gt;would=20  
=  
be=3D20<BR>&gt;great.&lt;/FONT&gt;&lt;/DIV&gt; <BR>&gt;&lt;/DIV&gt;&lt;/FONT=  
=20  
face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt; =  
&lt;/DIV&gt;<BR>&gt;&lt;/DIV&gt;&lt;/FONT=20  
face=3D3DArial size=3D3D2&gt;I'm down but not=20  
out,&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&lt;/DIV&gt;&lt;/FONT =  
face=3D3DArial=20  
=  
size=3D3D2&gt;Tom&lt;/FONT&gt;&lt;/DIV&gt; t;&lt;/DIV&gt; <BR>&gt;&lt;/DIV&gt;=  
&lt;/FONT=20  
face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt; =  
&lt;/DIV&gt;<BR>&gt;&lt;/DIV&gt;&lt;/FONT=20  
face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt; =  
&lt;/DIV&gt;<BR>&gt;&lt;/DIV&gt;&lt;/FONT=20  
face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt; =  
&lt;/DIV&gt;<BR>&gt;&lt;/DIV&gt;&lt;/FONT=20  
size=3D3D2&gt;&lt;/BR&gt;&lt;/BR&gt;I choose Polesoft Lockspam to fight =  
spam,=20  
=  
=3D<BR>&gt;and=3D20<BR>&gt;you?&lt;/BR&gt;&lt;/A=3D20 <BR>&gt;href=3D3D"<A=20  
=  
href=3D'http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=  
'>http://www.polesoft.com/refer.html"&gt;http://www.polesoft.com/refer</A=  
>=3D<BR>&gt;.html&lt;/A&gt;&nbsp;&nbsp;=20  
=  
&lt;/FONT&gt;&lt;/DIV&gt;&lt;/BODY&gt; t;&lt;/HTML&gt; <BR>&gt;<BR>&gt;<BR></=  
BLOCKQUOTE></BODY></HTML>

-----=\_NextPart\_000\_0102\_01C86149.A2215720--

---

---

Subject: Re: Busted some stuff while I was gone  
Posted by [Erling](#) on Mon, 28 Jan 2008 09:01:34 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

...if someone ask how you did it, don't try to show them...

Erling

On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" <[arpegio@comcast.net](mailto:arpegio@comcast.net)> wrote:

>Hey everyone,  
>You had me laughing and that's a healing agent right there!  
>Today's better than yesterday and it's usually like that.  
>Your well wishes are graciously accepted.  
>  
>I'll get into the studio one way or another. I am in need of a new  
>armless chair with wheels. Does anyone have any suggestions  
>for less than \$350 ? I like a firm lower back and adjustable  
>height at a minimum. The more bells and whistles the  
>better though.  
>  
>Thanks!  
>Tom  
>  
>  
>  
>  
>"steve the artguy" <[artguy@eaglenebula.com](mailto:artguy@eaglenebula.com)> wrote in message [news:479ce41f\\$1@linux...](mailto:news:479ce41f$1@linux...)  
>  
> Tom-  
>  
> Reading this made my hair hurt. ouch.  
>  
> Whatever you did, don't do it again!  
>  
> -steve  
>  
>  
> "Tom Bruhl" <[arpegio@comcast.net](mailto:arpegio@comcast.net)> wrote:  
> >  
> >  
> >He guys,  
> >It's been a month since my last post. Reason being

> >I broke my tibia fibula just above my ankle clean through  
> >on 12/30. =20  
> >  
> >Got some titanium inserted inside where the marrow was  
> >and screwed in in three places. I spent five days in the hospital  
> >due to a fever I was running. The pain was incredible for  
> >the first three weeks. Now I'm barely taking the pain meds.  
> >They helped alot though. Toes are moving and feeling. They  
> >tell me that's good. Ankle feels swollen and tender and is tough  
> >to move.  
> >  
> >Physical therapy is in house which is great although  
> >very difficult. I am giving it all I've got to get back on my=20  
> >feet asap. So far keeping the foot above my heart all  
> >the time is the best way to keep the swelling down along with  
> >ice after exercise.  
> >  
> >I want you all to know that I've been looking in here over the  
> >last few weeks and it's great to feel some what normal again.  
> >I can't spend more than 30 minutes at a desk. The studio  
> >has been out of the question although I'm looking for a way to=20  
> >rest my foot on the console without falling out of my chair.  
> >I am giggling once or twice/week which is way bad for me. =20  
> >Gotta make a living. =20  
> >  
> >My stereo amp is in the shop where I am sleeping and exercising.  
> >When it comes back I'll be doing some big time listening.  
> >  
> >Any tips from friends here would be great regarding healing  
> >and/or music productivity while healing would be great.  
> >  
> >I'm down but not out,  
> >Tom  
> >  
> >  
> >  
> >  
> >  
> >I choose Polesoft Lockspam to fight spam, and you?  
> ><http://www.polesoft.com/refer.html>  
> >  
> ><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">  
> ><HTML><HEAD>  
> ><META http-equiv=3DContent-Type content=3D"text/html; =  
> >charset=3Diso-8859-1">  
> ><META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>  
> ><STYLE></STYLE>  
> ></HEAD>

> <<BODY bgColor=3D#ffffff>  
> <<DIV><FONT face=3DArial size=3D2>He guys,</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2>It's been a month since my last =  
> >post. Reason=20  
> >being</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2>I broke my tibia fibula just above my =  
> >ankle clean=20  
> >through</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2>on 12/30. </FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> <<DIV><FONT face=3DArial size=3D2>Got some titanium inserted inside where  
> =  
> >the marrow=20  
> >was</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2>and screwed in in three =  
> >places. I spent=20  
> >five days in the hospital</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2>due to a fever I was running. The =  
> >pain was=20  
> >incredible for</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2>the first three weeks. =  
> >Now I'm barely=20  
> >taking the pain meds.</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2>They helped alot though. Toes are =  
> >moving and=20  
> >feeling. They</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2>tell me that's good. Ankle feels =  
> >swollen and=20  
> >tender and is tough</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2>to move.</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> <<DIV><FONT face=3DArial size=3D2>Physical therapy is in house which is =  
> >great=20  
> >although</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2>very difficult. I am giving it =  
> >all I've got=20  
> >to get back on my </FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2>feet </FONT><FONT face=3DArial =  
> >size=3D2>asap. So=20  
> >far keeping the foot above my heart all</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2>the time is the best way to keep the =  
> >swelling down=20  
> >along with</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2>ice after exercise.</FONT></DIV>  
> <<DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> <<DIV><FONT face=3DArial size=3D2>I want you all to know that I've been =  
> >looking in=20  
> >here over the</FONT></DIV>

> ><DIV><FONT face=3DArial size=3D2>last few weeks and it's great to feel =  
> >some what=20  
> >normal again.</FONT></DIV>  
> ><DIV><FONT face=3DArial size=3D2>I can't spend more than 30 minutes at a  
> =  
> >desk. =20  
> >The studio</FONT></DIV>  
> ><DIV><FONT face=3DArial size=3D2>has been out of the question although =  
> >I'm looking=20  
> >for a way to </FONT></DIV>  
> ><DIV><FONT face=3DArial size=3D2>rest my foot on the console without =  
> >falling out of=20  
> >my chair.</FONT></DIV>  
> ><DIV><FONT face=3DArial size=3D2>I am giggling once </FONT><FONT =  
> >face=3DArial size=3D2>or=20  
> >twice/week which is way bad for me. </FONT></DIV>  
> ><DIV><FONT face=3DArial size=3D2>Gotta make a living. =  
> ></FONT></DIV>  
> ><DIV> </DIV>  
> ><DIV><FONT face=3DArial size=3D2>My stereo amp is in the shop where I am  
> =  
> >sleeping=20  
> >and exercising.</FONT></DIV>  
> ><DIV><FONT face=3DArial size=3D2>When it comes back I'll be doing some =  
> >big time=20  
> >listening.</FONT></DIV>  
> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> ><DIV>  
> ><DIV><FONT face=3DArial size=3D2>Any tips from friends here would be =  
> >great regarding=20  
> >healing</FONT></DIV>  
> ><DIV><FONT face=3DArial size=3D2>and/or music productivity while healing  
> =  
> >would be=20  
> >great.</FONT></DIV>  
> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> ><DIV><FONT face=3DArial size=3D2>I'm down but not out,</FONT></DIV>  
> ><DIV><FONT face=3DArial size=3D2>Tom</FONT></DIV></DIV>  
> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> ><DIV><FONT size=3D2><BR><BR>I choose Polesoft Lockspam to fight spam, =  
> >and=20  
> >you?<BR><A=20  
> >href=3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=  
> >.html</A> </FONT></DIV></BODY></HTML>  
> >  
> >

---

---

Subject: Re: Busted some stuff while I was gone  
Posted by [Bill L](#) on Mon, 28 Jan 2008 20:27:38 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Wait! I want to know how you did it?!?

erlilo wrote:

> ...if someone ask how you did it, don't try to show them...

>

> Erling

>

> On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" <arpegio@comcast.net>

> wrote:

>

>> Hey everyone,

>> You had me laughing and that's a healing agent right there!

>> Today's better than yesterday and it's usually like that.

>> Your well wishes are graciously accepted.

>>

>> I'll get into the studio one way or another. I am in need of a new

>> armless chair with wheels. Does anyone have any suggestions

>> for less than \$350 ? I like a firm lower back and adjustable

>> height at a minimum. The more bells and whistles the

>> better though.

>>

>> Thanks!

>> Tom

>>

>>

>>

>>

>> "steve the artguy" <artguy@eaglenebula.com> wrote in message news:479ce41f\$1@linux...

>>

>> Tom-

>>

>> Reading this made my hair hurt. ouch.

>>

>> Whatever you did, don't do it again!

>>

>> -steve

>>

>>

>> "Tom Bruhl" <arpegio@comcast.net> wrote:

>> >

>> >

>> >He guys,

>> >It's been a month since my last post. Reason being

>> >I broke my tibia fibula just above my ankle clean through

>> >on 12/30. =20

>> >  
>> >Got some titanium inserted inside where the marrow was  
>> >and screwed in in three places. I spent five days in the hospital  
>> >due to a fever I was running. The pain was incredible for  
>> >the first three weeks. Now I'm barely taking the pain meds.  
>> >They helped alot though. Toes are moving and feeling. They  
>> >tell me that's good. Ankle feels swollen and tender and is tough  
>> >to move.  
>> >  
>> >Physical therapy is in house which is great although  
>> >very difficult. I am giving it all I've got to get back on my=20  
>> >feet asap. So far keeping the foot above my heart all  
>> >the time is the best way to keep the swelling down along with  
>> >ice after exercise.  
>> >  
>> >I want you all to know that I've been looking in here over the  
>> >last few weeks and it's great to feel some what normal again.  
>> >I can't spend more than 30 minutes at a desk. The studio  
>> >has been out of the question although I'm looking for a way to=20  
>> >rest my foot on the console without falling out of my chair.  
>> >I am giggling once or twice/week which is way bad for me. =20  
>> >Gotta make a living. =20  
>> >  
>> >My stereo amp is in the shop where I am sleeping and exercising.  
>> >When it comes back I'll be doing some big time listening.  
>> >  
>> >Any tips from friends here would be great regarding healing  
>> >and/or music productivity while healing would be great.  
>> >  
>> >I'm down but not out,  
>> >Tom  
>> >  
>> >  
>> >  
>> >  
>> >  
>> >  
>> >  
>> >I choose Polesoft Lockspam to fight spam, and you?  
>> ><http://www.polesoft.com/refer.html>  
>> >  
>> ><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">  
>> ><HTML><HEAD>  
>> ><META http-equiv=3DContent-Type content=3D"text/html; =  
>> >charset=3Diso-8859-1">  
>> ><META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>  
>> ><STYLE></STYLE>  
>> ></HEAD>  
>> ><BODY bgColor=3D#ffffff>  
>> ><DIV><FONT face=3DArial size=3D2>He guys,</FONT></DIV>

>> <<DIV><FONT face=3DArial size=3D2>It's been a month since my last =  
>> >post. Reason=20  
>> >being</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2>I broke my tibia fibula just above my =  
>> >ankle clean=20  
>> >through</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2>on 12/30. </FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
>> <<DIV><FONT face=3DArial size=3D2>Got some titanium inserted inside where  
>> =  
>> >the marrow=20  
>> >was</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2>and screwed in in three =  
>> >places. I spent=20  
>> >five days in the hospital</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2>due to a fever I was running. The =  
>> >pain was=20  
>> >incredible for</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2>the first three weeks. =  
>> >Now I'm barely=20  
>> >taking the pain meds.</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2>They helped alot though. Toes are =  
>> >moving and=20  
>> >feeling. They</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2>tell me that's good. Ankle feels =  
>> >swollen and=20  
>> >tender and is tough</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2>to move.</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
>> <<DIV><FONT face=3DArial size=3D2>Physical therapy is in house which is =  
>> >great=20  
>> >although</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2>very difficult. I am giving it =  
>> >all I've got=20  
>> >to get back on my </FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2>feet </FONT><FONT face=3DArial =  
>> >size=3D2>asap. So=20  
>> >far keeping the foot above my heart all</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2>the time is the best way to keep the =  
>> >swelling down=20  
>> >along with</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2>ice after exercise.</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
>> <<DIV><FONT face=3DArial size=3D2>I want you all to know that I've been =  
>> >looking in=20  
>> >here over the</FONT></DIV>  
>> <<DIV><FONT face=3DArial size=3D2>last few weeks and it's great to feel =  
>> >some what=20



```
>> >normal again.</FONT></DIV>
>> ><DIV><FONT face=3DArial size=3D2>I can't spend more than 30 minutes at a
>> =
>> >desk. =20
>> >The studio</FONT></DIV>
>> ><DIV><FONT face=3DArial size=3D2>has been out of the question although =
>> >I'm looking=20
>> >for a way to </FONT></DIV>
>> ><DIV><FONT face=3DArial size=3D2>rest my foot on the console without =
>> >falling out of=20
>> >my chair.</FONT></DIV>
>> ><DIV><FONT face=3DArial size=3D2>I am giggling once </FONT><FONT =
>> >face=3DArial size=3D2>or=20
>> >twice/week which is way bad for me. </FONT></DIV>
>> ><DIV><FONT face=3DArial size=3D2>Gotta make a living. =
>> ></FONT></DIV>
>> ><DIV> </DIV>
>> ><DIV><FONT face=3DArial size=3D2>My stereo amp is in the shop where I am
>> =
>> >sleeping=20
>> >and exercising.</FONT></DIV>
>> ><DIV><FONT face=3DArial size=3D2>When it comes back I'll be doing some =
>> >big time=20
>> >listening.</FONT></DIV>
>> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
>> ><DIV>
>> ><DIV><FONT face=3DArial size=3D2>Any tips from friends here would be =
>> >great regarding=20
>> >healing</FONT></DIV>
>> ><DIV><FONT face=3DArial size=3D2>and/or music productivity while healing
>> =
>> >would be=20
>> >great.</FONT></DIV>
>> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
>> ><DIV><FONT face=3DArial size=3D2>I'm down but not out,</FONT></DIV>
>> ><DIV><FONT face=3DArial size=3D2>Tom</FONT></DIV></DIV>
>> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
>> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
>> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
>> ><DIV><FONT size=3D2><BR><BR>I choose Polesoft Lockspam to fight spam, =
>> >and=20
>> >you?<BR><A=20
>> >href=3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=
>> >.html</A> </FONT></DIV></BODY></HTML>
>> >
>> >
```

Subject: Re: Busted some stuff while I was gone  
Posted by [Sarah](#) on Tue, 29 Jan 2008 13:37:51 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

This is a multi-part message in MIME format.

-----=\_NextPart\_000\_0064\_01C86239.16AD6760  
Content-Type: text/plain;  
charset="iso-8859-1"  
Content-Transfer-Encoding: quoted-printable

Ow! Sorry to hear you broke a flipper. I won't ask who you were trying =  
to kick. Sounds like you're doing the right stuff. Eat healthy, sleep =  
enough, and keep picturing yourself healed. Oh, and keep laughing. :)

S

"Tom Bruhl" <arpeggio@comcast.net> wrote in message =  
news:479b7a9b@linux...

He guys,  
It's been a month since my last post. Reason being  
I broke my tibia fibula just above my ankle clean through  
on 12/30. =20

Got some titanium inserted inside where the marrow was  
and screwed in in three places. I spent five days in the hospital  
due to a fever I was running. The pain was incredible for  
the first three weeks. Now I'm barely taking the pain meds.  
They helped alot though. Toes are moving and feeling. They  
tell me that's good. Ankle feels swollen and tender and is tough  
to move.

Physical therapy is in house which is great although  
very difficult. I am giving it all I've got to get back on my=20  
feet asap. So far keeping the foot above my heart all  
the time is the best way to keep the swelling down along with  
ice after exercise.

I want you all to know that I've been looking in here over the  
last few weeks and it's great to feel some what normal again.  
I can't spend more than 30 minutes at a desk. The studio  
has been out of the question although I'm looking for a way to=20  
rest my foot on the console without falling out of my chair.  
I am giggling once or twice/week which is way bad for me. =20  
Gotta make a living. =20

My stereo amp is in the shop where I am sleeping and exercising.  
When it comes back I'll be doing some big time listening.

Any tips from friends here would be great regarding healing and/or music productivity while healing would be great.

I'm down but not out,  
Tom

I choose Polesoft Lockspam to fight spam, and you?

<http://www.polesoft.com/refer.html>

-----=\_NextPart\_000\_0064\_01C86239.16AD6760

Content-Type: text/html;  
charset="iso-8859-1"

Content-Transfer-Encoding: quoted-printable

<!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">

<HTML><HEAD>

<META http-equiv=3DContent-Type content=3D"text/html; =  
charset=3Diso-8859-1">

<META content=3D"MSHTML 6.00.6000.16587" name=3DGENERATOR>

<STYLE></STYLE>

</HEAD>

<BODY bgColor=3D#ffffff>

<DIV><FONT face=3DArial size=3D2>Ow!&nbsp; Sorry to hear you broke a =  
flipper.&nbsp;=20

I won't ask who you were trying to kick.&nbsp; Sounds like you're doing =  
the=20

right stuff.&nbsp; Eat healthy, sleep enough, and keep picturing =  
yourself=20

healed.&nbsp; Oh, and keep laughing.&nbsp; :)</FONT></DIV>

<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>

<DIV><FONT face=3DArial size=3D2>S</FONT></DIV>

<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>

<DIV>&nbsp;</DIV>

<BLOCKQUOTE dir=3Dltr=20

style=3D"PADDING-RIGHT: 0px; PADDING-LEFT: 5px; MARGIN-LEFT: 5px; =  
BORDER-LEFT: #000000 2px solid; MARGIN-RIGHT: 0px">

<DIV>"Tom Bruhl" &lt;<A=20

href=3D"mailto:arpegio@comcast.net">arpegio@comcast.net</A>&gt; wrote =  
in message=20

<A href=3D"news:479b7a9b@linux">news:479b7a9b@linux</A>...</DIV>

<DIV><FONT face=3DArial size=3D2>He guys,</FONT></DIV>

<DIV><FONT face=3DArial size=3D2>It's been a month since my last =  
post.&nbsp;=20

Reason being</FONT></DIV>

<DIV><FONT face=3DArial size=3D2>I broke my tibia fibula just above my =  
ankle clean=20  
through</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>on 12/30.&nbsp;</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>Got some titanium inserted inside =  
where the=20  
marrow was</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>and screwed in in&nbsp;</FONT>three =  
places.&nbsp;</FONT>l=20  
spent five days in the hospital</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>due to a fever I was running.&nbsp;</FONT>=  
The pain was=20  
incredible for</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>the first three weeks.&nbsp;</FONT>=  
Now&nbsp;</FONT>I'm barely=20  
taking the pain meds.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>They helped alot though.&nbsp;</FONT>Toes =  
are moving=20  
and feeling.&nbsp;</FONT>They</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>tell me that's good.&nbsp;</FONT>Ankle =  
feels swollen=20  
and tender and is tough</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>to move.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>Physical therapy is in house which is =  
great=20  
although</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>very difficult.&nbsp;</FONT>I am giving it =  
all I've got=20  
to get back on my </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>feet </FONT><FONT face=3DArial =  
size=3D2>asap.&nbsp;</FONT>=20  
So far keeping the foot above my heart all</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>the time is the best way to keep the =  
swelling=20  
down along with</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>ice after exercise.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>I want you all to know that I've been =  
looking in=20  
here over the</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>last few weeks and it's great to feel =  
some what=20  
normal again.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I can't spend more than 30 minutes at =  
a=20  
desk.&nbsp;</FONT>The studio</FONT></DIV>

**has been out of the question although I'm looking for a way to rest my foot on the console without falling out of my chair.**

**I am giggling once or twice/week which is way bad for me.**

**Gotta make a living.**

**My stereo amp is in the shop where I am sleeping and exercising.**

**When it comes back I'll be doing some big time listening.**

**Any tips from friends here would be great regarding healing and/or music productivity while healing would be great.**

**I'm down but not out,**

**Tom**

**I choose Polesoft Lockspam to fight spam, you?**

<http://www.polesoft.com/refer.html>

-----=\_NextPart\_000\_0064\_01C86239.16AD6760--

---

**Subject: Re: Busted some stuff while I was gone**  
**Posted by [Tom Bruhl](#) on Tue, 29 Jan 2008 19:02:14 GMT**  
[View Forum Message](#) <> [Reply to Message](#)

---

This is a multi-part message in MIME format.

-----=\_NextPart\_000\_00A3\_01C8627F.8CACC280

Content-Type: text/plain;  
charset="iso-8859-1"

Content-Transfer-Encoding: quoted-printable

Bill,

Do you really want to know? Okay here's the story.

The Pats had beat the NY Giants for the first time this season and the beer was flowing. Now the game was long over and three of us took a walk downstairs at about 3:30 AM to shoot some pool. The other two had already started as I was on my way down the 1930s wooden staircase. I made it 2/3 of the way down when my left foot decided to go left just enough to get lodged into the unfinished wall's studs. My upper body continued down the last four stairs as if nothing was out of the ordinary. Snap! There goes my leg.

In great pain my buds were chanting: " Shake it off ! " Riiight. I realized that was not an option. I dragged my sorry ass onto the stairs that had just accosted me. I begged my friends to get me home which was right across the street. The leg was hurting alot. My friend Dan decided the best way to cart my 180lb body back to my home was in his cement ridden wheelbarrow. I dragged that sorrowful ass of mine up his deadly stairs across the dining room and into his living room. I couldn't stand the pain to make it onto his sofa so I remained on the floor. Dan threw my body over his shoulder and gave me the fireman's walk to the unassuming wheelbarrow which was down four stairs outside his front door.

After arriving at my house a few painful minutes later, I was given one more fireman's walk inside my home and tossed onto my sofa. This is when my loving wife entered the picture. Her concern for my well being was dwarfed by the humor my friend and I were experiencing at the time. After Dan's quick departure I slept this one off. Well not exactly . . . After waking up around 11:00 AM even greater pain, my wife and I decided to head to the emergency room. =

There a few oxycodone were popped which barely helped. By 4:00 PM I was in consultation with the surgeon and 12/31 was chosen as the day of the operation.

I can say that pain was the underlying theme from the moment of the fall until three weeks later. All of the nurses enjoyed the wheelbarrow chariot service ' story and were amazed that I waited eight hours before =

going to the hospital. Mass quantities of beer make men do strange = things.

So Bill, that's my story as my friends and I remember it. I like = telling=20  
it to those that enjoy hearing about man's idiotic behavior and it's=20 potentially life changing outcome.

My leg's starting to ache.  
T.

"Bill L" <bill@billlorentzen.com> wrote in message = news:479e3e25\$1@linux...

Wait! I want to know how you did it?!?

erlilo wrote:

> ...if someone ask how you did it, don't try to show them...

>=20

> Erling

>=20

> On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" = <arpeggio@comcast.net>

> wrote:

>=20

>> Hey everyone,

>> You had me laughing and that's a healing agent right there!

>> Today's better than yesterday and it's usually like that.

>> Your well wishes are graciously accepted. =20

>>

>> I'll get into the studio one way or another. I am in need of a new

>> armless chair with wheels. Does anyone have any suggestions

>> for less than \$350 ? I like a firm lower back and adjustable

>> height at a minimum. The more bells and whistles the

>> better though.

>>

>> Thanks!

>> Tom

>>

>>

>>

>>

>>

>> "steve the artguy" <artguy@eaglenebula.com> wrote in message = news:479ce41f\$1@linux...

>>

>> Tom-

>>

>> Reading this made my hair hurt. ouch.

>>  
>> Whatever you did, don't do it again!  
>>  
>> -steve  
>>  
>>  
>> "Tom Bruhl" <arpeggio@comcast.net> wrote:  
>> >  
>> >  
>> >He guys,  
>> >It's been a month since my last post. Reason being  
>> >I broke my tibia fibula just above my ankle clean through  
>> >on 12/30. =3D20  
>> >  
>> >Got some titanium inserted inside where the marrow was  
>> >and screwed in in three places. I spent five days in the =  
hospital  
>> >due to a fever I was running. The pain was incredible for  
>> >the first three weeks. Now I'm barely taking the pain meds.  
>> >They helped alot though. Toes are moving and feeling. They  
>> >tell me that's good. Ankle feels swollen and tender and is tough  
>> >to move.  
>> >  
>> >Physical therapy is in house which is great although  
>> >very difficult. I am giving it all I've got to get back on =  
my=3D20  
>> >feet asap. So far keeping the foot above my heart all  
>> >the time is the best way to keep the swelling down along with  
>> >ice after exercise.  
>> >  
>> >I want you all to know that I've been looking in here over the  
>> >last few weeks and it's great to feel some what normal again.  
>> >I can't spend more than 30 minutes at a desk. The studio  
>> >has been out of the question although I'm looking for a way =  
to=3D20  
>> >rest my foot on the console without falling out of my chair.  
>> >I am giggling once or twice/week which is way bad for me. =3D20  
>> >Gotta make a living. =3D20  
>> >  
>> >My stereo amp is in the shop where I am sleeping and exercising.  
>> >When it comes back I'll be doing some big time listening.  
>> >  
>> >Any tips from friends here would be great regarding healing  
>> >and/or music productivity while healing would be great.  
>> >  
>> >I'm down but not out,  
>> >Tom  
>> >



```

>> >
>> >
>> >
>> >
>> >I choose Polesoft Lockspam to fight spam, and you?
>> >http://www.polesoft.com/refer.html =20
>> >
>> ><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">
>> ><HTML><HEAD>
>> ><META http-equiv=3D3DContent-Type content=3D3D"text/html; =3D
>> >charset=3D3Diso-8859-1">
>> ><META content=3D3D"MSHTML 6.00.2900.2180" name=3D3DGENERATOR>
>> ><STYLE></STYLE>
>> ></HEAD>
>> ><BODY bgColor=3D3D#ffffff>
>> ><DIV><FONT face=3D3DArial size=3D3D2>He guys,</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>It's been a month since my =
last =3D
>> >post. Reason=3D20
>> >being</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>I broke my tibia fibula just =
above my =3D
>> >ankle clean=3D20
>> >through</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>on 12/30. </FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>Got some titanium inserted =
inside where
>> =3D
>> >the marrow=3D20
>> >was</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>and screwed in in three =3D
>> >places. I spent=3D20
>> >five days in the hospital</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>due to a fever I was =
running. The =3D
>> >pain was=3D20
>> >incredible for</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>the first three weeks. =3D
>> >Now I'm barely=3D20
>> >taking the pain meds.</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>They helped alot though. =
Toes are =3D
>> >moving and=3D20
>> >feeling. They</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>tell me that's good. Ankle =
feels =3D
>> >swollen and=3D20

```

>> >tender and is tough</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>to move.</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>Physical therapy is in house =  
which is =3D  
>> >great=3D20  
>> >although</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>very difficult. I am giving =  
it =3D  
>> >all I've got=3D20  
>> >to get back on my </FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>feet </FONT><FONT =  
face=3D3DArial =3D  
>> >size=3D3D2>asap. So=3D20  
>> >far keeping the foot above my heart all</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>the time is the best way to =  
keep the =3D  
>> >swelling down=3D20  
>> >along with</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>ice after =  
exercise.</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>I want you all to know that =  
I've been =3D  
>> >looking in=3D20  
>> >here over the</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>last few weeks and it's =  
great to feel =3D  
>> >some what=3D20  
>> >normal again.</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>I can't spend more than 30 =  
minutes at a  
>> =3D  
>> >desk. =3D20  
>> >The studio</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>has been out of the question =  
although =3D  
>> >I'm looking=3D20  
>> >for a way to </FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>rest my foot on the console =  
without =3D  
>> >falling out of=3D20  
>> >my chair.</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>I am giggling once =  
</FONT><FONT =3D  
>> >face=3D3DArial size=3D3D2>or=3D20  
>> >twice/week which is way bad for me. </FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>Gotta make a living. =3D

```

>> </FONT></DIV>
>> <DIV> </DIV>
>> <DIV><FONT face=3D3DArial size=3D3D2>My stereo amp is in the shop =
where I am
>> =3D
>> >sleeping=3D20
>> >and exercising.</FONT></DIV>
>> <DIV><FONT face=3D3DArial size=3D3D2>When it comes back I'll be =
doing some =3D
>> >big time=3D20
>> >listening.</FONT></DIV>
>> <DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
>> <DIV>
>> <DIV><FONT face=3D3DArial size=3D3D2>Any tips from friends here =
would be =3D
>> >great regarding=3D20
>> >healing</FONT></DIV>
>> <DIV><FONT face=3D3DArial size=3D3D2>and/or music productivity =
while healing
>> =3D
>> >would be=3D20
>> >great.</FONT></DIV>
>> <DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
>> <DIV><FONT face=3D3DArial size=3D3D2>I'm down but not =
out,</FONT></DIV>
>> <DIV><FONT face=3D3DArial size=3D3D2>Tom</FONT></DIV></DIV>
>> <DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
>> <DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
>> <DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
>> <DIV><FONT size=3D3D2><BR><BR>I choose Polesoft Lockspam to fight =
spam, =3D
>> >and=3D20
>> >you?<BR><A=3D20
>> =
>href=3D3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/re=
fer=3D
>> >.html</A> </FONT></DIV></BODY></HTML>
>> >
>> >
-----=_NextPart_000_00A3_01C8627F.8CACC280
Content-Type: text/html;
charset="iso-8859-1"
Content-Transfer-Encoding: quoted-printable

<!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">
<HTML><HEAD>
<META http-equiv=3DContent-Type content=3D"text/html; =
charset=3Diso-8859-1">

```

<META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>  
<STYLE></STYLE>  
</HEAD>  
<BODY bgColor=3D#ffffff>  
<DIV><FONT face=3DArial size=3D2>Bill,</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>Do you really want to know?&nbsp; =  
</FONT><FONT=20  
face=3DArial size=3D2>Okay here's the story.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>The Pats had beat the NY Giants for the =  
first time=20  
this season</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>and the beer was flowing.&nbsp; Now the =  
game was=20  
long over and</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>three of us took a walk downstairs at =  
about 3:30 AM=20  
to shoot</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>some pool.&nbsp; The other two had =  
already started=20  
as I was on my</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>way down the 1930s wooden =  
staircase.&nbsp; I made=20  
it 2/3 of the</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>way down when my left foot decided to =  
go left just=20  
enough</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>to get lodged into the unfinished =  
wall's=20  
studs.&nbsp; My upper</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>body continued down the last four =  
stairs as if=20  
nothing was </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>out of the ordinary.&nbsp; =  
Snap!&nbsp;&nbsp;&nbsp;There=20  
goes my leg.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>In great pain&nbsp;my buds were =  
chanting: " Shake=20  
it off ! "&nbsp;&nbsp;&nbsp;Riiight.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I realized that was not an =  
option.&nbsp; I dragged=20  
my sorry ass </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>onto the stairs that had just accosted =  
me.&nbsp; I=20  
begged my</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>friends to get me home which was right =  
across the=20

street.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>The leg was hurting alot.&nbsp; My =  
friend Dan=20  
decided the best way</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>to cart my 180lb body back to my home =  
was in his=20  
cement dust </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>ridden wheelbarrow.&nbsp; I dragged =  
that sorrowful=20  
ass of mine up his</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>deadly stairs across the dinning room =  
and into his=20  
living room.&nbsp; </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I couldn't stand the pain </FONT><FONT =  
face=3DArial=20  
size=3D2>to make it onto his sofa so I remained </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>on the floor.&nbsp; Dan </FONT><FONT =  
face=3DArial=20  
size=3D2>threw&nbsp;</FONT><FONT face=3DArial size=3D2>my body over his =  
shoulder and=20  
gave me the </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>fireman's walk to the </FONT><FONT =  
face=3DArial=20  
size=3D2>unassuming wheelbarrow which was down&nbsp;</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>four</FONT><FONT face=3DArial size=3D2> =  
stairs outside=20  
</FONT><FONT face=3DArial size=3D2>his front door.&nbsp; </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>After arriving at my house a few =  
painful minutes=20  
later, I was given</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>one more fireman's walk inside my home =  
and tossed=20  
onto my</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>sofa.&nbsp; This is when my loving wife =  
entered the=20  
picture.&nbsp; Her concern</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>for my well being was dwarfed by the =  
humor my=20  
friend and I were</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>experiencing at the time.&nbsp; =  
After&nbsp;Dan's=20  
quick departure I slept this</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>one off.&nbsp; Well not exactly . . =  
.&nbsp;</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>waking&nbsp;up&nbsp;around 11:00 AM in </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>even greater pain, </FONT><FONT =  
face=3DArial=20

size=3D2>my wife and I decided to head to the emergency room.&nbsp; =  
</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>There&nbsp;a few </FONT><FONT =  
face=3DArial=20  
size=3D2>oxycodone were popped which barely helped.&nbsp; </FONT><FONT =  
face=3DArial=20  
size=3D2>By 4:00 PM </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I was </FONT><FONT face=3DArial =  
size=3D2>in=20  
consultation with the surgeon and 12/31 </FONT><FONT face=3DArial =  
size=3D2>was=20  
chosen as the</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>day&nbsp;</FONT><FONT face=3DArial =  
size=3D2>of the=20  
operation.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>I can say that pain was the underlying =  
theme from=20  
the moment of </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>the fall&nbsp;until three weeks =  
later.&nbsp; All of=20  
t</FONT><FONT face=3DArial size=3D2>he nurses enjoyed the ' wheelbarrow=20  
</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>chariot service ' </FONT><FONT =  
face=3DArial=20  
size=3D2>story and were amazed that I waited eight hours before =  
</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>going to </FONT><FONT face=3DArial =  
size=3D2>the=20  
hospital.&nbsp; Mass quantities of beer make men do strange =  
things.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>So Bill, that's my story as my friends =  
and I=20  
remember it.&nbsp; I&nbsp;like telling </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>it </FONT><FONT face=3DArial =  
size=3D2>to those that=20  
enjoy hearing about man's idiotic behavior and it's </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>potentially life=20  
changing&nbsp;outcome.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>My leg's starting to ache.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>T.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<BLOCKQUOTE=20  
style=3D"PADDING-RIGHT: 0px; PADDING-LEFT: 5px; MARGIN-LEFT: 5px; =  
BORDER-LEFT: #000000 2px solid; MARGIN-RIGHT: 0px">

<DIV>"Bill L" &lt;<A=20  
href=3D"mailto:bill@billlorentzen.com">bill@billlorentzen.com</A>&gt; =  
wrote in=20  
message <A=20  
href=3D"news:479e3e25\$1@linux">news:479e3e25\$1@linux</A>...</DIV>Wait! =  
I want to=20  
know how you did it?!?<BR><BR>erlilo wrote:<BR>&gt; ...if someone ask =  
how you=20  
did it, don't try to show them...<BR>&gt; <BR>&gt; Erling<BR>&gt; =  
<BR>&gt; On=20  
Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" &lt;<A=20  
=  
href=3D"mailto:arpeggio@comcast.net">arpeggio@comcast.net</A>&gt;<BR>&gt;=20  
wrote:<BR>&gt; <BR>&gt;&gt; Hey everyone,<BR>&gt;&gt; You had me =  
laughing and=20  
that's a healing agent right there!<BR>&gt;&gt; Today's better than =  
yesterday=20  
and it's usually like that.<BR>&gt;&gt; Your well wishes are =  
graciously=20  
accepted.&nbsp; <BR>&gt;&gt;<BR>&gt;&gt; I'll get into the studio one =  
way or=20  
another.&nbsp; I am in need of a new<BR>&gt;&gt; armless chair with=20  
wheels.&nbsp; Does anyone have any suggestions<BR>&gt;&gt; for less =  
than \$350=20  
&nbsp;?&nbsp; I like a firm lower back and adjustable<BR>&gt;&gt; height at =  
a=20  
minimum.&nbsp; The more bells and whistles the<BR>&gt;&gt; better=20  
though.<BR>&gt;&gt;<BR>&gt;&gt; Thanks!<BR>&gt;&gt;=20  
Tom<BR>&gt;&gt;<BR>&gt;&gt;<BR>&gt;&gt; <BR>&gt;&gt;<BR>&gt;&gt; "steve =  
the=20  
artguy" &lt;<A=20  
href=3D"mailto:artguy@eaglenebula.com">artguy@eaglenebula.com</A>&gt; =  
wrote in=20  
message <A=20  
=  
href=3D"news:479ce41f\$1@linux">news:479ce41f\$1@linux</A>...<BR>&gt;&gt;<B=  
R>&gt;&gt;&nbsp;=20  
Tom-<BR>&gt;&gt;<BR>&gt;&gt;&nbsp; Reading this made my hair hurt.=20  
ouch.<BR>&gt;&gt;<BR>&gt;&gt;&nbsp; Whatever you did, don't do it=20  
again!<BR>&gt;&gt;<BR>&gt;&gt;&nbsp;=20  
-steve<BR>&gt;&gt;<BR>&gt;&gt;<BR>&gt;&gt;&nbsp; "Tom Bruhl" &lt;<A=20  
href=3D"mailto:arpeggio@comcast.net">arpeggio@comcast.net</A>&gt;=20  
wrote:<BR>&gt;&gt;&nbsp; &gt;<BR>&gt;&gt;&nbsp; &gt;<BR>&gt;&gt;&nbsp; =  
&gt;He=20  
guys,<BR>&gt;&gt;&nbsp; &gt;It's been a month since my last =  
post.&nbsp; Reason=20  
being<BR>&gt;&gt;&nbsp; &gt;I broke my tibia fibula just above my =  
ankle clean=20

through<BR>&gt;&nbsp; &gt;on 12/30. =3D20<BR>&gt;&nbsp;=20  
&gt;<BR>&gt;&nbsp; &gt;Got some titanium inserted inside where the =  
marrow=20  
was<BR>&gt;&nbsp; &gt;and screwed in in three places.&nbsp; I =  
spent five=20  
days in the hospital<BR>&gt;&nbsp; &gt;due to a fever I was =  
running.&nbsp;=20  
The pain was incredible for<BR>&gt;&nbsp; &gt;the first three =  
weeks.&nbsp;=20  
Now I'm barely taking the pain meds.<BR>&gt;&nbsp; &gt;They helped =  
alot=20  
though.&nbsp; Toes are moving and feeling.&nbsp; =  
They<BR>&gt;&nbsp;=20  
&gt;tell me that's good.&nbsp; Ankle feels swollen and tender and is=20  
tough<BR>&gt;&nbsp; &gt;to move.<BR>&gt;&nbsp; =  
&gt;<BR>&gt;&nbsp;=20  
&gt;Physical therapy is in house which is great =  
although<BR>&gt;&nbsp;=20  
&gt;very difficult.&nbsp; I am giving it all I've got to get back on=20  
my=3D20<BR>&gt;&nbsp; &gt;feet asap.&nbsp; So far keeping the foot =  
above my=20  
heart all<BR>&gt;&nbsp; &gt;the time is the best way to keep the =  
swelling=20  
down along with<BR>&gt;&nbsp; &gt;ice after =  
exercise.<BR>&gt;&nbsp;=20  
&gt;<BR>&gt;&nbsp; &gt;I want you all to know that I've been =  
looking in=20  
here over the<BR>&gt;&nbsp; &gt;last few weeks and it's great to =  
feel some=20  
what normal again.<BR>&gt;&nbsp; &gt;I can't spend more than 30 =  
minutes at=20  
a desk.&nbsp; The studio<BR>&gt;&nbsp; &gt;has been out of the =  
question=20  
although I'm looking for a way to=3D20<BR>&gt;&nbsp; &gt;rest my =  
foot on the=20  
console without falling out of my chair.<BR>&gt;&nbsp; &gt;I am =  
gigging=20  
once or twice/week which is way bad for me. =3D20<BR>&gt;&nbsp; =  
&gt;Gotta=20  
make a living. =3D20<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;My =  
stereo amp=20  
is in the shop where I am sleeping and exercising.<BR>&gt;&nbsp; =  
&gt;When=20  
it comes back I'll be doing some big time listening.<BR>&gt;&nbsp; =  
  
&gt;<BR>&gt;&nbsp; &gt;Any tips from friends here would be great =  
regarding=20  
healing<BR>&gt;&nbsp; &gt;and/or music productivity while healing =



would be=20  
great.<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;I'm down but not=20  
out,<BR>&gt;&nbsp; &gt;Tom<BR>&gt;&nbsp; =  
&gt;<BR>&gt;&nbsp;=20  
&gt;<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp;=20  
&gt;<BR>&gt;&nbsp; &gt;I choose Polesoft Lockspam to fight spam, =  
and=20  
you?<BR>&gt;&nbsp; =  
&gt;http://www.polesoft.com/refer.html&nbsp;&nbsp;=20  
<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;&lt;!DOCTYPE HTML PUBLIC =  
  
"-//W3C//DTD HTML 4.0 Transitional//EN"&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;HTML&gt;&lt;HEAD&gt;<BR>&gt;&nbsp; &gt;&lt;META=20  
http-equiv=3D3DContent-Type content=3D3D"text/html; =  
=3D<BR>&gt;&nbsp;=20  
&gt;charset=3D3Diso-8859-1"&gt;<BR>&gt;&nbsp; &gt;&lt;META =  
content=3D3D"MSHTML=20  
6.00.2900.2180" name=3D3DGENERATOR&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;STYLE&gt;&lt;/STYLE&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/HEAD&gt;<BR>&gt;&nbsp; &gt;&lt;BODY=20  
bgColor=3D3D#ffffff&gt;<BR>&gt;&nbsp; &gt;&lt;DIV&gt;&lt;FONT =  
face=3D3DArial=20  
size=3D3D2&gt;He guys,&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;It's been a month =  
since my=20  
last =3D<BR>&gt;&nbsp; &gt;post.&nbsp; =  
Reason=3D20<BR>&gt;&nbsp;=20  
&gt;being&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; =  
&gt;&lt;DIV&gt;&lt;FONT=20  
face=3D3DArial size=3D3D2&gt;I broke my tibia fibula just above my=20  
=3D<BR>&gt;&nbsp; &gt;ankle clean=3D20<BR>&gt;&nbsp;=20  
&gt;through&lt;/FONT&gt;&lt;/DIV&gt;<BR >&gt;&nbsp; =  
&gt;&lt;DIV&gt;&lt;FONT=20  
face=3D3DArial size=3D3D2&gt;on 12/30.&nbsp;=20  
&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;DIV&gt;&lt;FONT=20  
face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt; =  
&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;Got some titanium =  
inserted=20  
inside where<BR>&gt;&nbsp; =3D<BR>&gt;&nbsp; &gt;the=20  
marrow=3D20<BR>&gt;&nbsp; =  
&gt;was&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;and screwed in in =  
three=20  
=3D<BR>&gt;&nbsp; &gt;places.&nbsp; I spent=3D20<BR>&gt;&nbsp; =  
&gt;five=20  
days in the hospital&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;due to a fever I =

was=20  
running.&nbsp; The =3D<BR>&gt;&nbsp; &gt;pain =  
was=3D20<BR>&gt;&nbsp;=20  
&gt;incredible for&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial size=3D3D2&gt;the first three =  
weeks.&nbsp;=20  
=3D<BR>&gt;&nbsp; &gt;Now I'm barely=3D20<BR>&gt;&nbsp; =  
&gt;taking the=20  
pain meds.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; =  
&gt;&lt;/DIV&gt;&lt;/FONT=20  
face=3D3DArial size=3D3D2&gt;They helped alot though.&nbsp; Toes are=20  
=3D<BR>&gt;&nbsp; &gt;moving and=3D20<BR>&gt;&nbsp; =  
&gt;feeling.&nbsp;=20  
They&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; =  
&gt;&lt;/DIV&gt;&lt;/FONT=20  
face=3D3DArial size=3D3D2&gt;tell me that's good.&nbsp; Ankle feels=20  
=3D<BR>&gt;&nbsp; &gt;swollen and=3D20<BR>&gt;&nbsp; =  
&gt;tender and is=20  
tough&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; =  
&gt;&lt;/DIV&gt;&lt;/FONT=20  
face=3D3DArial size=3D3D2&gt;to =  
move.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial=20  
size=3D3D2&gt;Physical therapy is in house which is =  
=3D<BR>&gt;&nbsp;=20  
&gt;great=3D20<BR>&gt;&nbsp;=20  
&gt;although&lt;/FONT&gt;&lt;/DIV&gt;<BR >&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial size=3D3D2&gt;very =  
difficult.&nbsp; I am=20  
giving it =3D<BR>&gt;&nbsp; &gt;all I've =  
got=3D20<BR>&gt;&nbsp; &gt;to get=20  
back on my &lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; =  
&gt;&lt;/DIV&gt;&lt;/FONT=20  
face=3D3DArial size=3D3D2&gt;feet &lt;/FONT&gt;&lt;/FONT face=3D3DArial =  
  
=3D<BR>&gt;&nbsp; &gt;size=3D3D2&gt;asap.&nbsp; =  
So=3D20<BR>&gt;&nbsp;=20  
&gt;far keeping the foot above my heart=20  
all&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;/FONT =  
  
face=3D3DArial size=3D3D2&gt;the time is the best way to keep the=20  
=3D<BR>&gt;&nbsp; &gt;swelling down=3D20<BR>&gt;&nbsp; =  
&gt;along=20  
with&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; =  
&gt;&lt;/DIV&gt;&lt;/FONT=20  
face=3D3DArial size=3D3D2&gt;ice after=20  
exercise.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; =

</DIV><FONT=20  
face=3D3DArial size=3D3D2></FONT> =  
</DIV><BR>>&nbsp;=20  
</DIV><FONT face=3D3DArial size=3D3D2>I want you all to =  
know that=20  
I've been =3D<BR>>&nbsp; >looking in=3D20<BR>>&nbsp; =  
>here=20  
>over the</FONT></DIV><BR>>&nbsp; =  
></DIV><FONT=20  
face=3D3DArial size=3D3D2>last few weeks and it's great to feel=20  
=3D<BR>>&nbsp; >some what=3D20<BR>>&nbsp; >normal=20  
again.</FONT></DIV><BR>>&nbsp; =  
></DIV><FONT=20  
face=3D3DArial size=3D3D2>I can't spend more than 30 minutes at=20  
a<BR>>&nbsp; =3D<BR>>&nbsp; >desk. =  
=3D20<BR>>&nbsp;=20  
>The studio</FONT></DIV><BR>>&nbsp;=20  
></DIV><FONT face=3D3DArial size=3D3D2>has been out of =  
the question=20  
>although =3D<BR>>&nbsp; >I'm looking=3D20<BR>>&nbsp; =  
>for a=20  
>way to </FONT></DIV><BR>>&nbsp; =  
></DIV><FONT=20  
face=3D3DArial size=3D3D2>rest my foot on the console without=20  
=3D<BR>>&nbsp; >falling out of=3D20<BR>>&nbsp; >my =  
  
>chair.</FONT></DIV><BR>>&nbsp; =  
></DIV><FONT=20  
face=3D3DArial size=3D3D2>I am giggling once </FONT></FONT=20  
=3D<BR>>&nbsp; >face=3D3DArial =  
size=3D3D2>or=3D20<BR>>&nbsp;=20  
>twice/week which is way bad for me.&nbsp;=20  
</FONT></DIV><BR>>&nbsp; ></DIV><FONT=20  
face=3D3DArial size=3D3D2>Gotta make a living.&nbsp; =  
=3D<BR>>&nbsp;=20  
></FONT></DIV><BR>>&nbsp; ></DIV>=20  
</DIV><BR>>&nbsp; ></DIV><FONT face=3D3DArial=20  
size=3D3D2>My stereo amp is in the shop where I =  
am<BR>>&nbsp;=20  
=3D<BR>>&nbsp; >sleeping=3D20<BR>>&nbsp; >and=20  
exercising.</FONT></DIV><BR>>&nbsp; =  
></DIV><FONT=20  
face=3D3DArial size=3D3D2>When it comes back I'll be doing some=20  
=3D<BR>>&nbsp; >big time=3D20<BR>>&nbsp;=20  
>listening.</FONT></DIV><BR>>&nbsp;=20  
></DIV><FONT face=3D3DArial size=3D3D2></FONT>=20  
</DIV><BR>>&nbsp; ></DIV><BR>>&nbsp;=20  
></DIV><FONT face=3D3DArial size=3D3D2>Any tips from =

friends here=20  
would be =3D<BR>&gt;&nbsp; &gt;great =  
regarding=3D20<BR>&gt;&nbsp;=20  
&gt;healing&lt;/FONT&gt;&lt;/DIV&gt;<BR >&gt;&nbsp; =  
&gt;&lt;/DIV&gt;&lt;/FONT=20  
face=3D3DArial size=3D3D2&gt;&and/or music productivity while=20  
healing<BR>&gt;&nbsp; =3D<BR>&gt;&nbsp; &gt;would=20  
be=3D20<BR>&gt;&nbsp; =  
&gt;great.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial=20  
size=3D3D2&gt;&I'm down but not =  
out,&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial=20  
=  
size=3D3D2&gt;Tom&lt;/FONT&gt;&lt;/DIV&g t;&lt;/DIV&gt; <BR>&gt;&nbsp; =  
  
&gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial=20  
size=3D3D2&gt;&lt;/FONT&gt; &lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;/FONT=20  
size=3D3D2&gt;&lt;/BR&gt;&lt;/BR&gt;I choose Polesoft Lockspam to fight =  
spam,=20  
=3D<BR>&gt;&nbsp; &gt;and=3D20<BR>&gt;&nbsp;=20  
&gt;you?&lt;/BR&gt;&lt;/A=3D20<BR>&gt;&nbsp; &gt;href=3D3D"&lt;A=20  
=  
href=3D'http://www.polesoft.com/refer.html"&gt;http://www.polesoft.com/refer=  
'&gt;http://www.polesoft.com/refer.html"&gt;http://www.polesoft.com/refer</A=  
>=3D<BR>&gt;&nbsp;=20  
&gt;.html&lt;/A&gt;&nbsp;&nbsp;=20  
&lt;/FONT&gt;&lt;/DIV&gt;&lt;/BODY&g t;&lt;/HTML&gt; <BR>&gt;&nbsp;=20  
&gt;<BR>&gt;&nbsp; &gt;</BLOCKQUOTE></BODY></HTML>

-----=\_NextPart\_000\_00A3\_01C8627F.8CACC280--

---

Subject: Re: Busted some stuff while I was gone  
Posted by [Rich Lamanna](#) on Wed, 30 Jan 2008 05:45:37 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

This is a multi-part message in MIME format.

-----=\_NextPart\_000\_000D\_01C862D1.0C49A8E0  
Content-Type: text/plain;  
charset="iso-8859-1"  
Content-Transfer-Encoding: quoted-printable

Wow, too much fun. Reminds me of the time, I punched a wall stone drunk, = thinking it was sheet rock, but in reality it was constructed out of = cinder block. Man was I surprised when I heard my left hand snap. I was = giggling in Lima with the Contemporary Orchestra in Peru, 1st Alto chair, = and did the gig for 2 weeks with a broken hand. Of all of the memories I = have of Lima, batidos made with Cherimoya, a creamy subtropical sweet = fruit, cheap alpaca sweaters; what I remember the most is that you could = buy Darvon over the counter. Darvon and I became well acquainted for 2 = weeks and my hand set on its own, albeit a little crooked. I was in pain = for 2 weeks, but managed to pull the gig off without anyone except a few = knowing I was in pain. I had no strength in my left pinkie and I ghosted = all of my low B and Bb's. I feel your pain.

Rich

"Tom Bruhl" <arpeggio@comcast.net> wrote in message = news:479f7a61@linux...

Bill,

Do you really want to know? Okay here's the story.

The Pats had beat the NY Giants for the first time this season and the beer was flowing. Now the game was long over and three of us took a walk downstairs at about 3:30 AM to shoot some pool. The other two had already started as I was on my way down the 1930s wooden staircase. I made it 2/3 of the way down when my left foot decided to go left just enough to get lodged into the unfinished wall's studs. My upper body continued down the last four stairs as if nothing was=20 out of the ordinary. Snap! There goes my leg.

In great pain my buds were chanting: " Shake it off ! " Riiight. I realized that was not an option. I dragged my sorry ass=20 onto the stairs that had just accosted me. I begged my friends to get me home which was right across the street. The leg was hurting alot. My friend Dan decided the best way to cart my 180lb body back to my home was in his cement dust=20 ridden wheelbarrow. I dragged that sorrowful ass of mine up his deadly stairs across the dinning room and into his living room. =20 I couldn't stand the pain to make it onto his sofa so I remained=20 on the floor. Dan threw my body over his shoulder and gave me the=20 fireman's walk to the unassuming wheelbarrow which was down=20 four stairs outside his front door. =20

After arriving at my house a few painful minutes later, I was given one more fireman's walk inside my home and tossed onto my sofa. This is when my loving wife entered the picture. Her concern

for my well being was dwarfed by the humor my friend and I were experiencing at the time. After Dan's quick departure I slept this one off. Well not exactly . . . After waking up around 11:00 AM in=20 even greater pain, my wife and I decided to head to the emergency = room. =20

There a few oxycodone were popped which barely helped. By 4:00 PM=20 I was in consultation with the surgeon and 12/31 was chosen as the day of the operation.

I can say that pain was the underlying theme from the moment of=20 the fall until three weeks later. All of the nurses enjoyed the ' = wheelbarrow=20

chariot service ' story and were amazed that I waited eight hours = before=20

going to the hospital. Mass quantities of beer make men do strange = things.

So Bill, that's my story as my friends and I remember it. I like = telling=20

it to those that enjoy hearing about man's idiotic behavior and it's=20 potentially life changing outcome.

My leg's starting to ache.

T.

"Bill L" <bill@billlorentzen.com> wrote in message = news:479e3e25\$1@linux...

Wait! I want to know how you did it?!?

erlilo wrote:

> ...if someone ask how you did it, don't try to show them...

>=20

> Erling

>=20

> On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" = <arpeggio@comcast.net>

> wrote:

>=20

>> Hey everyone,

>> You had me laughing and that's a healing agent right there!

>> Today's better than yesterday and it's usually like that.

>> Your well wishes are graciously accepted. =20

>>

>> I'll get into the studio one way or another. I am in need of a = new

>> armless chair with wheels. Does anyone have any suggestions

>> for less than \$350 ? I like a firm lower back and adjustable

>> height at a minimum. The more bells and whistles the  
>> better though.  
>>  
>> Thanks!  
>> Tom  
>>  
>>  
>>  
>>  
>> "steve the artguy" <artguy@eaglenebula.com> wrote in message =  
news:479ce41f\$1@linux...  
>>  
>> Tom-  
>>  
>> Reading this made my hair hurt. ouch.  
>>  
>> Whatever you did, don't do it again!  
>>  
>> -steve  
>>  
>>  
>> "Tom Bruhl" <arpeggio@comcast.net> wrote:  
>> >  
>> >  
>> >He guys,  
>> >It's been a month since my last post. Reason being  
>> >I broke my tibia fibula just above my ankle clean through  
>> >on 12/30. =3D20  
>> >  
>> >Got some titanium inserted inside where the marrow was  
>> >and screwed in in three places. I spent five days in the =  
hospital  
>> >due to a fever I was running. The pain was incredible for  
>> >the first three weeks. Now I'm barely taking the pain meds.  
>> >They helped alot though. Toes are moving and feeling. They  
>> >tell me that's good. Ankle feels swollen and tender and is =  
tough  
>> >to move.  
>> >  
>> >Physical therapy is in house which is great although  
>> >very difficult. I am giving it all I've got to get back on =  
my=3D20  
>> >feet asap. So far keeping the foot above my heart all  
>> >the time is the best way to keep the swelling down along with  
>> >ice after exercise.  
>> >  
>> >I want you all to know that I've been looking in here over the  
>> >last few weeks and it's great to feel some what normal again.

>> >I can't spend more than 30 minutes at a desk. The studio  
>> >has been out of the question although I'm looking for a way =  
to=3D20  
>> >rest my foot on the console without falling out of my chair.  
>> >I am gigging once or twice/week which is way bad for me. =3D20  
>> >Gotta make a living. =3D20  
>> >  
>> >My stereo amp is in the shop where I am sleeping and =  
exercising.  
>> >When it comes back I'll be doing some big time listening.  
>> >  
>> >Any tips from friends here would be great regarding healing  
>> >and/or music productivity while healing would be great.  
>> >  
>> >I'm down but not out,  
>> >Tom  
>> >  
>> >  
>> >  
>> >  
>> >  
>> >I choose Polesoft Lockspam to fight spam, and you?  
>> ><http://www.polesoft.com/refer.html> =20  
>> >  
>> ><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">  
>> ><HTML><HEAD>  
>> ><META http-equiv=3D3DContent-Type content=3D3D"text/html; =3D  
>> >charset=3D3Diso-8859-1">  
>> ><META content=3D3D"MSHTML 6.00.2900.2180" name=3D3DGENERATOR>  
>> ><STYLE></STYLE>  
>> ></HEAD>  
>> ><BODY bgColor=3D3D#ffffff>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>He guys,</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>It's been a month since my =  
last =3D  
>> >post. Reason=3D20  
>> >being</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>I broke my tibia fibula =  
just above my =3D  
>> >ankle clean=3D20  
>> >through</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>on 12/30. </FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>Got some titanium inserted =  
inside where  
>> =3D  
>> >the marrow=3D20  
>> >was</FONT></DIV>



>> ><DIV><FONT face=3D3DArial size=3D3D2>and screwed in in three =  
=3D  
>> >places. I spent=3D20  
>> >five days in the hospital</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>due to a fever I was =  
running. The =3D  
>> >pain was=3D20  
>> >incredible for</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>the first three weeks. =  
=3D  
>> >Now I'm barely=3D20  
>> >taking the pain meds.</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>They helped alot though. =  
Toes are =3D  
>> >moving and=3D20  
>> >feeling. They</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>tell me that's good. =  
Ankle feels =3D  
>> >swollen and=3D20  
>> >tender and is tough</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>to move.</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>Physical therapy is in =  
house which is =3D  
>> >great=3D20  
>> >although</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>very difficult. I am =  
giving it =3D  
>> >all I've got=3D20  
>> >to get back on my </FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>feet </FONT><FONT =  
face=3D3DArial =3D  
>> >size=3D3D2>asap. So=3D20  
>> >far keeping the foot above my heart all</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>the time is the best way =  
to keep the =3D  
>> >swelling down=3D20  
>> >along with</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>ice after =  
exercise.</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>I want you all to know =  
that I've been =3D  
>> >looking in=3D20  
>> >here over the</FONT></DIV>  
>> ><DIV><FONT face=3D3DArial size=3D3D2>last few weeks and it's =  
great to feel =3D  
>> >some what=3D20

```

>> >normal again.</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>I can't spend more than 30 =
minutes at a
>> =3D
>> >desk. =3D20
>> >The studio</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>has been out of the =
question although =3D
>> >I'm looking=3D20
>> >for a way to </FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>rest my foot on the =
console without =3D
>> >falling out of=3D20
>> >my chair.</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>I am giggling once =
</FONT><FONT =3D
>> >face=3D3DArial size=3D3D2>or=3D20
>> >twice/week which is way bad for me. </FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>Gotta make a living. =3D
>> ></FONT></DIV>
>> ><DIV> </DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>My stereo amp is in the =
shop where I am
>> =3D
>> >sleeping=3D20
>> >and exercising.</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>When it comes back I'll be =
doing some =3D
>> >big time=3D20
>> >listening.</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
>> ><DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>Any tips from friends here =
would be =3D
>> >great regarding=3D20
>> >healing</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>and/or music productivity =
while healing
>> =3D
>> >would be=3D20
>> >great.</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>I'm down but not =
out,</FONT></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2>Tom</FONT></DIV></DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
>> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>

```

```
>> ><DIV><FONT size=3D3D2><BR><BR>I choose Polesoft Lockspam to =
fight spam, =3D
>> >and=3D20
>> >you?<BR><A=3D20
>> =
>href=3D3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/re=
fer=3D
>> >.html</A> </FONT></DIV></BODY></HTML>
>> >
>> >
```

-----=\_NextPart\_000\_000D\_01C862D1.0C49A8E0

Content-Type: text/html;
charset="iso-8859-1"
Content-Transfer-Encoding: quoted-printable

```
<!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">
<HTML><HEAD>
<META http-equiv=3DContent-Type content=3D"text/html; =
charset=3Diso-8859-1">
<META content=3D"MSHTML 6.00.2800.1555" name=3DGENERATOR>
<STYLE></STYLE>
</HEAD>
<BODY bgColor=3D#ffffff>
<DIV><FONT size=3D2>Wow, too much fun. Reminds me of the time, I punched =
a wall=20
stone drunk, thinking it was sheet rock, but in reality it was =
constructed out=20
of cinder&nbsp;block. Man was I surprised when I heard my left&nbsp;hand =

snap.&nbsp;I was gigging in Lima&nbsp;with the Contemporary Orchestra in =
Peru,=20
1st Alto&nbsp;chair, and did the gig&nbsp;for 2 weeks with a broken =
hand. Of all=20
of the memories I have of Lima, batidos made with&nbsp;Cherimoya, =
a&nbsp;creamy=20
subtropical sweet fruit,&nbsp;cheap alpaca sweaters; what I remember the =
most is=20
that </FONT><FONT size=3D2>you could buy Darvon over the counter. Darvon =
and I=20
became well acquainted for 2 weeks and my hand set on its own, albeit a =
little=20
crooked. I was in pain for 2 weeks, but managed to pull the gig off =
without=20
anyone except a few knowing I was in pain. I had no strength&nbsp;in my =
left=20
pinkie and&nbsp;I ghosted all of my low B and Bb's. I feel your=20
pain.</FONT></DIV>
<DIV><FONT size=3D2></FONT>&nbsp;</DIV>
```

<DIV><FONT size=3D2>Rich</FONT></DIV>  
<DIV><BR><BR></DIV>  
<BLOCKQUOTE dir=3Dltr=20  
style=3D"PADDING-RIGHT: 0px; PADDING-LEFT: 5px; MARGIN-LEFT: 5px; =  
BORDER-LEFT: #000000 2px solid; MARGIN-RIGHT: 0px">  
<DIV>"Tom Bruhl" &lt;<A=20  
href=3D"mailto:arpegio@comcast.net">arpegio@comcast.net</A>&gt; wrote =  
in message=20  
<A href=3D"news:479f7a61 @linux">news:479f7a61 @linux</A>...</DIV>  
<DIV><FONT face=3DArial size=3D2>Bill,</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>Do you really want to know?&nbsp;= </FONT><FONT=20  
face=3DArial size=3D2>Okay here's the story.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>The Pats had beat the NY Giants for =  
the first=20  
time this season</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>and the beer was flowing.&nbsp;Now =  
the game was=20  
long over and</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>three of us took a walk downstairs at =  
about 3:30=20  
AM to shoot</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>some pool.&nbsp;The other two had =  
already=20  
started as I was on my</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>way down the 1930s wooden =  
staircase.&nbsp;I made=20  
it 2/3 of the</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>way down when my left foot decided to =  
go left=20  
just enough</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>to get lodged into the unfinished =  
wall's=20  
studs.&nbsp;My upper</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>body continued down the last four =  
stairs as if=20  
nothing was </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>out of the ordinary.&nbsp;= </FONT> =  
Snap!&nbsp;&nbsp;&nbsp;There=20  
goes my leg.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>In great pain&nbsp;my buds were =  
chanting: " Shake=20  
it off ! "&nbsp;&nbsp;&nbsp;Riiight.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I realized that was not an =  
option.&nbsp;I=20  
dragged my sorry ass </FONT></DIV>

<DIV><FONT face=3DArial size=3D2>onto the stairs that had just =  
accosted me.&nbsp;=20  
I begged my</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>friends to get me home which was =  
right across the=20  
street.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>The leg was hurting alot.&nbsp;My =  
friend Dan=20  
decided the best way</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>to cart my 180lb body back to my home =  
was in his=20  
cement dust </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>ridden wheelbarrow.&nbsp;I dragged =  
that=20  
sorrowful ass of mine up his</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>deadly stairs across the dinning room =  
and into=20  
his living room.&nbsp;</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>I couldn't stand the pain =  
</FONT><FONT face=3DArial=20  
size=3D2>to make it onto his sofa so I remained </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>on the floor.&nbsp;Dan </FONT><FONT =  
face=3DArial=20  
size=3D2>threw&nbsp;</FONT><FONT face=3DArial size=3D2>my body over =  
his shoulder and=20  
gave me the </FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>fireman's walk to the </FONT><FONT =  
face=3DArial=20  
size=3D2>unassuming wheelbarrow which was down&nbsp;</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>four</FONT><FONT face=3DArial =  
size=3D2> stairs=20  
outside </FONT><FONT face=3DArial size=3D2>his front door.&nbsp;=  
</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2>After arriving at my house a few =  
painful minutes=20  
later, I was given</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>one more fireman's walk inside my =  
home and tossed=20  
onto my</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>sofa.&nbsp;This is when my loving =  
wife entered=20  
the picture.&nbsp;Her concern</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>for my well being was dwarfed by the =  
humor my=20  
friend and I were</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>experiencing at the time.&nbsp;=  
After&nbsp;Dan's=20

quick departure I slept this

one off. Well not exactly . . . =  
After 20  
waking up around 11:00 AM in

even greater pain, =  
my wife and I decided to head to the emergency room. =  
There a few =  
oxycodone were popped which barely helped. =

By 4:00 PM

I was =  
consultation with the surgeon and 12/31 =  
was =  
chosen as the =  
day =  
of the =  
operation.

I can say that pain was the =  
underlying theme from =  
the moment of =  
the fall until three weeks =  
later. All =  
of t he nurses enjoyed the ' =  
wheelbarrow =  
chariot service ' =  
story and were amazed that I waited eight hours before =

going to =  
the =  
hospital. Mass quantities of beer make men do strange =  
things.

So Bill, that's my story as my =  
friends and I =  
remember it. I like telling =  
it =  
to those that =  
enjoy hearing about man's idiotic behavior and it's =  
potentially life =  
changing outcome.

<DIV><FONT face=3DArial size=3D2>My leg's starting to =  
ache.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>T.</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<DIV><FONT face=3DArial size=3D2></FONT>&nbsp;</DIV>  
<BLOCKQUOTE=20  
style=3D"PADDING-RIGHT: 0px; PADDING-LEFT: 5px; MARGIN-LEFT: 5px; =  
BORDER-LEFT: #000000 2px solid; MARGIN-RIGHT: 0px">  
<DIV>"Bill L" &lt;<A=20  
=  
href=3D"mailto:bill@billlorentzen.com">bill@billlorentzen.com</A>&gt; =  
wrote in=20  
message <A=20  
=  
href=3D"news:479e3e25\$1@linux">news:479e3e25\$1@linux</A>...</DIV>Wait! I =  
want=20  
to know how you did it?!?<BR><BR>erlilo wrote:<BR>&gt; ...if someone =  
ask how=20  
you did it, don't try to show them...<BR>&gt; <BR>&gt; =  
Erling<BR>&gt;=20  
<BR>&gt; On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" &lt;<A=20  
=  
href=3D"mailto:arpeggio@comcast.net">arpeggio@comcast.net</A>&gt;<BR>&gt;=20  
wrote:<BR>&gt; <BR>&gt;&gt; Hey everyone,<BR>&gt;&gt; You had me =  
laughing=20  
and that's a healing agent right there!<BR>&gt;&gt; Today's better =  
than=20  
yesterday and it's usually like that.<BR>&gt;&gt; Your well wishes =  
are=20  
graciously accepted.&nbsp;<BR>&gt;&gt;<BR>&gt;&gt; I'll get into =  
the studio=20  
one way or another.&nbsp;<BR>&gt;&gt; I am in need of a new<BR>&gt;&gt; armless =  
chair=20  
with wheels.&nbsp;<BR>&gt;&gt; Does anyone have any suggestions<BR>&gt;&gt; for =  
less=20  
than \$350 ?&nbsp;<BR>&gt;&gt; I like a firm lower back and =  
adjustable<BR>&gt;&gt; height=20  
at a minimum.&nbsp;<BR>&gt;&gt; The more bells and whistles the<BR>&gt;&gt; =  
better=20  
though.<BR>&gt;&gt;<BR>&gt;&gt; Thanks!<BR>&gt;&gt;=20  
Tom<BR>&gt;&gt;<BR>&gt;&gt;<BR>&gt;&gt; <BR>&gt;&gt;<BR>&gt;&gt; =  
"steve the=20  
artguy" &lt;<A=20  
=  
href=3D"mailto:artguy@eaglenebula.com">artguy@eaglenebula.com</A>&gt; =  
wrote in=20  
message <A=20  
=  
=

[news:479ce41f\\$1@linux](news:479ce41f$1@linux)...<BR>&gt;&gt;<B=R>&gt;&gt;&nbsp;=20  
Tom-<BR>&gt;&gt;<BR>&gt;&gt;&nbsp; Reading this made my hair hurt.=20  
ouch.<BR>&gt;&gt;<BR>&gt;&gt;&nbsp; Whatever you did, don't do it=20  
again!<BR>&gt;&gt;<BR>&gt;&gt;&nbsp;=20  
-steve<BR>&gt;&gt;<BR>&gt;&gt;<BR>&gt;&gt;&nbsp; "Tom Bruhl" &lt;<A=20  
[href=3D"mailto:arpegio@comcast.net">arpegio@comcast.net</A>&gt;=20  
wrote:<BR>&gt;&gt;&nbsp; &gt;<BR>&gt;&gt;&nbsp; =  
&gt;<BR>&gt;&gt;&nbsp;=20  
&gt;He guys,<BR>&gt;&gt;&nbsp; &gt;It's been a month since my last=20  
post.&nbsp; Reason being<BR>&gt;&gt;&nbsp; &gt;I broke my tibia =  
fibula just=20  
above my ankle clean through<BR>&gt;&gt;&nbsp; &gt;on 12/30.=20  
=3D20<BR>&gt;&gt;&nbsp; &gt;<BR>&gt;&gt;&nbsp; &gt;Got some titanium =  
inserted=20  
inside where the marrow was<BR>&gt;&gt;&nbsp; &gt;and screwed in in =  
three=20  
places.&nbsp; I spent five days in the hospital<BR>&gt;&gt;&nbsp; =  
&gt;due to=20  
a fever I was running.&nbsp; The pain was incredible =  
for<BR>&gt;&gt;&nbsp;=20  
&gt;the first three weeks.&nbsp; Now I'm barely taking the pain=20  
meds.<BR>&gt;&gt;&nbsp; &gt;They helped alot though.&nbsp; Toes are =  
moving=20  
and feeling.&nbsp; They<BR>&gt;&gt;&nbsp; &gt;tell me that's =  
good.&nbsp;=20  
Ankle feels swollen and tender and is tough<BR>&gt;&gt;&nbsp; &gt;to =  
  
move.<BR>&gt;&gt;&nbsp; &gt;<BR>&gt;&gt;&nbsp; &gt;Physical therapy =  
is in=20  
house which is great although<BR>&gt;&gt;&nbsp; &gt;very =  
difficult.&nbsp; I=20  
am giving it all I've got to get back on my=3D20<BR>&gt;&gt;&nbsp; =  
&gt;feet=20  
asap.&nbsp; So far keeping the foot above my heart =  
all<BR>&gt;&gt;&nbsp;=20  
&gt;the time is the best way to keep the swelling down along=20  
with<BR>&gt;&gt;&nbsp; &gt;ice after exercise.<BR>&gt;&gt;&nbsp;=20  
&gt;<BR>&gt;&gt;&nbsp; &gt;I want you all to know that I've been =  
looking in=20  
here over the<BR>&gt;&gt;&nbsp; &gt;last few weeks and it's great to =  
feel=20  
some what normal again.<BR>&gt;&gt;&nbsp; &gt;I can't spend more =  
than 30=20  
minutes at a desk.&nbsp; The studio<BR>&gt;&gt;&nbsp; &gt;has been =  
out of=20  
the question although I'm looking for a way =  
to=3D20<BR>&gt;&gt;&nbsp; &gt;rest=20](mailto:arpegio@comcast.net)



my foot on the console without falling out of my =  
chair.<BR>&gt;&nbsp;=20  
&gt;I am giggling once or twice/week which is way bad for me.=20  
=3D20<BR>&gt;&nbsp; &gt;Gotta make a living. =  
=3D20<BR>&gt;&nbsp;=20  
&gt;<BR>&gt;&nbsp; &gt;My stereo amp is in the shop where I am =  
sleeping=20  
and exercising.<BR>&gt;&nbsp; &gt;When it comes back I'll be =  
doing some=20  
big time listening.<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;Any =  
tips=20  
from friends here would be great regarding healing<BR>&gt;&nbsp; =  
  
&gt;and/or music productivity while healing would be=20  
great.<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;I'm down but not =  
  
out,<BR>&gt;&nbsp; &gt;Tom<BR>&gt;&nbsp; =  
&gt;<BR>&gt;&nbsp;=20  
&gt;<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; =  
  
&gt;<BR>&gt;&nbsp; &gt;I choose Polesoft Lockspam to fight spam, =  
and=20  
you?<BR>&gt;&nbsp; =  
&gt;http://www.polesoft.com/refer.html&nbsp;&nbsp;=20  
<BR>&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;&lt;!DOCTYPE HTML =  
PUBLIC=20  
"-//W3C//DTD HTML 4.0 Transitional//EN"&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;HTML&gt;&lt;HEAD&gt;<BR>&gt;&nbsp; &gt;&lt;META=20  
http-equiv=3D3DContent-Type content=3D3D"text/html; =  
=3D<BR>&gt;&nbsp;=20  
&gt;charset=3D3Diso-8859-1"&gt;<BR>&gt;&nbsp; &gt;&lt;META=20  
content=3D3D"MSHTML 6.00.2900.2180" =  
name=3D3DGENERATOR&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;STYLE&gt;&lt;/STYLE&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/HEAD&gt;<BR>&gt;&nbsp; &gt;&lt;BODY=20  
bgColor=3D3D#ffffff&gt;<BR>&gt;&nbsp; &gt;&lt;DIV&gt;&lt;FONT =  
face=3D3DArial=20  
size=3D3D2&gt;He guys,&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;It's been a =  
month since my=20  
last =3D<BR>&gt;&nbsp; &gt;post.&nbsp;=20  
Reason=3D20<BR>&gt;&nbsp;=20  
&gt;&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; =  
&gt;&lt;DIV&gt;&lt;FONT=20  
face=3D3DArial size=3D3D2&gt;I broke my tibia fibula just above my=20  
=3D<BR>&gt;&nbsp; &gt;ankle clean=3D20<BR>&gt;&nbsp;=20  
&gt;&lt;/FONT&gt;&lt;/DIV&gt;<BR >&gt;&nbsp;=20  
&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;on 12/30.&nbsp;=

**Got some = titanium inserted = inside where  
marrow = was and  
and screwed in in three =  
places. I spent = five days in =  
hospital =  
due to a fever I was running. = The =  
pain was =  
incredible =  
for =  
the first three weeks. =  
Now I'm barely = taking the pain =  
meds. =  
They helped alot though. = Toes are =  
moving and =  
feeling. =  
They =  
tell me that's good. = Ankle feels =  
swollen and =  
tender and is =  
tough =  
to =  
move. =  
=**

---

difficult. I am  
giving it  
got to  
get back on my  
&nbsp;  
So far keeping the foot above my heart  
all the time  
the time is the best way to keep the  
swelling down  
along  
with  
ice after  
exercise.  
I want you all  
to know that  
I've been looking  
here  
over the  
last few weeks and it's great to feel  
some what  
again.  
I can't spend more than 30 minutes at  
a desk.  
The studio  
has been out of  
the  
question although I'm  
looking for a way to  
rest my foot on  
the console  
without falling out  
of my  
chair.

=3D<BR>&gt;&nbsp; &gt;face=3D3DArial =  
size=3D3D2&gt;&or=3D20<BR>&gt;&nbsp;=20  
&gt;twice/week which is way bad for me.&nbsp;=20  
&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;FONT=20  
face=3D3DArial size=3D3D2&gt;&Gotta make a living.&nbsp; =  
=3D<BR>&gt;&nbsp;=20  
&gt;&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;FONT =  
face=3D3DArial=20  
size=3D3D2&gt;&My stereo amp is in the shop where I =  
am<BR>&gt;&nbsp;=20  
=3D<BR>&gt;&nbsp; &gt;sleeping=3D20<BR>&gt;&nbsp; &gt;&and=20  
exercising.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&When it comes =  
back I'll be=20  
doing some =3D<BR>&gt;&nbsp; &gt;big time=3D20<BR>&gt;&nbsp; =  
  
&gt;listening.&lt;/FONT&gt;&lt;/DIV&gt;<BR >&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&Any tips from =  
friends here=20  
would be =3D<BR>&gt;&nbsp; &gt;great =  
regarding=3D20<BR>&gt;&nbsp;=20  
&gt;&healing&lt;/FONT&gt;&lt;/DIV&gt;<BR >&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&and/or music =  
productivity=20  
while healing<BR>&gt;&nbsp; =3D<BR>&gt;&nbsp; &gt;would=20  
be=3D20<BR>&gt;&nbsp;=20  
&gt;&great.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;FONT =  
face=3D3DArial=20  
size=3D3D2&gt;&I'm down but not =  
out,&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial=20  
=  
size=3D3D2&gt;&Tom&lt;/FONT&gt;&lt;/DIV&gt; t;&lt;/DIV&gt; <BR>&gt;&nbsp; =  
  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;FONT =  
face=3D3DArial=20  
size=3D3D2&gt;&lt;/FONT&gt; &lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;FONT=20  
size=3D3D2&gt;&lt;/BR&gt;&lt;/BR&gt;I choose Polesoft Lockspam to =  
fight spam,=20  
=3D<BR>&gt;&nbsp; &gt;&and=3D20<BR>&gt;&nbsp;=20

&gt;you?&lt;BR&gt;&lt;A=3D20<BR>&gt;&nbsp; &gt;href=3D3D"<A=20  
=  
href=3D'http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=  
'>http://www.polesoft.com/refer.html"&gt;http://www.polesoft.com/refer</A=  
>=3D<BR>&gt;&nbsp;=20  
&gt;.html&lt;/A&gt;&nbsp;=20  
=  
&lt;/FONT&gt;&lt;/DIV&gt;&lt;/BODY&gt;&lt;/HTML&gt; <BR>&gt;&nbsp;=20  
&gt;<BR>&gt;&nbsp; &gt;</BLOCKQUOTE></BLOCKQUOTE></BODY></HTML>  
-----=\_NextPart\_000\_000D\_01C862D1.0C49A8E0--

---

Subject: Re: Busted some stuff while I was gone  
Posted by [rick](#) on Wed, 30 Jan 2008 09:45:48 GMT  
[View Forum Message](#) <> [Reply to Message](#)

damn...so i was right after all...

On Tue, 29 Jan 2008 14:02:14 -0500, "Tom Bruhl" <arpegio@comcast.net>  
wrote:

>Bill,  
>Do you really want to know? Okay here's the story.  
>  
>The Pats had beat the NY Giants for the first time this season  
>and the beer was flowing. Now the game was long over and  
>three of us took a walk downstairs at about 3:30 AM to shoot  
>some pool. The other two had already started as I was on my  
>way down the 1930s wooden staircase. I made it 2/3 of the  
>way down when my left foot decided to go left just enough  
>to get lodged into the unfinished wall's studs. My upper  
>body continued down the last four stairs as if nothing was  
>out of the ordinary. Snap! There goes my leg.  
>  
>In great pain my buds were chanting: " Shake it off ! " Riiight.  
>I realized that was not an option. I dragged my sorry ass  
>onto the stairs that had just accosted me. I begged my  
>friends to get me home which was right across the street.  
>The leg was hurting alot. My friend Dan decided the best way  
>to cart my 180lb body back to my home was in his cement dust  
>ridden wheelbarrow. I dragged that sorrowful ass of mine up his  
>deadly stairs across the dinning room and into his living room.  
>I couldn't stand the pain to make it onto his sofa so I remained  
>on the floor. Dan threw my body over his shoulder and gave me the  
>fireman's walk to the unassuming wheelbarrow which was down  
>four stairs outside his front door.  
>

>After arriving at my house a few painful minutes later, I was given  
>one more fireman's walk inside my home and tossed onto my  
>sofa. This is when my loving wife entered the picture. Her concern  
>for my well being was dwarfed by the humor my friend and I were  
>experiencing at the time. After Dan's quick departure I slept this  
>one off. Well not exactly . . . After waking up around 11:00 AM in  
>even greater pain, my wife and I decided to head to the emergency room.  
>There a few oxycodone were popped which barely helped. By 4:00 PM  
>I was in consultation with the surgeon and 12/31 was chosen as the  
>day of the operation.  
>  
>I can say that pain was the underlying theme from the moment of  
>the fall until three weeks later. All of the nurses enjoyed the ' wheelbarrow  
>chariot service ' story and were amazed that I waited eight hours before  
>going to the hospital. Mass quantities of beer make men do strange things.  
>  
>So Bill, that's my story as my friends and I remember it. I like telling  
>it to those that enjoy hearing about man's idiotic behavior and it's  
>potentially life changing outcome.  
>  
>My leg's starting to ache.  
>T.  
>  
>  
> "Bill L" <bill@billlorentzen.com> wrote in message news:479e3e25\$1@linux...  
> Wait! I want to know how you did it?!?  
>  
> erlilo wrote:  
> > ...if someone ask how you did it, don't try to show them...  
> >  
> > Erling  
> >  
> > On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" <arpeggio@comcast.net>  
> > wrote:  
> >  
> >> Hey everyone,  
> >> You had me laughing and that's a healing agent right there!  
> >> Today's better than yesterday and it's usually like that.  
> >> Your well wishes are graciously accepted.  
> >>  
> >> I'll get into the studio one way or another. I am in need of a new  
> >> armless chair with wheels. Does anyone have any suggestions  
> >> for less than \$350 ? I like a firm lower back and adjustable  
> >> height at a minimum. The more bells and whistles the  
> >> better though.  
> >>  
> >> Thanks!  
> >> Tom

> >>  
> >>  
> >>  
> >>  
> >> "steve the artguy" <artguy@eaglenebula.com> wrote in message news:479ce41f\$1@linux...  
> >>  
> >> Tom-  
> >>  
> >> Reading this made my hair hurt. ouch.  
> >>  
> >> Whatever you did, don't do it again!  
> >>  
> >> -steve  
> >>  
> >>  
> >> "Tom Bruhl" <arpeggio@comcast.net> wrote:  
> >> >  
> >> >  
> >> >He guys,  
> >> >It's been a month since my last post. Reason being  
> >> >I broke my tibia fibula just above my ankle clean through  
> >> >on 12/30. =20  
> >> >  
> >> >Got some titanium inserted inside where the marrow was  
> >> >and screwed in in three places. I spent five days in the hospital  
> >> >due to a fever I was running. The pain was incredible for  
> >> >the first three weeks. Now I'm barely taking the pain meds.  
> >> >They helped alot though. Toes are moving and feeling. They  
> >> >tell me that's good. Ankle feels swollen and tender and is tough  
> >> >to move.  
> >> >  
> >> >Physical therapy is in house which is great although  
> >> >very difficult. I am giving it all I've got to get back on my=20  
> >> >feet asap. So far keeping the foot above my heart all  
> >> >the time is the best way to keep the swelling down along with  
> >> >ice after exercise.  
> >> >  
> >> >I want you all to know that I've been looking in here over the  
> >> >last few weeks and it's great to feel some what normal again.  
> >> >I can't spend more than 30 minutes at a desk. The studio  
> >> >has been out of the question although I'm looking for a way to=20  
> >> >rest my foot on the console without falling out of my chair.  
> >> >I am giggling once or twice/week which is way bad for me. =20  
> >> >Gotta make a living. =20  
> >> >  
> >> >My stereo amp is in the shop where I am sleeping and exercising.  
> >> >When it comes back I'll be doing some big time listening.  
> >> >

> >> >Any tips from friends here would be great regarding healing  
> >> >and/or music productivity while healing would be great.  
> >> >  
> >> >I'm down but not out,  
> >> >Tom  
> >> >  
> >> >  
> >> >  
> >> >  
> >> >  
> >> >I choose Polesoft Lockspam to fight spam, and you?  
> >> ><http://www.polesoft.com/refer.html>  
> >> >  
> >> ><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">  
> >> ><HTML><HEAD>  
> >> ><META http-equiv=3DContent-Type content=3D"text/html; =  
> >> >charset=3Diso-8859-1">  
> >> ><META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>  
> >> ><STYLE></STYLE>  
> >> ></HEAD>  
> >> ><BODY bgColor=3D#ffffff>  
> >> ><DIV><FONT face=3DArial size=3D2>He guys,</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>It's been a month since my last =  
> >> >post. Reason=20  
> >> >being</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>I broke my tibia fibula just above my =  
> >> >ankle clean=20  
> >> >through</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>on 12/30. </FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>Got some titanium inserted inside where  
> >> >=  
> >> >the marrow=20  
> >> >was</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>and screwed in in three =  
> >> >places. I spent=20  
> >> >five days in the hospital</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>due to a fever I was running. The =  
> >> >pain was=20  
> >> >incredible for</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>the first three weeks. =  
> >> >Now I'm barely=20  
> >> >taking the pain meds.</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>They helped alot though. Toes are =  
> >> >moving and=20  
> >> >feeling. They</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>tell me that's good. Ankle feels =  
> >> >swollen and=20



> >> >tender and is tough</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>to move.</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>Physical therapy is in house which is =  
> >> >great=20  
> >> >although</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>very difficult. I am giving it =  
> >> >all I've got=20  
> >> >to get back on my </FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>feet </FONT><FONT face=3DArial =  
> >> >size=3D2>asap. So=20  
> >> >far keeping the foot above my heart all</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>the time is the best way to keep the =  
> >> >swelling down=20  
> >> >along with</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>ice after exercise.</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>I want you all to know that I've been =  
> >> >looking in=20  
> >> >here over the</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>last few weeks and it's great to feel =  
> >> >some what=20  
> >> >normal again.</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>I can't spend more than 30 minutes at a  
> >> =  
> >> >desk. =20  
> >> >The studio</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>has been out of the question although =  
> >> >I'm looking=20  
> >> >for a way to </FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>rest my foot on the console without =  
> >> >falling out of=20  
> >> >my chair.</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>I am giggling once </FONT><FONT =  
> >> >face=3DArial size=3D2>or=20  
> >> >twice/week which is way bad for me. </FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>Gotta make a living. =  
> >> ></FONT></DIV>  
> >> ><DIV> </DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>My stereo amp is in the shop where I am  
> >> =  
> >> >sleeping=20  
> >> >and exercising.</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2>When it comes back I'll be doing some =  
> >> >big time=20  
> >> >listening.</FONT></DIV>  
> >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> >> ><DIV>

```
> >> ><DIV><FONT face=3DArial size=3D2>Any tips from friends here would be =
> >> >great regarding=20
> >> >healing</FONT></DIV>
> >> ><DIV><FONT face=3DArial size=3D2>and/or music productivity while healing
> >> =
> >> >would be=20
> >> >great.</FONT></DIV>
> >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
> >> ><DIV><FONT face=3DArial size=3D2>I'm down but not out,</FONT></DIV>
> >> ><DIV><FONT face=3DArial size=3D2>Tom</FONT></DIV></DIV>
> >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
> >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
> >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
> >> ><DIV><FONT size=3D2><BR><BR>I choose Polesoft Lockspam to fight spam, =
> >> >and=20
> >> >you?<BR><A=20
> >> >href=3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=
> >> >.html</A> </FONT></DIV></BODY></HTML>
> >> >
> >> >
```

---

Subject: Re: Busted some stuff while I was gone  
Posted by [Tom Bruhl](#) on Wed, 30 Jan 2008 16:26:58 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

This is a multi-part message in MIME format.

```
-----=_NextPart_000_0017_01C86333.06D651D0
Content-Type: text/plain;
 charset="iso-8859-1"
Content-Transfer-Encoding: quoted-printable
```

Well, ya you were right Rick but I got out of the Spandex before I went to the emergency room.

"rick" <parnell68@hotmail.com> wrote in message = news:rph0q39h0n60floc5flc794cqrr3bflumj@4ax.com... damn...so i was right after all...

On Tue, 29 Jan 2008 14:02:14 -0500, "Tom Bruhl" <arpegio@comcast.net> wrote:

```
>Bill,
>Do you really want to know? Okay here's the story.
>
>The Pats had beat the NY Giants for the first time this season
>and the beer was flowing. Now the game was long over and
```

>three of us took a walk downstairs at about 3:30 AM to shoot  
>some pool. The other two had already started as I was on my  
>way down the 1930s wooden staircase. I made it 2/3 of the  
>way down when my left foot decided to go left just enough  
>to get lodged into the unfinished wall's studs. My upper  
>body continued down the last four stairs as if nothing was=20  
>out of the ordinary. Snap! There goes my leg.  
>  
>In great pain my buds were chanting: " Shake it off ! " Riiight.  
>I realized that was not an option. I dragged my sorry ass=20  
>onto the stairs that had just accosted me. I begged my  
>friends to get me home which was right across the street.  
>The leg was hurting alot. My friend Dan decided the best way  
>to cart my 180lb body back to my home was in his cement dust=20  
>ridden wheelbarrow. I dragged that sorrowful ass of mine up his  
>deadly stairs across the dinning room and into his living room. =20  
>I couldn't stand the pain to make it onto his sofa so I remained=20  
>on the floor. Dan threw my body over his shoulder and gave me the=20  
>fireman's walk to the unassuming wheelbarrow which was down=20  
>four stairs outside his front door. =20  
>  
>After arriving at my house a few painful minutes later, I was given  
>one more fireman's walk inside my home and tossed onto my  
>sofa. This is when my loving wife entered the picture. Her concern  
>for my well being was dwarfed by the humor my friend and I were  
>experiencing at the time. After Dan's quick departure I slept this  
>one off. Well not exactly . . . After waking up around 11:00 AM in=20  
>even greater pain, my wife and I decided to head to the emergency =  
room. =20  
>There a few oxycodone were popped which barely helped. By 4:00 PM=20  
>I was in consultation with the surgeon and 12/31 was chosen as the  
>day of the operation.  
>  
>I can say that pain was the underlying theme from the moment of=20  
>the fall until three weeks later. All of the nurses enjoyed the ' =  
wheelbarrow=20  
>chariot service ' story and were amazed that I waited eight hours =  
before=20  
>going to the hospital. Mass quantities of beer make men do strange =  
things.  
>  
>So Bill, that's my story as my friends and I remember it. I like =  
telling=20  
>it to those that enjoy hearing about man's idiotic behavior and it's=20  
>potentially life changing outcome.  
>  
>My leg's starting to ache.  
>T.

>  
>  
> "Bill L" <bill@billlorentzen.com> wrote in message =  
news:479e3e25\$1@linux...  
> Wait! I want to know how you did it?!?  
>  
> erlilo wrote:  
> > ...if someone ask how you did it, don't try to show them...  
> >=20  
> > Erling  
> >=20  
> > On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" =  
<arpeggio@comcast.net>  
> > wrote:  
> >=20  
> >> Hey everyone,  
> >> You had me laughing and that's a healing agent right there!  
> >> Today's better than yesterday and it's usually like that.  
> >> Your well wishes are graciously accepted. =20  
> >>  
> >> I'll get into the studio one way or another. I am in need of a =  
new  
> >> armless chair with wheels. Does anyone have any suggestions  
> >> for less than \$350 ? I like a firm lower back and adjustable  
> >> height at a minimum. The more bells and whistles the  
> >> better though.  
> >>  
> >> Thanks!  
> >> Tom  
> >>  
> >>  
> >>  
> >>  
> >> "steve the artguy" <artguy@eaglenebula.com> wrote in message =  
news:479ce41f\$1@linux...  
> >>  
> >> Tom-  
> >>  
> >> Reading this made my hair hurt. ouch.  
> >>  
> >> Whatever you did, don't do it again!  
> >>  
> >> -steve  
> >>  
> >>  
> >> "Tom Bruhl" <arpeggio@comcast.net> wrote:  
> >> >  
> >> >

> >> >He guys,  
> >> >It's been a month since my last post. Reason being  
> >> >I broke my tibia fibula just above my ankle clean through  
> >> >on 12/30. =3D20  
> >> >  
> >> >Got some titanium inserted inside where the marrow was  
> >> >and screwed in in three places. I spent five days in the =  
hospital  
> >> >due to a fever I was running. The pain was incredible for  
> >> >the first three weeks. Now I'm barely taking the pain meds.  
> >> >They helped alot though. Toes are moving and feeling. They  
> >> >tell me that's good. Ankle feels swollen and tender and is =  
tough  
> >> >to move.  
> >> >  
> >> >Physical therapy is in house which is great although  
> >> >very difficult. I am giving it all I've got to get back on =  
my=3D20  
> >> >feet asap. So far keeping the foot above my heart all  
> >> >the time is the best way to keep the swelling down along with  
> >> >ice after exercise.  
> >> >  
> >> >I want you all to know that I've been looking in here over the  
> >> >last few weeks and it's great to feel some what normal again.  
> >> >I can't spend more than 30 minutes at a desk. The studio  
> >> >has been out of the question although I'm looking for a way =  
to=3D20  
> >> >rest my foot on the console without falling out of my chair.  
> >> >I am gigging once or twice/week which is way bad for me. =3D20  
> >> >Gotta make a living. =3D20  
> >> >  
> >> >My stereo amp is in the shop where I am sleeping and =  
exercising.  
> >> >When it comes back I'll be doing some big time listening.  
> >> >  
> >> >Any tips from friends here would be great regarding healing  
> >> >and/or music productivity while healing would be great.  
> >> >  
> >> >I'm down but not out,  
> >> >Tom  
> >> >  
> >> >  
> >> >  
> >> >  
> >> >  
> >> >  
> >> >  
> >> >I choose Polesoft Lockspam to fight spam, and you?  
> >> ><http://www.polesoft.com/refer.html> =20  
> >> >

```

> >> ><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">
> >> ><HTML><HEAD>
> >> ><META http-equiv=3D3DContent-Type content=3D3D"text/html; =3D
> >> >charset=3D3Diso-8859-1">
> >> ><META content=3D3D"MSHTML 6.00.2900.2180" name=3D3DGENERATOR>
> >> ><STYLE></STYLE>
> >> ></HEAD>
> >> ><BODY bgColor=3D3D#ffffff>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>He guys,</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>It's been a month since =
my last =3D
> >> >post. Reason=3D20
> >> >being</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>I broke my tibia fibula =
just above my =3D
> >> >ankle clean=3D20
> >> >through</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>on 12/30. </FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>Got some titanium =
inserted inside where
> >> =3D
> >> >the marrow=3D20
> >> >was</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>and screwed in in three =
=3D
> >> >places. I spent=3D20
> >> >five days in the hospital</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>due to a fever I was =
running. The =3D
> >> >pain was=3D20
> >> >incredible for</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>the first three weeks. =
=3D
> >> >Now I'm barely=3D20
> >> >taking the pain meds.</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>They helped alot though. =
Toes are =3D
> >> >moving and=3D20
> >> >feeling. They</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>tell me that's good. =
Ankle feels =3D
> >> >swollen and=3D20
> >> >tender and is tough</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>to move.</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>Physical therapy is in =
house which is =3D

```

> >> >great=3D20  
> >> >although</FONT></DIV>  
> >> ><DIV><FONT face=3D3DArial size=3D3D2>very difficult. I am =  
giving it =3D  
> >> >all I've got=3D20  
> >> >to get back on my </FONT></DIV>  
> >> ><DIV><FONT face=3D3DArial size=3D3D2>feet </FONT><FONT =  
face=3D3DArial =3D  
> >> >size=3D3D2>asap. So=3D20  
> >> >far keeping the foot above my heart all</FONT></DIV>  
> >> ><DIV><FONT face=3D3DArial size=3D3D2>the time is the best way =  
to keep the =3D  
> >> >swelling down=3D20  
> >> >along with</FONT></DIV>  
> >> ><DIV><FONT face=3D3DArial size=3D3D2>ice after =  
exercise.</FONT></DIV>  
> >> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>  
> >> ><DIV><FONT face=3D3DArial size=3D3D2>I want you all to know =  
that I've been =3D  
> >> >looking in=3D20  
> >> >here over the</FONT></DIV>  
> >> ><DIV><FONT face=3D3DArial size=3D3D2>last few weeks and it's =  
great to feel =3D  
> >> >some what=3D20  
> >> >normal again.</FONT></DIV>  
> >> ><DIV><FONT face=3D3DArial size=3D3D2>I can't spend more than =  
30 minutes at a  
> >> =3D  
> >> >desk. =3D20  
> >> >The studio</FONT></DIV>  
> >> ><DIV><FONT face=3D3DArial size=3D3D2>has been out of the =  
question although =3D  
> >> >I'm looking=3D20  
> >> >for a way to </FONT></DIV>  
> >> ><DIV><FONT face=3D3DArial size=3D3D2>rest my foot on the =  
console without =3D  
> >> >falling out of=3D20  
> >> >my chair.</FONT></DIV>  
> >> ><DIV><FONT face=3D3DArial size=3D3D2>I am giggling once =  
</FONT><FONT =3D  
> >> >face=3D3DArial size=3D3D2>or=3D20  
> >> >twice/week which is way bad for me. </FONT></DIV>  
> >> ><DIV><FONT face=3D3DArial size=3D3D2>Gotta make a living. =3D  
> >> ></FONT></DIV>  
> >> ><DIV> </DIV>  
> >> ><DIV><FONT face=3D3DArial size=3D3D2>My stereo amp is in the =  
shop where I am  
> >> =3D

```

> >> >sleeping=3D20
> >> >and exercising.</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>When it comes back I'll =
be doing some =3D
> >> >big time=3D20
> >> >listening.</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
> >> ><DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>Any tips from friends =
here would be =3D
> >> >great regarding=3D20
> >> >healing</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>and/or music productivity =
while healing
> >> =3D
> >> >would be=3D20
> >> >great.</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>I'm down but not =
out,</FONT></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2>Tom</FONT></DIV></DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
> >> ><DIV><FONT face=3D3DArial size=3D3D2></FONT> </DIV>
> >> ><DIV><FONT size=3D3D2><BR><BR>I choose Polesoft Lockspam to =
fight spam, =3D
> >> >and=3D20
> >> >you?<BR><A=3D20
> >> =
>href=3D3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/re=
fer=3D
> >> >.html</A> </FONT></DIV></BODY></HTML>
> >> >
> >> >

```

-----=\_NextPart\_000\_0017\_01C86333.06D651D0

Content-Type: text/html;

charset="iso-8859-1"

Content-Transfer-Encoding: quoted-printable

```

<!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">
<HTML><HEAD>
<META http-equiv=3DContent-Type content=3D"text/html; =
charset=3Diso-8859-1">
<META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>
<STYLE></STYLE>
</HEAD>
<BODY bgColor=3D#ffffff>

```



<DIV><FONT face=3DArial size=3D2>Well, ya you were right Rick but I =  
got</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>out of the Spandex before I went =  
to</FONT></DIV>  
<DIV><FONT face=3DArial size=3D2>the emergency room.</FONT></DIV>  
<BLOCKQUOTE=20  
style=3D"PADDING-RIGHT: 0px; PADDING-LEFT: 5px; MARGIN-LEFT: 5px; =  
BORDER-LEFT: #000000 2px solid; MARGIN-RIGHT: 0px">  
    <DIV>"rick" &lt;<A=20  
    href=3D"mailto:parnell68@hotmail.com">parnell68@hotmail.com</A>&gt; =  
wrote in=20  
    message <A=20  
    =  
href=3D"news:rph0q39h0n60floc5flc794cqrr3bflumj@4ax.com">news:rph0q39h0n6=  
0floc5flc794cqrr3bflumj@4ax.com</A>...</DIV>damn...so=20  
    i was right after all...<BR><BR>On Tue, 29 Jan 2008 14:02:14 -0500, =  
"Tom=20  
    Bruhl" &lt;<A=20  
    =  
href=3D"mailto:arpegio@comcast.net">arpegio@comcast.net</A>&gt;<BR>wrote:=  
<BR><BR>&gt;Bill,<BR>&gt;Do=20  
    you really want to know?&nbsp;Okay here's the =  
story.<BR>&gt;<BR>&gt;The Pats=20  
    had beat the NY Giants for the first time this season<BR>&gt;&gt;and the =  
beer was=20  
    flowing.&nbsp;Now the game was long over and<BR>&gt;three of us took =  
a walk=20  
    downstairs at about 3:30 AM to shoot<BR>&gt;some pool.&nbsp;The other =  
two had=20  
    already started as I was on my<BR>&gt;way down the 1930s wooden=20  
    staircase.&nbsp;I made it 2/3 of the<BR>&gt;way down when my left =  
foot=20  
    decided to go left just enough<BR>&gt;to get lodged into the =  
unfinished wall's=20  
    studs.&nbsp;My upper<BR>&gt;body continued down the last four stairs =  
as if=20  
    nothing was <BR>&gt;out of the ordinary.&nbsp;Snap!&nbsp;There goes =  
my=20  
    leg.<BR>&gt;<BR>&gt;In great pain my buds were chanting: " Shake it =  
off !=20  
    "&nbsp;&nbsp;&nbsp;Riiight.<BR>&gt;I realized that was not an =  
option.&nbsp;I=20  
    dragged my sorry ass <BR>&gt;onto the stairs that had just accosted =  
me.&nbsp;=20  
    I begged my<BR>&gt;friends to get me home which was right across the=20  
    street.<BR>&gt;The leg was hurting alot.&nbsp;My friend Dan decided =  
the best=20  
    way<BR>&gt;to cart my 180lb body back to my home was in his cement =

dust=20  
<BR>&gt;ridden wheelbarrow.&nbsp; I dragged that sorrowful ass of mine =  
up=20  
his<BR>&gt;deadly stairs across the dinning room and into his living=20  
room.&nbsp; <BR>&gt;I couldn't stand the pain to make it onto his sofa =  
so I=20  
remained <BR>&gt;on the floor.&nbsp; Dan threw my body over his =  
shoulder and=20  
gave me the <BR>&gt;fireman's walk to the unassuming wheelbarrow which =  
was=20  
down <BR>&gt;four stairs outside his front door.&nbsp; =  
<BR>&gt;<BR>&gt;After=20  
arriving at my house a few painful minutes later, I was =  
given<BR>&gt;one more=20  
fireman's walk inside my home and tossed onto my<BR>&gt;sofa.&nbsp; =  
This is=20  
when my loving wife entered the picture.&nbsp; Her concern<BR>&gt;for =  
my well=20  
being was dwarfed by the humor my friend and I =  
were<BR>&gt;experiencing at the=20  
time.&nbsp; After Dan's quick departure I slept this<BR>&gt;one =  
off.&nbsp;=20  
Well not exactly . . .&nbsp; After waking up around 11:00 AM in =  
<BR>&gt;even=20  
greater pain, my wife and I decided to head to the emergency =  
room.&nbsp;=20  
<BR>&gt;There a few oxycodone were popped which barely helped.&nbsp; =  
By 4:00=20  
PM <BR>&gt;I was in consultation with the surgeon and 12/31 was chosen =  
as=20  
the<BR>&gt;day of the operation.<BR>&gt;<BR>&gt;I can say that pain =  
was the=20  
underlying theme from the moment of <BR>&gt;the fall until three weeks =  
  
later.&nbsp; All of the nurses enjoyed the ' wheelbarrow =  
<BR>&gt;chariot=20  
service ' story and were amazed that I waited eight hours before =  
<BR>&gt;going=20  
to the hospital.&nbsp; Mass quantities of beer make men do strange=20  
things.<BR>&gt;<BR>&gt;So Bill, that's my story as my friends and I =  
remember=20  
it.&nbsp; I like telling <BR>&gt;it to those that enjoy hearing about =  
man's=20  
idiotic behavior and it's <BR>&gt;potentially life changing=20  
outcome.<BR>&gt;<BR>&gt;My leg's starting to=20  
ache.<BR>&gt;T.<BR>&gt;<BR>&gt;<BR>&gt;&nbsp; "Bill L" &lt;<A=20  
href=3D"mailto:bill@billlorentzen.com">bill@billlorentzen.com</A>&gt; =  
wrote in=20

message <A=20  
=  
href=3D"news:479e3e25\$1 @linux">news:479e3e25\$1 @linux</A>...<BR>&gt;&nbsp;=<br>Wait!=20  
I want to know how you did it?!?<BR>&gt;<BR>&gt;&nbsp; erlilo=20  
wrote:<BR>&gt;&nbsp; &gt; ...if someone ask how you did it, don't try =  
to show=20  
them...<BR>&gt;&nbsp; &gt; <BR>&gt;&nbsp; &gt; Erling<BR>&gt;&nbsp; =  
&gt;=20  
<BR>&gt;&nbsp; &gt; On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" =  
&lt;<A=20  
=  
href=3D"mailto:arpeggio@comcast.net">arpeggio@comcast.net</A>&gt;<BR>&gt;&n=  
bsp;=20  
&gt; wrote:<BR>&gt;&nbsp; &gt; <BR>&gt;&nbsp; &gt;&gt; Hey=20  
everyone,<BR>&gt;&nbsp; &gt;&gt; You had me laughing and that's a =  
healing=20  
agent right there!<BR>&gt;&nbsp; &gt;&gt; Today's better than =  
yesterday and=20  
it's usually like that.<BR>&gt;&nbsp; &gt;&gt; Your well wishes are =  
graciously=20  
accepted.&nbsp; <BR>&gt;&nbsp; &gt;&gt;<BR>&gt;&nbsp; &gt;&gt; I'll =  
get into=20  
the studio one way or another.&nbsp; I am in need of a =  
new<BR>&gt;&nbsp;=20  
&gt;&gt; armless chair with wheels.&nbsp; Does anyone have any=20  
suggestions<BR>&gt;&nbsp; &gt;&gt; for less than \$350 ?&nbsp; I like a =  
firm=20  
lower back and adjustable<BR>&gt;&nbsp; &gt;&gt; height at a =  
minimum.&nbsp;=20  
The more bells and whistles the<BR>&gt;&nbsp; &gt;&gt; better=20  
though.<BR>&gt;&nbsp; &gt;&gt;<BR>&gt;&nbsp; &gt;&gt; =  
Thanks!<BR>&gt;&nbsp;=20  
&gt;&gt; Tom<BR>&gt;&nbsp; &gt;&gt;<BR>&gt;&nbsp; =  
&gt;&gt;<BR>&gt;&nbsp;=20  
&gt;&gt;<BR>&gt;&nbsp; &gt;&gt;<BR>&gt;&nbsp; &gt;&gt; "steve the =  
artguy"=20  
&lt;<A =  
href=3D"mailto:artguy@eaglenebula.com">artguy@eaglenebula.com</A>&gt;=20  
wrote in message <A=20  
=  
href=3D"news:479ce41f\$1 @linux">news:479ce41f\$1 @linux</A>...<BR>&gt;&nbsp;=<br>=20  
&gt;&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp; Tom-<BR>&gt;&nbsp;=20  
&gt;&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp; Reading this made my hair hurt.=20  
ouch.<BR>&gt;&nbsp; &gt;&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp; Whatever you =  
did,=20  
don't do it again!<BR>&gt;&nbsp; &gt;&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp; =

-steve<BR>&gt;&nbsp; &gt;&gt;<BR>&gt;&nbsp; &gt;&gt;<BR>&gt;&nbsp;=&20  
&gt;&gt;&nbsp; "Tom Bruhl" &lt;<A=&20  
href="mailto:arpeggio@comcast.net">arpeggio@comcast.net</A>&gt;=&20  
wrote:<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp;=&20  
&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;He guys,<BR>&gt;&nbsp; =  
&gt;&gt;&nbsp;=&20  
&gt;It's been a month since my last post.&nbsp;Reason =  
being<BR>&gt;&nbsp;=&20  
&gt;&gt;&nbsp; &gt;I broke my tibia fibula just above my ankle clean=&20  
through<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;on 12/30. =&20<BR>&gt;&nbsp; =  
  
&gt;&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;Got some titanium =  
  
inserted inside where the marrow was<BR>&gt;&nbsp; &gt;&gt;&nbsp; =  
&gt;&and=&20  
screwed in in three places.&nbsp;I spent five days in the=&20  
hospital<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;due to a fever I was =  
running.&nbsp;=&20  
The pain was incredible for<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;the first =  
three=&20  
weeks.&nbsp;Now I'm barely taking the pain meds.<BR>&gt;&nbsp; =  
&gt;&gt;&nbsp;=&20  
&gt;They helped alot though.&nbsp;Toes are moving and feeling.&nbsp;=&20  
They<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;tell me that's good.&nbsp;Ankle =  
feels=&20  
swollen and tender and is tough<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;to=&20  
move.<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp;=&20  
&gt;Physical therapy is in house which is great although<BR>&gt;&nbsp; =  
  
&gt;&gt;&nbsp; &gt;very difficult.&nbsp;I am giving it all I've got =  
to get=&20  
back on my=&20<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;feet asap.&nbsp;So =  
far keeping=&20  
the foot above my heart all<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;the time =  
is the=&20  
best way to keep the swelling down along with<BR>&gt;&nbsp; =  
&gt;&gt;&nbsp;=&20  
&gt;ice after exercise.<BR>&gt;&nbsp; &gt;&gt;&nbsp; =  
&gt;<BR>&gt;&nbsp;=&20  
&gt;&gt;&nbsp; &gt;I want you all to know that I've been looking in =  
here over=&20  
the<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;last few weeks and it's great to =  
feel=&20  
some what normal again.<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;I can't spend =  
more=&20  
than 30 minutes at a desk.&nbsp;The studio<BR>&gt;&nbsp; =  
&gt;&gt;&nbsp;=&20

&gt;has been out of the question although I'm looking for a way  
 to  
 &gt;&nbsp; &gt;&nbsp; &gt;rest my foot on the console =  
 without  
 falling out of my chair.<BR>&gt;&nbsp; &gt;&nbsp; &gt;I am giggling =  
 once or  
 twice/week which is way bad for me. =<BR>&gt;&nbsp; &gt;&nbsp; &gt; =  
 &gt;Gotta  
 make a living. =<BR>&gt;&nbsp; &gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;=20  
 &gt;&nbsp; &gt;My stereo amp is in the shop where I am sleeping =  
 and  
 exercising.<BR>&gt;&nbsp; &gt;&nbsp; &gt;When it comes back I'll =  
 be doing  
 some big time listening.<BR>&gt;&nbsp; &gt;&nbsp; &gt; =  
 &gt;<BR>&gt;&nbsp; &gt;=20  
 &gt;&nbsp; &gt;Any tips from friends here would be great regarding =  
  
 healing<BR>&gt;&nbsp; &gt;&nbsp; &gt;and/or music productivity =  
 while  
 healing would be great.<BR>&gt;&nbsp; &gt;&nbsp; &gt; =  
 &gt;<BR>&gt;&nbsp; &gt;=20  
 &gt;&nbsp; &gt;I'm down but not out,<BR>&gt;&nbsp; &gt;&nbsp; &gt;=20  
 &gt;Tom<BR>&gt;&nbsp; &gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;&nbsp; &gt; =  
  
 &gt;<BR>&gt;&nbsp; &gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;&nbsp; &gt;=20  
 &gt;<BR>&gt;&nbsp; &gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;&nbsp; &gt; =  
 &gt;I  
 choose Polesoft Lockspam to fight spam, and you?<BR>&gt;&nbsp; &gt; =  
 &gt;&gt;&nbsp; &gt;=20  
 &gt;http://www.polesoft.com/refer.html&nbsp; &nbsp; <BR>&gt;&nbsp; &gt;=20  
 &gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;&nbsp; &gt;&nbsp; &gt;&lt;!DOCTYPE HTML =  
 PUBLIC=20  
 "-//W3C//DTD HTML 4.0 Transitional//EN"&gt;<BR>&gt;&nbsp; &gt; =  
 &gt;&gt;&nbsp; &gt;=20  
 &gt;&lt;HTML&gt;&lt;HEAD&gt;<BR>&gt;&nbsp; &gt;&nbsp; &gt;&nbsp; &gt;&lt;META =  
  
 http-equiv=Content-Type content="text/html; =<BR>&gt;&nbsp; &gt; =  
 &gt;&gt;&nbsp; &gt;=20  
 &gt;charset=Diso-8859-1"&gt;<BR>&gt;&nbsp; &gt;&nbsp; &gt; =  
 &gt;&lt;META=20  
 content="MSHTML 6.00.2900.2180" =  
 name=GENERATOR&gt;<BR>&gt;&nbsp; &gt;=20  
 &gt;&nbsp; &gt;&lt;STYLE&gt;&lt;/STYLE&gt;<BR>&gt;&nbsp; &gt; =  
 &gt;&gt;&nbsp; &gt;=20  
 &gt;&lt;/HEAD&gt;<BR>&gt;&nbsp; &gt;&nbsp; &gt;&nbsp; &gt;&lt;BODY=20  
 bgColor=#ffffff&gt;<BR>&gt;&nbsp; &gt;&nbsp; &gt;&nbsp; &gt; =  
 &gt;&lt;DIV&gt;&lt;FONT=20  
 face=Arial size=2&gt;He =  
 guys,&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;=20

&gt;&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial =  
size=3D3D2&gt;&lt;It's been a=20  
month since my last =3D<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&post.&nbsp;=&gt;20  
Reason=3D20<BR>&gt;&nbsp; &gt;&gt;&nbsp;=&gt;20  
&gt;&being&lt;/FONT&gt;&lt;/DIV&gt;&lt;BR>&gt;&nbsp; &gt;&gt;&nbsp;=&gt;20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;I broke my tibia =  
fibula just=20  
above my =3D<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&ankle =  
clean=3D20<BR>&gt;&nbsp;=&gt;20  
&gt;&&nbsp; &gt;&through&lt;/FONT&gt;&lt;/DIV&gt;&lt;BR >&gt;&nbsp;=&gt;20  
&gt;&&nbsp; &gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;on =  
  
12/30.&nbsp; &lt;/FONT&gt;&lt;/DIV&gt;&lt;BR>&gt;&nbsp; &gt;&gt;&nbsp;=&gt;20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;&lt;BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;FONT =  
face=3D3DArial=20  
size=3D3D2&gt;&lt;Got some titanium inserted inside where<BR>&gt;&nbsp;=&gt;20  
&gt;&&nbsp; =3D<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&the =  
marrow=3D20<BR>&gt;&nbsp;=&gt;20  
&gt;&&nbsp; &gt;&was&lt;/FONT&gt;&lt;/DIV&gt;&lt;BR>&gt;&nbsp; =  
&gt;&&nbsp;=&gt;20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;and screwed in in =  
three=20  
=3D<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&places.&nbsp; I =  
spent=3D20<BR>&gt;&nbsp;=&gt;20  
&gt;&&nbsp; &gt;&five days in the=20  
hospital&lt;/FONT&gt;&lt;/DIV&gt;&lt;BR>&gt;&nbsp; &gt;&gt;&nbsp;=&gt;20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;due to a fever I =  
was=20  
running.&nbsp; The =3D<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&pain=20  
was=3D20<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&incredible=20  
for&lt;/FONT&gt;&lt;/DIV&gt;&lt;BR>&gt;&nbsp; &gt;&gt;&nbsp;=&gt;20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;the first three =  
weeks.&nbsp;=&gt;20  
=3D<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&Now I'm barely=3D20<BR>&gt;&nbsp; =  
  
&gt;&&nbsp; &gt;&taking the pain=20  
meds.&lt;/FONT&gt;&lt;/DIV&gt;&lt;BR>&gt;&nbsp; &gt;&gt;&nbsp;=&gt;20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;They helped alot=20  
though.&nbsp; Toes are =3D<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&moving=20  
and=3D20<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&feeling.&nbsp;=&gt;20  
They&lt;/FONT&gt;&lt;/DIV&gt;&lt;BR>&gt;&nbsp; &gt;&gt;&nbsp;=&gt;20  
&gt;&lt;/DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;tell me that's =  
good.&nbsp;=&gt;20  
Ankle feels =3D<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&swollen =  
and=3D20<BR>&gt;&nbsp;=&gt;20  
&gt;&&nbsp; &gt;&tender and is =  
tough&lt;/FONT&gt;&lt;/DIV&gt;&lt;BR>&gt;&nbsp;=&gt;20

&gt;&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial size=3D3D2&gt;to =  
  
move.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;/FONT =  
face=3D3DArial=20  
size=3D3D2&gt;Physical therapy is in house which is =3D<BR>&gt;&nbsp;=20  
&gt;&nbsp; &gt;>=3D20<BR>&gt;&nbsp; &gt;&gt;&nbsp;=20  
&gt;although&lt;/FONT&gt;&lt;/DIV&gt;<BR >&gt;&nbsp; &gt;&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial size=3D3D2&gt;very =  
difficult.&nbsp; I am=20  
giving it =3D<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&gt;&nbsp; &gt;all I've =  
got=3D20<BR>&gt;&nbsp;=20  
&gt;&nbsp; &gt;to get back on my =  
&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial =  
size=3D3D2&gt;feet=20  
&lt;/FONT&gt;&lt;/FONT face=3D3DArial =3D<BR>&gt;&nbsp; &gt;&gt;&nbsp;=20  
&gt;size=3D3D2&gt;asap.&nbsp; So=3D20<BR>&gt;&nbsp; &gt;&gt;&nbsp; =  
&gt;far keeping=20  
the foot above my heart all&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial =  
size=3D3D2&gt;the time is=20  
the best way to keep the =3D<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;swelling =  
  
down=3D20<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;along=20  
with&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial size=3D3D2&gt;ice after=20  
exercise.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;/FONT =  
face=3D3DArial=20  
size=3D3D2&gt;I want you all to know that I've been =3D<BR>&gt;&nbsp;=20  
&gt;&nbsp; &gt;looking in=3D20<BR>&gt;&nbsp; &gt;&gt;&nbsp; =  
&gt;here over=20  
the&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp;=20  
&gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial size=3D3D2&gt;last few weeks =  
and it's great=20  
to feel =3D<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;some =  
what=3D20<BR>&gt;&nbsp;=20  
&gt;&nbsp; &gt;normal =  
again.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&nbsp; &gt;&lt;/DIV&gt;&lt;/FONT face=3D3DArial size=3D3D2&gt;I =  
can't spend=20  
more than 30 minutes at a<BR>&gt;&nbsp; &gt;&gt;&nbsp; =  
=3D<BR>&gt;&nbsp;=20  
&gt;&nbsp; &gt;desk. =3D20<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;The=20  
studio&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp;=20





&gt;&gt;&nbsp;=20  
&gt;would be=3D20<BR>&gt;&nbsp; &gt;&gt;&nbsp;=20  
&gt;great.&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp;=20  
&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&lt;DIV&gt;&lt;FONT  
face=3D3DArial=20  
size=3D3D2&gt;&lt;/FONT&gt;I'm down but not =  
out,&lt;/FONT&gt;&lt;/DIV&gt;<BR>&gt;&nbsp;=20  
&gt;&gt;&nbsp; &gt;&lt;DIV&gt;&lt;FONT face=3D3DArial=20  
size=3D3D2&gt;Tom&lt;/FONT&gt;&lt;/DIV&g t;&lt;/DIV&gt; <BR>&gt;&nbsp;=20  
&gt;&gt;&nbsp; &gt;&lt;DIV&gt;&lt;FONT face=3D3DArial =  
size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&lt;DIV&gt;&lt;FONT =  
face=3D3DArial=20  
size=3D3D2&gt;&lt;/FONT&gt; &lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp;=20  
&gt;&lt;DIV&gt;&lt;FONT face=3D3DArial size=3D3D2&gt;&lt;/FONT&gt;=20  
&lt;/DIV&gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;&lt;DIV&gt;&lt;FONT=20  
size=3D3D2&gt;&lt;BR&gt;&lt;BR&gt;I choose Polesoft Lockspam to fight =  
spam,=20  
=3D<BR>&gt;&nbsp; &gt;&gt;&nbsp; &gt;and=3D20<BR>&gt;&nbsp; =  
&gt;&gt;&nbsp;=20  
&gt;you?&lt;BR&gt;&lt;A=3D20<BR>&gt;&nbsp; &gt;&gt;&nbsp; =  
&gt;href=3D3D"&lt;A=20  
=  
href=3D'http://www.polesoft.com/refer.html"&gt;http://www.polesoft.com/refer=  
'&gt;http://www.polesoft.com/refer.html"&gt;http://www.polesoft.com/refer</A=  
>=3D<BR>&gt;&nbsp;=20  
&gt;&gt;&nbsp; &gt;.html&lt;/A&gt;&nbsp; &gt;&nbsp;=20  
&lt;/FONT&gt;&lt;/DIV&gt;&lt;/BODY&g t;&lt;/HTML&gt; <BR>&gt;&nbsp;=20  
&gt;&gt;&nbsp; &gt;<BR>&gt;&nbsp; &gt;&gt;&nbsp;=20  
&gt;<BR></BLOCKQUOTE></BODY></HTML>

-----=\_NextPart\_000\_0017\_01C86333.06D651D0--

---

Subject: Re: Busted some stuff while I was gone  
Posted by [rick](#) on Thu, 31 Jan 2008 10:32:49 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

a painful yet smart move. i had to go to the hospital a few weeks ago with a tampon shoved up my nose...and a 5 hour nose bleed that wouldn't stop until the public humiliation was complete. i'm still not sure whether or not to thank the nurse at the doctors office for the plug.

On Wed, 30 Jan 2008 11:26:58 -0500, "Tom Bruhl" <arpegio@comcast.net> wrote:

>Well, ya you were right Rick but I got  
>out of the Spandex before I went to  
>the emergency room.  
> "rick" <parnell68@hotmail.com> wrote in message  
news:rph0q39h0n60floc5flc794cqrr3bflumj@4ax.com...  
> damn...so i was right after all...  
>  
> On Tue, 29 Jan 2008 14:02:14 -0500, "Tom Bruhl" <arpeggio@comcast.net>  
> wrote:  
>  
> >Bill,  
> >Do you really want to know? Okay here's the story.  
> >  
> >The Pats had beat the NY Giants for the first time this season  
> >and the beer was flowing. Now the game was long over and  
> >three of us took a walk downstairs at about 3:30 AM to shoot  
> >some pool. The other two had already started as I was on my  
> >way down the 1930s wooden staircase. I made it 2/3 of the  
> >way down when my left foot decided to go left just enough  
> >to get lodged into the unfinished wall's studs. My upper  
> >body continued down the last four stairs as if nothing was  
> >out of the ordinary. Snap! There goes my leg.  
> >  
> >In great pain my buds were chanting: " Shake it off ! " Riiight.  
> >I realized that was not an option. I dragged my sorry ass  
> >onto the stairs that had just accosted me. I begged my  
> >friends to get me home which was right across the street.  
> >The leg was hurting alot. My friend Dan decided the best way  
> >to cart my 180lb body back to my home was in his cement dust  
> >ridden wheelbarrow. I dragged that sorrowful ass of mine up his  
> >deadly stairs across the dinning room and into his living room.  
> >I couldn't stand the pain to make it onto his sofa so I remained  
> >on the floor. Dan threw my body over his shoulder and gave me the  
> >fireman's walk to the unassuming wheelbarrow which was down  
> >four stairs outside his front door.  
> >  
> >After arriving at my house a few painful minutes later, I was given  
> >one more fireman's walk inside my home and tossed onto my  
> >sofa. This is when my loving wife entered the picture. Her concern  
> >for my well being was dwarfed by the humor my friend and I were  
> >experiencing at the time. After Dan's quick departure I slept this  
> >one off. Well not exactly . . . After waking up around 11:00 AM in  
> >even greater pain, my wife and I decided to head to the emergency room.  
> >There a few oxycodone were popped which barely helped. By 4:00 PM  
> >I was in consultation with the surgeon and 12/31 was chosen as the  
> >day of the operation.  
> >  
> >  
> >I can say that pain was the underlying theme from the moment of

> >the fall until three weeks later. All of the nurses enjoyed the ' wheelbarrow  
> >chariot service ' story and were amazed that I waited eight hours before  
> >going to the hospital. Mass quantities of beer make men do strange things.  
> >  
> >So Bill, that's my story as my friends and I remember it. I like telling  
> >it to those that enjoy hearing about man's idiotic behavior and it's  
> >potentially life changing outcome.  
> >  
> >My leg's starting to ache.  
> >T.  
> >  
> >  
> > "Bill L" <bill@billlorentzen.com> wrote in message news:479e3e25\$1@linux...  
> > Wait! I want to know how you did it?!?  
> >  
> > erlilo wrote:  
> > > ...if someone ask how you did it, don't try to show them...  
> > >  
> > > Erling  
> > >  
> > > On Mon, 28 Jan 2008 01:03:46 -0500, "Tom Bruhl" <arpegio@comcast.net>  
> > > wrote:  
> > >  
> > >> Hey everyone,  
> > >> You had me laughing and that's a healing agent right there!  
> > >> Today's better than yesterday and it's usually like that.  
> > >> Your well wishes are graciously accepted.  
> > >>  
> > >> I'll get into the studio one way or another. I am in need of a new  
> > >> armless chair with wheels. Does anyone have any suggestions  
> > >> for less than \$350 ? I like a firm lower back and adjustable  
> > >> height at a minimum. The more bells and whistles the  
> > >> better though.  
> > >>  
> > >> Thanks!  
> > >> Tom  
> > >>  
> > >>  
> > >>  
> > >> "steve the artguy" <artguy@eaglenebula.com> wrote in message  
news:479ce41f\$1@linux...  
> > >>  
> > >> Tom-  
> > >>  
> > >> Reading this made my hair hurt. ouch.  
> > >>  
> > >> Whatever you did, don't do it again!

> > >>  
> > >> -steve  
> > >>  
> > >>  
> > >> "Tom Bruhl" <arpeggio@comcast.net> wrote:  
> > >> >  
> > >> >  
> > >> >He guys,  
> > >> >It's been a month since my last post. Reason being  
> > >> >I broke my tibia fibula just above my ankle clean through  
> > >> >on 12/30. =20  
> > >> >  
> > >> >Got some titanium inserted inside where the marrow was  
> > >> >and screwed in in three places. I spent five days in the hospital  
> > >> >due to a fever I was running. The pain was incredible for  
> > >> >the first three weeks. Now I'm barely taking the pain meds.  
> > >> >They helped alot though. Toes are moving and feeling. They  
> > >> >tell me that's good. Ankle feels swollen and tender and is tough  
> > >> >to move.  
> > >> >  
> > >> >Physical therapy is in house which is great although  
> > >> >very difficult. I am giving it all I've got to get back on my=20  
> > >> >feet asap. So far keeping the foot above my heart all  
> > >> >the time is the best way to keep the swelling down along with  
> > >> >ice after exercise.  
> > >> >  
> > >> >I want you all to know that I've been looking in here over the  
> > >> >last few weeks and it's great to feel some what normal again.  
> > >> >I can't spend more than 30 minutes at a desk. The studio  
> > >> >has been out of the question although I'm looking for a way to=20  
> > >> >rest my foot on the console without falling out of my chair.  
> > >> >I am giggging once or twice/week which is way bad for me. =20  
> > >> >Gotta make a living. =20  
> > >> >  
> > >> >My stereo amp is in the shop where I am sleeping and exercising.  
> > >> >When it comes back I'll be doing some big time listening.  
> > >> >  
> > >> >Any tips from friends here would be great regarding healing  
> > >> >and/or music productivity while healing would be great.  
> > >> >  
> > >> >I'm down but not out,  
> > >> >Tom  
> > >> >  
> > >> >  
> > >> >  
> > >> >  
> > >> >  
> > >> >  
> > >> >  
> > >> >I choose Polesoft Lockspam to fight spam, and you?

```
> > >> >http://www.polesoft.com/refer.html
> > >> >
> > >> ><!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN">
> > >> ><HTML><HEAD>
> > >> ><META http-equiv=3DContent-Type content=3D"text/html; =
> > >> >charset=3Diso-8859-1">
> > >> ><META content=3D"MSHTML 6.00.2900.2180" name=3DGENERATOR>
> > >> ><STYLE></STYLE>
> > >> ></HEAD>
> > >> ><BODY bgColor=3D#ffffff>
> > >> ><DIV><FONT face=3DArial size=3D2>He guys,</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>It's been a month since my last =
> > >> >post. Reason=20
> > >> >being</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>I broke my tibia fibula just above my =
> > >> >ankle clean=20
> > >> >through</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>on 12/30. </FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>Got some titanium inserted inside where
> > >> =
> > >> >the marrow=20
> > >> >was</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>and screwed in in three =
> > >> >places. I spent=20
> > >> >five days in the hospital</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>due to a fever I was running. The =
> > >> >pain was=20
> > >> >incredible for</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>the first three weeks. =
> > >> >Now I'm barely=20
> > >> >taking the pain meds.</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>They helped alot though. Toes are =
> > >> >moving and=20
> > >> >feeling. They</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>tell me that's good. Ankle feels =
> > >> >swollen and=20
> > >> >tender and is tough</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>to move.</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>Physical therapy is in house which is =
> > >> >great=20
> > >> >although</FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>very difficult. I am giving it =
> > >> >all I've got=20
> > >> >to get back on my </FONT></DIV>
> > >> ><DIV><FONT face=3DArial size=3D2>feet </FONT><FONT face=3DArial =
> > >> >size=3D2>asap. So=20
```

> > >> >far keeping the foot above my heart all</FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>the time is the best way to keep the =  
> > >> >swelling down=20  
> > >> >along with</FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>ice after exercise.</FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>I want you all to know that I've been =  
> > >> >looking in=20  
> > >> >here over the</FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>last few weeks and it's great to feel =  
> > >> >some what=20  
> > >> >normal again.</FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>I can't spend more than 30 minutes at a  
> > >> =  
> > >> >desk. =20  
> > >> >The studio</FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>has been out of the question although =  
> > >> >I'm looking=20  
> > >> >for a way to </FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>rest my foot on the console without =  
> > >> >falling out of=20  
> > >> >my chair.</FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>I am giggling once </FONT><FONT =  
> > >> >face=3DArial size=3D2>or=20  
> > >> >twice/week which is way bad for me. </FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>Gotta make a living. =  
> > >> ></FONT></DIV>  
> > >> ><DIV> </DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>My stereo amp is in the shop where I am  
> > >> =  
> > >> >sleeping=20  
> > >> >and exercising.</FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>When it comes back I'll be doing some =  
> > >> >big time=20  
> > >> >listening.</FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> > >> ><DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>Any tips from friends here would be =  
> > >> >great regarding=20  
> > >> >healing</FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>and/or music productivity while healing  
> > >> =  
> > >> >would be=20  
> > >> >great.</FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>I'm down but not out,</FONT></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2>Tom</FONT></DIV></DIV>  
> > >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>

```
> > >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
> > >> ><DIV><FONT face=3DArial size=3D2></FONT> </DIV>
> > >> ><DIV><FONT size=3D2><BR><BR>I choose Polesoft Lockspam to fight spam, =
> > >> >and=20
> > >> >you?<BR><A=20
> > >> >href=3D"http://www.polesoft.com/refer.html">http://www.polesoft.com/refer=
> > >> >.html</A> </FONT></DIV></BODY></HTML>
> > >> >
> > >> >
```

---