

**Date** March 22, 2014  
**Name** Steve Williams  
**Email**  
**Home Page**  
**City** Warrensburg  
**State** Missouri  
**Country**

**Comments** Read your chapters about your mother after stumbling across your page. I am so sorry that you had to go through so much with your mother's illness. My mother had cancer and I helped her till the end, so I have some small idea of what you might have been feeling. In my case she went in 4 months an I feel fortunate that I didn't have the struggles that you had. Please know that you will have a special place in heaven due to your devotion to your mother. Sincerely, SW

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**Date** February 25, 2014  
**Name** Barbara  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

**Comments** Thank you for being so kind to your Mother.

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**Date** February 7, 2014  
**Name** Anthony Myers  
**Email** [anthmyers@gmail.com](mailto:anthmyers@gmail.com)  
**Home Page** <http://www.muscleclass.com>  
**City** Auburn Hills  
**State** MI  
**Country** United States

**Comments** It's not to see somebody that is actually qualified posting for once. Thanks for all of your helpful information, I use it and cite it regularly in my own articles and in papers that I have written in class.

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**Date** September 10, 2013  
**Name** johnny whelan  
**Email**  
**Home Page**  
**City** bordentown  
**State** nj

**Comments** thank you for sharing your story.. deeply caring sensitive kind funny and awesome...

**Country** USA

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**Date** May 17, 2012  
**Name** mara sorge  
**Email** [maralou2011@hotmail.com](mailto:maralou2011@hotmail.com)  
**Home Page** hotmail  
**City** mississauga  
**State** ontario  
**Country** canada

**Comments** my mom is 63 and has declining in her condition from eating to showering dressing its been hard for me to see this she was such a vibrant person and now its all gone i just tend to dwell on everything cant get past that this is what she has im emotionally stress and pysicaly drain

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**Date** March 21, 2012  
**Name** Bill Moyer  
**Email** [cbmcb6@charter.net](mailto:cbmcb6@charter.net)  
**Home Page**  
**City** Coldwater  
**State** Michigan  
**Country** USA

**Comments** Don't remember how I got to your site. When I started going through your early life, HS and College, etc. I almost quit. During the College part I suddenly noticed a girl I used to know when I was stationed in Davisville, RI as a Seabee. Claire worked in a grocery store in East Greenwich, or the town just to the North of there. I lived on "Post Rd" just south of East Greenwich. At times I have wondered what Claire went on to do with her life. Man that was 42 years ago! I went back to Indiana where I finally graduated from Purdue. Another great college! Anyway, if Claire would happen to appear here it would be interesting to communicate with her. Email is active! Bill Moyer

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**Date** November 28, 2010  
**Name** James Zeeb  
**Email** [zeeps@celerityinc.com](mailto:zeeps@celerityinc.com)  
**Home Page** lakeraymond.com  
**City** Greenville

**Comments** I found your website while researching Billy Gardner's career baseball stats. I am an avid baseball fan, and I was also born in 1949. I could not resist clicking

**State** IL  
**Country** USA

on the picture of the beautiful girl displayed with the old baseball cards of Gardner, one of which I collected in 1959. Of course I found the lovely young woman was Clair Deluca! I am sorry that I did not know her in college. My mother is currently battling dementia caused by a disease that mimics Alzheimers, known as Lewey Body Syndrome. Your mother's unfortunate demise is very similar to the experience I have had with my Mother. My Mother will be 86 years old in February and has been in our local nursing home for three and one half years. Her condition requires a daily visit from either my wife or me, because Mom needs a personal advocate to facilitate her care. Your website is excellent and what a nice memorial to your wonderful family. Best wishes, Jim

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**Date** March 13, 2010  
**Name** Pat Dorr  
**Email** [P293737@att.net](mailto:P293737@att.net)  
**Home Page**  
**City** Las Cruces  
**State** NM  
**Country** USA

**Comments** I stumbled into your website when looking for pictures of Las Cruces, where I have been living for about 1 1/2 years. I was moved by your mother's story and found your writing and pictures of that and of your friends very endearing. My best regards.

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**Date** March 4, 2010  
**Name** Gregory Dobson  
**Email** [greg\\_d07103@yahoo.com](mailto:greg_d07103@yahoo.com)  
**Home Page**  
**City** Irvington  
**State** NJ

**Comments**

**Country** USA

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**Date** December 23, 2009  
**Name** Tony Xie  
**Email** [hxiejun@yahoo.com.cn](mailto:hxiejun@yahoo.com.cn)  
**Home Page**  
**City** Tianjin  
**State** Tianjin  
**Country** P.R.China

**Comments** I am very impressed in your home page.

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**Date** November 18, 2009  
**Name** Pat  
**Email** [tmjmann@gmail.com](mailto:tmjmann@gmail.com)  
**Home Page**  
**City**  
**State**  
**Country**

**Comments** Does anyone know what happened to Debbie Poochigian?

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**Date** November 18, 2009  
**Name** Pat  
**Email** [tmjmann@gmail.com](mailto:tmjmann@gmail.com)  
**Home Page**  
**City**  
**State** Sunnyvale  
**Country** USA

**Comments** I met Debbie at the Southpark Apts while census taking in 1976. I remember she always wanted a house with a white picket fence. We were good friends but couldn't be any longer..

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**Date** November 3, 2009  
**Name** Anne Brophy Schwabik  
**Email**  
**Home Page**  
**City** Glastonbury  
**State** CT  
**Country**

**Comments** Loved the old memories of River Edge. I lived on Monroe Court, next to the Dillons. Went to St. Peter's through eighth grade and spent the last two years of high school at River Dell. Also loved living there, playing in the "woods", doing chalk drawings on our street, riding bikes, and just playing with all of the kids on the block. Great, great times. But I also learned the hard way on how families can turn on each other. But they can never take away the good memories we had.

So glad to hear how you and your brother took care of your Mom. Thanks so much for bringing back those old memories. Bless you!

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**Date** October 10, 2009  
**Name** Shirley Archibald Avakian  
**Email** [magnetshirl@aol.com](mailto:magnetshirl@aol.com)  
**Home Page** 13 Surrey Road  
**City** Palm Beach Gardens  
**State** FL  
**Country** USA

**Comments** don't know how i got here but glad i did....great memories of River Edge....my Mom still lives there....be well...shirley

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**Date** September 7, 2009  
**Name** Kristi  
**Email** [K\\_lara@hotmail.com](mailto:K_lara@hotmail.com)  
**Home Page**  
**City** Rockwall  
**State** TX  
**Country** USA

**Comments** What a beautiful life. Thank you for sharing it with the world. I feel so privileged to have found your site. I can only hope that my family will be able to share in so much love and adoration for each other. I hope to help encompass and pass on the values your family has shared. Such wonderful photos. Thank you so much again for sharing your families story. Sincerely, Kristi Lara

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**Date** September 6, 2009  
**Name** Kathy Sacco  
**Email** [kathatdabeach1@mac.com](mailto:kathatdabeach1@mac.com)  
**Home Page**  
**City** Pacifica  
**State** Ca  
**Country** USA

**Comments** Rick....So glad to find a way to contact you. Congrats on getting married. What a surprise. Need your current email address. Thx for the Xmas letter & pix. Unable to read handwriting on your return address. Hope I don't have to wait til next Xmas to hear from you. Miss you, dude.....xoxoxoxo

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**Date** April 14, 2009  
**Name** Keith Beck  
**Email** [ZigmanBird@verizon.net](mailto:ZigmanBird@verizon.net)  
**Home Page** [www.ZigmanBird.com](http://www.ZigmanBird.com)  
**City** Edison/old Bridge  
**State** nj  
**Country**

**Comments** Nice site! I stumbled upon it by accident looking for pics from NJ 1970... Sorry to hear about your mom. My mom suffers from Alheimers too. My dad is doing the best he can to deal with what's happening. She curses, can't remember friends, - pretty much all the things that you have described about the disease is happening to my mom. It sucks but I guess that's life... anyway, again nice site. I'll check more of it at a later date. I'm at work now and I'ts time to get back. Thanks Keith Beck

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**Date** February 21, 2009  
**Name** Elisabeth  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

**Comments** Hi - I just happened to stumble across your site and I absolutely loved it. The calming exercises are wonderful and I think it's a beautiful tribute to your parents. I especially enjoyed all of your wonderful photos! Thank you for sharing them with the world - they are very special indeed!

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**Date** December 31, 2008  
**Name** Erica Garza  
**Email** [ericagarz@hotmail.com](mailto:ericagarz@hotmail.com)  
**Home Page**  
**City** Dallas  
**State** TX.  
**Country**

**Comments** Hello - I came across your website when I Googled New Years Eve Images & came across the pic titled "Claire Deluca, me and brother Ted celebrating New Year's Eve. 1971." I absolutely loved it & was pleasantly suprised with all of the great photography...especially the ones of you & Claire. I'm sorry but, what happend to her? She was just very striking - the both of you, great pictures. Looked like happy times! My Best & thank you for sharing ~ what a beautiful

life for sure! Happy New Year!  
Erica

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<b>Date</b>	October 25, 2008	<b>Comments</b> I'm glad i found your site it was very helpful. Thank you for helping me, and I like that it is dedicated to your parents.
<b>Name</b>	Matt	
<b>Email</b>	<a href="mailto:kincaid05@gmail.com">kincaid05@gmail.com</a>	
<b>Home Page</b>		
<b>City</b>	Seattle	
<b>State</b>		
<b>Country</b>		

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<b>Date</b>	October 23, 2008	<b>Comments</b> Thank you for a wonderful site. My Mom passed in '89 from cancer and my mother-in-law who lives in ridgewood, nj is in the beginning states of alzheimer's. Thank you for lots of great pictures from your family's past. Very similar to mine.
<b>Name</b>	Richard Conger	
<b>Email</b>	<a href="mailto:redcc55@optonline.net">redcc55@optonline.net</a>	
<b>Home Page</b>		
<b>City</b>		
<b>State</b>		
<b>Country</b>		

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<b>Date</b>	September 3, 2008	<b>Comments</b> Wonderful site. I'm 54 disabled as a result of PTSD and depression after my son's death. I have enjoyed the extra time I have been provided with my mom and dad who are 84. It's a lot of doctor appointments, grocery shopping, etc, but right now it gives me a reason to know what day it is, and keeps them independent. Good luck to you and your family,it was a great story to share.
<b>Name</b>	Robert E Berzelius	
<b>Email</b>	<a href="mailto:bberzelius@gmail.com">bberzelius@gmail.com</a>	
<b>Home Page</b>		
<b>City</b>	Edina	
<b>State</b>	MN	
<b>Country</b>	United States	

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<b>Date</b>	August 11, 2008	<b>Comments</b> Thanks...I was able to get some helpful information.
<b>Name</b>	Marcia	
<b>Email</b>	<a href="mailto:apeaceofparadise@yahoo.com">apeaceofparadise@yahoo.com</a>	
<b>Home Page</b>		
<b>City</b>	Orlando	
<b>State</b>	fl	

**Country** usa

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**Date** July 23, 2008  
**Name** Rosemary Kline  
**Email** [rkline@advanstar.com](mailto:rkline@advanstar.com)  
**Home Page**  
**City** Hillsdale  
**State** NJ  
**Country** USA

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**Comments**

**Date** June 25, 2008  
**Name** rose keller  
**Email**  
**Home Page**  
**City** Bloomfield  
**State** Iowa  
**Country** USA

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**Comments** Hi Rick, I was just checking out your website. It's very nice. Of course I loved the photos taken at Lake Teedyuskung. I still go there as it is like "comfort food for the mind"! I'm sure many of the lake folks have visited your site. I plan on doing some of the exercises. If you don't remember me, I'm the one who sent you the photo of The "Cuckoos Nest". Take care, Rose

**Date** February 29, 2008  
**Name** Lisa Remer  
**Email** [lisaremer@wi.rr.com](mailto:lisaremer@wi.rr.com)  
**Home Page**  
**City** Brookfield  
**State** WI  
**Country** USA

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**Comments** Thank you for this awesome website. I was looking for stretching exercises and hit the jackpot. The office exercises are just what I was looking for. Not to mention, my dad has been struggling with alzheimers for a few years now. So far Mom has been able to keep him home and keeps telling us that she's fine, don't worry, and she will know when it's time for something to change. Now that I reflect, there have been signs for a long time but we didn't recognize them. You were such a good son and should be very proud of taking such good care of your mom.



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**Date** February 29, 2008  
**Name** Oscar  
**Email**  
**Home Page** MetroSex Men's Fashion  
**City** queens  
**State** ny  
**Country** usa

**Comments** wow, I've been on this site for the last 30 minutes now, I originally found it looking for images on Google pertaining to men's fashion in the 1940's, your old family photos reeled me in. Thank you so much for allowing me to be a voyeur into your life. I was moved, truly. Thank You.

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**Date** January 15, 2008  
**Name** Camille Williams  
**Email**  
**Home Page**  
**City** Bonita Springs  
**State** FL  
**Country** Lee

**Comments** Rick, I am sorry to hear about your mom's battle with Alzheimer's. My grandfather who was my best friend in the world suffered from it for seven years. I was happy when he passed. It took everything that he enjoyed away from him. I named my youngest son Joe after him. Thanks for sharing your story.  
Camille

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**Date** November 10, 2007  
**Name** Bahjat Hassan  
**Email** [Bahiathassan@hotmail.com](mailto:Bahiathassan@hotmail.com)  
**Home Page** www,GZID.com  
**City** Gaza  
**State** Gaza  
**Country** Palestine

**Comments** Thank you for the nice website. its very fruietful.

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**Date** September 17, 2007  
**Name** Yvette Vendrell  
**Email** [pachosos@yahoo.com.mx](mailto:pachosos@yahoo.com.mx)  
**Home Page**  
**City** Mexico City  
**State**  
**Country** Mexico

**Comments** I have MS for 7 yeras I have been very sick but all the times the treatment with transfer factor and now with somazina are helping me to keep moving and keep going .I have change my e mail from avantel to yahoo if someone needs to contact me

please feel to do it , sharing experiences it is a better way to deal with the MS. Be happy and Well Yvette Vendrell

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**Date** August 17, 2007  
**Name** Matthew Johnson  
**Email** [Peacemat@yahoo.com](mailto:Peacemat@yahoo.com)  
**Home Page**  
**City** Schenectady  
**State** NY  
**Country**

**Comments** I came across your site while searching (Google) for pictures of Inwood Hill Park. I lived in Inwood for 3 years and always loved the park. As I was looking at all of the beautiful pictures circa 1947, I soon realized, as I continued, that it was a site dealing with your mom and Alzheimers Disease. First, I must say that your family is beautiful, especially your mom-- stunning. What was interesting was that my mother, too, was stricken with Alzheimers Disease as well, and it seems as though there are many experiences that we share. Sadly, my mom passed away January 1, 2005. Though she is now gone, there is some "relief", for lack of a better word, knowing that she is no longer suffering this horrible disease that robs the absolute essence of who people are. That said, I just want you to know that your website is beautiful and I am sure that people who view it will not only enjoy you sharing your wonderful family pictures , but will also find comfort in knowing what to expect when a loved one succumbed to such a disease. Thank you very

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**Date** August 1, 2007  
**Name** GIL  
**Email**

**Comments** This site is very informative. Thank you.

**Home Page**

**City** PITTSBURGH  
**State** PA.  
**Country** U.S.A.

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**Date** July 24, 2007  
**Name** Mac  
**Email**  
**Home Page**  
**City** Columbus  
**State** Georgia  
**Country** USA

**Comments** Well written instructions. They are very helpful. Thanks for sharing the personal stories. Getting back into shape after a hiatus.

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**Date** July 15, 2007  
**Name** Don Merrill  
**Email** [internetdon@yahoo.com](mailto:internetdon@yahoo.com)  
**Home Page** <http://www.ukandoit.us/Alzheimer/affects.html>  
**City** Melbourne  
**State** Florida  
**Country** U.S.

**Comments** Very well done. Excellent information and inspiration.

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**Date** July 12, 2007  
**Name** Creighton Drury  
**Email** [vcdrury@aol.com](mailto:vcdrury@aol.com)  
**Home Page**  
**City** River Edge  
**State** NJ  
**Country** bergen

**Comments** Rick What a great website! I periodically go in to check on things and always enjoy pictures from the good ol' days. Your Mom was so wonderful and I have fond recollections of her and your Dad. They were perfect together. We were so blessed with wonderful parents. My Dad thought so highly of your Dad - I remember them laughing together. Thanks for the website and for bringing back such great memories of Concord Drive! Regards to Ted! Creighton

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**Date** June 4, 2007  
**Name** Limor shevah

**Comments** Great site! I liked the animations. great breathing guidance. Thank

**Email** [limor.shevah@gmail.com](mailto:limor.shevah@gmail.com)  
**Home Page**  
**City**  
**State**  
**Country** ISRAEL

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you!

**Date** June 2, 2007  
**Name** Cindy  
**Email** [cindy@mercurioatty.com](mailto:cindy@mercurioatty.com)  
**Home Page**  
**City** Sarasota  
**State** Florida  
**Country** USA

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**Comments** Thanks for this wonderful website. I read your bio. I made Worthy Advisor in Rainbow Girls.

**Date** May 14, 2007  
**Name** David O'Hara  
**Email** [davido757@yahoo.com](mailto:davido757@yahoo.com)  
**Home Page** <http://www.control-your-blood-pressure.com>  
**City** Estepona  
**State**  
**Country** Spain

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**Comments** Great site. Keep up the good work!

**Date** March 22, 2007  
**Name** Natalie Harvey  
**Email** [h\\_natalee@hotmail.com](mailto:h_natalee@hotmail.com)  
**Home Page**  
**City** Bath  
**State**  
**Country** England

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**Comments** Hi came across this site when looking for pictures from the 1970's. I must say that your site has touched me deeply. The entry about your mother's experience with Alzheimer's was very emotional. The chronological biography shows that you have met lot's of wonderful people and achieved a great deal, you have also taken some very good photos. Overall, I'm sorry if i came across it for the wrong reasons (i notice you offer health advice) but this site has made me smile, so there's something : ) . . . Many thanks for this Natalie

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**Date** March 22, 2007  
**Name** Toshio Murai  
**Email** [polarpoint@hotmail.co.jp](mailto:polarpoint@hotmail.co.jp)  
**Home Page**  
**City** Yokohama  
**State**  
**Country** Japan

**Comments** I enjoyed your old photo.

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**Date** March 21, 2007  
**Name** Hozumi  
**Email** [northernborder21@yahoo.co.jp](mailto:northernborder21@yahoo.co.jp)  
**Home Page** non  
**City** Okinawa  
**State**  
**Country** Japan

**Comments** What a warm family you have!  
Every pictures looks so happy.  
God save you all. Regards

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**Date** March 16, 2007  
**Name** leone wheeler  
**Email** [lwhee@ainop.com](mailto:lwhee@ainop.com)  
**Home Page**  
**City** linneus  
**State** maine  
**Country** usa

**Comments** Thanks...I just quit smoking and  
these help to relieve the  
headaches I have been getting.  
Leone

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**Date** March 7, 2007  
**Name** David Gill  
**Email** [dngillnc@ec.rr.com](mailto:dngillnc@ec.rr.com)  
**Home Page**  
**City** Wilmington  
**State** NC  
**Country**

**Comments** I am the third and final son of Rev  
Gill. I attended Roosevelt and  
River Dell as well graduating in  
1973. I enjoyed seeing all of the  
old pictures of River Edge and the  
program from First  
Congregational Church. I am glad  
your memories are so fond. My  
dad passed away in 1981. Mom is  
still going strong at 85 and living  
in NH. Best wishes. David

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**Date** February 27, 2007  
**Name** JC

**Comments** Thanks!

Email  
Home Page  
City  
State  
Country

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**Date** January 7, 2007  
**Name** barbara thorne greenhalgh  
**Email** [daddygreen@aol.com](mailto:daddygreen@aol.com)  
**Home Page**  
**City** river edge  
**State** nj  
**Country** usa

**Comments** grew up on continental and elm. house is still in the family. i now live next to roosevelt school in mrs. leake's old house. right next to the double decker hills. i remember pete and carol geiges too, i went to school with maureen brondi and my ex brother in law is friends with bert. i love the old river edge pics

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**Date** September 13, 2006  
**Name** Donald MacDonald  
**Email** [donald.mac2006@btinternet.com](mailto:donald.mac2006@btinternet.com)  
**Home Page**  
**City** Irvine  
**State** Ayrshire  
**Country** Scotland

**Comments** Your mothers' story is heart rending. Amazed that you can share it with the world; hope it helps other suffers (and their families)to cope better. Take great care, Donald.

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**Date** April 22, 2006  
**Name** patrick mathews  
**Email** [cacraftman@yahoo.com](mailto:cacraftman@yahoo.com)  
**Home Page**  
**City** downey  
**State** ca  
**Country** usa

**Comments** I am a Physical Therapist at a large hospital in Long Beach, CA. I'm constantly encouraging my assistants to have our patients do their exercise to the number of breaths rather than counting. I even demo how you can valsalva and count out loud at the same time to emphasize my point! I stumbled across your website and applaud your efforts to encourage breathing, something I believe is vital in post op patients of all types. Would be glad to hear from you. Patrick

**Date** March 30, 2006  
**Name** Barbara

**Comments** Great pictures in the biography, I feel as if I personally know your

**Email** [bscharbach@yahoo.com](mailto:bscharbach@yahoo.com)  
**Home Page**  
**City** Albany  
**State** NY  
**Country** USA

family. I especially like the one of the Concord Court. All of the women look so beautiful. If only women today has an ounce of the pride that those women had in how they look and presented themselves toward others! Keep up the great work! B

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**Date** March 17, 2006  
**Name** Coach Jim  
**Email** [jhbsr55@yahoo.com](mailto:jhbsr55@yahoo.com)  
**Home Page**  
**City** Tacoma  
**State** WA  
**Country** USA

**Comments** I have found this information very helpful on techniques and I hope to share this knowledge with my Middle School Wrestlers and Football Players

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**Date** March 2, 2006  
**Name** Bill Graziano  
**Email** [wgg@insightbb.com](mailto:wgg@insightbb.com)  
**Home Page**  
**City** West Lafayette  
**State** IN  
**Country**

**Comments** Hi Bert. Good to see you, if only as a website. Remember Mercury Track Club? Ralph Anevas? Bill Graziano

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**Date** February 15, 2006  
**Name** Don Miller  
**Email** [worldmighty@hotmail.com](mailto:worldmighty@hotmail.com)  
**Home Page**  
**City** Seale  
**State** AL  
**Country** USA

**Comments** Great website and very helpful. Perfect memorial to some great parents. God bless your efforts and I will visit again.

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**Date** February 7, 2006  
**Name** John Blauvelt  
**Email** [JF-Blauvelt@wiu.edu](mailto:JF-Blauvelt@wiu.edu)  
**Home Page**  
**City** Macomb  
**State** Illinois  
**Country** McDonough

**Comments** I also grew up in River Edge (on Park Avenue); graduated from Roosevelt Elementary in 1953 and Hackensack High School class of 1956. I am also a past master of the Hackensack DeMolay! I went to Montclair State College

and did my practice teaching at Riverdell in the spring of 1960. It was interesting to read about some one else's view of River Edge.

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**Date** January 12, 2006  
**Name** Nancy Rodgers  
**Email** [nrodgers@angel-hearts.org](mailto:nrodgers@angel-hearts.org)  
**Home Page** [www.angel-hearts.org](http://www.angel-hearts.org)  
**City** Robinson  
**State** Illinois  
**Country** USA

**Comments** I visited your site and wanted to say how sorry I am that you lost both of your parents. I also wanted to let you know that I have a website at [www.angel-hearts.org](http://www.angel-hearts.org) that is a memorial site for pets and humans. If you would like to add a memorial for your parents I would be honored to have them on there. It is so hard when we lose our parents, especially when we are only children, or if we have also lost siblings too. Your site seems to have some informative information on it and I am sure that it will be a huge help to others. God Bless.

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**Date** December 27, 2005  
**Name** Sharon Flake  
**Email** [sharonflake185@hotmail.com](mailto:sharonflake185@hotmail.com)  
**Home Page**  
**City**  
**State** AZ  
**Country**

**Comments** Thank you for the remembrance for your mother. My mother also has Alzheimer's and is in a facility in the state of WA. My dad had dementia or Alzheimer's too and they were in the same facility until my dad passed away two years ago. Mom is failing and isn't eating like she did. She has lost 30 lbs, which she could stand to loose, but it tells us she isn't doing well. She seems to have some emphasema/asthma along with the Alzheimer's, so it is taking a toll also. It is sad to see what some people do when they see a family member come down with this stuff. They see to be



fearful and are afraid it is catching, although if they have researched it, they should realize it isn't. You did well to move your mom, although it took a while to adjust. I'm sure she felt more secure and loved than before she moved. Sincerely, Sharon Flake

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**Date** November 15, 2005  
**Name** Bruce Ferry  
**Email** [bruce\\_ferry@cox.net](mailto:bruce_ferry@cox.net)  
**Home Page**  
**City** Imperial Beach  
**State** Ca.  
**Country** USA

**Comments** Hi! I was just browsing around the internet and looking for stuff and lo-and-behold there were pictures of my cousin Richard (Stading) on your site. Nice to see him. Also saw Aunt Pat as well. Some great pics. It's been many years since I've seen Richard and I've been meaning to take a drive up to see him and check out his winery. If you see him please say hello for me and I'll give him a call. Thanks!! Sincerely, Bruce

---

**Date** September 30, 2005  
**Name** Suzy  
**Email** [skk@suzykendall.com](mailto:skk@suzykendall.com)  
**Home Page** <http://www.suzykendall.com>  
**City** San Francisco  
**State** CA  
**Country**

**Comment** What a great website. I stumbled upon it while searching for images, followed the image of you and Donna Smith at the lake. The photos were so picturesque that I was curious about you and your family. I read about your Mother and your relatives. Wow. You write very well and have a great attitude. I'm so sorry that your mother's relatives behaved that way. How sad for them. Your website is truly wonderful. Thank you so much for taking the time to create it! P.S. - These pictures are really nice:  
<http://www.deepsloweasy.com/html/biobot36.htm>

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**Date** September 26, 2005  
**Name** Mary Griffiths  
**Email** [mango@mountaincable.net](mailto:mango@mountaincable.net)

**Comments** Thank you so very much for sharing this incredible story. It is one of love and happiness, joy

**Home Page**  
**City** Hamilton  
**State** Ontario  
**Country** Canade

and sorrow!- You are wonderful children- your mom was very lucky to have you both! thanks Mary

---

**Date** September 7, 2005  
**Name** Lisa  
**Email**  
**Home Page**  
**City**  
**State** South Dakota  
**Country** USA

**Comments** wonderful site...thanks for sharing this helpful info...

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**Date** September 2, 2005  
**Name** Bianca  
**Email** [Biancap204@yahoo.com](mailto:Biancap204@yahoo.com)  
**Home Page**  
**City** New York  
**State** New York  
**Country** USA

**Comments** Gotta Say I Fell In love with your Site, I am only 18 and i have grown up in the inwood area. I Trully have taken up a hobbi of looking for old picture of the area and when i come across the ones on your site it just moved my heart. My deepest condolenses Go out to you, and your family.

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**Date** August 12, 2005  
**Name** Ismael D. Tabije  
**Email** [growyoungerx@yahoo.com](mailto:growyoungerx@yahoo.com)  
**Home Page** <http://www.growyounger.e-mart4all.com>  
**City** Davao City  
**State**  
**Country** Philippines

**Comments** Congratulations for a great website! Ismael D. Tabije ( <http://www.growyounger1.e-mart4all.com> )

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**Date** August 7, 2005  
**Name** Ham  
**Email**  
**Home Page**  
**City** Kamakura, near Tokyo  
**State**  
**Country** Japan

**Comments** Hi, sorry to hear of your mother's passing, the site here is a beautiful reflection of a life well lived, thank you. Remember the good times and take care, ham.

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**Date** July 3, 2005  
**Name** lowrid3r  
**Email**  
**Home Page** www.l0wrid3r.tk  
**City** iasi  
**State** iasi  
**Country** romania

**Comments** very interesting site. ;)

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**Date** June 17, 2005  
**Name** Kim  
**Email** [speshalk20@hotmail.com](mailto:speshalk20@hotmail.com)  
**Home Page**  
**City** Chatham  
**State** La  
**Country** UAA

**Comments** Keep on doing what you are doing. I think your parents would be very proud.

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**Date** June 15, 2005  
**Name** Dr. William H. Barr  
**Email** [whbarrappraisal@comcast.net](mailto:whbarrappraisal@comcast.net)  
**Home Page**  
**City** Stockton  
**State** California  
**Country** USA

**Comments** I'm thinking of using your web site as part of a program I'm teaching in anger and stress management. I'll let you know if it helps William H. Barr, PH.D.

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**Date** April 28, 2005  
**Name** Theresa Wallace  
**Email** [mwal1952@aol.com](mailto:mwal1952@aol.com)  
**Home Page** Congregator.org  
**City** River Edge  
**State** NJ  
**Country** USA

**Comments** It was very sad to hear of your mother's passing. My condolences to all of your family. From the death notice, it looked like your mother had a very interesting life. My brother just had to place his wife in a nursing home for the same reason your mother was there. It was very hard for him and his family as she is only in her late 60's. I am going to pass along this web address for him. It might be very comforting and something that he might be interested in doing for his own family. Even though I

never met your mother, I will think of her often. Especially on Congregator days. If there is anything I can do for you, please do not hesitate to contact me at the church office. Theresa (Church Secretary)

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**Date** April 22, 2005  
**Name** marjorie grainger  
**Email** [aubrinab@aol.com](mailto:aubrinab@aol.com)  
**Home Page**  
**City** river edge  
**State** new jersey  
**Country** usa

**Comments** loved your website. but i went on because i was researching additions to reese homes. i grew up AT 258 CONCORD DRIVE.my sister now owns the home my parents bought in 1950.my birthday is also 6/28/ but i am 2 years older than you. i can't remember you though .i now live in east hampton ny but i am watching my sister`s house for a few days so i am on CONCORD DR.for now. i walked though van saun 2x today and of course remembered when it was "the woods" and where we would play all day. i recall the dillons and the drurys and many ,many more people. i wish you well .  
marjorie

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**Date** April 21, 2005  
**Name** Sheryl Peters  
**Email** [thetekcafe@aol.com](mailto:thetekcafe@aol.com)  
**Home Page** [http://coolbeadsboutique.netfirms.co](http://coolbeadsboutique.netfirms.com)  
**Page** [m](#)  
**City** Indianapolis  
**State** Indiana  
**Countr** USA  
**y**

**Comments** Thank you for sharing you and your mother's experience with Alzheimer's. For the last 25 years I've worked in corporate american. I had always wanted to work in healthcare. Last year I finally decided to leave my position and pursue my dream of becoming a nurse. While attending nursing school I am working with the elderly in long term health care. Several of my patients have Alzheimer's. I love working with them. I do all I can

to encourage them and their family members. It is such an honor and a privilege to serve patients and their families. I appreciate and am grateful for every minute I spend doing this work. Best Wishes to You and Your Family.

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**Date** April 16, 2005  
**Name** Marc A Snyder  
**Email** [mas215@aol.com](mailto:mas215@aol.com)  
**Home Page**  
**City** Jenkintown  
**State** PA  
**Country** USA

**Comments** Great site - Thanks for putting it out there for anyone to view

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**Date** April 4, 2005  
**Name** Ravichandar  
**Email** [RAVIMYL@HOTMAIL.COM](mailto:RAVIMYL@HOTMAIL.COM)  
**Home Page**  
**City** Pollachi  
**State** Tamil Nadu  
**Country** India

**Comments** My current age is 41. I have been diagnosed with Hypertension since the age of 32. Whenever I used to go to doctor my BP used to shoot to 180/100. But I was confident that i had no BP . When I used to check at home it used to be normal. But it was difficult for me to explain to the medical professionals. Accidentally last week , i read your article about deep abdominal breathing . After practising , I find that my BP is totally normal . I have realized that it was my shallow breathing that was causing all problems. I feel so happy at this moment and would like to pass this information to everyone who are not practicing Deep breathing. Deep breathing can cure anxiety , BP Anad can keep a person young and fit

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**Date** March 19, 2005  
**Name** Linda Bergl  
**Email** [l.berg@att.net](mailto:l.berg@att.net)  
**Home Page**  
**City** New York  
**State** NY  
**Country** USA

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**Comments** very good exercises on site.  
Thanks for sharing this  
information with me.

**Date** March 15, 2005  
**Name** Stardust  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

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**Comments** Thank you

**Date** February 6, 2005  
**Name** L. Strange  
**Email**  
**Home Page**  
**City**  
**State**  
**Country** Canada

**Date** January 2, 2005  
**Name** Jacinta  
**Email**  
**Home Page** <http://jacintahuang.livejournal.com>  
**Page**  
**City**  
**State**  
**Country** Singapore

**Comments** I really like your deep breathing  
description. It helped me relax a  
lot, thank you so much. :)

**Date** December 17, 2004  
**Name** Larry Bethel  
**Email** [bethell@asme.org](mailto:bethell@asme.org)  
**Home Page**  
**City** Menlo Park  
**State** CA  
**Country**

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**Comments** Wonderful site. I also work in  
defense in Silicon Valley. We are  
just moving into Sharon Heights,  
and are glad to know the  
convalescent home there was  
good for you. Best wishes.

**Date** November 24, 2004

**Comments** Hello Rick, I came across your

**Name** Madeleine Botto  
**Email** [madeleinebotto@msn.com](mailto:madeleinebotto@msn.com)  
**Home Page**  
**City** Reno  
**State** Nevada  
**Country** USA

website about 6 months ago when I did a search on myself. What a great website and it was great to catch up on your life. I was sorry to hear about your mom, but I am glad to hear she is in California with you and Ted. I am doing great with my husband and daughter living in Reno, since June of this year. We bought a great home and love the slower pace here in Nevada. My daughter, Giana Marie is almost 9 years old and already a big 3rd Grader. My family is all well. My parents live here in Reno part of the year and in Chile the other part. My sister, Vanessa is married with 4 children and my brother, John is the eternal bachelor. They both live in the country in Chile. Vanessa and her husband, export Cherries here to the USA and John exports grains, seeds and alfafa. I wish you all the best this holiday along with your family. Madeleine

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**Date** November 24, 2004  
**Name** k.v.balamurugan  
**Email** [kvbala.m@rediff.com](mailto:kvbala.m@rediff.com)  
**Home Page**  
**City** chennai  
**State** tamilnadu  
**Country** india

**Comments**

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**Date** November 6, 2004  
**Name** Michelle  
**Email**  
**Home Page**  
**City** Organ  
**State** New Mexico  
**Country**

**Comments** Really cool site. I'd really liked the pictures, brings back a lot of memories ...thanks for the memories ...

---

**Date** November 1, 2004  
**Name** DJ  
**Email**  
**Home Page**  
**City**  
**State** FL  
**Country**

**Comments** I just signed your guestbook, and I apologize for taking it upon myself to "rename" your brother Ted! :-) Again, God Bless you.

---

**Date** November 1, 2004  
**Name** DJ  
**Email**  
**Home Page**  
**City**  
**State** FL  
**Country**

**Comments** Rick: I happened upon your website and found myself reading all that you have written about your mom. It touched my heart so deeply that I had to sign your guestbook, though I've never signed one before. How blessed your mother is to have a son who loves her so much that you've put so much time and energy into writing about her. I could feel your pain, your frustration, your feeling of helplessness -- which brought tears to my eyes. Please hang in there, and just keep doing what you're doing. I'm sure your site helps many people who are having the same experience. I will pray for your mom, your brother Tom, and for you -- and ask God to greatly bless you for being such a loving son... and to shower you with His Love, Power, guidance, and strength through this very difficult time in your life. God Bless You & Keep You In His Care... DJ

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**Date** October 28, 2004  
**Name** Erica  
**Email** [egreer@hotmail.com](mailto:egreer@hotmail.com)  
**Home Page**  
**City** Morgantown

**Comments** My grandmother is the same exact way right now. It seems as though I was reading about her life instead of yours. Good luck with everything. God bless you



**State** WV  
**Country** US

all, you are in my prayers.

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**Date** October 25, 2004  
**Name** Doris Stepp  
**Email** [FoxRidgeStump@aol.com](mailto:FoxRidgeStump@aol.com)  
**Home Page**  
**City** Cleveland  
**State** SC  
**Country** USA

**Comments** Great Site! Lots of useful info. Love the Exercise Screen savers. Sending them to my Weight Loss Teacher. Simple and helpful for us out of shape seniors.

---

**Date** October 22, 2004  
**Name** Brenda Mullins  
**Email** [mullins.bren@sbcglobal.net](mailto:mullins.bren@sbcglobal.net)  
**Home Page**  
**City** Indianapolis  
**State** In  
**Country** USA

**Comments** Will return - great info

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**Date** July 25, 2004  
**Name** Jamie Bryceland  
**Email** [jamiembryceland@yahoo.co.uk](mailto:jamiembryceland@yahoo.co.uk)  
**Home Page** nope  
**City** Greenock  
**State** Inverclyde  
**Country** Scotland

**Comments** My Gran experienced the same thing as your Mom. I totally understand what happened and your site explains how tragic the whole thing is. Keep your chin up.

---

**Date** June 20, 2004  
**Name** Karol  
**Email**  
**Home Page**  
**City** Stargard  
**State**  
**Country** POLAND (EUROPE)

**Comments** GREAT SITE. I WILL FOR SURE PRESENT IT TO MY STUDENTS. IT'S REAL NICE THAT SOME PEOPLE ARE GENEROUS ENOUGH TO SHARE WITH OTHERS. THANKS.

---

**Date** June 17, 2004  
**Name** Rosemary Dailey  
**Email** [romygaze@yahoo.com](mailto:romygaze@yahoo.com)  
**Home Page**

**Comments** So much fun to look at....sorry we are not in touch!

City  
State  
Country

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**Date** June 15, 2004  
**Name** Shirley  
**Email** [siadams@woh.rr.com](mailto:siadams@woh.rr.com)  
**Home Page**  
**City** Springfield  
**State** Ohio  
**Country** Clark

**Comments** Thank You for Sharing.. I can relate to what you are saying about family members reactions and their help.. A phone call a month and everything is taken care of.. They did their duty.. I am taken care of my mother at my home.. I know the heart break and pain connected to this disease..

---

**Date** June 11, 2004  
**Name** David Christopher Miedzianik  
**Email** [rainmanhallelujah1@activemail.co.uk](mailto:rainmanhallelujah1@activemail.co.uk)  
**Home** <http://www.alanpearman.pwp.blueyonder.co.uk/Davids-poems/index.htm>  
**Page**  
**City** ROTHERHAM  
**State** SOUTH YORKSHIRE  
**Count** ENGLAND, UK:  
ry

**Comments** THANX: david c. miedzianik

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**Date** May 21, 2004  
**Name** Carol Bennett  
**Email** [cbennett@towson.edu](mailto:cbennett@towson.edu)  
**Home Page**  
**City** Belcamp  
**State** MD  
**Country** usa

**Comments** I love your office exercises since I am 58 and still working at a desk all day. I have arthritis and get very stiff. It is important to keep moving. I also had a father who had alzheimer's and it is heartbreaking for you, and the person who is lost inside. Keep the faith.

---

**Date** May 20, 2004  
**Name** Trevor Jones  
**Email** [trevor.jonest36@tiscali.co.uk](mailto:trevor.jonest36@tiscali.co.uk)  
**Home Page**

**Comments** I am a mental health nurse, part of my work involves caring for the elderly who have dementia. I came across your website whilst

**City** Birmingham  
**State**  
**Country** U.K

trying to look for pictorial diagrams on deep breathing exercises to help an asian lady get over the stress of loosing her 10 year old son. Your site stopped me in my tracks I had to go through it all.I congratulate you, your site touches the heart

---

**Date** April 29, 2004  
**Name** Ken Farrell  
**Email** [villcafe@earthlink.net](mailto:villcafe@earthlink.net)  
**Home Page**  
**City** Pawlet  
**State** VT  
**Country** USA

**Comments** Hey Rick, Good to see such a great presentation. I've been in a nostalgic mood for the past month. Concord Drive the Harnets. David Lyttle up on Monroe Ct. Met Mickey Mantle's kid on Concord Drive. Mark Sapnar died this past weekend, Very sad. Say hi to Bert. We sat next to each other in Kindergarten. Peace Ken

---

**Date** April 28, 2004  
**Name** Christine  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

**Comments** just wanted to let u know u're on the top of the google search. this is a good site. my mother in law died of dementia and cancer. nasty thing this alzheimer's. good luck and God bless

---

**Date** April 7, 2004  
**Name** george Leong  
**Email** [firstgoon@yahoo.co.uk](mailto:firstgoon@yahoo.co.uk)  
**Home Page**  
**City** London  
**State**  
**Country** England, UK

**Comments** I'm very glad I stumble on to your site via Yahoo home page. I being trying to find something similar to your testimony on your mom's alz, as my wife has just being officially diagnose with it. She is 81 and I am 75 and solely attending to all her needs. I have pick quite a few tips and problems to look for in future. As a Chinese I do practise chigon, taichi,and other Kunfu forms. I

find your exercise most interesting and will incorporate them into my daily routines. Thanks a millions and keep up the good work

---

**Date** March 31, 2004  
**Name** Carmen Perron  
**Email** [Carmen.Perron@ec.gc.ca](mailto:Carmen.Perron@ec.gc.ca)  
**Home Page**  
**City** Orleans  
**State** Ontario  
**Country** Canada

**Comments** Hi I have not seen your website any where on your website <http://www.deepslovely.com/html/guestbookset.htm> , so thought I would send you my request via this form. I would like to present an ergo seminar and was wondering if I can use some of your material from your website  
Thanks Carmen Perron 819-994-3144

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**Date** March 14, 2004  
**Name** Linda Bachrach  
**Email** [mugitea@aol.com](mailto:mugitea@aol.com)  
**Home Page** lindabachrach.com  
**City** Honolulu  
**State** HI  
**Country** USA

**Comments** Hi Rick, met you once or twice in Palo Alto. We are old friends of brother Ted. We live in Honolulu and we still love and are still using the wonderful spicerack that Ted made for us as a gift. Give him our best. Linda & Ira Bachrach

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**Date** February 10, 2004  
**Name** Glenda Pullin  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

**Comments** What a beautiful thing to do to remember your mother by

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**Date** February 9, 2004  
**Name** Manny Impreso  
**Email** [mimpreso@yahoo.com](mailto:mimpreso@yahoo.com)  
**Home Page**  
**City**  
**State** Saipan

**Comments** Thanks for your office exercises. It's great. Very informative and beneficial to one's health. Good luck and continue on sharing your great health and fitness

Country CNMI

ideas.

---

**Date** January 13, 2004  
**Name** Jo  
**Email** [jowalt73@rediffmail.com](mailto:jowalt73@rediffmail.com)  
**Home Page**  
**City** London  
**State**  
**Country** United Kingdom

**Comments** Absolutely fantastic...I downloaded and tried doing the exercises and they felt great. Exactly what I needed. God bless you and thanks for sharing your experiences with us. Jo.

**Date** January 9, 2004  
**Name** Clare Williams  
**Email** [mowz@hotmail.com](mailto:mowz@hotmail.com)  
**Home Page**  
**City** Cambridge  
**State**  
**Country** UK

**Comments** Wow! I was only looking for some stretches to do to recover from a knee injury but you guys have given me so much more.. I volunteer at a Cancer hospice and we tried using some of your excercises with some of our patients with tremendous success. Thank you so much for sharing your experiences with us and putting everything into perspective.

---

**Date** January 6, 2004  
**Name** bobbie jean brooks  
**Email** [bbrooks4778@nyc.rr.com](mailto:bbrooks4778@nyc.rr.com)  
**Home Page** <http://www.@rr.com>  
**City** brooklyn  
**State** ny  
**Country** kings

**Comments**

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**Date** December 21, 2003  
**Name** rico aquino  
**Email** [rico\\_aquino29@yahoo.com](mailto:rico_aquino29@yahoo.com)  
**Home Page**  
**City**  
**State**  
**Country**

**Comments** First time i've visited your site, i'll try some of your featured exercises. Good luck!

---

**Date** December 4, 2003

**Comments**

**Name** julia  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

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**Date** December 4, 2003  
**Name** Mark Jarvis  
**Email** [anthonyj642000@yahoo.ca](mailto:anthonyj642000@yahoo.ca)  
**Home Page**  
**City** Waterloo  
**State** Ontario  
**Country** Canada

**Comments** GREAT WEBSITE!! I've looked long and hard to find a site that offered a complete exercise and breathing workout! Excellent Job!! Mark J

---

**Date** November 18, 2003  
**Name** Wendy Teh  
**Email** [wthk9741@singnet.com.sg](mailto:wthk9741@singnet.com.sg)  
**Home Page**  
**City** Singapore  
**State**  
**Country** Republic of Singapore

**Comments** Learn alot about deep breathing and your experience in coping with your mum's illness. Your stories will definately help many readers to be mentally prepared for the future. Thanks for sharing them with us.

---

**Date** November 7, 2003  
**Name** valerie bruno  
**Email** [rightytightyleftylousey@yahoo.com](mailto:rightytightyleftylousey@yahoo.com)  
**Home Page**  
**City** plymouth  
**State** massachusetts  
**Country**

**Comments** loved the deep breathing and also the office exercises. i am on the dr phil's weight loss challenge and plan on using deep breathing instead of reactive emotional eating. thank you for making it interesting and healthy

---

**Date** October 26, 2003  
**Name** Karen Case  
**Email** [kcase@cinci.rr.com](mailto:kcase@cinci.rr.com)  
**Home Page** None  
**City** Cincinnati  
**State** Ohio  
**Country** USA

**Comments** I stumbled upon your web site while doing some research for medical terminology. I had such fun looking through the pages and felt such an amazing amount of warmth and "health" of the family and friends you guys have.

THANKS!

---

**Date** August 21, 2003  
**Name** Michelle Burkel  
**Email** [jsburke@lakes.com](mailto:jsburke@lakes.com)  
**Home Page**  
**City** 1132 1st Ave. p.o. box 264  
**State** MN  
**Country** USA

**Comments** Your site was very helpful. My grandma died of alzheimer's and I worry maybe someday I'll have it. But it's good to keep yourself up to date with recent technologies or research. Thanks.

---

**Date** August 5, 2003  
**Name** Maritza Acevedo  
**Email** [OhMaritza1@yahoo.com](mailto:OhMaritza1@yahoo.com)  
**Home Page**  
**City** Oakland Park  
**State** Florida  
**Country**

**Comments** Congratulations for your work. This is one of the best websites on stretching I have seen. I am impressed. Thanks for all the information. I am a fitness instructor for young people and seniors and love to work with seniors a lot. I take a lot of care in teaching the right exercises. Thanks again.

---

**Date** July 17, 2003  
**Name** Gary Manigian  
**Email** [gm@designconcepts.net](mailto:gm@designconcepts.net)  
**Home Page**  
**City** Martinsville  
**State** NJ  
**Country**

**Comments** I found your website while searching for stretching exercises on Google. I'm 61 and trying to get back into running after taking a 12 year break. I was doing great for about 6 months but got a little lazy about warming up and stretching so I stopped. I think your exercises will help. I enjoyed your website. Browsed and read a good portion of it. Great family tribute. I think I have a picture of my mother (now 87) who looks exactly like your mother in the "bathing beauty" picture! I'll have to dig it out.

---

**Date** June 25, 2003  
**Name** Sharon Marshall  
**Email** [sharon.l.marshall@power.alstom.com](mailto:sharon.l.marshall@power.alstom.com)  
**Home Page**  
**City** Hartford  
**State** CT  
**Country** USA

**Comments** I found this site to be very helpful in my search for proper exercising. Mom's story really got me thinking about my own mother and the difficulties she starting to go through with remembering things.

---

**Date** June 5, 2003  
**Name** Mary Beth Wells  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

**Comments**

---

**Date** June 3, 2003  
**Name** Theresa Wallace  
**Email** [theresa@congregator.org](mailto:theresa@congregator.org)  
**Home Page**  
**City** River Edge  
**State** NJ  
**Country** USA

**Comments** I finally got a chance to check your site. What a wonderful tribute to your family. Think about your mom when I do the Congregator.

---

**Date** May 24, 2003  
**Name** David  
**Email** [dbigio2003@yahoo.com](mailto:dbigio2003@yahoo.com)  
**Home Page**  
**City**  
**State**  
**Country**

**Comments** You are dooing a good thing... keep it up!

---

**Date** April 17, 2003  
**Name** orutugu livingstein  
**Email** [otuguikiowe@yahoo.com](mailto:otuguikiowe@yahoo.com)  
**Home Page**  
**City** lagos,  
**State** lagos  
**Country** NIGERIA

**Comments** Godbless your efforts to imortalise your parents.



---

**Date** April 16, 2003  
**Name** steve g  
**Email**  
**Home Page**  
**City** NYC  
**State** NYC  
**Country** USA

**Comments** Great web site. I was into the stretches and breathing. I lost my dad to AD when he was 59 also. Taking care of his physical needs were very difficult. The disease progressed rapidly and it required that my dad receive care at a nursing home.

---

**Date** March 29, 2003  
**Name** Jo Anne Dorgan  
**Email** [turkey\\_32803@yahoo.com](mailto:turkey_32803@yahoo.com)  
**Home Page** A chronic Asthmatic in Central Florida area.  
**City** Orlando  
**State** Fl.  
**Country** US

**Comments** Plesse help me get int a Deep Slow Easy Breathing program in the Central Florida area on Wed.or Fri.or Saturday afternoon. I need the exercise. Plus all my life I don't want to be addicted to an Asthma Inhalor too. Hope to get a Deep Slow Easy Breathing Class in the Central Florida area soon. Jo Anne Dorgan 4020 Ibis Drive Orlando,Fl. 32803 Hph: 407-898-3187

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**Date** March 13, 2003  
**Name** Don Meyer  
**Email** [donmeyer@optonline.net](mailto:donmeyer@optonline.net)  
**Home Page**  
**City** Bethpage  
**State** Ny  
**Country** USA

**Comments**

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**Date** February 23, 2003  
**Name** Yvette Vendrell  
**Email** [pachosos@avantel.net](mailto:pachosos@avantel.net)  
**Home Page**  
**City** Mexico City  
**State** DF  
**Country** Mexico

**Comments** I have ms and an overweight I need an extra help to loss some weight.I swimm but it seems that it isnt enough, any ideas will be good.

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**Date** February 8, 2003  
**Name** george kelly  
**Email** [geordiekell@yahoo.co.uk](mailto:geordiekell@yahoo.co.uk)  
**Home Page** ntlworld.com  
**City** glasgow  
**State**  
**Country** united kingdom

**Comments** excellent web site just what i was looking for.

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**Date** February 5, 2003  
**Name** guaranteed laughs  
**Email** [bill@guaranteedlaughs.com](mailto:bill@guaranteedlaughs.com)  
**Home Page** <http://www.as-seen-on-tv-top-products.com/guaranteedLaughs.asp>  
**City** atlanta  
**State** ga  
**Country** america

**Comments** This is a very well done site. I am glad to see you. Bill

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**Date** January 28, 2003  
**Name** pam trahan  
**Email** [pam@iamacajun.com](mailto:pam@iamacajun.com)  
**Home Page** <http://www.imacajun.com>  
**City** lafayette  
**State** la  
**Country** America

**Comments** Good work!!! Pam

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**Date** January 28, 2003  
**Name** garret  
**Email** [garret@groktankmedia.com](mailto:garret@groktankmedia.com)  
**Home Page** <http://www.groktankmedia.com>  
**City** new orleans  
**State** la  
**Country** st. landry parish

**Comments** I like the colors used on this site. I do web design and this is a goodlooking site. G

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**Date** January 28, 2003  
**Name** bun and thigh max  
**Email** [bunandthighmax@city.net](mailto:bunandthighmax@city.net)  
**Home Page** [http://www.as-seen-on-tv-store-1.com/avacor\\_hair\\_care\\_system.asp](http://www.as-seen-on-tv-store-1.com/avacor_hair_care_system.asp)  
**City** orange  
**State** tx

**Comments** Great site!!!! greg

**Country**  
**Date** December 9, 2002  
**Name** Claire  
**Email** [cfrye@standrews-ri.org](mailto:cfrye@standrews-ri.org)  
**Home Page**  
**City** Barrington  
**State** R.I.  
**Country**

**Comments** Had a stressful day ---needed to relax--- pulled up your pages for some deep breathing. Not bad. How did you come to do this? Something to do with work? Anyway, it helped. Thanks. Take care- Merry Christmas. I need the new year this year- had a particularly bad year. My brother dropped dead a 40, my youngest daughter broke her leg and need surgery, my oldest daughter had a cornea transplant, and my blood pressure went sky high. I could use some relaxing. I'll make use of the breathing exercises. Thanks again. Claire

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**Date** November 11, 2002  
**Name** Olli  
**Email** [OlliZeus@gmx.de](mailto:OlliZeus@gmx.de)  
**Home Page**  
**City** Bonn  
**State** Germany  
**Country** Germany

**Comments** we never forget usa from germany

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**Date** November 9, 2002  
**Name** Dr. T.A. Behrens  
**Email** [tabehrens.phd@tabehrens.com](mailto:tabehrens.phd@tabehrens.com)  
**Home Page** <http://www.tabehrens.com>  
**City** Plano  
**State** TX  
**Country** US

**Comments** Thanks so much for your site. Your parents look like beautiful people. I am so sad when age takes us along paths that we would not have chosen for ourselves. I am praying for your mom. God bless you folks.

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**Date** October 31, 2002  
**Name** craig nielsen  
**Email** [rcnielsen@earthlink.net](mailto:rcnielsen@earthlink.net)  
**Home Page**  
**City** Montoursville  
**State** PA

**Comments** River Dell High, '61

## Country

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<b>Date</b>	October 22, 2002	<b>Comments</b> I fell upon your website. I was very touched by those beautiful photos of your mom and dad. They were obviously very much in love. You can tell by their eyes and smiles. Sorry you lost your dad and that your mom is sick. I lost my dad to Alcoholism and AIDS in 1996. I hope you find solace in the pictures. What keepsakes. Your parents will always be alive with memories like these. Thanks for sharing. Tammy Minnesota
<b>Name</b>	Tammy	
<b>Email</b>	<a href="mailto:tammy@jwda.com">tammy@jwda.com</a>	
<b>Home Page</b>		
<b>City</b>	Shorewood	
<b>State</b>	MN	
<b>Country</b>	Hennepin	

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<b>Date</b>	September 30, 2002	<b>Comments</b> Hey. You're got a very inspiring site here. The content is great and extremely helpful. Keep up the beautiful work. :) Ally
<b>Name</b>	Ally	
<b>Email</b>		
<b>Home Page</b>	<a href="http://www.toneteen.com">http://www.toneteen.com</a>	
<b>City</b>		
<b>State</b>	NJ	
<b>Country</b>		

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<b>Date</b>	September 9, 2002	<b>Comments</b> over one and a half years I have been doing slow easy breathing exercises, that i added to my resistance training . it has made a big difference to my workouts, at 52 years old i feel that I am in better shape than thirty years ago, this was godsend finding this web page, thank you for enhancing my life and making me feel young again. david
<b>Name</b>	david j difrancesco	
<b>Email</b>	<a href="mailto:difrN01@MSN.COM">difrN01@MSN.COM</a>	
<b>Home Page</b>	MSN	
<b>City</b>	SOUTH EUCLID	
<b>State</b>	ohio	
<b>Country</b>	cuyahoga	

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<b>Date</b>	August 24, 2002	<b>Comments</b> Excellent page!! Pls accept my most sincere congratulations. Kind
<b>Name</b>	Martin Bargraser	

**Email** [mbargraser@cantv.net](mailto:mbargraser@cantv.net)  
**Home Page**  
**City** Caracas  
**State** DF  
**Country** Venezuela

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regards, Martin

**Date** May 30, 2002  
**Name** Stacey Reda  
**Email** [boopsieboneboy@yahoo.com](mailto:boopsieboneboy@yahoo.com)  
**Home Page**  
**City** Royal Oak  
**State** MI  
**Country** USA

**Comments** Just a quick note to thank you for the informative website. After many years of being out of shape- I have finally motivated myself to get healthy again. I have been looking for helpful stretching exercises to assist me in this process. Additionally, what a wonderful, devoted son you are. It is refreshing to note that individuals of your calibre still exist. Best wishes along your journey with your mom- she must be a wonderful woman to have raised a son like you.

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**Date** April 30, 2002  
**Name** Ryan Scoggins  
**Email** [rscggn@cs.com](mailto:rscggn@cs.com)  
**Home Page**  
**City** Oregon City  
**State** Oregon  
**Country** USA

**Comments** I enjoyed your web page and copied off some information that we will use in our classrooms. Thanks

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**Date** April 27, 2002  
**Name** Farooq Ahmed  
**Email** [farooq@mochamail.com](mailto:farooq@mochamail.com)  
**Home Page**  
**City** Karachi  
**State** Sindh  
**Country** Pakistan

**Comments** really appreciating your great work at your web site. spreading free of cost useful information is great work. regards, Farooq Ahmed from Pakistan

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**Date** April 22, 2002  
**Name** Richard Venneman

**Comments** By the looks and content of your page on your mom, and the

**Email** [venneman@optonline.net](mailto:venneman@optonline.net)  
**Home Page** [www.moxierich.com](http://www.moxierich.com)  
**City** South Amboy  
**State** NJ  
**Country** USA

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delicate nature of you comments,  
I can tell the love you feel for  
your mom. Thanks for sharing!

**Date** April 4, 2002  
**Name** melissa  
**Email** [wakeybaby@aol.com](mailto:wakeybaby@aol.com)  
**Home Page**  
**City** poughkeepsie  
**State** ny  
**Country** us

**Comments** your stretches were great but,  
you do not have any ages levels  
for teens, and children. On the  
charts you showed the youngest  
age was 20. What about teens,  
and children that want to stretch  
and stay fit. Well, I think you  
should not over look this. Many  
teens worry about there  
appearance and that may be the  
cause of eating disorders.

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**Date** March 29, 2002  
**Name** Michael Davis  
**Email** [gatekeepermd@netscape.net](mailto:gatekeepermd@netscape.net)  
**Home Page**  
**City** Buffalo  
**State** NEW YORK  
**Country** USA

**Comments** What an amazing way to  
maintain your sanity and show  
your love at the same time. God  
Bless for the devotion and caring  
you have given to your Mother.  
Your site is helping others in  
countless ways. I have posted a  
link to your site at the goalie stuff  
online forum and they find your  
info on breathing and other  
exercises very useful.

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**Date** February 28, 2002  
**Name** Diane Johnson  
**Email** [dlj1@humboldt.edu](mailto:dlj1@humboldt.edu)  
**Home Page** [www.humboldt.edu/~dlj1/](http://www.humboldt.edu/~dlj1/)  
**City** McKinleyville  
**State** CA  
**Country** USA

**Comments** I'm a friend of Julie Yingling's. I  
like your web site. Very well  
done.

---

**Date** February 7, 2002

**Comments** i would like printable deep

**Name** Jane Samuelson Durkott  
**Email** [durkott@main-net.com](mailto:durkott@main-net.com)  
**Home** <http://www.champaigncounty.com>  
**Page**  
**City** urbana  
**State** ohio  
**Country** usa

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breathing exercises; NOT TO LOSE WEIGHT; but, for the natural benefits of deep breathing, and to help with stress.

**Date** January 9, 2002  
**Name** Pat O'Reilly Jarrett  
**Email** [pjarrett@mediaone.net](mailto:pjarrett@mediaone.net)  
**Home Page**  
**City** Marstons Mills  
**State** MA  
**Country** USA

**Comments** Hi Rick - heard from Ted yesterday and he sent the websites for me to peruse. I'm one of the O'Reillys from 5th and Jefferson in River Edge. It was good seeing pictures of your brother and mom and dad. It was also good seeing what the two of you have been up to! As you may recall, Ted and my brother Flip were avid snake hunters in their youth. I've sent Ted Flip's telephone # in Seattle and perhaps they'll catch up on old times. Nice websites.

---

**Date** December 31, 2001  
**Name** Tom Kroohs  
**Email** [tkroohs@cfl.rr.com](mailto:tkroohs@cfl.rr.com)  
**Home Page**  
**City** Apopka  
**State** Florida  
**Country**

**Comments** Nice to see an old friend on the web. River Dell, 1968 - x-country and track.

---

**Date** December 29, 2001  
**Name** Mary Hamers  
**Email** [mhamers@bigpond.com](mailto:mhamers@bigpond.com)  
**Home Page** Telstra Big pond .com.au  
**City** Geelong.  
**State** Victoria  
**Country** Australia.

**Comments** The deep breathing excersises will help my husband Ferdy, he is a pro cyclist and needs to get a lot more oxygen into his blood. Thank you very much . Have a good New Year. Mary.

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**Date** December 22, 2001  
**Name** Arlen Huber  
**Email** [guzziah@aol.com](mailto:guzziah@aol.com)  
**Home Page**  
**City** Lancaster  
**State** P.A.  
**Country** Lancaster

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**Comments** good information

**Date** December 2, 2001  
**Name** Janice Calkins  
**Email** [jmngstar1@cs.com](mailto:jmngstar1@cs.com)  
**Home Page**  
**City** Cañon City  
**State** Colorado  
**Country** USA

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**Comments** Thank you so very much for sharing. Namaste Janice

**Date** November 25, 2001  
**Name** Irene  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

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**Comments** Thank you for putting effort towards such an important goal!

**Date** November 8, 2001  
**Name** Terry Osborn  
**Email** [osborntj@earthlink.net](mailto:osborntj@earthlink.net)  
**Home Page**  
**City**  
**State**  
**Country**

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**Comments** wonderful

**Date** September 11, 2001  
**Name** clatina30  
**Email** [clatina30@hotmail.com](mailto:clatina30@hotmail.com)  
**Home Page** [clatina30@yahoo.com](mailto:clatina30@yahoo.com)  
**City** San Isidro el General  
**State** puntareanas  
**Country** Costa Rica

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**Comments** Dear Sirs I am very interested in this form of exerizing and using it to inprove my resistance training and cross traing .



**Date** August 9, 2001  
**Name** Owen Robertson  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

**Comments** I appreciate your site! Just dropping you a line to thank you for putting all that information on the web. I found your site through DMOZ.ORG - the online human-edited directory (I highly recommend it) and found the breathing and stretching exercises useful. Excellent site, keep up the good work!

**Date** July 24, 2001  
**Name** Jim Hawkins  
**Email** [jim@jphawkins.com](mailto:jim@jphawkins.com)  
**Home Page** <http://www.jphawkins.com>  
**City** Middletown (Monmouth C)  
**State** NJ  
**Country** USA

**Comments** Rick, You have a great site here. Sorry about your parents. 59 is too young for someone to die. I was devastated when my father died in 1987 at 69. I am fortunate that my mother is still living and enjoying life. I'm very sorry your mother is suffering. I had no idea that Alzheimer's is much more than a loss of memory. Thank you for sharing. I was in your brother Ted's grade school class for 5 years. I remember Ted as being one of the nicest and smartest kids in the class. I was also a friend of Peter Geiges, who lived around the corner from us. He was the first kid I saw when we moved to River Edge. Carol Geiges was also in our grade school class. I remember playing stick ball with Carol and Steve Scheller (sp?) who's back yard was between ours and the Geiges's. I hope to get in touch with Ted and Peter Geiges some day and possibly other "kids" I grew up with in River Edge. My father also came home every night ate breakfast and supper with the family and was home weekends with us. That seems to have g

---

**Date** July 7, 2001

**Comments** I came across your site whilst

**Name** Ann Hardy  
**Email** [Exercise1000@aol.com](mailto:Exercise1000@aol.com)  
**Home Page** [www.exercise.co.uk](http://www.exercise.co.uk)  
**City** Whitley  
**State** East Yorkshire  
**Country** UK

trying to source links to be included on my new, upgraded web site due to be launched in the new 2/3 weeks. I was most impressed with your caring and the sharing of what must be a very personal part of your family's life. If you have no objection I would like to use your site as a link on the Alternative Ways section of the information part of my new site. Family is very important, something we sometimes tend to forget. To the two of you I say look after each other and well done.

---

**Date** June 8, 2001  
**Name** Tom Baldinette  
**Email** [upn8th@earthlink.com](mailto:upn8th@earthlink.com)  
**Home Page**  
**City** Wake Forest  
**State** NC  
**Country** USA

**Comments** Dear Rick, My name is Tom Baldinette, nephew of Dee and Ken. I thoroughly enjoyed your tribute, photos, and the memories they provided. I remember, as a boy, spending time with many of those family members, and also that, they were always a very warm and cordial group. Just a few years back too, I brought my parents to visit with Pearl and Ken when he was visiting her in NJ. Another nice visit. My parents are doing fine and residing in Pearl River NY. This coming December they will each be turning 80. I live with my wife and daughter in Wake Forest, NC. Thank you again for the fine memories and the moving recount of the care you provided. Feel free to drop a note anytime if you wish. Sincerely, Tom.

---

**Date** June 5, 2001

**Comments** A great page to learn about

**Name** Debi Hunn  
**Email** [aHunn1@aol.com](mailto:aHunn1@aol.com)  
**Home Page** none  
**City** Camarillo  
**State** CA  
**Country**

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you...sorry, can only send a pic...

**Date** June 3, 2001  
**Name** Stan Perkins  
**Email** [lshmael@gvtel.com](mailto:lshmael@gvtel.com)  
**Home Page**  
**City** Bagley  
**State** MN 56621  
**Country** USA

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**Comments** See e-mail

**Date** May 19, 2001  
**Name** James Ooi  
**Email** [doggydog@tm.net.my](mailto:doggydog@tm.net.my)  
**Home Page** -  
**City** Klang  
**State** Selangor  
**Country** Malaysia

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**Comments** I am very touched with the loving care for your Mum. I hope you and your brother will be a fine example to emulate. The stretching exercises are like no others I have known. Certainly very useful for me, but for my mum who is 85 years ( hale and hearty!)She has to continue with her daily walks. Thank you nad God Bless.

**Date** April 19, 2001  
**Name** Carmen Wallar  
**Email** [CChewie16@aol.com](mailto:CChewie16@aol.com)  
**Home Page**  
**City**  
**State**  
**Country**

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**Comments** Thank You....This is what I have been looking for. I am very obese and need to exercise, but I have arthrtis in my knees and my lower back. I wanted to start with stretching first before beginning a walking program. God Bless YOU!!

**Date** April 11, 2001  
**Name** Val Alligood  
**Email** [swtbr68@aol.com](mailto:swtbr68@aol.com)

**Comments** Hi! I just browsed around and tried a couple and I really enjoyed the exercise. I will

**Home Page**

**City** Lex.  
**State** SC  
**Country** USA

continue with your program and also invited my family members and they also were pleased. keep up the good work!! Thanks!

---

**Date** April 11, 2001  
**Name** Howard Pritchard  
**Email**  
**Home Page**  
**City** Kensington,  
**State** MD  
**Country** USAmerica

**Comments** Thanks for a fantastic site

---

**Date** April 11, 2001  
**Name** anne murphy  
**Email** [annemurphy\\_2000@yahoo.com](mailto:annemurphy_2000@yahoo.com)  
**Home Page**  
**City**  
**State** PA  
**Country**

**Comments** Thanks for a great site.

---

**Date** April 9, 2001  
**Name** M. Thayer  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

**Comments** "Great web page! I think your mini-posters steps are very good."

---

**Date** April 9, 2001  
**Name** S. Watkins  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

**Comments** ...I admire posting these excersizes on the net. Keep up the positives..they go a long way...I started my daycare kids doing them..they had a blast so we are going to do them everyday...

---

**Date** April 9, 2001  
**Name** V. Campbell  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

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**Comments** Fantastic! Thank you so much.

**Date** April 9, 2001  
**Name** M. Chapman  
**Email**  
**Home Page**  
**City** Houston  
**State** Texas  
**Country** USA

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**Comments** Wonderful web site. Very helpful exercises. Everything done in good taste I might add. :)

**Date** April 9, 2001  
**Name** S. Hawthorne  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

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**Comments** Read your story...A Long Slow Journey. Life isn't easy. Love the slow stretching and deep breathing. This is what I call exercise. I appreciate your posters and instructions.

**Date** April 9, 2001  
**Name** D. Lyerly  
**Email**  
**Home Page**  
**City**  
**State** North Carolina  
**Country** USA

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**Comments** What beautiful parents, what a thoughtful son! Thank you for the helpful information provided through your site.... I downloaded some of the posters, and plan to visit frequently.

**Date** April 9, 2001  
**Name** C. Mitchell  
**Email**  
**Home Page**  
**City** Cambridge  
**State** MA  
**Country** USA

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**Comments** "... while searching for stretching exercises on line, I came across your site and I must say that your tribute to you Mom really touched me. Thank you truly, Catherine."

**Date** April 2, 2001  
**Name** Mike Downs  
**Email** [mdowns@austin.rr.com](mailto:mdowns@austin.rr.com)  
**Home Page**  
**City** Austin  
**State** TX  
**Country** USA

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**Date** March 15, 2001  
**Name** Kerrie Davis  
**Email**  
**Home Page**  
**City**  
**State** Ontario  
**Country** Canada

**Comments** I came on the internet to look up different ways to stretch and then I came upon your website. I'm sorry about your parents, they were probably very good people. I hope that lots of other people come to this website. Best Wishes.

---

**Date** March 14, 2001  
**Name** Kelly  
**Email**  
**Home Page**  
**City**  
**State**  
**Country**

**Comments** Over the last 10 years I have watched my Grandmother go through the process of losing her memory to Ahlzheimers. It has been a terrible expirience for my whole family but we try to understand and help her. About 4 months ago my grandfather passed away and ever since she has been much more confused and angry at him for not visiting her. I hope that someday we can find a cure for the disease but if not I know that my grandmother will remember my name someday when I see her in heaven.

---

**Date** March 3, 2001  
**Name** JL Mikkell  
**Email**  
**Home Page**  
**City**

**Comments** :) Nice site..! I've been there done this.. It isn't easy on anyone.. I lost my Mon last June after 16 - 20 year battle.. She was

**State**  
**Country**

so talented..

---

**Date** February 24, 2001  
**Name** King  
**Email** [kngddyk@aol.com](mailto:kngddyk@aol.com)  
**Home Page**  
**City** Myrtle Beach  
**State** SC  
**Country** USA

**Comments** Thank You. The special instructions and pictures that illustrate the stretching and strengthening excercises are marvelous. I had been looking for something just like this. I wanted it for health and beauty. Thanks again!!!