

Rocky's Holiday Gazette

From Rocky, Leonor, Jesse, and now, Jeremy!

Volume 9
Holidays, 2004

Now Jeremy, too

We have been so busy - I think I told you we now have Jesse's little brother, too. He's (Jeremy) eight, in the third grade, and just wonderful. Jesse is now 14, in high school (9th grade), and - knock on wood - really coming around. He is, after 6 years, continuing to grow into a nice young man. But we find ourselves with precious little time for much else.

Jeremy is so talkative—there's never any question what he is thinking! We sometimes have to



tell him that our ears are tired and need a time-out! He is in third grade

this year and doing very well in school—he was selected "Student of the Month" in his class in November!

Rocky Phelps and Leonor Allison
7114 Zircon Ct SW
Lakewood, WA 98498
Email: rockyp@rockyp.com
Web: <http://www.rockyp.com>

My tennis has been less than great for the last three years, partly due to increasing pain in my right elbow. I knew it wasn't your typical tennis elbow, which hurts either on the inside or outside of the joint—this hurt right *in* the joint!

I could play for a while, but the pain afterwards lasted for days. Tennis wasn't fun anymore. So, finally, I marched off to the doctor.

After X-Rays, he said I had several bone chips in my elbow, along with some arthritic de-



formation. He discussed two choices: He could take the bone chips out arthroscopically,

but the arthritis would still be there. Or, he could open the joint and really go after the problems. He recommended surgery.

August 27 was the big day. After the surgery, I asked how many bone chips he removed.

He said "None. They were marbles!" He told me he removed five marble-sized bone chunks! How they all fit in my elbow is a mystery, but it was no wonder I had pain! He also used his

drill, sander and Dremel tool to reshape the joint.

I was supposed to endure a recovery period of 8-12 weeks, but I couldn't wait. I started playing after two weeks (left-handed just for fun), and by 8 weeks I was playing almost "normally".

It has now been almost four months, and I couldn't be happier! I don't have any more pain at all! I have been playing "real" tennis now for almost two months, pain-free and returning to my former competitive level of competition.

In next year's Gazette, I'll again be reporting on my fabulous tennis court successes!

A Week of Many Experiences

I had an opportunity to attend a software developer's conference in Orlando in September.

That alone is kind of neat, because I've never been there, and as a 58-year-old kid, the thought of visiting Disney World was just about enough for me to justify the trip, forget the training!

So, we began our planning... Since Jeremy is now with us full-time, and eight is a prime age for Disney, we decided he

could be taken out of school for that time. Poor Jesse—he had gone to Disneyland with us a

few years ago, and is now in his first year of High School—was destined to stay home and in school.

We arrived in Orlando on

Sunday evening, and I was in training sessions Mon.-Wed., while Leonor took Jeremy (or he took her!) to various places in the park. In the evenings, he would take me back to his favorite rides and attractions.



We spent the rest of the week having fun, and watching the progress of hurricane Jeanne. We were scheduled to fly home Sunday morning, but Jeanne hit on Saturday. We were confined to the hotel all day, and the airport was closed for a day and a half, so we were stuck in Orlando until Tuesday. Experi-



encing a hurricane is really no big deal if you are staying in a hotel. It was just like the pic-

tures on the news—trees blowing way over, and extremely heavy rain falling horizontally.

Travels and More Travels 2004 Photos:

This year was filled with short and not-so-short travels.

In January, Leonor went to Yuma, AZ, for a month to be with her mom. No problems there, it was just a visit. Her mom is nearly 90 years old (will be in 2005), so Leonor likes to visit often and long.

In April, we took Jeremy to Sunriver (Oregon, near Bend) to ski while Jesse went to New York and Washington DC on a school trip.

In May, I went to a computer training session in San Antonio for a week.

Then in June, Leonor and I went to Gatlinburg, TN, so I could attend more training. The end of June found us in Sunriver again, this time for tennis tournaments.

Leonor took both boys, Jesse and Jeremy, plus her son Matt who lives near us, to Yuma for another 6 weeks during July and August.

At the end of September, we took Jeremy to Orlando, again so I could attend training sessions. See the story on the front page about our hurricane experience there.

October found us in Victoria, BC, for a long weekend. That is such a neat place to visit!

In November, we took our annual week in the sunny south—Puerto Vallarta, Mexico.

And last but not least, I just returned from my annual week-long Santa Claus trip to Paris to see JoAnn and her kids.

Wow, I'm tired just thinking of all that!

Tennis Success - For Leonor!

For years, Leonor has been tagging along with me to tennis tournaments, watching (or not) as I play and play. Well, this year we have a role reversal. Leonor played on ladies' super senior (over 60) league team this year, and they not only won their local league championship, they also won at the Sectional tournament in Sunriver! So her team is going to Kansas City in May to compete in the National tournament! And I get to go along as the spectator and cheerleader!



Leonor, Jeremy and I at Disney World—before the hurricane.



Jeremy with Mason and Kris-ten's George.



JoAnn's Ian and Zoë giving me a "do".



Ian (right) in karate class.



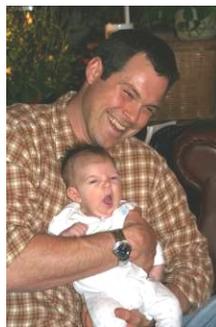
JoAnn's Zoë hamming it up.



Jen's Carly—too cute!



The Eiffel Tower in its Christmas dress.



My nephew Mason (Dick's son) with their first baby—10+ pound George!



Leonor, Jesse and Jeremy.



Fabulous ancient weapons display at the Napoleon Army Museum in Paris.



Us...



My brother Dick and his Chris—they visited this year!



Jennifer's Nick—looks like a fast break to me!



Jen's Nick and Carly at Nick's baseball banquet.