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Hey there, Mark Zoril with the PlanVision podcast. And this one is just an update on what's going on for me. I do these every once in a while. What's been happening in my life the last three to four months. Been way too cold, that's a theme throughout this podcast. So I'm going to go back to Thanksgiving. We met my wife's father in Myrtle Beach down along the upper part of South Carolina. And had a nice time. Stayed at a very nice place, had a nice view of the ocean. We went to a couple of light shows which are popular during the Christmas time these days. They're fun if you don't mind waiting for 90 minutes to two hours in a car basically not moving. That's hard for me, I'm not really claustrophobic, but I'm just ugh, there's no way out, I was totally stuck. So that seemed to overwhelm my enjoyment. But we did have a nice Thanksgiving weekend, had this great dinner, we overate at this hotel restaurant, I can't remember the name, but my wife wanted to go back there already next year.

Now with my father-in-law coming in, he enjoys fishing, and wanted to rent a charter boat, which we did. I agreed to go, and one of my daughters is going to go along with us, see what we can find. I think the guy's name was Caleb, very nice guy, he knows the area, he's born there, right? And so we're going to go out and check out the spots and hopefully get some fish. Basically didn't catch anything, except for maybe frostbite. We were out there for six, seven hours. Beautiful for sure along the coast there in the Myrtle Beach area up and down some of the inlets and out on the ocean itself. Get a great view of things when I wasn't huddled on the floor in the fetal position in the front of the boat. I didn't quite do that, but that's what it felt like I should do. So that's episode number one from our frigid winter.

Now during this time, I had gotten a recommendation from my dermatologist, which I see once every six or nine months. I go and see their office and I would typically get these pre-cancerous spots frozen off. It's a good idea just as a precautionary step, I have no skin cancer, a little bit in the family. But anyways, they had recommended that I can take control of this by applying a topical cream and deal with this myself. I could do it on my own at my own convenience and address this so I wouldn't have to have these sessions again in the future. And I'm really going to be doing it in the head and the facial area. And the treatment that I use is called fluorouracil. I think I'm pronouncing it correctly. So I wasn't going to put it all on at once, that'd be way too much, right? But you can put it on piecemeal. So I thought I would do the top of my head first and my forehead. Now when I put it on, it was pretty uncomfortable, well actually the first few days nothing. It's pretty easy. But then we get to day six, seven, now it's starting to get pretty uncomfortable, pretty itchy, scaly. And seven to eleven days was, yeah, it was uncomfortable. But then it gets better. And so finally it all went away and I was able to clean up and one of the benefits that is promoted is I looked a bit younger. My skin looked a little better. So all in all, it was not so bad. Now I did this before Thanksgiving and I had a little bit of the crummy look going on right during the Thanksgiving holiday, but not so bad.

Now the next step was to do my face. And that was basically from my forehead, the top of my eyes down to my chin, the bottom of my jawline. Now, putting this on would include that I would have to be applying this to the part of my face where I would shave. And I thought, well, that might be uncomfortable. So I called the office, the dermatologist and said, hey, should I put this where I'm shaving or is that going to get to be really painful? And the person put the phone down, let me go check on that, and went and talked to them... yeah, go ahead and do it. Alright, so I put it on. Days one through six, I'm thinking this is pretty easy. But it starts to get more uncomfortable by day eight. Oh my god. This was an entirely different experience than what I had with my head. So I had this ointment that I could put on, I put on the applications for seven days, right? And then you stop at the seven days. That's enough of putting battery acid on your face. So I put on the ointment, I started putting on the ointment immediately on the seventh day. And I couldn't put enough on, I started putting on Vaseline all over it. My face is just covered with this goo. And so now this probably from days eight, nine through thirteen were essentially miserable. Particularly the creases around my nose. I couldn't get comfortable. It felt like somebody had poured acid on my face, intense burning. I was talking with

my brother who has been treated for cancer at MD Anderson in Houston. And he was aware of it, he said, Mark, you know what they call that stuff? Down there they call it cancer cream. I survived.

Now, here's what happened, this is cold event number two. While I was putting this stuff on and in the worst days, well the NCAA had the men's soccer tournament here, they have it here every year in Cary. And my oldest daughter and I went, for the second year in a row. We had a great time. Friday night was the final four I guess and then Monday was the championship. And NC State, a local team, was in, they had advanced. Now, so Friday night, we go and my sister had brought a friend. And so look these are kind of long evenings. And it is just horribly cold out. I can't handle this. You know the thing about going to the stadium is there's really nowhere to go except for the bathroom. Like there's no lodge to go into. So, we got through, the games were okay, they were fine, NC State did win by the way. Advanced to the finals against the University of Washington. So we came back Monday for the final game, it's still pretty cold out, not quite as bad, but it's only one game. So we're not going to be there for six hours in the cold weather. But I had pretty recovered, warmed up by then and the game was fantastic. The final game last year had gone to overtime and so did this game. And the Huskies, University of Washington Huskies won. And you can't hear ten thousand people get more quiet than when the Huskies had scored in overtime. And NC State had a great comeback, scored two goals in the last 25 minutes, place was going crazy and then in the first three minutes the game's over. Delightful time though.

Alright, so now it's Christmas, we decided to go to Charlotte. I have recovered from the cold. It's a little bit nicer, but it's still cold out. Went to the NASCAR Hall of Fame, which was cool. Liked that, I have really no interest in driving fast. My daughter did the pit stop thing there. It was cool. So we had fun, did some other activities, our family went to a rescue farm, which if I wasn't running a business I would love to be able to operate an animal rescue business. So maybe I'll do that at some point.

Okay, cold event number three, in the winter of Siberia here in North Carolina. In the middle of January, my oldest daughter who is now fifteen, her team had a soccer tournament in Marietta, Georgia, which is about a six-hour drive. Nice enough drive. Nice sunset that night. But traffic in Charlotte and in Greenville, South Carolina, was miserable. Well we made it, got there. And had a nice time. My younger daughter had to go too because my wife that weekend was in Mexico with a friend. Anyway, so we saw a bit of Atlanta, a few things here and there. The weather was again essentially miserable. Gloomy and cold. And can I say damn cold. Reminded me of growing up in Washington state. And my daughter had early morning games. Nine o'clock on two days and eight o'clock on the last day. Which is good because it was Monday we could get back home to our house relatively quickly but the sun was not out on any of those days. It was raining on one of those days. I don't know how these kids did it. It was crazy. I was miserable. And that's probably why is because I had to stand there and watch the whole time.

Cold event number three, alright, so we're back here in North Carolina. Getting back into winter here and it's still way too cold. You know, with all these big storms, the ice, that we're going to have is going to be a disaster. And oddly enough where we live somehow missed the big snowfall that we had that really got a few parts of the area. I actually had to shovel our driveway. That's why I moved from Minnesota! Is to never have to do this again. And my wife said do we have a snow shovel... we don't have a snow shovel. Turns out we did, we actually had one and I actually used it.

Anyways, so I'm going to finish up with what's going on here. We finally had a nice day this past Saturday. Upper 50s, low 60s around 1 o'clock in the afternoon. And it's sunny out, so it even feels much warmer than that. And I'm gonna go for a ruck, which I haven't been able to do for a month, month and a half, some time issues, but it's too cold for me, I'm a total wimp. And you know when I ruck now I carry a 50-pound weight that I carry. It's hard to put on my back. But I get up there, I really enjoy it. Feels very good. It's very invigorating. So I go for this ruck. I get about 50, I don't know, maybe 40 yards away from my car, I completely roll my left ankle. It must have looked like I had been shot. I just fell down, I mean just went all the way over the top of my left ankle. I knew immediately it was bad news. Fortunately when I fell, I landed on my right knee and that did not get damaged. And

I've heard of that happening before where people damage both legs based upon how things happen. Now I got a nasty scratch on my right knee, but I couldn't I mean I used to actually do this playing pickup basketball in the 90s right when I was in my 20s. I hadn't done this in years. But I'm just laying there in pain just looking up at the trees and thinking, oh my god, I can't believe it. Now fortunately, very fortunately, I'm close to my car, but I have to get up, I have to put weight on this ankle that I just exploded, and carry the 50-pound thing back to my car, which I managed to do. There's only one couple that saw me and I think they looked at me like I was dying. Let's just let him alone, he does not look good. Hopefully he'll get where he needs to go. Made it back to my car, ended up getting surgery, and I was pretty sure I didn't have a broken bone because I've done this so many times before. And yeah, no break. I took a couple pictures of it, it already looks very swollen, the bruising has already started. Now I know, I don't care if it's 105 degrees here with high humidity, I'm wearing my hiking boots that have the high tops. I'm never doing this again when I walk.

But here's another interesting factoid. I'm home now, went to the emergency orthopedic had some x-rays taken, no break, just going to have to deal with it for probably two, three, four weeks until it heals. My wife broke her foot about five, six weeks ago. So she is in a walking boot. She'll be in one for another month, month and a half. I'm in a walking boot. How many families in America right now have both parents in walking boots? I gotta believe it's less than five, if that many.

Alright, so there you have it, some updates on our exciting cold winter here in this Siberia of North Carolina.

Thank you for listening to the PlanVision podcast. Let us know if you have any questions or comments on the topics covered.