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To: [Lorrie Apel](#)
Cc: winapel@aya.yale.edu
Subject: Trip to Boise
Date: Thursday, November 03, 2011 5:22:48 PM

Dear Boise Relatives, Friends, Acquaintances, and Colleagues,

It is with our deepest disappointment and sincerest apologies that Lorrie and I must tell you that we will not be making our long-planned and highly-anticipated trip to Boise November 10-15. There are two primary reasons; and, as you might as conjecture, they're both health-related.

Primarily, I do not want to further compromise my already-severely compromised immune system. I currently have a upper respiratory infection (URI) for which I've been taking antibiotics. It has not gone away, and the coughing is nearly constant. We suspect it is may be viral rather than bacterial. We are certain I picked it up on the trip to California a few weeks ago when we went to see our grandchildren. If I got another URI, bug or something similar, the two together could be worse than the orange juice spill. As a former risk manager, I know that the risk of the orange juice spill was low and that the consequences were high. In case of another URI, cold or something else, however, the risk that it would happen is high and so are the consequences. It would simply be unwise to travel and risk either the event or the consequences. It has been suggested another infection could even put me back in the hospital--not something we want.

Second is the fatigue management. I have felt the last few weeks the worst I have felt since the December 3 surgery, solely because of fatigue. I was hoping and praying that it would dissipate before the trip to Boise, but I have since learned that brain tumors and profound fatigue, especially now, 11-14 months later, are inseparable, and fatigue management is really the only relief barring a miracle. I am still praying for that miracle, that the fatigue would go away, but in the meantime it must be managed. And, as we learned from our long trip to California, that kind of trip severely disrupts the fatigue management function. Our hope is that I will begin to feel better with additional therapies and plenty of rest. The plan is for good nutrition and a regular schedule to balance rest with activities to maintain good muscle tone and function-- although no marathons. Travel does not lend itself to a regular schedule, so we have decided to keep all travel at a minimum for the next few months. If anyone is interested in detailed medical information, here is an excellent article: [Brain Tumors and Fatigue](#).

Lorrie and I will miss much by not coming: dinner with relatives, luncheons with colleagues, walking on the Greenbelt with friends, a symposium with U. of I College of Law seniors, tailgating with friends, a live Boise State football game, and much more.

Mostly, though, we will miss spending time with each of you. We know that many of you have spent a lot of time and effort to make it easier for us to be there, and for that we thank you. Perhaps this trip is just a postponement (without the live football game), and we will see you the first of the year. Let us hope so. In the meantime, have a great November 10-14 weekend.

Incidentally, we also have two tickets to the TCU game if anyone is interested. They are Section 125, Row BB, Seats 24 and 25. We paid a fair amount of money for them some time ago, as it was

anticipated it would be a game of undefeated teams . That is the risk. In any event let us know. We do not want them to go to waste, and we don't much care what the price is if somebody can use them.

Warmly,
Win (and Lorrie)

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