

Last spring Cyndie tackled the remaining ugly spots of my house, painting two bedrooms and the upstairs hall. By summer, she was working on the exterior, freshening up the purple, blue, and green. And then in August, she moved in.

Living two miles apart was pretty good. Living zero miles apart is better.



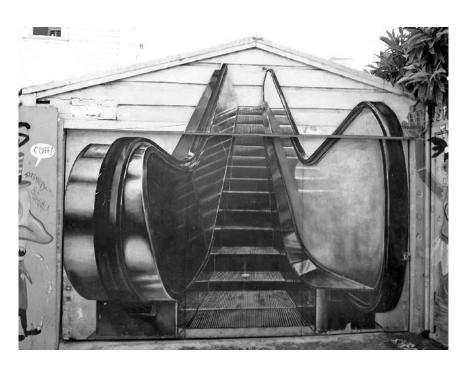
Shells by the Mississippi

Cyndie has been teaching classes and leading groups in Mindfulness and Depression at the Minnesota Zen Center and other venues.

We enjoy tennis, Quiddler, and making nature art together.

While Cyndie was moving into my house and rearranging the kitchen, Ben and I were touring the California coast from Los Angeles to the Marin Headlands. We went boogie boarding, hiked among giant redwoods, and scouted for street art in San Francisco.

Ben's in his senior year at Watershed High and is studying Sound Arts at Minneapolis Community Technical College.



A garage door in the Mission District







David at the Dog Park

David Woolley (612) 824-2001 drwool@thinkofit.com

David's personal web site: www.thinkofit.com/drwool

Cyndie at Home

Cyndie DeRidder (612) 821-0185 cyndie@thinkofit.com

Mindfulness & Depression web site: know-self.thinkofit.net

All of us live at 3144 10<sup>th</sup> Avenue South Minneapolis, MN 55407

Benat the Golden Gate Bridge

Ben Woolley (763) 234-0583