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J. We are starting the podcasts again. I am sending the info for this weeks show. I am only going to select a couple more to put on from the previous shows that you have in the file that is untitled. They will come when I decide which ones I want.

07-29-06: Title: "Knee Injuries and Surgeries...what to do?" The coach discusses with guest Dr. Chris Main, an orthopedic surgeon, on the aspects of knee injuries from the time of the injury to the surgery and then to recovery. Plus guest Wendy Brumbaugh talks with the coach on the upcoming "Relay for Life" events in Shelby County and around the nation!

Thanks, Terry