ROLL-OUT RACQUETBALL

THE KILL SHOT SECRETS OF A SIX-TIME NATIONAL CHAMPION



CHARLES BRUMFIELD & JEFFREY BAIRSTOW

Roll Out Racquetball

Don Sublett

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Roll-out Racquetball Charles Brumfield, Jeffrey Bairstow, 1982 Winning Racquetball Arthur Shay, Chuck Beginning Racquetball Cheryl Norton, James E. Bryant, 1995 Racquetball, the Sport for Everyone Leve, 1976 Randy Stafford, 1975 Racquetball, Strategies for Winning Lou Fabian, 1986 Winning Racquetball Edward T. Turner, Woody Clouse, 1996 Offers drills and advice for players of all levels including information on selecting equipment preventing injury and outthinking opponents Racquetball Bill Verner,1992 Racquetball Everyone Larry David Isaacs, Angela Lumpkin, Don Schroer, 1992 Head-And-Neck Cancer Kills... Don Sublett, 2017-11-02 Cancer categorized as Head and Neck does not get the attention that it should While not in the category of most common cancers it is among the most debilitating and deadly Head and Neck Cancer is very difficult to detect and to diagnose That is why it is almost always advanced either Stage 3 or Stage 4 when diagnosed Mine was Stage 4 Head and Neck Cancer is described as insidious and is in the opinion of many medical professionals unarguably the most painful of any cancers to treat The painful nature of the treatment is due to the massive amount of radiation introduced into the oral cavity throat larynx and esophagus often destroying the mucosa and ultimately leaving the mouth and throat an excruciatingly painful raw and bloody mess The pain is almost never completely eliminated by even the most powerful painkillers such as morphine or Fentanyl Chemotherapy was an adjunct to my primary treatment which was radiation Radiation treatment to the head and neck area destroys the mucosa taste buds saliva glands and compromises one s ability to swallow The cancer and its treatment often also cause some of the most morbid surgeries a person can undergo surgeries which cause nightmarish degradation to one s quality of life While undergoing cancer treatment I chronicled my experience by sending e mail notes initially to a small group of family and friends My initial intimate sharing mushroomed because many of them in turn shared those notes far and wide Many who received my notes told me Don you have a story to tell I hope you will write a book about your experience and include your e mail updates This is the story of my fight with Stage 4 Squamous Cell Carcinoma SCC at the base of the tongue which had metastasized into the neck The journey began with what was thought at the time to be a swollen lymph node in the neck to being diagnosed with Stage 4 cancer and on through rigorous simultaneous treatment with chemotherapy and radiation to surgery and the culmination of where I am today My story is an in the moment description of the emotional roller coaster that anyone with advanced cancer experiences There are those high low and in between moments that typify a person s coping with what at Stage 4 is most often an eventual death sentence Mine was a journey during which I was accompanied by a host of friends family and even strangers who nurtured and encouraged me by their responses to my notes You will see just a sampling of those notes of encouragement received along with my responses to their supportive messages Ultimately I believe you will learn one of the most powerful lessons of all when it comes to encountering one of life s most difficult challenges facing death It is a lesson that will be of benefit to anyone It is a lesson in faith hope and the power of prayer

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