

Shelby's (09-015) Success Story



Dear Mom,

I am sorry it has taken me so long to write to you and tell you that I am doing very well. That is a bit irresponsible on my part but I am feeling like a kid again. I have some new hobbies that you will be happy to hear about. Last winter I started working out on an underwater treadmill and I have lost 37 pounds. I am eating a lot of vegetables with my dinner to help fill me up and I take herbal supplements for my arthritis. We planted a garden this year so I could have canned green beans to enjoy over the winter months. It didn't make any sense to wait for winter so I ate them as soon as they were ready to pick. I love

gardening! I harvested the cucumbers, yellow squash, zucchini and tomatoes. Sometimes I would sneak a zucchini in on my last trip out for the evening so I would have a midnight snack available.

I love to play tug and wrestle with Gracie and Emma. We are all the best of friends and we often have an extra pup around because we are a foster home for GRRoW. I have learned a lot of fun new tricks from the



foster dogs. Basil-Grace taught me how to counter surf and take pillows off the chairs if there aren't any tug toys available (pillows have a lot of stuffing and the goose down is like an instant snow storm!).



Isaac's secret to life was to have a good attitude about everything and good things will happen. Rosie's was a magician – she stared at food for a long time and really tasty things would fall into the bowl. Bailey showed me how to sneak clothes out of the laundry basket and get a game of tag going. This was great fun if all four of us had

something in our mouths and a human felt the need to get involved.

We have a large back yard and there is always some kind of critter to follow around. I could never catch a chipmunk or a squirrel but it



is still fun to try. The fish are a bit of a challenge to get a hold of, and I've decided they may not be so



much fun to play with so I just watch them. I often succeed in finding something gross and stinky to roll in after I have had a bath to get rid of that pretty girl smell. Yes, I am still a bit on the sassy side!

Hope life is well for you.

Shelby