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More of the best of the Valley

May 26, 2017

Kidney transplant means dark chocolate diet

By Patricia Villers

Hello, I'm back.

It's moi, the new kidney recipient checking in 17 days post-transplant.

I can report that I'm feeling much better than I thought I would be feeling. Still relaxing a lot, but each day I'm doing a bit more around the house.

The good news is I got excellent reports at my first four post-transplant doctor visits.

The bad news? I can't stop eating dark chocolate, now that I've learned it contains magnesium that I need.

I'm taking a magnesium supplement, per doctor's orders, but chocolate ... it's hard to resist these days. I wasn't allowed to eat chocolate before as I followed an end-stage renal disease diet.

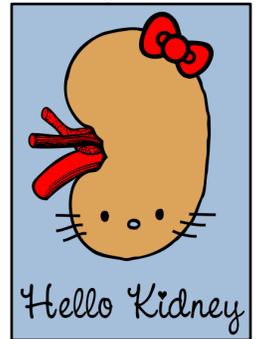
But now ... you guessed it. I've been indulging. And my husband and daughter are helping me celebrate this newfound indulgence. It can be addictive!

I've been chronicling this journey on my [blog](#), and trying to keep a sense of humor about all the anti-rejection and anti-infection medications and their side effects.

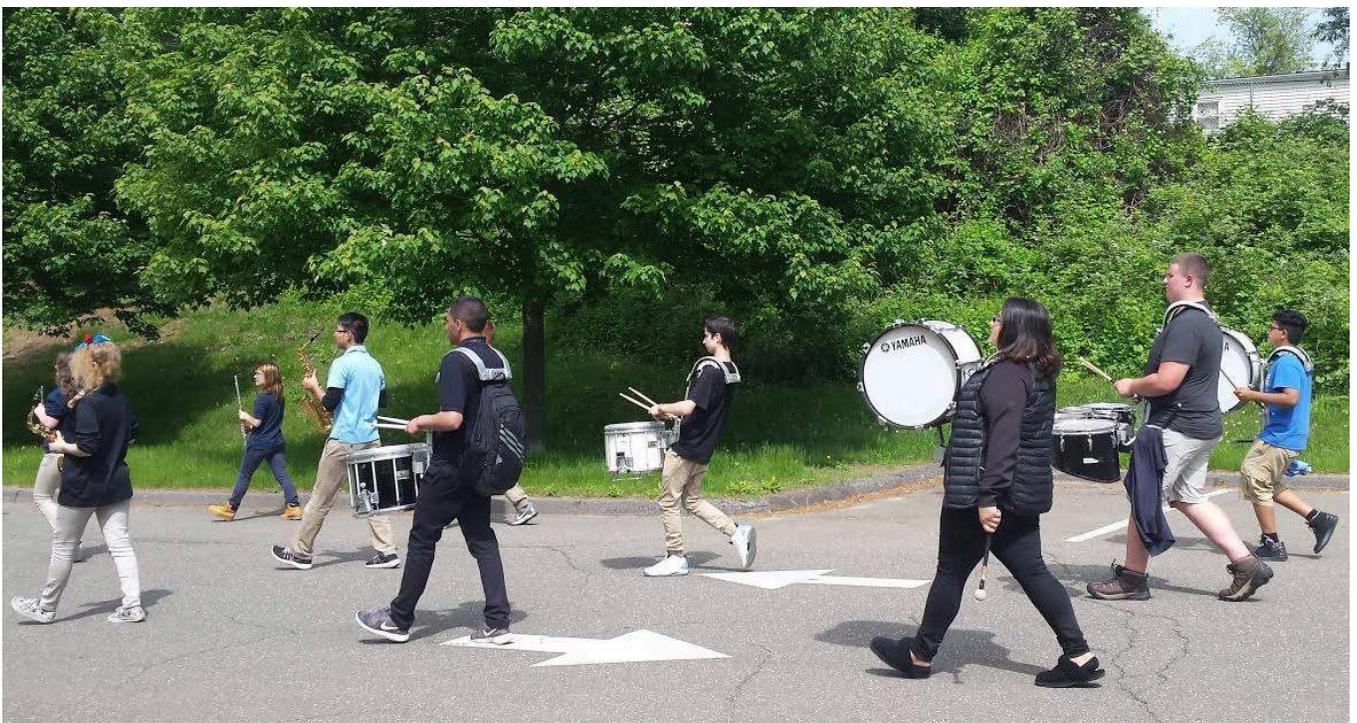
One of those side effects is lack of sleep. Getting up several times a night is not my idea of a good time. It reminds me of living with a newborn.

A dear friend told me my new kidney IS my "newborn." I guess you could call it that!

I'll continue to chronicle my medical journey; maybe reading about my experiences will help someone else. That would be my hope.



Parade practice



The Ansonia High School band has been practicing for Ansonia's Memorial Day parade this Sunday. The forecast calls for temperatures in the high 60s, perfect for marching in uniform along the 1.5 mile route.

Photo by Maria Tangredi, Musical Director, AHS



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Hometown Hoop Star to Participate in Ansonia Memorial Day Parade

Lawlor to Receive Key to the City

Tierney Lawlor is coming home.

The former Ansonia High School basketball star and member of the University of Connecticut Huskies last three NCAA women's championship basketball teams, will participate in Ansonia's Memorial Day Parade on Sunday May 28.

Tierney will ride along the parade route with 2nd Ward Alderman Lorie Vaccaro in a mint condition vintage 1968 Chevrolet Impala convertible.

At the conclusion of the parade in front of the grandstand, Tierney will be given the "Key to the City" in a proclamation ceremony hosted by Mayor Dave Cassetti.

Tierney was a member of UCONN women's last three national championships (2014-2016) including a final four appearance in 2017. During her 4-year career at UCONN, she played in 123 games logging more than 400 minutes, scoring 47 points.

This is a press release from the city of Ansonia



Shelton High School student athlete college signing day



The Shelton High School Athletic Department held its Athletic Signing Day on May 19. These student athletes have committed to participating in college athletic programs next year, L-R:

Mackenzie Bures, Sacred Heart University, Volleyball; **Luke English**, Xavier University, Track & fFeld; **Jeff Stockmal**, Roger Williams University, Basketball; **Jake Camerino**, Mt. St. Mary College, Lacrosse; **Casey O'Connor**, New York University, Basketball; **David Wells**, Springfield College, Football

This is a press release from John Niski, Athletic Director, Shelton High School



CT Open House Day at the General David Humphreys House

This is being held on June 10 from 10 am to 3 pm. Please save the date and plan to visit the Derby Historical Society at the General David Humphreys House on Elm St. in Ansonia.

More information to follow in *The Valley-Voice*

The Valley-Voice CT Publications

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