

Jeph Abera
By Fiona Green

For those runners not on Facebook, we wanted to share some news regarding Jeph Abara, a runner and very generous man who has organized many local charity races to help those in need. Jeph was taken into hospital last week but fortunately everything worked out and he is now on the road to recovery. Here, in Jeph's own words, is an update on his condition. The race is scheduled for August 20 and more details will be posted when they are available.

Jeph Writes:

'As I continue this recovery journey, my family and I wish to thank all of you who have sent encouragement, prayers and verbal/material support. My special thanks to my friends, Ricky & Demery Cox, for stepping in to offer a helping hand.

In simple terms, let me try to explain my medical situation. Over the last several weeks, I have had to deal with two causes and two outcomes and conditions. From my lung cancer treatment, I developed pericardial effusion - excess fluid around the heart. This put extra pressure on my heart and compromised its effectiveness resulting in fatigue, weakness and muscle aches. The other cause was that three vertebrae in my lower back (weakened from a previous radiation treatment in Sept. 2014) collapsed after another radiation treatment on vertebra T4 in March this year. This created tremendous pressure on my lower back and has partially paralyzed my right leg. The treatments? On July 1 - with surgery #1 - we drained the excess fluid around the heart and, thank God, my energy level is back to normal. Then on July 26 - with a very dangerous & delicate surgery #2 - we cleaned out the compressed vertebrae, replaced them with screws and stabilized my lower back. We now begin the slow recovery to restore my legs to normal function. I pray and hope for success on that journey. So that's where we are.

Ricky and Demery, bless them, have begun organizing a race and a GoFund Me drive. I would love to have these be a celebratory endeavor for all of us to participate in together and at once reach out and share. As many people know, I'm (or used to be, ha ha!) an avid racer and that's where my passion really resides. So I have proposed that we suspend the GoFund Me fundraiser and concentrate on the race where, if possible, we can meet face to face and celebrate together. Donations can still be made through the race. The plan is to have this event be a substantial conduit for funds to share with entities (Arlington Charities, St. Alban's Episcopal outreach at AISD's Crow Elementary and SafeHaven of Tarrant County) whose charity races I had cancelled for this year as I recuperate. And we thank you in advance.

Looking forward to August 20th and my hopefully successful recovery.

Thanks so much. And to God be the glory & the gratitude!

Jeph