

Feb 13, 1994

it's another month, and another Hallmanack due and I will have to tax this one too, because I forgot. I hope that Tracy and Betsy submitted one this month as it's been an exciting time with Zina coming home. She looks just beautiful! And gave a wonderful talk at her welcome home.

After her sacrament meeting talk (the music by her friends and family was beautiful as usual too. an expected plus in home comings for Tracy's family) we stayed (along with Emily and Greg and Sherlene and Dan) and listened to Tracy give his Sunday School lesson. He missed his calling--he's an excellent teacher, and should probably been a college professor.

I've been having the college age grandkids over on fast Sunday and maybe (just maybe) that is why my feeble mind doesn't scream "Hallmanack". No excuse for Tracy, though. Lucky Charlotte, she has a husband who writes for her.

Sherlene just called and chewed me out for not telling her about Virginia's surgery. So, I hope Virginia submitted a Hallmanack this month. She had a (she thought) little facial cancer which refused to respond to standard treatment and they decided to remove it surgically. She expected it to be nothing, but it turned into quite a project. They ended up going from the edge of her eye, across the face to the hairline and then down into her cheek, if I remember correctly. She asked them what would have happened if she hadn't come in to get it done. "You could have lost your eye." Like any normal woman she was worried if her husband wouldn't love her any more. He reassured her. What they do in such a situation, is remove what they think they need to, submit samples for lab work, then keep going if lab work indicates further work. She must have thought they were taking off her whole face. She's got guts, that Lady. She and Barry were due to do a duet the following Sunday (I think she went in on a Friday), and she went ahead with it. How can you retire from public when you want to for a while when you are the Relief Society President? She had the stitches taken out the next Monday. They like to take them out as soon as they can so the stitches don't scar as much. Sarah reports that she looks a lot better now. She may have to have some reconstructive surgery.

I guess I will have a permanent "fatter than the other" leg. I still cannot walk more than three laps around the track at the Y, but I have found that water-walking is much easier on both the leg and the knees, so have been doing that at the Y pool 6 am to 8 am mornings. Dad (four weeks from his catarach surgery) is now back to doing two miles.

I don't know if I reported his catarach surgery last month. He had a terrible black eye which is finally gone after 4 weeks, and had to wear a patch over his eye each night to keep me (I guess) from poking his eye out with my finger or elbow. Just kidding.

I read an article about aging yesterday. The way to keep young is to exercise, eat a lot of fruits and vegetables, stay away from fats and sweets (my downfall) and exercise. Also keep your minds active. Read, think, and find a good hobby or activity to keep you moving when you retire. That's about the essence of it.

I have been avoiding doing any genealogy because of the sitting. But must get back to it. I'll just have to set myself an alarm so I get up and walk around often enough.

Love, Grandmother Hall