

May 1, 1980  
White Plains, N.Y.

Dear Folks,

We enjoyed many special moments at our recent area conference in Rochester. Among our blessings were, first, being able to get there at all, and, second, having Barry, Virginia, Nathan, and Warren along. We stopped at the Whitmer place, saw the restored Whitmer log cabin and the new chapel, and heard special stories about the dedication and events of the week before with Pres. Kimball. We stopped briefly in Palmyra, then met later, in the evening (Sat.) and Sunday with 10,000 other NY (and a few Pa. and N.J.) members. We heard touching and challenging talks by Br. Pinnock, Br. Hanks, Sisters Cannon and Smith and Pres. Kimball. It was a very touching final moment as Pres. Kimball bid farewell and took his exit and all sang "God Be With You.."

We are enjoying our Fairmont wagon, which we had ordered 9 weeks before the conference. It was supposed to come in 4 weeks, but we began to pray very earnestly as six, seven, and then eight weeks passed and conference time approached. We were grateful to have our car just the evening preceding the conference and our early morning departure.

We have since returned the Burrells' car, which we used for abt. 4 months, tuned, washed, insured, and with body repairs. We also just sold our rusted-out '71 Pinto for \$100.

Daniel and Laura have been enjoying school, piano, Sat. swim lessons. We have been enjoying Spring, too, with flowers from our Fall bulb planting, a greening garden, and a few sunny days in between the April showers. Another source of delight has been the consolidated Church schedule and Sunday p.m. together at home.

Sherlene seems to be moving from Stake R.Soc. Board to becoming a genealogy teacher. (jockeying? lobbying?)

We send our love to each. Dan (& Sherlene, Daniel, and Laura)

P.S. As you can see, I found the originals of your letters, and the copy of Dan's--so we're off! Since Dan made the mistake of leaving space at the bottom of his letter, I'm going to tell you about this new book I've been reading. They handed them out free at a supermarket opening recently. It's terrific. A YEAR OF BEAUTY & HEALTH by Beverly & Vidal Sassoon, \$1.95 paperback, publ. by Simon and Schuster. WORTH BUYING, IF YOU HAVE TO.

For 10 days now, I've been following her seven-way stretch before you get out of bed, her drink water all day long philosophy, and been feeding myself and family her vitality drink for breakfast (and variations). I've also been exercising for 40 minutes three times a week and even indulged in one of her facials (actually I think I used a recipe from the New Era that included honey, milk and egg) (egg on my face!). Anyway, I recommend. I lost 7 pounds in 10 days, and feel terrific! That seven-way stretch is a dream come true. I NEVER feel like I've slept enough, and I HATE getting out of bed. But now I just remember to throw off the covers and do that seven-way-strethh, and by the time I've finished those bed-exercises, I feel terrific--and I get up and feel good all day and am that much ahead for getting up when I should have. You really should get hold of that book. I'll never make time for all the beauty tips she gives--but I can't gtell you how much better I feel since I started giving myself some time for physical improvement.

I also read Ruff's HOW TO PROSPER DURING THE COMING BAD TIMES. Got it at a garage sale for \$.25. So many people have been quoting it to me, I decided I'd better read it. People back here are starting food storage because of that book, and we've had a lot of calls to our Relief Society for advice, since Ruff referred his readers to us. It makes interesting, if scary reading. TSCHUSS!