

July Hallmanack  
Written (my letter) July 22, 1985

Dear Family:

I just got back from the BYU track field which used to be in the stadium, but is now over on the formerly grass areas north of Helaman Halls. For the last three weeks I have been trying to get into a regular exercising routine. The track is good because I can drive down there, go the time I think I can take it and drive home. If it rains etc., I can get in my car and come home. The track is rubberized and is therefore good for my knees and hips compared to walking on concrete. Also it is level and does not give the unevenness of sidewalks, which can throw you for a loop if you aren't watching your step.. Let's face it--I have come to the time in my life I need to avoid falls --I don't want to end up with a broken leg, knee, or neck.

If I were on schedule, I should be walking an hour a day, but I have not kept at it consistently enough to take that long a hike. I did about 40 minutes today and that seemed long enough. Maybe as I get into it better, I can extend it to an hour.

Tracy, Betsy, Karen and David, Nancy and Doug, I invite you to come and join me on the track. I am going to try to go from 6 a.m. to 7 a.m. every morning, and I am going to try to get Dad to go with me. We have been walking together, and if we are walking around the ward, we always have to get home, and sometimes that is hard for Dad. Before we left on our mission, I could not walk with him, because he went so fast. He used to walk around the temple and back, and fast. It is uphill half way and is quite a climb. I couldn't keep up with him in either speed or distance. Since returning, I have had more stamina and endurance than he has, but he is gradually getting it back. Like I say, the advantage of the track is that it is rubberized and you can go at your own pace, and for as long as you can go, and quit when you want. There are even bleachers where you can sit and wait for your slower or faster partners.

When winter comes I am going to go on the inside track, which is where the old field house used to be. That is also rubberized, or go out to the Mall which is open for walkers early in the morning and is out of the rain and storm.

Tracy used to get good exercise by riding his bike to work, but he now is in a car pool and does not get that exercise. David really needs to get a regular exercise program. If he walked to work and back from his home it would be just about right. But he probably needs a car.

the diet book "how to lower your fat Thermostat" says if you cut your fat intake to 20 % of your daily diet, concentrate on grains, carbohydrates, and vegetables, you can lower your fat thermostat, maintain or reduce your weight, and if you exercise at least a half hour a day --six days a week you can lose weight. For some individuals, in order to lose weight, an hour a day is needed. You need to gear it to your own body needs. His suggested foods include quite a bit of potato, pasta, and beans as well as whole wheat bread. And all the vegetables you want as long as you take it easy on the salt and butter/and or margerine.

I haven't been as consistant as I should be with watching my diet--i still have a terrible sweet tooth, but at least I have stopped gaining weight. Now I need to concentrate on losing it.

Sugar, of course, is a nasty word to the author of the book. And of course sugar in any form is high in calories and if I want to gain weight I've got to come down in sugar consumption.

Dad likes to walk in the evening, and I like to walk in the morning. He says it makes him sleep better if he walks in the evening--by evening I am too tired to walk. I find if I don't get it done in the morning I don't do it at all--and I have to get started before I get involved in anything else. That is why the early hour. The track is almost empty, the sun is not up yet--it is cool, and there is not much to distract me--such as the telephone.

Last week we went down to Brianhead for Weds even, to Saturday morning with a group we belong to in the ward. It is a fireside group and we meet once a month. Presently we are studying the Millennial Messiah. Before we joined the group (since our mission) they slowly worked their way through "Jesus the Christ". There are about 12 couples in the group, but only six couples went down this year. It is an annual affair. We rent condominiums at Brianhead, attend one or two (or three if you want) of the shakespearean plays at Cedar City, and hike, eat, talk, play and have a great time. The condominium which we were in cost 92. for the three days and holds four couples. It has kitchen, living room, and bedrooms for four couples. We could even have gotten four more people in it if we had wanted to. Next year we are going to try another complex which is even cheaper, and which has better bathroom facilities.

There is a new one which has just opened called --can't remember, but it has studio apartments which have a double bed, bath, kitchenette, with a table which seats four. Not good for our crowd, but really a good deal for a couple traveling to southern California. Cost? \$32 per night. sauna, indoor swimming pool, steam room, exercise room, underground parking. It's 8500 ft high, good roads (steep climb) to it and out of it, close to Cedar Breaks, and lovely.

We saw "Merry wives of Windsor" and "Antony and Cleopatra". The woman who played Cleopatra was more like a lusty gypsy. Not like the movie version, --She was not regal enough for my taste, but she was a good actress. The play was more realistic, I suppose--Antony was an older man--after all when he got involved with Cleopatra he had been married for years. And she had previously been mistress to Julius Caesar. Merry Wives of Windsor was extremely good. Light. However, both of them kept me awake both nights, so they had to be good, both of them. They started at 8:30 and ended close to midnight, so to keep me awake after 10 P.M.? Say no more.

Lowell Christensen made home made ice cream two different nights--not a good way to keep a low fat diet.

David is teaching his children the economics of small business. He built a play house in his back yard, and this year his older boys have been selling candy (bought wholesale) to the neighborhood kids. They are making 15.00 (or Mark is) a week this way. He has to figure costs, profits, pay his tithing, etc. It is a good experience. Carli Ann has been doing this for two summers. Nancy started it to teach Carli Ann how to count change, and get a feeling for mathematical facts of life. I don't think she works at it quite as regularly as Mark, but she is trying to pay off a debt to her mother for a bicycle. I don't know if they do as we did--you know--require the kid to earn half enough money for the bike?

Your cousin Carolyn is marrying a young man who is a BYU student majoring in mechanical engineering. She is working at Mega. HE HAS A YEAR AND A HALF TO go to his bachelors. They will marry Aug 24. She brought him over last night because I told her if she wanted to, she could choose a going away dress from our crochet dresses for a wedding present. She wanted to.

Well, enough is enough. We love you all, and would like to see your family history going down with the rest of our letters in the Hallmanack. Nag, Nag. Thanks to the regulars. They deserve accolades.

Mom