

Dear Charles and Kathern

Hey, I had never heard any of those stories about my Mother and Father in their youth... Nobody ever tells me anything

No, Joan was a year behind me in school. I had graduated when she became the Rough Riders Football Queen. She had come a long way from the dusty Cotton fields of Woodward, Oklahoma. She said when she got hungry her Father would put a salt shaker in her pocket and tell her to go find a watermelon and a rock.

I met her at Centrail, we were in the same D.E. Class. She was working as a hot model for Sidanback's, President of the class, and Valedictorian.

Now to answer your next un-ask question...Joan cautioned her daughters "Not to marry for money...for some times the bastards go broke." See I don't ever get any respect.

The River here keeps calling my name and being she is only about four blocks from my back door, I have been taking my toy dog and going to see her. I chase Sand Bass, while my play like dog chases sea gulls across the sand dunes.

I would have fresh fish ever night, except my older brothers never bother to show me how to clean fish...Ever one just shoved me aside.

Yesterday, at the club I staggered into the weight room and watched those freaks work out, I have lost 40 pounds but I am still fat so I thought I would get some muscles with my new body, but Charles you know I can't get drunk enough to lift any thing that makes you grunt.

So then I wobbled over to watch an arobic class. They were doing their warm up stretches, the instructor told the class while they were standing to bend down and put their head between the caves of their legs and let the back of their hands rest on the floor behind them...Then sweet Jesus she did it.

After watching that insanity for a while I wander off to find the wherl pool and decided I would stay with my fun machines that you can set down on or lay on or ride and lose another 20 pounds.

Charles when you wake up in the morning and read the obituarys and find that the 22 people that drop dead the night before are all younger than you does it make your ass titin up ?

Now if I was as old and fat as you I wouldn't start any continued stories in the monthly magazine or even buy any green bannas.

Charles you said in your letter that you just don't have the will power to diet and exercise any more...Hell if it took any will-power do you think I would be doing it ?

I do it because it is fun and I feel better. At the risk of sounding like a reformed sinner buy your self a few new toys, like a whirl-pool (Joan has one on her out side deck) Sauna, and one of those work out machines I see on TV that you can do twenty different exercise.

You say you do a few push-ups and set-ups; that is hard and boring they have computerized machines now, where you punch in you weight the program you want and the time you want and the machine will tell you how many calories you burn the distance you went, etc.

You say you are stiff and sore after walking a couple of miles, I would be too, but I would have as my reward a heavenly whirl-pool to relax my tired body, then I would get in the Sauna and sweat out the impureities in my old tired body, and after getting it real hot I dive in a cold pool, you will come up feeling like Tarsan, or if you haven't got your pool yet a cold shower.

You and Kathern may have to live another 20 years and it would be more fun to do it in good health and more fun when you take a new trip to do it with more stamina and vitality.

Jim built a new room on his house...for less time and money you can build a new body. Now in 60 days not only will I be down to a 164 pounds but I will have fun getting their. Nowhalf your battle is nutrition now you don't diet that don't work; to keep the weight off you need to change the way you think about food.

Now stay away from Joan, their is somthing in her soul that makes her want to feed you and damn that women can cook.

Cameron is cute, write me again and tell me a wild story about how the Banfield Brothers pranced around the world, one looking for trouble and the others making sure they found it.



The mainest One WB (Himself)

Two of the Great White Hunter's Trophys