

03.04

①

2015

"I WILL NOT
LET AGE
CHANGE ME,
I WILL CHANGE
THE WAY I AGE."

Well, I'm baaccaack, ^

It has been a long time since I've submitted an update. I actually got busy and then eventually forgot to send updates. Ooops!

I was working very hard on my weight loss last time I was writing. I was exercising and dieting quite frequently. (Such is my life) Unfortunately I wound up soon after that rather ill from my Lupus. I also had some severe arthritis issues. Between the two, it



was hard to even get out of bed sometimes. I wasn't able to exercise anymore due to the pain so I quit. I even had to quit my job. As time went by I put most of my weight back on. How depressing! Then last year- sometime around May I received a letter from my friend Jeff. He lives in Florida and has been incarcerated 28 years. That's right- TWENTY-EIGHT. (He still has around 4 left to serve before he gets out) Now, Jeff is very health conscious. He eats the best he can for where he is at. (Prison food lacks

3•5•2015 (2)

much to be desired - including nutritional value!) He runs 5 miles a day and has a full set workout. He's in excellent shape; it shows. I was whining to him in one of my letters about my weight, aches, pains, feelings, blah blah blah. When he wrote back he helped me put something into perspective. He has a long sentence but decided early on he would not die there (one of my fears). He'll do his time but his not giving them his life! Plus the healthier he is, the longer will live for his family when he does go home. And feel good the whole time. Our bodies are one of the few things that we have control over. I thought about it long! Hard. I want the same thing as he does. I want to have many years with my family when I leave here. Not 1 or 2. So I started walking and eating lighter. I have been losing on the average of 4 lbs a month and I feel great! Also, look at my watch mark below (and note the great tan. (I still have most of it!))



08/17/2014

I'm not hurting all the time any more. I can actually JOG some. I'm in the best health I've been in for a very long time. Heck, I couldn't

have jogged a mile before even if the fence fell down! Seriously. I'm also utilizing the recreation department. I use the recumbent bike frequently. It's easy and works many body parts. So, I'm going to continue this and increase my levels gradually. I'm getting older (45 this year!) but I don't have to let age & illness beat me. This is one I'm going to win. :)

* Thought of the Week *

This week's precept will be a quote:

Our costliest expenditure is time

-Theophrastus

It seems like everyone is running full tilt these days. We're so busy there's hardly time for the necessities, let alone fun or prayer. Those things usually fall under the heading "when I get time". By waiting for the time instead of taking the time, later can become ruler in spite of our best intentions to the contrary. In the big picture, how much does it really matter if the house is immaculate condition, if you worked 10 hours overtime, or take the vacation of our dreams.

What are our priorities? If we lack a full prayer life and our relationship with God suffers - what is it that we've accomplished? Let's do what's important first. Then make time for all the other stuff.

Notes - Last month (or the month before?) I wrote an article about myself and the sex offender program here. If you want to read it, it is in Tenacious magazine.

MY FRIENDS !

(4)

Chasity
Ashley

Me

Leslie
Lindsey



Here's a group picture of some of my friends. I'll be putting them on here from time to time.

The top left is Chasity. She was my bunkie for 1 year. She's very upbeat and has a rather quirky personality. To know her is to love her! Bottom left is Ashley. She's very pretty & nice. She went home 3 months ago after several years. She graduated cosmo here & I'm incredibly proud of her. She'll go far in life. The super hottie in the middle is me!(lol) Top right is Leslie. She's an inmate nursing assistant here. She's a blast to be around. Bottom right is Lindsey. She completely rocks! Lindsey is a person who is truly as beautiful on the inside as she is on the outside. We are due to release at the same time. I'm thankful I have someone like her to spend my time with.

More in my next posting ...