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**Subject:** Aging stuff  
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Jeanne, as the youngest sibling (having e-mail), and having asked (regretfully), I'll give you a report on aging so you may not be distressed as you progress (or regress) through the years.....

Hello Helen's

Visualize Zsa Zsa waving at Helen Hunt, raising her pretty arm and gesturing in the late spring air in her camisole. See her not-so-firm triceps flapping away in the breeze? These are called "Hello Helens" and are natural and not to be feared. Hello Helen's happen, sometimes earlier in life if one does not exercise much, and are best treated by switching from short-sleeved to long-sleeved shirts or blouses. Perhaps you have been so affected? If not, then soon, Sis, soon.

Streams

Back in the war (II) your oldest brother taught me how to spell my name in the new fallen snow (actually, I couldn't spell then and didn't know to spell D-A-V-E, but Twiggy and Harvey could spell their names and I tried.) It wasn't until we moved to Roseburg that I could accomplish the task. I know that Lindsey was teaching "snow-angel" skills to you girls, but Will was concentrating on name writing. I have found diminished capacity in my recent years and have been limited to writing a series of "I"s much like I used to speak and usually at intervals of an hour or so apart. Not to worry -- you need no alarm clock then as you are up every couple of hours at night. Niece Kimberly was amazed that I did not carry an alarm clock when sailing and worried that I would miss the early morning departures. After a couple of nights she started to rely on my natural clock. It works. Well enough, anyway.....

Sights

Go. Weaken. We lose the ability to make fine distinctions. Just realize that it makes clothing selections easier. Your mate also spends more time on them than on you which makes the job of getting along with each other easier.

Sounds

The highs go first. It makes you really hear the beat though. Hearing aids are expensive and seem to fail at the most inopportune times. Do NOT get them until you cannot survive without them. After I got mine I started dancing, and do little else now.....

Politics

You will remember too much to be satisfied with world politics. Try to remember when you thought "..love will conquer all." Votes should not be wasted on the young(er) folks. Remember...

When neither their poverty nor their honor is  
touched, the majority of men live content.  
-- Niccolo Machiavelli

Unfortunately, older people have lots of honor... and more poverty.

Honestly, Jeanne, I wrote Bill a long note a couple of years ago asking if  
my newly developing failures were going to get worse. I had thought I'd  
get a thoughtful response but he just wrote back that "... I fell off my  
chair, laughing. You are really funny, Dave." Guess it is only me.

(sigh) it's only me.... me.

PS: I sent blind copies to our siblings (including Twiggy)

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