

and exercise. Jogging, running, and weight exercising all blend into a wonderful way to keep in shape - and women today do not worry about having "muscles".

There is still some criticism - for example, the very poor mouthings about two of the gold medal winners in women's track during the Olympics (American ones). Here we have two wonderful athletes - but the old "muscle" prejudice rears its ugly head again.

To get back to female body building - While I was associated with Bruce Connors Westwood Gym - I followed the progress of Lisa Lyon, who certainly was a pioneer in the female body building field. I particularly liked her posing routines - especially the ones she did with a male partner. Muscles can be beautiful.

However, it is unfortunate that drugs have become part of the athletic "scene".

4. I used some pulley exercises in the gyms - such as the Lat. Pull, but preferred dumbbells and barbells in my own workouts. Before there were any great number of leg curl machines, we used a wall pulley from the floor - where we could lie face down on a low bench, our feet attached by leg weights and a bar to the pulley.

I have never used cables or strands.

Later in Westwood during the seventies, we had floor pulleys that enables one to do low back exercises. But pulleys didn't ever seem to be much of an efficient way to perform hip or upper thigh work in my opinion.

5. I suppose the fact that I was on the short side in height that I would probably have liked to be at least a couple of inches taller. But I don't recall having a desire to trade - there were women who had wonderful bodies, and performed outstanding acrobatic feats - and I admired them and had much respect for their accomplishments.

No, I can't say I ever particularly wanted to "trade" - but it would have been nice to have been a little taller.

6. I don't suppose I really thought along comparison lines - although I guess some of my companions did on my behalf - but as mentioned before I probably would have felt better about myself if I had had more height. I am very partial to the beautiful well defined long legged look - and always look for this when I see I see a body building contest. The more feminine the women appear the more it appeals to me.

7. I was still working out with weights in 1980, but since retiring from the gym business, have been doing a rather different type of physical activity. As you know, we started jogging and running back in the sixties, Les and I have been hiking since that time also. We have been all over the Sierras, and hiked at high altitudes in Colorado as well. Some of this in recent years has been for the purpose of collecting high altitude insects.