

IT TAKES ENERGY

By Cindy Peters

Human Energy is one of the greatest life forces. Other than illness or old age it is a great mystery why some of us have boundless energy and the rest of us just plod along wearily.

In my youth I was super-energized. I was one of those people who thought sleep was a waste of time. I existed for years on about five hours of sleep a night.

When my husband and I were first married in 1978 we had a lot of energy, but we did not have a lot of money. We started out sharing a used car and a furnished apartment. Our first apartment had a tiny living room and a bedroom with love beads for a door. In our kitchen one person had to back out to open the oven or the refrigerator door. There was not room have both doors open at the same time. The bathroom had this great old-fashioned claw bathtub. In our early years of marriage, I was still attending college and working part-time. My husband Randy was the only one with a steady and full-time income. Recently I ran across a note that I left my husband on how we could spend our energy and time with our limited resources. It read as follows:

Hi Love, I wanted to assure you that things will work out between us financially. We will just have to stay home a lot and be glued to the TV set. I know you think it will come easy for you and hard for me. True, it will be an adjustment for me but I also realize that we spend a lot of time watching TV now, so it won't take so long to adjust.

We will have to write a list of things to do with little money which offers great entertainment such as:

1. Meet the neighbors in the apartment. Maybe they will turn out to be good friends.
2. Develop hobbies such as painting, puzzles, crosswords, dancing together in our apartment, talking walks, going to the Y, playing pool, write letters, invite people over, learn how to make new recipes, read books, make handy crafts, have luxurious bubble baths and exercise.
3. We could enjoy doing things together such as cooking, cleaning, laundry and marketing. We could roller skate or go to movies.
4. In the Summer we could swim, play miniature golf, play tennis, horseback ride and have picnics with other couples.
5. Other ideas: We could compare our taste in music, learn how to grow plants, start a scrap book and decorate the apartment. We could look for sales, diet together and get involved in church and maybe teach a class. We could watch the Vikings football games. We could ride our bikes together and plan vacations together. We could be romantic. We could read over old loves letters from each other and either laugh or cry. We could be silly together. We could go to plays or maybe be in one.

Gee, why were we ever worried with a list that long as we will have no problem. Just always love me as much or even more then and now and I will too, and we will have no problems. I am sure we will have our fights, but I pray they pass quickly, and we always reach a loving understanding as we have in the past.

I LOVE YOU HONEY!