

Walking Day #121...Christmas Day 2012...no rest from diabetes and cancer

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Merry Christmas from The Walk of Life. Today I walked out of Missouri into Arkansas. When the day was over 21.9 miles had been walked (35.3226 km's) using 45,015 steps. Findings for the day: 1 small Bart Simpson doll, 5 quarters, 1 nickel and 4 pennies (2 of which were found in Arkansas). The weather was not TOO bad. Cold but I did add my old ski jacket to the mix of clothing and that kept my "core" nice and warm. From there I regulate my body temperature by taking off or adding a toque (watch cap) or by changing gloves (thinner vs thicker) or by removing them all together. I have honed this to a fine art. Pity that it will be a skill that I shall never, Never, NEVER call upon as after the walk has been completed the ONLY time I shall see a temperature less than 50 degrees will be when I go to the refrigerator to grab another cold beer! Cold weather is for polar bears and Eskimos! Even though I appreciate my Canadian heritage I am NOT a fan of cold weather particularly when the cold weather brings that white stuff. So much for the climate commentary. This is a great experience, number one for me to be able to honor family and friends and also to celebrate my freedoms. On this leg of the journey it is nice to be able to spend some time with my "baby" brother, walking down memory lane and for me to give him driving lessons, keep right except to pass! I am looking forward to the next installment of this adventure I call The Walk of Live as I anxiously await the new right and perfect driver. Again wishing you all a Merry Christmas today, for my Interlake friends a Happy Ukrainian Christmas on January 6th and a Happy New Year to one and all...CHEERS!!!

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