



John Larsen <theclaw56@gmail.com>

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## A letter from Dad: 22 Aug 2011

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John Larsen <john@larsen-family.us>

Sun, Aug 21, 2011 at 10:02 PM

Reply-To: john@larsen-family.us

To: Phillip Larsen <phillip.larsen@myldsmail.net>

Cc: joyce@larsen-family.us

Hello Dear Phillip,

FACEBOOK REQUEST:

Rosa Vasconcelos. See attached image.

DEBIT CARD INFO STILL NEEDED:

I activated your new debit card on Aug 15th. Your old card probably won't work anymore and can safely be destroyed. Cut it up into small pieces.

I think you emailed the wrong numbers to your Mom last week. It looks like you sent the last three digits of the credit card number itself. I need the three digit security code from the BACK of your new card so that I can update your paypal account. Please email me only the three digit security code, NOT the credit card number itself. Maybe put this in a separate email all by itself with nothing but those three digits in the email.

ANSWERS TO QUESTIONS:

No, we haven't received the DVDs yet. When they come we'll let you know and I'll also do some work to post them online so others can enjoy them too. If there are pictures that you don't want online let me know and I'll hold off.

NEW STUFF:

Well... let's see. What happened here this past week? Hmmmm.... Well, Emmy went back to NM on Tuesday, Aug 16th. That was also Rachel's 2 year anniversary of baptism. Funny thing about Emmy... When we made all the airplane plans back in June, Maryann said that Emmy should return home on the 16th. The paper calendar that she had sent to us before that showed that being the 1st day of school. When we were in NM we asked about it and Maryann said that the school had changed the start day. Well, it turns out that that was incorrect and the 16th really was the 1st day of school for Emmy. So, she missed her first day! That would be quite the rude

awakening, get home late from NH and then start school the next morning! Emmy made the trip flying solo just fine. We prayed for safety and protection for her and Heavenly Father answered our prayers.

Thursday I had my annual physical. It was exactly 1 year to the day from my last physical. The past two or three years my blood work has shown that I'm anaemic. Last year at the Stanford Memorial Blood Drive I was unable to donate blood because my number was too low. That was disappointing. In January this year I started taking iron supplement for 60 days. I was hoping that would make a difference and it turns out that it did. My levels are still a little low, but well within the normal range. So, I'll start donating blood again, and the first time will be this Friday, Aug 16th, which is the annual Stanford Memorial Blood Drive. Everything else about my physical checked out fine as well. So, based on that I will be around for a few years yet. Doctor Thyng did mention that I've put on a few pounds since last year. After New Mexico trip I was tipping the scales at about 201 lbs. I don't like that! So, I've been cutting back on the empty calorie stuff and have been trying to eat smaller portions. I've lost about 3 pounds in a month, but I'd still like to get down to around 195. I was only about 155 lbs when Joyce and I got married.

Ward temple night was supposed to be on Friday, but that is also when the Bentalls scheduled Daniel's Eagle Court of Honor. That is a once in a lifetime event, so we chose to go to that instead of the temple. The CofH was very nice. The Bentalls are a cool family. They are shining examples of gospel living.

Saturday morning we went to the temple for a 9:00 AM session. The Heritage Park YSA Ward was having their temple day at that time, so we went with Heather and took Jonathan with us. After the endowment session one of the matrons, Sister Chapolas, nabbed us to spend some time doing sealings. The four of us went in and had a very enjoyable time with Brother Hutchinson who was the sealer at that time. He used to be temple president about the time when Stanford was ill. Joyce and I were proxies for about ten or fifteen couple sealings. After that Jonathan was the proxy for sons to parent sealings and Heather was proxy for daughters. That was the first time for both of them to be proxies. I'm glad we stayed longer and did that. Saturday was a good day.

Sunday was a nice day at our meetings. I really enjoy being in our ward. Joyce went to Littleton after Sunday School making one of her RS President trips. Right after the meeting block went came home. The plan was that Jonathan would then go to Heritage Park Sacrament Meeting. As we pulled into our driveway my cell phone vibrated. It was Heather calling from the on ramp to exit 1 by her apartment. She had a flat tire. So, I quickly changed clothes, grabbed my hydraulic jack from the shed, and Jonathan and I went to exit 1. Upon arriving Heather and Jonathan got in the Toyota and drove to their meetings. Heather was supposed to play for sacrament

meeting and ended up getting there just before the meeting started. I stayed behind and worked on the car. It turns out that the flat right rear wheel was already missing a lug nut. Then another lug nut sheared off while trying to remove it. That left only 2 lug nuts on that wheel. I thought I'd take one off the front wheel and put it on the rear so that there would be 3 on each tire. Well, when I tried to remove the lug nut it also sheared off! So, I didn't try to take off anymore. It turns out that I was unable to use bolts on either side of the wheel and the lug nuts were side by side. That made the wheel wobble while driving. I slowly made my way home. We'll take the car to Hansons tonight and leave it on the lot. Fortunately no one was hurt and no damage occurred.

I've been practicing a lot on my saxophones. It is fun to work diligently at getting better at that. It takes lots of practice to get good at something, whether that be missionary work, profession, music, sports, art, gospel knowledge... Everything takes time and effort. That's part of the test of mortality. We only have 24 hours a day. How we spend our time determines who we become. Brother Rigg used this scripture in his sacrament meeting talk today: D&C 121:34&35: "Behold, there are many <sup>a</sup>called, but few are chosen. And why are they not chosen? Because their <sup>a</sup>hearts are set so much upon the things of this <sup>b</sup>world, and <sup>c</sup>aspire to the <sup>d</sup>honors of men, ..." In High Priest Group lesson today Brother Silvestro quoted a friend who said, "What you feed grows and what you starve dies." It was from the point of view of how to overcome bad habits or lifestyles. If you put your efforts and thoughts into worthwhile things they will grow. In doing that you starve the bad things or habits and their influence decreases in your life. It is an interesting thought.

Well dear son, that is it for this week. I look forward to your emails every week and love reading them. It is very satisfying as a parent to witness the progress of a child. You're doing a great work. I'm proud of you.

Love Dad

#### PICTURE DESCRIPTIONS:

659 and 660: Emmy at airport returning to New Mexico and Jonathan there too. This was on Aug 16th.

666 and 667: Jonathan, Julia, and I went on a bike ride in Mine Falls Park on Thursday, Aug 18th.

668 to 673: We took Jonathan to Friendlys on Saturday, Aug 20th.

527 to 531: Daniel Bentall's Eagle Court of Honor. I took these with cell phone camera.

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**16 attachments**



**Rosa\_Vasconcelos.jpg**  
18K



**IMG\_0659.JPG**  
126K



**IMG\_0660.JPG**  
94K



**IMG\_0666.JPG**  
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