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LaLanne, Jack. Another guy like Delmonte is Jack LaLanne, who would be - Jack LaLanne would be about 88 now. He lives in the Bay area, I think in San Francisco - in that area. Anyway, several years - just recent years he goes out and he likes to pull a tug boat across the bay. At his age now. Now this has been a few years back, but I think he was still in his '80s when he started doing that. And he has pulled several series of boats. The Bay area is just unbelievable to try and swim in that. It has terrible currents and the water is like - I do not know what it is, in the '50s, I think. He is another one of those guys that was a muscle guy and he was real popular with people. I am 62 and, my age and a little bit older, a lot of people are familiar with him because he had a television series on health things. But again, he is another one of those guys that started out that way and he has several books out that - I just got one from interlibrary loan something about over 40 and I have one that is over 50. But anyway, I am trying to find out - what I was really looking for about LaLanne is he did these interesting kinds of things - swimming feats - and when you look through his books for recommendation on what he does swimming, I could not find anything. This last one I have out that is over 40 that I just got through the interlibrary loan, it was written back in the '60s or something like that. He does talk about swimming then. At that point, he said he swam as much as he could. He just dives in the water and swims as hard and as far as he can. And then what was another? Oh he took up water skiing, and I guess he surfs some too. **-Earl Walters**

See also **Body Building; Delmonte, Bob; Surfing for Life**

Lamb, Wally. My favorite book is probably *I Know This Much is True* by Wally Lamb. He also wrote, *She's Come Undone*. I know that one was one of Oprah's Book Club or something. It was a really big book and I read it in three weeks. *I Know This Much is True* is about these two twin

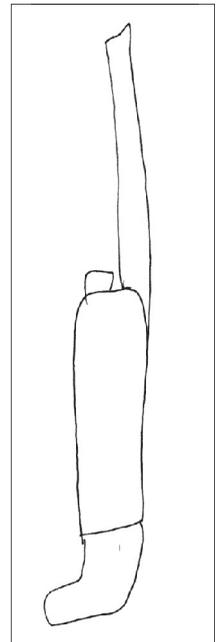
boys and one of them was schizophrenic and has a twin brother and the other twin brother was very popular and he did not have anything wrong with him and he kind of had a hard time with kids who made fun of his brother and usually debated whether he wanted to stand up for his brother or whether he wanted to look popular in front of his friends. It was always about how his brother got in the way of things, like his mom would always make him take his brother and he always messed stuff up. They take it from when they were little and all the way to when he was older and his parents were dead and his brother was in a mental institution and he kind of had to take care of him. He messed up two relationships of his that he had, so he thought that his brother was ruining his life and everything like that. **-Lindsey Kuemmerle**

Lamination. See **Wood**

Laser Blaster, Building.

I built this big laser blaster out of an old toner cartridge, a rain gutter and some masking tape and a toy fire truck ladder. It was just a big laser blaster that I made. This was the rain gutter and this was the toner cartridge and it had the ladder coming out like this. It kind of looks like a big old - big thing. Anyway, the toner cartridge could come out and I would pretend that was my laser cartridge. **-Brandon Long**
See also **Gostbuster, Becoming a**

Las Vegas. At the MGM, they had the Wizard of Oz thing. You know the Wizard of Oz. They had replicas of



© Brandon Long, Laser Blaster