

# LETTERS TO THE EDITOR - Keep 'Sound Mind, Sound Body' column

WALLA WALLA UNION-BULLETIN

Monday, March 21, 2011

Elizabeth Kovar's column, "Sound Mind, Sound Body" is (was) one of the best columns in the Union-Bulletin. Her informative articles on healthy living covered topics from good nutrition, yoga, stress and exercise. Her column was well written, interesting, timely and not at all preachy. Her very positive approach to healthy living was a breath of fresh air. Those of us who had Elizabeth as a teacher at the YMCA were very fortunate to have known her. We'll miss her, but we don't want to miss her column. It is our understanding she would like to continue writing for the Union-Bulletin. If that is still the case. Please continue her column.

**Carol Lee Walla Walla**