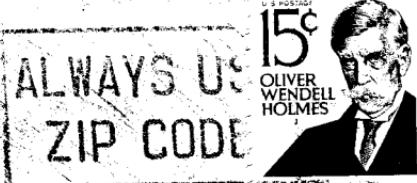


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You
are
a
free
person.



I am so happy
because in your
freedom, you
chose me to
be your friend.

— Susan Polis Schutz

①
3:50 PM 9/11/78

Dear Hen,

Hi. I'm at work now and am finished for the day. It wasn't too busy at all today - but sometimes the days drag cause I miss you so much. Today Bill Hendricks called up here cause they have an opening in ultrasound & they want a male technician. He thought he'd see what you're doing before they looked around for anyone else. I told him you were in school but that I'd tell you about it - he said to let him know if you'd be interested. I thought that was nice of him to think of you right away. I got my H + H done at the lab today. My hemoglobin is up to 12.1 gms (normal for female is 12-16 gms.) My hematocrit is still lower than normal but is up from when I went to Dr. Carpenter's. It's 35% (normal for ♀ is 37-47%) but before it had been 32% so it's good enough. They'll send the results to Dr. Carpenter. Don't know if I'll have to keep taking pills or what. He said before that if it didn't go up - he'd have to give me iron shots right into the blood - but thank God it's up and I feel fine.

Today I was working out on the NK table. ~~I~~ could only lift 1 lb with my ♂ leg and 2 lbs with my ♂ leg. Max did that ever hurt. Today I'll run a little and then maybe run up the farmhouse hill a few times cause there are 2 steep hills in the race明天. I feel ashamed that I can't lift more than I do. We have patients coming in here who can lift much more than that. Well, you'll just have to accept me - weak quads or not.

②

Nikki was talking to me today that she wants to buy Vince a guitar and she wanted to know if a Martin guitar was good. Anyhow - sometime we'll gonna go to Nazareth and take that tour of the place where they make Martin's. I wonder if they're still on strike or if they're open at night (probably not.).

Hey, I just read a really good book called "The Mark of a Christian" by Francis Schaeffer. Our mark is to be our love to all men - not just Christians. All men have value because they are made in the image of God. If I do not have ^{the} love ~~for~~ towards all, the world has the right to make the judgement that I am not a Christian (by this shall all men know you are my disciples).

Just got home and read your letter. I'm concerned about it, cause you put 28¢ postage on it and inside talked about the slides as if I should have them with the letter - but I don't and the outside's all taped up like it was opened + then taped closed.

I hope they didn't get lost let me know if you sent them with the letter cause you mailed a letter that size before (which is a standard large) and didn't need extra postage.

Also, I don't understand your vs Psalm 25:22 + Psalm 136:14 in relation to football jersey. Could you explain how they fit.

And finally about your letter, it's nice of you to be so willing to do what I want but I'm disappointed that you wouldn't care if I went out with John (by the way, I'm not gonna). Thanks for the advice though.

hours, and you'll spend four.

It's a good idea to get up early in the morning and go for a walk around the town or city you're staying in. This will help you wake up and get your blood flowing. It's also a great way to explore the local area and see what it has to offer. You can also take a walk in the park or go for a run if you prefer. This will help you burn off some energy and get your blood pumping. It's also a great way to clear your mind and relax. You can also take a walk in the park or go for a run if you prefer. This will help you burn off some energy and get your blood pumping. It's also a great way to clear your mind and relax.

Two girls & Hello again. Today's such a nice day - a nice night. Wish you could follow it up here.

IS to be worth myself. I guess I'm a loser deep down inside. Then I came home and here I am writing a letter to you. On Friday, after work, P.T., Bill + Sam are going out to celebrate that we're all 21 - only I'm not going. My race is the next day and I just can't drink anything. See, I'm pretty well disciplined. Anyhow, I've had enough for this week for sure.

I'm nervous for the race this Sat. Please pray for me. Thanks. Sometimes I think I'll be too nervous to run and I'll do bad. Just gotta do my best. I guess.

Oh, hen, my car is leaking oil. The other day I went out to the parking lot and saw all this oil under my car, so I checked the oil - real real low. Then, later my dad checked it and then added a quart before I went to work this morning. That raised it - then after work I got gas and the guy there checked it and said it was alright, but it wasn't full. Today, I called Jack Daskee + they said it's normal to loose oil the 1st 4,000 miles, but I told them it just started. I'm gonna keep checking it, though. I've been looking under the car after come out from somewhere and I see where it dripped. The first they can take me (my car) is next Wed. morning so I'll see if I loose anymore.

James 1:2-4

Consider all joy, my brethren, when you encounter various trials; knowing that the testing of your faith produces endurance. And let endurance have its perfect result, that you may be perfect and complete, lacking in nothing.

Love ya, Honey

I love you, Henry.
Valerie

P.S. Your art work is
beautiful!