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Babe,  
Thanks for all the presents you sent to me today with your letter. I enjoyed them all. Good news today - Nikki's gonna work with Carolyn on Oct 14 and can run in the race. I'll just give up my Wed. off before that Saturday - Nikki will take off then. I'm so excited. Also, I'll have a 3 day weekend then cause of my Monday off. I played tennis tonight. My reaction time is definitely better. I had some good photos I must say - before I played, I ran 3 miles. That really warmed me up. Also today at work, Nikki gave me a hamstring stretch. I got upto 100° flexion in my knee straight. Boyd did that loosen me up for running. You'll have to do that to me before (Yus). It's great.

I'm so excited to think of you coming home Thurs night. I'm going to take a personal holiday on Friday so I can be with you. I sure am anxious. I can't describe how happy ☺. Love you.

Played my guitar when I got home to credit for about 2 hours. Was a lot of fun. Sometimes I can really get into it.

I got a letter from Chet today. He's doing good. He's taking Greek I - can you believe it? Sounds hard.

Babe, I'm so disappointed to hear about your knee. I will pray about it for sure. Make sure you don't overdue it with the sports if your knee starts hurting. Listen to me - what a nag!

On Sunday, I'm gonna go out and take pictures of the beautiful trees. When I'm running, sometimes I could just cry - it's so beautiful. The Lord's creation just the way the sun shines on the trees is really pretty (even the shadows are nice).

Man, I feel bad - me complaining about my knee hurting when I run down a hill and your's is so bad. Maybe mine hurts a little ~~pe~~ I can pray more effectively for you (understanding your hurt). I love you - forgive my complaints. You're my sweetheart! My one and only.

Work was great today. All my patients were super. I worked up on 3<sup>rd</sup> today and those old people are so neat. The stories I hear from them! I really can communicate well with the older ones. The Lord is so good to me. He's with me the whole day long and never leaves me (even while I sleep).

'I will instruct you and teach you in the way which you should go.

I will counsel you with My eye upon you.'

Psalms 32:8

Such a neat promise to us. He's with us and He'll lead us - not only will he show us the way to go - He goes with us. If I didn't have the assurance that the Lord was with you, I don't know what I'd do, but I'm confident He'll take good care of you. I love you, babe. Wish I could

'help' take care of you though.

How different life can be - when all the changes don't depend on me. And it's so good not to bend under life time and again. And the loads so easy because it's all on Him. It's so good when you've got a friend who won't back out even in the end. He'll never take His love and go. - never. Feeling so secure in Him.

I'll be with you soon, Henry. Will be so wonderful with you. Take care of that knee, babe. I love you so dearly. Goodnight.

Valerie Christine  
the first  
VCM I