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D \operatorname{ar} \operatorname{Jan},
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8 / 17 / 32
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Not having heand that you wore $\mathbf{i l l}$, I'm delighted that you've eocovered! To update you, I had a successibl arterial inplant in the left thigh in 1980 . The day I got hone from the Washington hospital blood clots broke loose. It sas the next day beifore I could gat on amoulance to take ne the 50 miles and I no sooner got to the hospital than a construction crew cut the cable into the ORs and it was another day before thoy could operete. Dy then the damage to the leg, foot and toes was permanent. They could got the clots out down to the anicle but not below. Muscles and tissues were ruined by oxygen starvation. I got out and was walling for up to about $1 / 3$ of a mile, cutting and splitting firowood from a whoelchair and foeling fine when suddenly a piece of my orm artery broke loose and blocked the entire left side. That time I got an ambulance promptiy, got into the OR about 10 porn. (this happened right after supper) and the woxked on me until 2-2:30 a.m. and repeltad tha rether extensively. Thoy told mo that from that kind of blockage tho boart usually quats so I nugt have a strong one. I've been hons $15-16$ months and no furthor trouble. I feel fine, don't know what it is to miss a night's sleep ortale an aspirin or anything other than the prescribed medicines. After each of the y operations I didn't need axy pain pilis or sleeping pill.s, so you can see that I suffered no pain or traumes But I am sonewhat limited in what I cen do and I've adjustod to that. I'm supposed to walk as much as $\bar{K}_{2}$ can so each morning I got to a nearby mall and walk for 3 hours. I can sit about every 100 feet if I have to and It is about $1 / 6 \mathrm{mile}$ long. Usually I can do that nuch before having to stop. I then put the lei't leg up, which I'm supposed to do, and read about 2 pages. Then I walls again and repeat the whole thing. I don't raind it but it takes a big hunk out of the woxking day 6 days a week.

Reason for the delay in answering is I've been bust with affidavit. I'm taking
 get then all done before I have to return to affidavitd tonomon. These are in the various FOIA cases.

I didn't hear from Ted for a Ione tire. Thought maybe he'd had a hard time becausehe expected so zuch from ISCA and found out, too late, tha they were finks. I tried to pervuade him throughout but he was optinistic. I think he is writing a book on thom. It uill lead to more frustreation for him, In sormy to say.
$x_{\text {ou }}$ have evory readon to be proud of your fand Iy, perticuln:2y your 4.0 nal Absolutely ilantestie!

Please excuse tho heste. Hope you all continue to do well and be happy. I shang your vieus and foers about the militemy situation and I an only hope that other coumtaion bring us back closer to sense and reason.

Sunday, July 30,82
Dea,eest Hacold,
Goodness, it's been so long since Ire talked to you. How ace both you and Nos We'sboery doing and feeling? I received a lovely letter freon. Ted G, and Ism so relieved and happy to hear he is feeling much better. I assume Ted toll you Fan recovering very, well from the 2 nexvous breakdowns in 1979. The last one in the latter part of Oct na. Last yean was a very exciting year for me e. My son, DA mon graduated from high school in June of 1981 and
went into the CISAF in Nous 81 , and this June, my mother was Ont of 1000 graduates at
Long Beach City Colleges, and one out of eight who graduated with a straight 4,0 (al A's) out of the 1000 graduates. My husband, Ray had a hugh swimming pool pat in the back yard in 1980 and do we ever enjoy it. Right now, Tam reading an excellent book called "Russian Roulette" by ARthur Cox (an expert and consultant on arms counted, Tim quite concerned about the new buildup in nucleon weapons and the poon relations
bevireen the United states the soviet Union, I have a new found friend out here in Calif: Intis Baxter Waxed who is on ABC news, He says anything new on the assassinations Ileam about, he will aid them, so that is quite nice. Well, I guess twill close for now wishing. you both the best of health * happiness and I Know Gad Bless you and so do I. Lou gu

