

1678 Dutton Avenue
Santa Rosa, California
95401



John and Barbara Moore
2939 Ashby Avenue
Berkeley, California
94705

PEACE

DEAR Mom and Dad,

Hi! I thought I'd write while I have a chance. I just got through jogging and have been going about three miles every day. I sure do feel a lot better than before. It makes breathing so much better, makes your heart stronger and gets your blood circulating so that you feel half alive. Everyone should jog some distance each day. It just makes you feel so much better and will keep you healthier longer, too. So much for that, my studies are O.K. I have to be studying this entire week for a huge old test I will be having on Friday on the circulatory system. We have to know all about arteriosclerosis, EKG's, heart failure, stroke and all that stuff. I hope I do well. I should, with the amount of studying I will be doing for it. Then, finals are another really awful

drag to even think about. I hope I
will do good **3DAB39** on them
because we will be tested over everything
we learned since last September, in the
beginning of nursing school.

As far as my birthday is concerned,
Tricia and I can come next weekend
after my birthday on I guess the 17th &
18 (or whatever). We will get there late
Friday night though, between 12:00 & 1:00
because I have been working evening
shift now for my clinical experience.
Anyways I don't really need a whole
lot for my birthday - mainly necessities
stuff like Shampoo, deodorant and that. The
kind of punching bag we will use is the
big kind that hangs from the ceiling → 
Don't worry about it because we can
always make one out of a gunny sack and
stuff it will something or other. I thought
of some stuff I could use. I need a
new pair of pants - (maybe we can look when
& come) and possibly a jacket (like a sweater type)

one) I have a certain kind in mind so don't
get anything yet. Also, for my piano, I
will have to be learning scales and stuff
so unless you have a book like that, I
could use a book of scales and chording so
I would be able to play in any key. I
need to learn this because I might have
to play while the organist and pianist
are on vacation. I have been trying to
teach myself, but it is really difficult
since I don't know the fingering and all.
I'll have to go to the library to find out
the thing for the American Journal of
Nursing magazine. It's really good and
has a lot of scientific type stuff in it.
It will surely enhance my nursing know-
ledge because it sure needs enhancing.
So actually all I really do need is
the pens, necessities and piano book, but the
magazine would be helpful in my studies.
Also if you want, a bunch of us like that
Aaron Copland record "Appalachian Spring"
because it's kind of pretty. I'm sure
you know what I'm talking about.

Right now I am doing the
laundry. It was getting kind of
dirty so I thought I better clean

It actually never wasit that much of it.
Anyway, I must continue studying and
all. HAPPY MOTHERS DAY in advance. I'll
give you your present when ~~you~~ come
in two or so (less) weeks.

Love,

Quinn

P.S. Please don't invite a whole mess of
people. Also, unfortunately Chris
has a test that day and on Sunday
also, so he will not be able to
come but she said to say hi.

(Also, I am kind of in desperate need of some
black or dark blue socks.)

Here's the magazine:

Subscription Dept.

American Journal of Nursing

10 Columbus Circle

New York, New York 10019

10th year, 18th 2 year, 25th 3 year

I think one year is good in case there's something I don't
like about it. Feel free not to get me anything though because
I'm not expecting anything. It's time to be
the way