

Evening everyone,

Or morning for you back in the states. There has not been a whole lot that has gone on around here to be honest. We have a bit more to do now these days, but it is still slim pickings. How are you all doing? How is life and work and the families?

I am sure that some of you would like to know about what I have been up to so here goes. The new scar on my head has finally gone down in swelling and it doesn't look so bad anymore. I won't ever grow hair there again, but it's not so bad because it's not the largest thing in the world. Lately I have been going to the gym on a daily basis with a friend of mine who used to be a Personal Trainer, so needless to say I am getting my ass kicked. The good thing about it though is that I am definitely seeing an improvement in my muscle mass and tone of my body which I am very happy with. I am actually looking forward to seeing how I will look in another 3 months because the difference is already evident. In fact in just two weeks I have gained 8 pounds in muscle mass. That puts me at a whopping weight of 152 lbs..lol

I have officially quit smoking as of about a week or so ago and I am holding strong thus far. I feel much better since I have quit because I have more energy and it is a little easier when I work out and stuff. I came down with sickness about four days ago and my nose was stuffed and I felt like absolute crap, but today I am doing pretty well since I have been keeping up with my medication that I was given. Hopefully it passes soon because it would be nice to be able to breathe through my nose again.

Work is, well, work. I have about another 6 signatures I need for my EAWS (AIR PIN) book and then I have the test, Murder board, and Final Board and then I will be officially dual qualified, so I am pretty excited about that. I am also supposed to take the late exam here within the next two weeks or so, so please wish me luck because I am not feeling so confident about this one. ::Shrugs:: Other than that there has not been a whole lot going on in my life.

I have however gotten hold of some old friends from my childhood and we have kept in communication with each other more regularly which is always a nice thing. Things back in the wonderful state of Georgia seem to be going good as well from what I hear from the guys. The nice thing to know is that everything is getting paid in full on time and that we have not missed any payments thus far, so we seem to be doing pretty well for ourselves. I on the other hand do not have a whole lot of money to my name at the moment, but with port visits, or the lack there of, and the bills from everything in GA I am still doing pretty well off. These next three months will be the time that I really have to start saving my money up for when I get home because there are a few things that I need to get when I get back anyway and some bills (Credit Card, Best Buy Card, ect..) that I want to fully pay off.

So yeah, that is pretty much my life in a nutshell. I am waiting on a Micro-fleece blanket to arrive from target so I can get rid of my wool one too because it is highly uncomfortable. We also went back one hour so I should be one hour closer to your times in the states. Well I have rambled on long enough, but I wish you all the best and please, make sure to take care of everyone who means something to you. Even a hello from time to time to an old friend means more than you could ever imagine. Best wishes to you and yours and I will see you all again before you know it.

Very Respectfully,

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"Be kinder than necessary because everyone you meet is fighting some kind of battle"