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**Subject:**

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Good afternoon, Im here eating my reheated applebees. I went to physical therapy yesterday and im happy im making progress. Im starting to get alittle mobility so thats a plus. I never new a tear in the shoulder could last 4 months and counting. Im definetly going to try not to get hurt it takes to long to heal lol. Yesterday I also watched the movie DayBreakers at 34th street Amc theaters. These vampire movies make you think, well hopefully I wont have any bats hiding out at my home lol. Before I started eating i was playing chess on my psp (portable playstation) and i had it timed where my opponent and I both have 60 seconds to make a move, and I was winning. Unforntunatley I was overthinking a move I ran out of time and my opponent won. I have to practice on thinking quicker. Next tuesday and the tuesday following I have a test for Pnuematics and DDC controls. I wasnt very thrilled on the course because throughout the schooling all the instructor did was make jokes and everyone thought the instructor was funny. He was but didnt learn anything but I was smarter than that I found some study material online so im hoping to ace this test. Its ashame he didnt teach the course the right way because we have this equipment in our buidings. Todays weather is 40 degrees over here not to bad im going to start getting dress so i could get to work. So i will speak to you tomorrow have a good day 

love [REDACTED]