

Plyometrics... suck. For reals thought I was going to die, it has certainly been a while since I've done that. Now my legs are going to be near dead tomorrow! Oh well... Good day... finally caught up @ work and now doing some refinement to prepare for future stuff. It is coming along very nicely. Got a shout out today as well! Never thought I'd be referenced for rocking out MATLAB, ha! I'll take it. <redacted> I do have my moments, however. Got nice and stormy today and meeting went fine. Nothing much other than that... Plyometrics nearly killed me, cleaned, and discovered Dollar General has quite a selection of stuff! Also, the Subway adjacent to it needs some customer service assistance. Dinner + Spy Game ended today and ready to knock out. Feel a little sick to my stomach still, but better. Shaved! A wonderful feeling.