



16 JUL 84
UNITED STATES NAVY

안녕하세요 (How are you)?

오래간만입니다! 재미가 어떠세요?

(It's been a long time! How is everything?) Pardon me if my writing is a bit shaky. I just got done with my nightly workout and my muscles are all quivering. Sunday thru Thursday I try to run and workout. Usually I run ^{at} about 1630 for about two miles. It seems like more but these hills make it seem harder. At about 2130 I usually do my exercises to break up the studying. I've worked up to about 50 sit-ups, 40 pushups, 25 flutter kicks, 20 8-count body builders and 100 jumping jacks. It's a good way to break up the school day and nightly studying. Needless to say I hope it will be good for my physical condition and makes for a well rounded daily program. It is very good for my mental outlook I think.

As you can see we're beginning to move along in the classroom. It is very hard to evaluate progress only one week into the program but I'm studying hard (about four hours a day) and I think productively. The attrition rate for Koreans is somewhere in the area of 40%. I hope I'll be in the other 60%. Say a prayer for me occasionally (There is an Episcopalian Church right down the street I think I'm going to check out.)



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As I said on the phone Sunday there are a few things I would like to have shipped out here if possible. Please take any postage out of my funds. Also I mentioned something ^{about} taking out a \$100 to start an account for me which I will use to start my permanent savings account. I will send 15% of my monthly earnings to put in that account. The rest of my money I would like to have sent out here.

I hope you got my letter but just in case here are the items I'm looking for (plus a few more); college records, ghetto blaster, boots, button down shirts, flannel, chinos & wool shirts, down vest, bathing suit, darts and my tent if possible. Please let me know if you have problems locating or sending any of these items out here. I can't say enough how I appreciate all that you're doing for me. Please let me know if anything I've asked is a problem. I know you are all busy and I don't want to be a burden (I've been enough of that).

I'm going to have to call it a night. My day started at 0600 and I haven't really stopped all day. It's 2200 now. Thank you again for all your help. Please take care and give everyone my love.

Love,

P.S. Found an Olympus KA here at Scott the exchange for \$109 but haven't had a chance to do any cop comparative shopping yet.