

## **The Sun does It's thing....**

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I sit here in my office every morning pounding away at this keyboard...and finally the seasons are changing enough that the sun breaks the pane of my window...

For many people the thought of having the sun glaring at them while trying to type furiously would be an annoyance...for me...it's welcome...I am ready for new things....to live out my first....

That will include things as simple as sitting on the porch....drinking my coffee...

I'm good today, I feel good....so good in fact that I'm changing up the man blog format...maybe forever...maybe just for today....

Today I weigh in at 218.6 pounds, down a pile from yesterday...and I plan on getting back under 215 by the end of the weekend...simple really...no booze :)

The past few weeks I had actually made the switch back to rum and cokes when I was out....geeeezus...not good. So that's over...it's time to get a few things back in line.

Trafford is way down! He weighs in this morning at just 163.8. He is only 4 pounds away from his goal and tells me he isn't even trying.

Well sadly my dear friend Trafford is on a miracle diet....and it goes by the name of STRESS....

xo...

Beagle left for work before I could throw out a request for a weigh in....

That means that he actually woke up before me this morning! I slept in until 7:41!!!! That is the latest I have slept in this decade. It also amounts to about 7 hours of solid sleep....and for me, that is a good sign.

Parker....I'm not sure where Parker is at on the weight...but I know he will be skipping rope most of the day....



Parker is training...for what I'm not sure....

I do hope this doesn't become a new habit....

Today the family and I are headed out to Brockville. We will celebrate Ave's birthday a second time and I have a few things to take care of while I'm out there....

Wait one second...Parker has just reported in at 245 pounds...he is still holding it together.

It's really just Beagle and I that have packed some on...I'm done with that....

Seriously, 215 by Monday.....I'm on the water this weekend!

Crap.....

So....How was today's man blog? It was exactly as it once was....this is what the man blog was before November 2014.....and it will be this again....

Today....I am going to pour tears....yes I am. But right now....no.

Lover....I miss you.....so much.....those are hard tears to fight.....

## **The Quote of The Day**

***Remember this, folks - I am a Hillbilly, and I don't always Bet the same way I talk. Good advice is one thing, but smart gambling is quite another.***

### **Hunter S. Thompson**

That is it folks....it does apply...you'll have to think it through for yourselves.

Boys....may we raise a glass of ice cold clear water very soon....

Lover....I will always raise my glass for you.....

it's touch and go.....but I made it.....