

Spring Has Sprung....

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Where has the man blog been? The man blog has been living life....

Happy.

Things have been much better since Ev's birthday....happier...I've been happier and the kids have been happier....

Last night we all spent time outside...passing around a softball...getting Ave ready for her try outs this Thursday. Charlotte rode around with the other kids on the street...we all played outside until dark....

A wonderful day.....

Sunday....my birthday....we spent at Valleyview farms, another celebration for Charlotte, everyone had a great time. Me...suffering from my own birthday celebrations the previous evening...had the pleasure of seeing all the kids happy.

Really happy!

So....that's where the man blog has been...happy...and no one cares about a happy man blog....I'm just living a regular life like everyone else....

Do I cry...sure, when I spoke to my sister yesterday morning I cried....I love her, and talking to her about Ev brings out a lot of emotion....I don't have to hide anything from my sister....she knows how I'm doing....She sees it in my eyes even when I forget that she can....

This morning I found myself awake at 2:40 am...I could have likely stayed in bed but I decided to get up and face a couple more loads of laundry....I'll hit the sack early tonight...cuddle up my Charlotte.

So is that it....

I suppose it is.....ya....I suppose I'm holding back a bit....but that is more or less it.....



Ev is with me...she always will be...

Unlike other relationships that come and go in people lives...this one will never truly end...I will always love her....I will always wish she was here....living.....

it's too painful.....the man blog.....I'm not sure how much I can keep doing it.....

I know it's healthier to do this....write down my feelings, explore and release them....

But do I really need to lay them on the table for you to see.....

Is it better for me to let you know I sit here crying.....I'm not so sure.....

The Weigh In

Well this part of the man blog Ev used to love to read....the old man blog....

Fatty hit the scales this morning at 226 pounds. How that is possible I have no idea...I crushed 5 km yesterday morning.

I didn't eat THAT much...yes I may have had a beer or 2.....or 3.....okay fine, I had 3....but I gained 2 pounds yesterday!

Parker has only gained 2 pounds since Cuba and I'm up 14!!!!

14 pounds! Geez.....

Well we begin the old fat grind again....

An old school man blog photo...nothing of Kevin in a fat suit...no....how about this.



I little rip for Ricky Bobby and I yesterday. Luckily a 455 pontiac has no issues moving my weight around....

It was a good day.

Today I'll get a weigh in from the boys, see what's up with the man diets....with playoffs starting this week I doubt it's going to be pretty, for me at least.

The Quote of The Day

To know yourself as the Being underneath the thinker, the stillness underneath the mental noise, the love and joy underneath the pain, is freedom, salvation, enlightenment.

Eckhart Tolle

Again...I couldn't have better friends...I just couldn't...

Babe...I love your face...

Hey...xo

Warm...today...tomorrow....it's on!

Have a great day!