

## Days go by....

Well here we are....the man blog....

Just minutes ago I thought I'd get all the weights together and craft up a fat man man blog....something of a celebration of life, the discussion of beer and egg rolls and the resulting weights after applying too much of both to the adult man's body....

Well, that is exactly what I'm going to do here today, right after this....

I just need to celebrate my wife for one moment....I'm missing her terribly every minute and I must shed a tear or 2 before I get on with my day....

Luckily for me....I'm already wracking....just thinking about her.....

Syd's piano teacher told me this week that in 15 years, teaching piano on 2 continents, he has never.....ever.....met a student like Sydney. He used to describe her as talented....but now he uses words like phenom.

He goes on to explain that in 6 lessons he notices that she has the ability to play keys until she figures out the tune....she can go back 5 or 10 notes when she is learning and come back to try other chords.....

This is easy for Syd....she is smart like her mother.....

I used to tell Ev how smart she was....but she had been pushed down too hard in her past.....she couldn't believe it when I told her I thought she was smarter than I was....to her I seemed so wise....

I was wise enough to know she was smarter....and I'm wise enough to know Syd is too.

Lucky for Syd....I'll never let her be put down.....

I've got such a long way to go with these ladies....it isn't going to be easy as we all dig in to their teenage years....but I'm here to do the work, and I'll do the best I can for them.

And my love.....

Babe.....I miss you so much.



I am not enjoying this as much as I'm supposed to! I am not.....

## Obesity.....

Today I weigh in at 229.8 pounds, no good! I didn't even have my normal 6 beers after soccer....because I didn't go to soccer....I may have crushed an extra 1000 food calories just before bed though, destroying a hamburger and 2 huge slices of pita with hummus.....

I was busy in the garage and might have missed a meal.....

So I punched the old weight into the BMI calculator today and I'm almost obese....just a half point away...hell a few months ago I squeaked into the normal range...I wasn't even considered fat on the BMI scale.

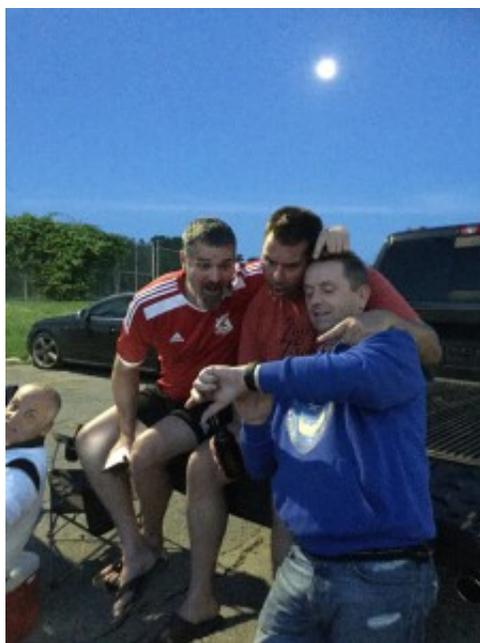
How to get back under 215...fat bugger.....

Well...that's only 15 pounds....I can lose that right....I've done that before....

Wait....what is that...a quick pint at the pub with the boys....every day....

It would be easier if the boys and I weren't so busy celebrating life, something I don't want to pass up these days....

So 229.8 it is today, obese or not.



Old Trafford has an iwatch....he cant read it...he has no idea what the screen says...but he can use it to trigger a photo, and look...great success

There we see Trafford, down today at a svelte 170.5 pounds...he is rocking the bottom...

Parker on the other hand, like me, is peaking...he weighed in at 252 pounds, not good.

We may as well touch base on the birthday boy Donald, he wanted to lose 20 pounds by now....I'm

not sure he is down an ounce...we will have to see if he is still in this race.

Boyling is still losing....he is down to an impossible 191.1 and the other light weight Beagle is at 189.7 after a week of cottaging...aka...beer and bbq....

Another suffering the effects of the summer is Seamus, up to 266 after almost seeing the 250's.

I won't bother throwing that into the BMI calculator....we already know which way the arrow will be pointing...

Anyway....I really will try to be reasonable with the manger this week...and maybe with the glug also....

## **The Quote of The Day**

***The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time.***

**Mark Twain**

I like to believe most of my close friends are attempting to live life to the fullest, or doing their best at it. We all have things that are holding us back....I miss my wife....that does have an affect on what I do....but it doesn't stop me from trying....I do seek to live fully again....

Sadly, I'm not prepared to die....if I had to go I'm pretty sure I would accept it. I'd count the days I had left to love my babies....to try to prepare them for what was ahead of them in life.....and like Ev, I would grieve for Charlotte.....

There we go.....let's wrack a bit more.....

Anyway....let's live.....let's get on with it.....

Live and Love.....that's is the hokey pokey is all about....putting your whole self in!

Babe....I love your god damn face!!!!