

2 weeks later....

Did Grandma stop by with cookies yesterday? You bet.

I thought Charlotte ate 2 of them before we ran out the door to hockey....nope...she had just one...I didn't eat the remainder of them....There may have been 2 dozen or more in the box....but I ate 20....easily 20....So many in fact that my stomach wasn't happy...I may have even crushed a few past that point.

My weight this morning...a solid 233...not terrible. I have seen 229...I'll try to get back under 230 this week...after tonight's poker I suppose.

Now....I have been working out....some...lifting...the lazy man's exercise. I've been busy though....things on the go with the kids...important stuff....Hey 233 isn't bad...I haven't been eating 20 cookies every day!

Russett

192 and holding. He is really taking this seriously and looks much thinner....he is down chins...so many it's hard to remember how many chins he had accumulated. Last night he walked the dog from his house to the high school and back....while I ate cookies.....

One of us will be lighter....

And I'll be bringing KFC to poker tonight....



Look....Russett has really been working at this...Props....

Donald Ramsay Buchanan

Bulking.....



Donald is hard at it folks....

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time for a wee break from the new man blog....

Charlotte Wheeler

Some evening in the past few weeks I was laying in bed with Charlotte reading while she watched a movie, the Good Dinosaur...it seems nice enough and she was enjoying the time...talking to me a bit about what was going on. I wasn't paying attention to the tv until at some point she asked me if we could change the show...she was sad...

Rather than just changing it I rewound it a minute to see what upset her.

Ya....that is the sort of thing that will upset a little girl missing one of her stick people....and it upset me too....

A couple days ago as Charlotte got into the truck after school she gave me a look...and I told her I loved her face....she said "mommy faces" She gave me the look...



I miss stick people too....terribly.....

The One thousand distractions that life offers are often not enough....they do help but there is still that nagging.....

At some point Ev is just going to walk in the front door.....

This morning we will pour tears and that's just fine.....

I miss Ev...we all do....too much.....I went to visit her on Thanksgiving...a trip to go see the bit of ground that separates us....someday.....

Krista

Krista and her 2 diet competitors are hard at it....Krista has managed 152....she is back to posting sweaty photos on facebook I see.

No updates on her competition other than to tell me one of them has been sick...and due to that Krista believes the sick one will end up in the lead....nothing like a good flu to help drop a few pounds.

We will get to the bottom of all of this soon.

Glen and Richard

Neither of these 2 have lost any weight....Richard hasn't been to the gym I don't think while Glen goes often enough....

Glen tells me past diets have offered him huge loses but this time very little....To that I say....stop

shoving in food!

Seamus Browne

I'd love to make a joke about this but it simply isn't funny any longer. I read a stat yesterday that said just 17% of the population smokes now compares to 47% years ago....

I have to wonder how Seamus feels about being part of that statistic....Keep pouring money into that retirement plan buddy....

The Quote of the Day

Sitting there at that moment I thought of something else Shakespeare said. He said, "Hey... life is pretty stupid; with lots of hubbub to keep you busy, but really not amounting to much."

*Of course I'm paraphrasing: "Life is a tale told by an idiot, full of sound and fury, signifying nothing."
- Steve Martin L.A. Story*

You see folks....paying off that mortgage and driving new trucks is nice....but you have to have fun on the way. Sooner or later we will be in the ground and you hate to get to the last day and realize you haven't had any fun....

There is a time to be serious....but once you've figured out potty training that's pretty much the end of that....

Babe....I love your face.

XO