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Red dot, yellow dot, green dot repeat - So goes my Internet connection

Tuesday, December 10, 2013

Planning a healthy day without Sparkpeople.

I'm watching the status light monitoring the strength of my satellite connection this morning. It hasn't been green long enough for me to actually access any websites. We've had heavy rain all night which is likely the problem. Rain, ice, snow, wind - just about anything can cut us off.

This is disappointing but at least we didn't lose power. Others were not as fortunate.

I like to start my day with SP. DH & I always wake up before 6. Coffee with Spark has become my routine. I plan my healthy day and eat my healthy breakfast all while connected to my invisible community.

Obviously I'm capable of maintaining a healthy lifestyle without SP. I've been at this a long time and have been away for periods of time for assorted reasons. Still this journey is easier with company and a little help from our friends.

Addition to yesterday's blog:

The cows weren't just standing in the road. They were walking single file following the leader to some unknown destination. The 60s song "Leader of the Pack" comes to mind. When she saw the opportunity, she made a run for it. "She's a rebel and she never does what she should..." and the others followed her.

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STRIVERONE

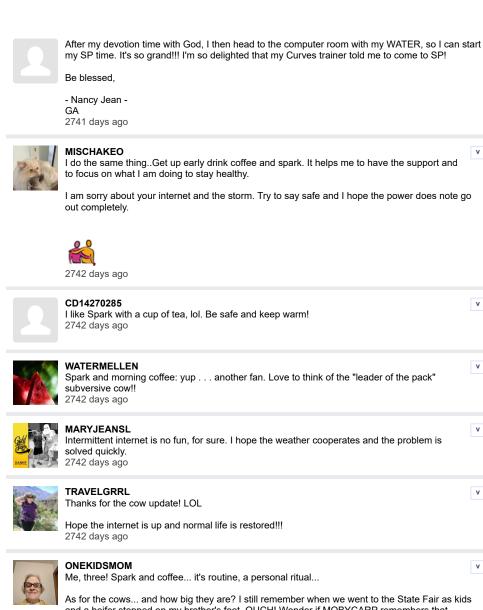
ν I had a similar experience at the Thanksgiving turkey trot whe the person in front of me stopped to pose for the finish-line photographer.. No injury to me, but to avoid trampling her, I lost my chance to pay through the nose for my own finish-line picture.

EDIT: I meant to post this on 12/12/13's entry about the rear end collision and now I can't delete this one. -Sorry 2741 days ago

Comment edited on: 12/12/2013 10:04:32 AM

CD14034154 Brooklyn,





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As for the cows... and how big they are? I still remember when we went to the State Fair as kids and a heifer stepped on my brother's foot. OUCH! Wonder if MOBYCARP remembers that incident?

Rebel on! cough... uh, Spark on! 2742 days ago



CD12146214

Love the joke! I start my day with SP and coffee as well....perhaps we should have a team? 2742 days ago



DR1939

Like you, I like to start my day with Spark. 2742 days ago



YMWONG22





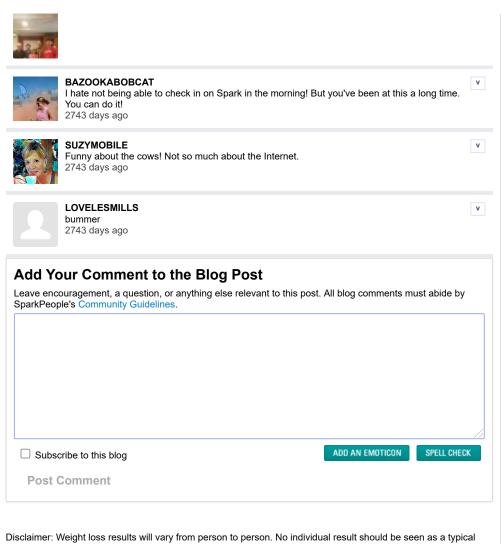


2742 days ago LINDAKAY228

It will come back for you! I know what you mean and like to start my day with Spark to for the past few years. 2743 days ago

NELLJONES

Of course you can stay on Plan without an internet connection, but it sure is a lot more fun with Spark, isn't it? Is cable or fiber available where you are? We live in an oak forest so satellite isn't an option. We jumped on FIOS the day they laid the fiber, a BIG step up from DSL. 2743 days ago



result of following the SparkPeople program.