



# BROOKLYN\_BORN

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## It was a dark and stormy night as she drove the twisting country road toward home

Tuesday, January 15, 2013

That's how mystery novels used to begin and they rarely ended well. Fortunately, nothing dire occurred, only very disappointing. After a day of healthy eating and excellent workout, including navigating several potential hazards, I ate 1200 calories of junk, the equivalent of my total consumption all day long.

The day began with a grey sunrise, not at all typical for our lake. It was foggy and gloomy with a steady rain. OK, she thought positively, we need the rain. The lake level is low.

The house felt cold. Her husband announced that there was something wrong with the heat pump. The compressor was dead. OK, she thought positively, it should still be under warranty. I have the paperwork. I'll go to the gym and call from there

At the gym all treadmills were occupied (very unusual) so the regular pre-class run was scrapped. At least, we had a heating tech coming out after lunch. Aerobics/weights class went well.

Back home the rain had stopped temporarily. She raced out the door to get a few miles in. After a healthy lunch, the technician arrived. The bad news – a whole new system was needed, inside and out, including corroded pipes. Engineer husband agreed with the diagnosis. OK, she thought positively, we're lucky that we can afford it and it will be more efficient and better for the environment.

After a healthy dinner, it was time for choral rehearsal in a city 30 miles away. An email arrived with the news of the death of one of our singers. Who would be available to sing at the funeral?

After rehearsal the husband and daughter of the deceased arrived to thank us for singing. Our group had meant a lot to his wife. Only 30 people could fit in the choir loft. There are about 100 of us. They would practice the chosen songs at the end of rehearsal.

As one who was unable to attend the service, she hurried to leave. The weather was getting worse. She was stopped suddenly by the sound of "Amazing Grace" a beautiful arrangement and a standard part of the group's repertoire. From the back of the church she listened. It sounded heavenly. Singing within the group, in the 4th of 5 rows, she never heard the full effect before.

She drove carefully on the way home. It was difficult to see, even with bright lights on and deer are a common road hazard. Thoughts of the day filled her brain.

Once home in a cold house, she bundled up in a heavy robe that she realized belonged to her mother. Jan 31st would be the 2nd anniversary of her mother's death.

She made some tea and got "something to go with it." Soon more and more nourishment was needed "to go with it." 1200 empty calories later, she stopped. The thoughts stopped too. It was finally time to sleep.

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The end!

If you've read this far, thank you, I know this isn't like my normal blog. I'm feeling better this morning and realize why my lapse occurred. This is a long journey and one bump in the road won't make much difference.

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**WILSONWR**

At least you recognized it as a bump in the road and moved on. I've been having way too many "bumps" lately (the cruise was disastrous as far as calories).  
3067 days ago



**DR1939**



3071 days ago



**MISCHAKEO**

You are right..one bump in the journey is not going to make a difference! You had a very rough day. We have a heat pump and I know how expensive those things are to replace. Plus the gray weather doesn't help. I am sorry about your singer. That was beautiful that your choir sang for her.



Today is a new day on your journey. It will be a good one.  
3071 days ago



**WATERMELLEN**

Great blog . . . sounds like total exhaustion of will power to me after a very gruelling day and a huge requirement for positive effort, delivered.

You just ran out. And as you say . . . one lapse is not serious.  
3071 days ago



**COCK-ROBIN**

I'm glad it's better for you.  
3071 days ago



**COCK-ROBIN**

I'm glad it's better for you.  
3071 days ago



**MJZHERE**

What a journey life is - full of so many ups and downs. In the midst of it, you write beautifully. Thank you for sharing - my thoughts and prayers are with you.  
3071 days ago



**CAKEMAKERMOM**

Sometimes things happen and food choices are made that total up everything you ate earlier in the day. Cupcakes do that to me if there are more than 4. Start every day over with a new determination!  
3072 days ago



**AMSPARKER**

My thoughts and prayers to you. I just lost my beloved uncle and I can't stop crying...it's funny how these emotions make us turn to food to find comfort...so far, I'm not doing that, but it is a long road ahead, so hopefully I can say this a week later, too. So many times, death in any shape or form is so hard to deal with...hang in there! how lovely that you have your mother's robe!  
3072 days ago



**CD8467616**

So, you are a human being with feelings. Your story touched me. I could hear the sound of the choir. I think everyone here understands.  
3072 days ago





**KANSASROSE67**

A good blog...sometimes these days just happen. Wish I could have heard the choir with you!  
3072 days ago



**CD13136117**

Bad stuff happens, and it is understandable how you could get off track. The good news is that it is a manageable number, and you can burn 1200 calories before you know it. Wishing you a much better day today!!



PS. You are a great story teller! Always love your blogs.



3072 days ago



**WINDSURFNERD**

Sound like a tough day, but congratulations for maintaining perspective and the ability to "find the good".  
3072 days ago



**CELIAMINER**

So glad you can deal with this bump. I've been having a series of bumps that have my waist band too tight for comfort, so I rejoiced in staying within my calorie range yesterday for the first time in awhile. I hope today is better for you!



3072 days ago



**SYNCHRODAD**

I ran into flu "dip" the last 3 days, down 6 pounds. Finally this morning, I have an appetite. Bumps and dips and we return to normal. Thanks for taking the time to write this blog. It took some thinking and I know it takes time which you have given generously to us.  
3072 days ago



**BOILHAM**

Bumps in the road - tell me about it. You know how it happened, just like I do. Just get back on plan. No biggee.  
3072 days ago



**KELLIEBEAN**

Great blog! Thanks for sharing that!  
3072 days ago



**DAISYBELL6**

Life happens and you move on. My thoughts are with you on the anniversary of your mom's death.



3072 days ago

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