

LOG OUT



BROOKLYN_BORN

 Change Banner Image

154,986
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

What will your kids remember about you? Mine still talk about the day I ate the whole pie.

Wednesday, November 21, 2012

Well, not the whole pie. As they remember, I left one little sliver for someone else.

I taught high school math and computer science and was also technology coordinator for grades 6-12. I took my job very seriously and I came home each day physically and mentally drained. Even at home my job hovered over me and the entire family. My lesson plans and piles of papers to grade were never far away. When I took this stuff along on a family trip, DH yelled in exasperation "you didn't sign a contract, you took vows!" Fortunately, there are more good things to remember about our life than the incidents that have become family jokes.

I used to think that my body was craving nourishment. While most of the time my food wasn't quite so unhealthy, I was quite capable of eating enormous quantities of healthy food too. What I considered healthy has changed over the years as well. Nutritional content wasn't always as easy to find as it is today.

Yesterday, I wrote about one big slip-up. That sort of thing didn't used to be a slip-up. It was the norm. Finally I decided to change the norm and now I join the 5%. I may still slip, but I know so much more now. If I do slip, I'm going to pick myself up and keep going in the right direction.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

Member Comments About This Blog Post



CAKEMAKERMOM

And now you eat the sliver and leave the rest of the pie for everyone else.
3127 days ago



CD12911945

I say frequently that the major education I have gotten from SP is on the topic of not letting slip-ups take you down. I really needed to learn that. And now, as you say, I know the right direction is always still ahead of me.
Nice blog.
3127 days ago



COCK-ROBIN

Good for you! Keep it up.
3127 days ago





MISCHAKEO



You have made great gains in not letting a slip up be the norm! That is the key to staying in the 5 percent. Great job.

I have eaten entire packages of cookies and had to go out and replace them. My kids remember me as always being on a diet.

I am glad we are learning how to be healthy.

Great blog.

3127 days ago



WILSONWR



While I'm not there yet, I'm working on changing a lifetime of overeating. The problem was that I "got away with it" when I was younger. I weighed 130 pounds throughout high school, and I overate, on purpose, trying to gain weight! I remember one particular morning that I ate 23 large homemade biscuits (with homemade jelly) - I only stopped because I had eaten them all! I just couldn't gain weight because I was so active (maybe a bit "hyper")! Today I can eat what seems like hardly anything and gain weight. While I think I'm still active, I guess it doesn't compare to my youth. Maybe I'll blog about this topic in the future - thanks for bringing back the memories. It's nice that we can laugh about ourselves now and then!

3127 days ago

Comment edited on: 11/21/2012 8:51:16 AM



CELIAMINER



Ha haaaaa! Your blog triggered two images for me:

1. I was about 7. My mother made a huge, HUGE pot of spaghetti. A regular dinner plate was not big enough, so she pulled out a large glass platter-size plate for herself. The load of spaghetti and sauce was too much (and likely too hot), and the plate broke. Messy.

2. Current age, and this happens too often. If there is one molecule left in the container of orange juice (or soy milk or whatever), DH does not consider the container empty. Countless times I have reached for something, only to find a drop left and no notation on the running shopping list that we needed more. The family joke is that he left a "Miner serving."

Celia Miner

3127 days ago



SUZYMOBILE



Cool! That's your daughter on here!

My small family, broken as it was by divorce, still provides my kids with memories about me. Delia, about to make her first from-scratch Thanksgiving dinner, knows enough to take the giblets out of the bird because, once, I didn't.

Oh, and once I ate a whole BOWL of Christmas cookies. And I mean, like, a MIXING bowl. A LARGE mixing bowl.

What kind of pie was it? I hope to God it wasn't pecan!

3127 days ago



CD12758218



But now in addition to the Pie Incident, they can talk about how you turned your life around with healthy choices and activities!

3127 days ago



HAYBURNER1969




Yes, I remember that day!! I remember saying, "Why did you bother dirtying a dish?" and you pointed out that you didn't eat the WHOLE pie... ha ha!

3127 days ago



CD10259955



Now you have me thinking - and laughing! Happy Thanksgiving - don't eat the whole  !!!

3127 days ago



SWEDE_SU



that is a winning attitude! it's about the journey, and you are moving in the right direction!

3127 days ago

Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.