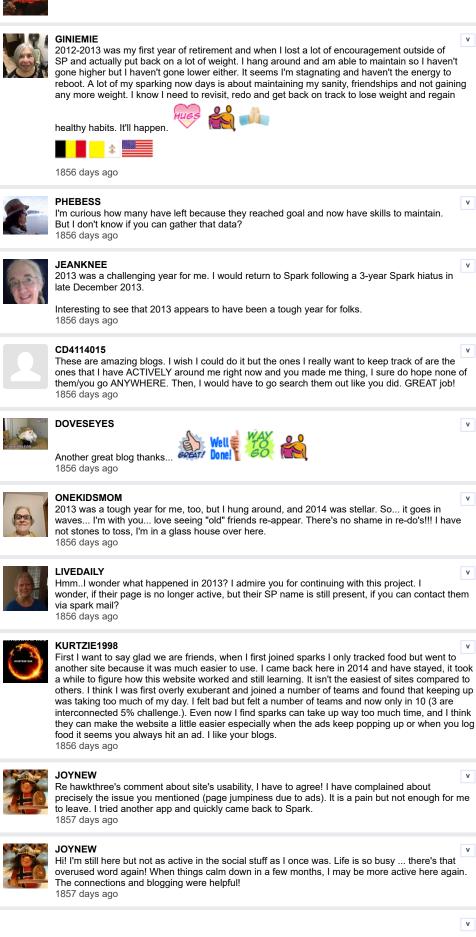


I don't know about those who disappeared, but 2013 was tough for me! But, I found hope, love and encouragement here on SP! That is one of the main reasons I stick around! 1856 days ago





PHOENIX1949



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	1857 days ago	
	CD16609042 What a great way to look at SP friends. I'm glad to have you as a friend you mine.	v
	WILSONWR It is sad how many friends drop off after time. It is great to see that almost half stick with it though! 1857 days ago	v
	IFDEEVARUNS2 Wow! My level of activity on SP varies, but I've never walked away. 1857 days ago	v
	IAMSUNNYHOWARD There must be a trend with this, I originally joined in 2009, but was only using SP to track food. I must say I wasn't using it as well as I could have. Then I got overwhelmed and stopped. When I came back in 2015, it was with the idea that I would be active on the site. It has made a world of difference. I didn't wait to be noticed, I actively found others. I try to see what ne members are doing and at least say HI- it is confusing at first. 1857 days ago	
*	ANGIEN9 I guess you are referring to you spark class, right?? I will have to check out mine. Or was it the first team you were on that you were referring to above?? Your blogs are very interesting. Always insightful and you are very active on this site and in life. I am glad to see that some people are able to maintain as long as you have. I am sorry many of your friends are gone. I say, "Make some new ones." I know it won't be the same. But I don't thin you can ever have too many friends on Spark People!! Have a great day!! I love being your friend and reading your blogs. Check out mine, if you haven't. Thanks! Angie 1857 days ago	
	WATERMELLEN I really hope someone "up there" (ie Sparkland admin) is reading this series of blogs AND the great comments because there's valuable info embedded which suggests methods could be tweaked to encourage more membership MAINtenance!! 1857 days ago	v
	HAWKTHREE And a good example is what just happened after I hit Post Comment. I couldn't do anything on this site until I counted to 10. Couldn't go home, couldn't look at other people's blogs. 1857 days ago	v
	HAWKTHREE Perhaps it's because I design websites but the jumpiness of the website keeps me away when I don't need the discipline. I have to count to 5 before I can add foods because ads are loading. About 33% of the time I accidentally hit an ad because I think the jumping is over. The 'conversations' can be difficult to maintain because you don't always see that someone is replying to you and you alone. This site is a great resource but it's a challenge to want to use it. 1857 days ago	v
	JIACOLO Glad you found some positive in this situation. The support SP brings to us can be a huge part of our journey. 1857 days ago	v
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