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Looking for that Old Spark – “I will not drink another calorie”

Tuesday, May 25, 2021



I wrote that on October 9, 2012 and was reminded of it when suddenly that 8 year old blog got a new comment. Wow, a look at my old self at age 65. Things change. I'm different in many ways. Spark is different too. That blog got 11 comments. It was interesting to read them.

The blog was about a decision I made in 1992

Back then I wrote:

“it was a reflection of my frugality, not aimed at weight reduction. I was annoyed that restaurants charged so much for a drink. I began to order water since the soda was half water (ice) anyway. Then I discovered that although I really like to eat, it didn't really matter to me what I washed it down with. I began to drink water at home too, except for my morning coffee and orange juice”

All that is still true and the estimated “10 pounds a year” saved by not drinking the extra calories every day saved me from having even more weight to lose when I finally found Spark in 2009.

So who were those 11 Sparkers who commented on that old blog?
Where are they now?

6 are still here and active. I checked out their pages.

How about this “kick in the pants”

“If you are waiting for motivation to kick in before you undergo a permanent change, you'd better settle in for the long haul, because it's going to be a loooooooooooong wait!

Motivation, will power, and goals will sustain you for a while, but what will keep you going is consistency, habit, and the desire to maintain results.

Like the old saying goes, "Fake it 'til you make it".

You'll get results even if your heart isn't in it.” (NancyAnn55 in 2019)

Checking further: 1 page is private & 1 is offline so I cannot tell anything about them
3 are missing. Their pages are there but they are not

WilsonWR (Bill) last wrote on 2/4/18

“Friends, I have really enjoyed talking with you and I do plan to be back in a few months. Do take care of yourselves, and I hope to see you again soon”

I hope he is doing well

Mahgret – nothing since 2012 where her blogs listed all the reasons she loves Spark

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Finally I checked the page of AMarilynH – nothing since 2012

I noticed the last comment on her page. It was from her daughter Marilyn passed away in 2017, just about the time I went MIA from Spark. I remember her well, especially her favorite quotation.

“We are what we repeatedly do. Excellence, then, is not an act, but a habit” -- Aristotle

Thank you! I needed that!

One big change in 8 years, type in anything and it there's a meme for that



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TOMATOCAFEGAL

Thank you for your memories. And yes on googling memes
7 days ago



SUNSHINE99999

More successes to you.
8 days ago



SHAWFAN

Great blog! Soda has been off my menu for a number of years too. Once in a great, great while I may have a small sip of my grandson's or daughter's but only if I'm terribly thirsty and water isn't available.
Water is the way to go!
8 days ago



WEDDWT

It was thoughtful of Marilyn's daughter to leave that notification on Marilyn's spark page where her friends would see it. Gone but not forgotten. RIP
8 days ago



JUNETTA2002


Thanks for sharing
8 days ago



MOMWANTSNOWAIST

Thank you for your blog .
I don't drink soda with any regularity since the empty calories won't help me and will destroy teeth ~my brother experienced that! I was given water with lemon in it one day at Mimi's Restaurant and



I loved it ! ~Since then ,water is the  for me! I don't have it with lemons unless I am at a restaurant or having tea at home ,but water has been a HEALTHY HABIT that I AM PROUD to say I passed on to my family!

My DH and DS drink water daily. I do not know of another child in my child's group of friends who drinks water on a regular basis and my child is is a TEEN! My DH makes a wonderful MINT TEA

that makes it worth having IN FROSTED GLASSES in SUMMER!!!!





9 days ago

Comment edited on: 5/28/2021 1:19:35 AM



GETULLY

We usually have water (except coffee and hot teas). Once in a great while we will buy a small bottle of soda because we have a new drink recipe we want to try. Now that we have a sodastream no more drinking any soda - just fizzy water!
9 days ago



SYNCHRODAD

Excellent blog. I too wonder what happened to 2-3 Sparkers I followed. One went through a big weight drop and she traveled a lot with her husband. Then she got divorced. I've commented to her, but no response. Her page is still there, but she isn't. I've been here since 2005. You got me thinking about that glass of wine I have with dinner most evenings. Maybe a bit less, or less often. Hmmm. Calorie-free food for thought. Thanks.
9 days ago



WALKINTOFIT

I have been here a long time too, and lots have faded away or abruptly disappeared... so sad

as I was getting close to some of them... but keep on keeping on, granny used to say!
9 days ago



4EVERDIETER

So true on the habits. I have said since I got older that I wasn't willing to do anything to lose weight that I could keep doing the rest of my life,. Guess that means I am a Sparker for life!
9 days ago



DEE797

I've been in Spark since 2007, and many friends have disappeared without a trace or acknowledgement. Sad. Wonder often about how they are doing.
10 days ago



KEIANN1

I have a diet pepsi addiction, but for the last month I have only allowed myself one a day. Other than that I drink one cup of hot tea in the mornings, then its water only. I too have been on and off again on SP, but I plan to stay this time and keep on trying.
10 days ago




ALIHIKES

Great blog. Really enjoyed you following up with old Spark friends. Of the entire small local Spark team that I joined with, only I remain active. But I met new people and really enjoy the support and encouragement, and insights from around the world. My vision and network has expanded.

I agree with you about the high caloric and dollar cost of most beverages. It was shocking to me to realize how many WW points and calories are in a Starbucks Frappuccino. And I am certainly saving money by not drinking them! I enjoy wine occasionally, but my old favorites (mixed drinks like lemon drops or margaritas) are history, and my health is better for the change.
10 days ago



THINCPL2004

Another great blog! It is interesting on who stays on Spark and who leaves, I am glad you stayed. I enjoy reading  your blogs!
10 days ago



CRADLEY

Thanks for sharing a great blog!! I've been on and off Spark for years and always try to check in on those who have been here and inspired me over that time.

We're in the middle of a water drinking challenge for work and I'm happy to say I've made it every day this month. This week I've started adding activity - need to get those habits in place to make positive changes!!
10 days ago



SUNNYBEACHGIRL

Interesting to see if people stay.
10 days ago



RETIRESUE

I got "hooked on" water when I went to WW after my son was born, I was in my early30s. That is not to say that I haven't had the occasional soda or iced over the years but I find that sweetened drinks just make m thirsty so I avoid them - and the calories. About the only calories I drink come from a very occasional glass of wine.





10 days ago



UPTOIT59

Great blog, as usual.
10 days ago



JULIJULINN



10 days ago



DONNA_CPS2

So nice that you looked up the people. We really have learned to cherish each moment and

friends along the way! 🐶

10 days ago



KITTYHAWK1949

Yes, it is sad when you lose contact with a Spark friend and you never know what happened.



10 days ago



THOMS1

I found spark in 2008 and I have learned a lot of things about nutrition, weight loss. exercise and support. I have also found some awesome spark friends willing to give advise and much needed support. I also met some wonderful spark friends on the first team I ever joined (300 Plus) but through the years many of my favorite ones have disappeared. Wish I know what happened to

them but I guess it's not for me to know.

10 days ago



DONNALEE-53

I actually miss a lot of the people that no longer post or are no longer here.
I always love you blogs.



10 days ago



GRAMDEB16

I was on SparkPeople in the past and then stopped and came back, but I forgot my old log in, so I had to start all over.

10 days ago



TKLBRIDGET1

Thanks for your inspiring blogs! I am also drinking a lot more water.

10 days ago



ROSESAREBLUE

You said , " Motivation, will power, and goals will sustain you for a while, but what will keep you going is consistency, habit, and the desire to maintain results. " . Such a good thought . I've said to myself , " old thinking has to be replaced by new thinking when it comes to my day to day , food

habits and it has to be permanent . " You did such a great job writing your blog .

10 days ago



RACHNACH



10 days ago



BJAEGER307

I didn't blog much since I started here on Spark. I'm just not the creative writer as you and others on here. I truly like reading the blogs though. Let's me feel a part of your life.





10 days ago



AZMOMXTWO

this was interesting to me some people that I enjoy their blogs have just stopped and i wonder what is going on but I guess I may never know
10 days ago



INCH_BY_INCH



10 days ago



AMUSICALIFE

I love the blog but the picture you posted is actually up on a junior high band room wall that I taught in last year. When I first saw that picture I stopped in my tracks to think about it. I tell my students all the time that being good at the oboe is nothing more than practicing and listening and being aware of your mistakes. I love that poster !
10 days ago



1CRAZYDOG

Wow. Been sparking since 2010 and so many changes -- people have left on their own, some have sadly passed on (but not w/o leaving an imprint on the heart!), and often think of them. I know, I am a lifer for sure!

Waer -- my drink of choice. We always just order water when we go out (and we do go for breakfast every Saturday, and meet up with 2 friends. Otherwise, it's home cooking for us!)

Great blog. Much to think about!

10 days ago



JUNETTA2002

Thanks for sharing
11 days ago



GRAMPIAN

Interesting thoughts.
11 days ago



NAVYWIFESKI

Nice blog! I don't do soda but I do a tablespoon of creamer in my coffee. I used to have coffee with my cream so happy I progressed in that way. Lol Have a wonderful Wednesday!:) 🙌🙌
11 days ago



RHOOK20047

Interesting. I will have to go back and look at my old blogs. I wonder what I will find? Hopefully, some advance in my journey!
11 days ago



INGMARIE

Ah Sodas,, i.e. cocacola 😊 Growing up in Sweden ,soda was not on my menu, big brother came home from his navy duty with a whole case of it ,i was in love. As a grown up i have not had any soda for as long as i can remember, too sweet. Water and selzer it is. Cool idea looking back on blogs think i will try that.

Have a great day. 🙌

11 days ago



PLCHAPPELL

Nice update
11 days ago



RKOTTEK



11 days ago





DSJB9999

So pleased you are here too and posted this here. You have made me consider getting water next week when I go out for a meal with a good friend as diet coke was always my 'go to' and I know its SO BAD for my gut!
I so much agree that but I am still SO PLEASED that I did as you are one of the wonderful people I



have 'met' here! Thanks for this wonderful blog
11 days ago



LIS193

Times have changed since my first blog in 2009.. Moved a few times, daughter graduated and us now married and my weight is down 😊
Most of all I met so many great people here on SparkPeople



11 days ago



ETHELMERZ

I switched to black coffee years ago, when eating out. And we never went out often any way. But formally drank coffee with creamer. Never drank soda. I guess I was lucky not to get hooked on that. Had enough other things, lol.
11 days ago



JCMSMILE

Thanks for sharing your journey!!
11 days ago



SPEDED2

Like you, I stopped ordering soda when eating out because of the ridiculous price. After reading several articles on Spark about the detrimental effects of soda on the body, I gave it up altogether. 2 cups of coffee in the morning and then water the rest of the day.



It's so sad, at least for me, when a connection is made with another Sparker and they just disappear. No warning. No goodbye. Just disappeared. I always wonder what could have caused them to just quit and not return.

Thanks for another thought provoking post. Happy you are still here. Thank you for being you.



11 days ago



CHERIRIDELL

I drink sparkling water. I have sadly had a few Spark friends who have passed on too but you set me thinking I have been on here 15 years now !
11 days ago



NANANANA

I certainly know what you mean about soft drinks being a lot of ice. My mother didn't buy regular sodas. When I was a teenager, diet sodas became available. She bought those. I find regular drinks sticky sweet. If nothing is caffeine free in the evening, I opt for water or club soda with lemon and lime. Once I asked for ice water and added my own flavor packet. Our server smiled.




Personally, I prefer a bubbly beverage because it doesn't 'bounce' my stomach.

11 days ago



RAZZOZLE

Interesting how a small thing from the past can release so many memories.  blog
11 days ago



PATRICIA-CR

Beautiful tribute. I still miss two awesome friends I had through Spark and they suddenly



disappear

11 days ago



JAMER123

That's a very good idea. I do follow up with a lot of my friends but not all. I will have to check into them.



11 days ago

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