Well it’s over and is was great. I thought the trip would be painful as I always think the worse when I go away. But I was in no rush to get home, especially to the cold, windy rain, after a week in Miami. Frank and Ana took good care of us. He made dinner a few nights and we went out a few nights. I tried some new stuff in the culinary department. Frank made a chicken that was the best I’ve ever tasted. Chicken thighs with olives, capers, white wine and prunes. If they had bread in their house I would have been soaking up a loaf. They eat very healthy as I am their inspiration. They look at me and go back to the gym and the healthy eating habits..

I tried yucca. It was very good. I tried chicken hearts they was very yucca. We went to what is claimed as the best Cuban restaurant in the world. It was great but on the Cuban restaurant circuit I had nothing to compare it to.

A lot of walking, a lot of pool stretching And a lot of sleep. I found myself sleeping until 9 or 10 every morning. Of course when I got home at 1:30AM I was up and showered by 6:30. Must have been the stress free environment.

A couple of noteworthy things to mention about the plane ride. Since losing weight, I am now able to put the tray down in front of me and not share SueAnn’s. I also was able to fit in the rest room without peeing on myself. Finally, I am about three inches away from not needing the seat belt extension. Small feats for many but monumental leaps for me.

I tried to talk to people at the pool(you know me) but most of them didn’t speak English. A great deal of the European women with those no bottom back bikinis with their entire butt out. One was so red it maid me think of mom whacking my behind and yelling “I’ll beat you so much you won’t be able to sit for a week.” I was less excited about the bare butt than I was humored by the thought of that poor lady not being able to sit for a week.

Well that’s it for now Happy Easter and give my best to the rest. I’ll see you soon.