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it's done...

[25 Apr 2004|11:10pm]

jen and devon are now officially residents of batavia, new york. the whole move was pulled off in one weekend...

mom gave brian and i a ride down to jtown friday night right after work, and her and dana took devon back up. brian and i relaxed for the night, and saturday we looked to get the truck.

we couldn't get a truck in jamestown, so the closest place we could was mayville. we took a cab there, and started to pack the truck up at around noon. it took brian and i 3 hours to completely load all of jen and devon's stuff into a 14' uhaul, and then we left..

make it into town about 6:30pm, and sent jen to the doctors cause we thought she her water broke and she lost her mucous plug. turns out the doctor told her not to kiss any horses...

today was the unpack and organize day. devon now has his bedroom, and he loves it. we also re-did the bathroom, and took out some god awful shower doors..

were about to hit the hay tonight...tomorrow there is MORE work to do than necessary. :P

11:20pm

[post comment](#)

blah blah blah blah...

[22 Apr 2004|12:28am]

[[mood](#)| cynical]

good day today.

after work, i went next door to mom's house to install her new outlets. brian, being the fuckhead that he is decided to flip breakers while i was doing the installation. it's pretty scary when you're holding on to both white and black wires, and you see the overhead light in the room come on and off. needless to say, i didn't get electrocuted...

and for nobody who cares, my mother and i work in the same workplace/small business. for the last 11 years, i've always worked with my mother, whether it'd be contract technical support (her doing software, me doing hardware), or we would be working under the same roof..

she happens to inhabite the house RIGHT NEXT to our workplace, so i can take lunch in peace and quietness....

so, anyways, i get home...

i got ALOT done, so far, as with the cleaning. after countless hours of moving shit and dusting, it looks more like a liveable habitat. it's also garbage night, so i'm in a rush to get this shit DONE and OUT and OVER with. i even took advantage of the magical dial tone on my phone and order a calzone...

mmmmm...

with this whole thing of my son coming up, i AM SO BEHIND on all of my programming & system development projects. i've even had to CUT existing ETHERNET lines so this cleaning can go on...

but i'm a patient man, and a sorry fuck.... whomever wouldn't give everything for their offspring should be something bad..can't think of it now, but it will come, and it will be devistating..

back to work...cleaning...

12:36am

[post comment](#)

yay

[21 Apr 2004|09:36am]

there's a dial tone on the phone!!!!

[3 comments](#) | [post comment](#)


le sigh....

[21 Apr 2004|12:29am]

done with my cleaning spree tonight. i was amazed at the condition of the room the way brian left it. the windows were fogged with dirt and tar/nicotine, the floorboards were caked with dust and mounds of dirt, the corners had cobwebs (amazing, since he only had the room for a couple of months), the walls were a **darker** color than what they are now...

i don't see it possible of anyone living in that environment.

i finished the dishes, too. took a couple of days.

 **niffynoo** reserved the ryder truck. its gonna cost us \$200 to move her shit and the extra shit from jamestown to her fathers and then here. i've got the weekend planned and worked out...

i work too fucking hard...

i'm handling stress alot better, tho, since i've quit cold turkey. it's ALSO alot better to be able to think clearly. earlier today, i had a *muffled* craving, and i stop to think "is this a cigarette craving", when it wasn't...

i craved coffee...and it was good...

i'm off to clean some more **scrub scrub**, and dream of once again living with my son...

[post comment](#)

puff puff

[20 Apr 2004|09:30am]

182 hours.... no reason to screw it up, right????

even now, every time i wake up, i feel like utter shit. my breath is horrible, and my lungs feel like they're going to collapse. this condition doesn't seem to improve on an immediate basis. i'm trying to quit, hoping to feel alot better, and after a week, i cannot awaken refreshed or breathing free...

i've almost got the kithen *spotless*. this cleaning is gonna take alot longer than i expect, so i'm just gonna take it in strides.

tomorrow's payday...day 2 of this week has now begun

[1 comment](#) | [post comment](#)

god....i'm gonna kill people.....

[18 Apr 2004|10:45pm]

[**mood** | 😡 pissed off]
[**music** | korn - sean olson]

well, not really...

caught the bus saturday...with over 10 hours sitting in the bus station in buffalo waiting for the next bus to leave, i had around 20 hours with my son for the weekend...

the bus to go down cost me \$28.00....to go back, it costs \$18.00....i got fucking raped...

anyways, i get home and shit is all over the place. not only did my wallet get fucking raped, this house got raped as well...

all that raping didn't please me one bit, cause i still don't feel like a cigarette...

speaking of which, as of 7pm tomorrow, it will be 1 week since i quit smoking...

pats on back

yay...

[2 comments](#) | [post comment](#)

[17 Apr 2004|08:23am]

awoke up at 7:30, then 8:30..damn alarm clock. it's fucking cursed, i tell ya.

on the side, once again, my breath could kill a cow and make it produce sour milk

along my way to jtown now. hopefully the bus GETS there at 9am.

peace

[post comment](#)

hour 101.75.... out of 8766 hours

[17 Apr 2004|12:43am]

[**mood** | 😞 blah]
[**music** | richard pryor stand-up comedy]

i broke **100** hours..and this was the most stressful night...

i was supposed to be on the bus to jtown, all nice and sleeping, but the "new" person at the exit 48 store stated the wrong time for the last bus to leave. i missed the motherfuckin' bus...

i called mom, of which she said to go to sport of kings (a.k.a. sportos. batavia's coffeeshop/diner) i started to walk, and dana pulls by to pick me up. anyways, we arrived, and jessica was working the night, and the table, too. she was nice enough to gimmie a coffee, free of charge, and she recommended and served me a piece of pie that made my night. she was my angel for about an hour.

i'm catching the 9am bus today. mom will be on WBTA 1420AM this morning with Paul for his radio show again. she did last saturday's show as well. i guess she's taking tony's spot..

otherwise..

this is the weekend that brian will be moving mom into their new house. they should be working all weekend, moving shit out and into the new place. i should be gathering boxes to help jen move.

for next weekend, i've got brian and dave on the roster. i guess i can get them both a couple of cartons of smokes a piece for helping out.

i'm gonna chill for awhile, and them pass out. alarm is set to 7:30am to wake up. mom should be around some time. can't wait for the wake-up report on how i'm feeling...

i've got mad gas...because of my improved sense of smell, my ass smells horrible...

p.s. 8766 hours are in one (1) year, so now i'm **1.16%** of the way there!!!

[1 comment](#) | [post comment](#)

blah...just 86 me....

[16 Apr 2004|09:09am]

once again, i awoke to the same guilty dreams....

and again, i awoke to the most wretched breath imaginable...

i'm off to get a shower
a wonderful shower of mine,
because because because because
i gotta be clean for work!!

[post comment](#)

education...

[15 Apr 2004|11:27pm]

[some google search for smoking cessation](#)

i feel the best way to continue is to educate myself..

i'm ready to konk out for the night, so...

goodnight

[post comment](#)

some resources...

[15 Apr 2004|11:13pm]

[**mood**|determined]

was browsing the internet, places like [truth.com](#) and other places, looking for the pros and cons...

here's the cons

thetruth.com

70 percent of smokers want to quit. Only about 5% actually succeed every year. Every year, 95% of people who try to stop smoking are not successful

and just like the 12 steps for alcoholics, there seems to be half as many for smokers. they appear to resemble "phases" than helpful steps...:

Precontemplation -- Not even thinking about quitting. People in this step have never really considered trying to quit. This is a hard group to motivate to quit.

Contemplation -- These smokers are considering quitting someday. They are waiting for a motivating event to help them find the reasons to quit.

Action -- In the act of quitting. These smokers have prepared to stop. They have reduced the amount smoked, changed brands, or restricted their smoking. They have considered what to do on the day of quitting and planned for coping strategies to deal with urges to smoke.

Maintenance -- In this stage, a person has quit smoking but is in the first year of staying quit. After one year off cigarettes, a smoker can claim success at cessation.

Relapse -- A return to daily smoking after a period of not smoking. First-time quitters are successful 25% of the time; others need to make another attempt. In fact, most smokers need to try to quit at least three times before it works. Said another way, "Practice makes perfect."

Renewed Action -- Please note that 75% of smokers will have to pass through this step to become a nonsmoker. The good news is that repeated attempts to quit are worth it because you can learn from past mistakes.

i seem to be on step 4, and am patiently waiting to move to step 6...

and i also located what happens to the body at specific intervals (more averaged than specific) for people who quit smoking:

from healthreserve.com

[How you benefit after quitting smoking.](#)

The health benefits of quitting smoking are enormous. From the moment you quit smoking, the body begins to reap these benefits. Consider the following facts.

20 minutes after quitting smoking:

- blood pressure decreases
- pulse rate drops
- the body temperature of hands and feet increases

8 hours after quitting smoking:

- carbon monoxide level in blood drops to normal
- oxygen level in blood increases to normal

24 hours after quitting smoking:

- the chance of a heart attack decreases

48 hours after quitting smoking:

- nerve endings start re growing
- ability to smell and taste is enhanced

<-- I'm somewhere between here now... >

2 weeks to 3 months after quitting:

- circulation improves
- walking becomes easier
- lung function increases

1 to 9 months after quitting smoking

- coughing, sinus congestion, fatigue, shortness of breath decreases

1 year after quitting smoking:

- excess risk of coronary heart disease is decreased to half that of a smoker

Long-term Benefits of Quitting**5 years after quitting:**

- from 5 to 15 years after quitting, stroke risk is reduced to that of people who have never smoked

10 years after quitting:

- risk of lung cancer drops to as little as one-half of that of continuing smokers
- risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
- risk of ulcer decreases

15 years after quitting:

- risk of coronary heart disease is now similar to that of people who have never smoked
- risk of death returns to nearly the level of people who have never smoked

[post comment](#)

cold turkey....75.5 hours.....it's more than possible...

[15 Apr 2004|10:37pm]

[mood|😊 refreshed]

today, my son turns 1 year old. i can proudly say that i had quit exactly 367 days before today, and had succumbed to the craving. now, it's serious, and with all the support i'm getting from home, work, and people that are happy of me for accomplishing this, i know i can do it this time...

not much else going on today...i actually was within 8 feet of a smoker today that was smoking a cigarette (brian...little spanker..) and i didn't crave. i just watched wwe smackdown and plugged my mouth with the 2 liter of mountain dew.

i ran out of dew earlier today, so i went to southside deli to grab a bag of salt and vinegar chips and another 2 liter. i know it's not healthy to replace cigarettes with food, but i have realized that i am more hungry during the day, typically when i would take smoke breaks.

earlier today, tom was on top of the hospital during work, and i had to go up the 140 steps to deliver some mounts for the wireless network to him, and on my way down, i was huffing and puffing. i feel like i can do anything, but i have to realize that i still have limits. tom also noticed today that my constant babbling is now making sense, so i guess this whole quitting thing is actually making a positive impact on my life.

now at this point, i can breathe, and smell things. my nose has crusties, and i spit

alot, too. i didn't know salt and vinegar chips tasted soooo good, too. i still haven't broke into the barbecue ones that i got yesterday, but i might do that for breakfast. i feel that i have to re-learn all these new flavors, but it's worth it, cause this food tastes good.

tomorrow, i'm leaving on the bus for the 100 mile trip to see my boy... i can't wait to finally enjoy the trip instead of having to wait for the bus to stop to smoke a cigarette...

[3 comments](#) | [post comment](#)

hour 62...

[15 Apr 2004|09:08am]

[**mood** | 😊 crazy]
[**music** | ice cube ft. dmX - we be clubbin]

once again, i was awoken by brian at 6:30am, my alarm awoke me at 8:30, and i'm motivated at 9:00. i noticed that this morning i didn't sleep between 8:30 and 9:00. my breath is horrible, but is going to be solved quickly. my nose is stuffed, and i've got massive phlegm.

it's the cleanup process. yay...a day of coughin' and gaggin'. i'll be sure to update...

i've noticed a lil' bit that with my eating that i'm putting on weight, too. i've got thicker legs and a belly, now. my neck seems to be fattening out, too. w00t.

i had a wierd-ass dream. i dreamt that i had *smoked* a cigarette, and i was going crazy because of this whole quitting thing. i was coughing up a storm, and i had rainbow-colored spit everywhere. it was vivid, and freaky, and i hope i have a couple more dreams like that.

off to get ready for work, and go to work....

9:16am

[2 comments](#) | [post comment](#)

almost 48 hours....

[14 Apr 2004|06:36pm]

[**mood** | 😊 full]
[**music** | system of a down - mushroom cult]

for people who don't understand, the first 48 hours of a person who is quitting cigarettes is the hardest. this is the time period where nicotine is slowly being drained from the system, and the body begins it's cleansing...

it's been 47.5 hours since i've had a smoke. i didn't wanna fuck up today, so on my way home i picked up a red bull, a 2-liter of mountain dew, a couple of honey buns, a couple of oatmeal creme pies, a bag of lays sour cream and onion chips, and a bag of KC masterpiece chips...

i'll prolly go back for more food. i feel the best way to replace one habit is with another one, and i am a skinny fuck.....

and brian's still smoking.... he goes to give me a hug, saying that he's proud of me and shit for going the longest without a cigarette, and i can SMELL the smoke from him....

god..and i used to smell like that??? it's wretched...

otherwise, the phlegm has been on an up and down kick...my nose is clear and i can

breathe deep for an hour or two, and then i'm spitting colors...but it seems to be getting better and better..

got more support today from co-workers...everyone's, like, "good job.." and "another day gone.."

feels good. feels pretty good...

btw, i'm gonna be sugared up for tonight...anyone wanna IM me on yahoo tonite [Y= kraqu] can listen to myself ramble continuously... :P

[1 comment](#) | [post comment](#)

[status > 36 hours](#)

[14 Apr 2004|09:14am]

[[mood](#) |  groggy]

it's officially been 38 hours since my body has had a cigarette. as i wake up today, my nose is partially clear, i do have some harshness in my throat. i feel like a better shit, instead of feeling like shit.

brian originally woke me up at 6:30am, then the alarm caught me at 8:30am, and of course i set it to 9:00am. i passed out last night 'bout midnight, so i've had tons of sleep.

my breath stinks, too. i've got a ton of phlegm, and it's sorta a non-stop fake-coughing fit thing. my saliva is very thick, too (ewwww....) on the good side, it doesn't hurt when i breathe, and i don't feel like i have a headache anymore.

payday is today. i can't wait... :P

[1 comment](#) | [post comment](#)

[it's been official](#)

[13 Apr 2004|10:05pm]

all of my customers, everyone around here, all my coworkers, even my brother..

all are green on me quitting smoking...

i've got a large support center, and all after 24 hours. i can officially say i'm working into hour 27 now. my body seems to be able to hold more water, my speech is accelerated with my bursts of energy, and my thinking seems to be clearing up.

after my oj binge last night, and having my last cigarette at around 6-7pm, i woke up this morning feeling moderately refreshed, but i still slept in about 30 minutes. my original wake-up time was 8:30am, but i hit the alarm and slept in until about 9am. i also seemed to get ready for work alot faster, which was a good thing. i walked to work eating an apple, too.

if anybody's wanting to watch hellboy, i'm opening up the ftp server tonight.

the address is 24.169.203.42, username is 'don', password is 'mcp'

i'm cutting it off at around 9am. anybody with a night to download go right ahead

and for anyone interested, i'm leaving my computer open...feel free to browse or what have ya...

[post comment](#)

lundi...

[12 Apr 2004|11:42pm]

[mood|🤔 crappy]

i spent the majority of my workday at the bottom of a ladder. we were at the airport setting up a wireless T-1 link between hangars. if ya happened to drive by (or fly by), i wasn't the one drilling the holes.... i was the one fighting with the cables...

otherwise, this weekend i'm going down to jamestown. i've decided that the following weekend i'm gonna be evacuating my family from jtown.

i'm briefing the hbc (head bitch in charge..) now, and making sure things are in order..

i am tired as fuck, tho. i only smoked, like, 5 cigarettes today, and i've got a small headache, but my nose is clear. i'm craving like a motherfucker, but i'm swallowing globs and globs of orange juice...

wish me luck...need it. gotta quit that damn habit....

[1 comment](#) | [post comment](#)

blah...

[12 Apr 2004|02:09am]

just got done watching HellBoy (the pirated version, of course...) not a bad movie. it's pseudo action/comedy, and reminds me of the same ending as spiderman, but much better.

i'm not gonna spoil it...

off to bed for my 8:30am wakeup call.

[post comment](#)

caught in the moment....

[11 Apr 2004|09:58pm]

[mood|geeky]
[music|house of pain - jump around]



he was all bitchy, and i wanted to get a screenshot of him all bitchy....

instead, i got him in a moment of pause..

my lasagna tastes good for easter supper...the microwave is the shit...

and everyone wants to talk to me...the typical sunday night...add me if you wanna [[[Y²]]]

[post comment](#)

ahhhhh.....

[11 Apr 2004|08:10pm]

[mood|creative]
[music|insane clown posse - still stabbin]

mmmm...chocolate...

anyways, i heard from [niffynoo](#) that my site was down, but it wasn't, but it was. it's back up again, so i have nothing to worry about it. i took some time today to sort through my pictures of devon and add one more to his page. he's just lookin at the camera with [niffynoo](#) in the background...

he's my little shit... :-P

i also took the time to re-write a program that i improved back in february to make it so that it would cause an interrupt when data is available, so a program doesn't have to poll to find out if data is present. i came up with the idea while sleeping, dreaming of the old days of dumpster diving and wardialing. when i first learned how to program the 16550a UART (the serial port for modems), i had to learn to program the PIC (the device that interrupts the CPU and calls a high-priority interrupt). so i took that idea, and implemented it. due to some issues with overwriting the code segment with data and the data segment with code, it pissed me off the first 2 hours. after debugging and thinking "that isn't supposed to do that" and "that isn't supposed to go there", i finally got it working...

so, to thoroughly test all the programs (one loads, then another loads, then another... sorta a chain,) i had brian's machine spitting out network traffic and took my shower. to my pleasure, the screen was streaming with data before and after my shower...

yay, and yay...

i'm back to working on the main program to utilize all the programs. it'd be the equivalent of a system KERNEL, but it's coded easier to make it like a command interpreter.

laterz...and i'm glad to be out of my hibernation...

[post comment](#)

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