June 4, 2018 Monday

When Kassidy was walking from her bus, she said that she saw a car like Daddy’s parked in the back row of the parking lot with a black guy sitting in it who was wearing a white tank-top t-shirt. She thought that maybe it was Daddy having come from a workout. She said that she was a little embarrassed and said “Oo.Kaaay.”, to herself and kept walking. She told Daddy the story and we laughed.

June 9, 2018 Saturday

Daddy picked Kennedy up from Mommy’s (8 a.m.) because she had a 4-H event this morning. We were early, so Daddy stopped and we sat in front of where Hunan Chinese restaurant used to be (Clovis/Herndon). After a short wait, we then drove on out to Clara O’Daniel’s house (Kennedy’s 4-H activity leader). (Kassidy stayed with Mommy. They went and got a gift for their friend “Uriah” whose birthday party they were to attend at 12 p.m. today)

At Mrs. O’Daniel’s house, we met up with other kids/families and we all worked together to set up pens for our animals that were going to beind staying there. We cleaned out a larger pen and then divided it into two pens, one side for the sheep and one side for goats. While there, Kennedy came up to Daddy and hugged him and held his hand for a short while. :) We stayed there from 9 until almost 12 p.m. Daddy was going to try to meet up with Mommy to drop Kennedy off so that Kassidy and Kennedy could go to the party together but he couldn’t reach Mommy so he drove Kennedy out to Central East where the party was being held. Mommy was running late. Kennedy didn’t want to go inside without a swimsuit so she waited in the car with Daddy until Mommy and Kassidy arrived (around 12:40 p.m.). Mommy didn’t park but sat behind Daddy’s car (the parking lot in the front near the pool was somewhat crowded). Kennedy got out of the car and went over to Mommy’s car. Kassidy walked over to Daddy’s car and gave him a hug. Daddy then left, letting Mommy take his parking spot. A nice outing for Daddy and Kennedy together!!

June 11, Monday

Today, Daddy picked Kassidy and Kennedy up from Mommy’s apartment (3:30 p.m.). Kennedy was excited to see Daddy. Kassidy brought out with her some slime that she had made telling Daddy to close his eyes and touch it (she had put some Kinetic Sand in it). From there, we went to the HomeGoods store by Barnes and Noble (Blackstone/Nees). We had fun looking around for things for our new place. We left there and Kennedy wanted to go by Professor Toy which was a few stores down. On the way, Daddy saw another furnishings store so we went inside there for a short while and looked around. We then continued on to Professor Toy. We looked there for a little while.

After we left Professor Toy, Daddy wanted to go to Bed, Bath, and Beyond which was across the street. He offered to drive but Kassidy suggested walking (Daddy jokes with the girls whenever we have to park somewhere that requires us to walk a ways, “You’re not hurting me, you’re making me healthier!” so we did . We had to walk through the large shopping center and then cross the street. As we were crossing the street, Daddy was being silly, and when he went to step up on the median he tripped and fell (with cars going by). Daddy was “fit” enough to catch himself and do a push-up to keep his face from hitting the ground. The girls partly thought it was funny and partly were embarrassed. We all laughed. Daddy joked, “You tried to trip me but I went ‘Uugghh’!”, making a push-up motion joking that he was able to gracefully get up quickly. Kassidy later called it “fancy falling” and said , “This is our first joke of the summer already.” :) We then went on to Bed, bath, and Beyond. We looked around for a little while (the girls first said that they wanted to share a bed, but then decided to have separate twin beds when they get their place with Daddy). We then walked back to the car. (On the way, the girls and Daddy were joking about Daddy tripping over the median. We were laughing about someone trying to quickly roll out of the street to keep cars from hitting him. :) When we arrived back at the car, Daddy gave the girls some each a bottle of semi-frozen water. We got in the car briefly but then decided to go to Barnes and Noble (around 5:30 p.m.) and relax. Daddy took a can of Diet Pepsi inside with him and shared it with Kassidy (he poured it over some ice that was remaining in one of the bottles of water). Kennedy went and read while Daddy and Kassidy sat at a table in the coffee area. Daddy worked on his work computer while Kassidy used his earbuds and played on the iPad. We stayed at Barnes and Noble for about an hour and a half. Daddy then wanted to take the girls somewhere so that they could eat dinner. The girls were hungry. Kennedy wanted to go to Pita Pit in the same complex (Kassidy wanted to go to Pandas but she yielded) so we walked over across from the bookstore toward Pita Pit. As we approached, Daddy saw a sign that read, “The Pickle Place Coming Soon.” Pita Pit had closed. The girls then agreed that they would like Fosters Freeze. We then walked back to the car and drove to Fosters Freeze Blackstone/Barstow). At Fosters (around 7:15 p.m.), the girls each had 2 Original burgers. Kassidy said Grace. The girls then ate while Kennedy played on the iPad, and Kassidy and Daddy laughed and joked around. We then left and Daddy took the girls to Mommy’s. We arrived a little early (7:55 p.m.), but Kassidy wanted to get out of the car and go see if Mommy was home. Kassidy walked through the gate and went up to the apartment. Kennedy remained with Daddy. A short time later. Kassidy and Mommy walked to the gate. Kennedy then gave Daddy a hug goodbye. Kassidy then returned to the car and gave Daddy a big hug goodbye (Daddy remained seated in the car). Daddy and Mommy spoke briefly about what time Daddy would pick the girls up tomorrow. Daddy then left. We shared a nice time together!!!

June 12, Tuesday

Today, Daddy picked the girls up from Mommy (12:30 p.m.). We first went by Target (on Blackstone near Bullard). On the way, driving to Target, Kennedy asked, out of nowhere, “Daddy, have you ever been to a whore house?” Daddy was shocked and replied, “What?” Kennedy again asked him if he had ever been to a whore house. Daddy replied, “No.” Kennedy then said, “You know, places where the house scares you.” Daddy said, “Horror house?” and Kennedy said, “Yeah, I was trying to find the right word. Don’t judge me!” :) Daddy then laughed.

At Target, Daddy briefly looked around at some of the furnishings. The girls each got 2 Lunchables (2 pizza Lunchables for Kassidy, one pizza Lunchable and one fancy Salame Lunchable-like snack for Kennedy). Daddy got a banana, a vanilla Tillamook yogurt and some Cocoa Roasted Emerald almonds. From Target, we went to Fresno State. At Fresno State (around 1:45 p.m.), we parked in our regular spot across the street. We then walked to the library and walked up the stairs to the second floor. Kennedy watched videos on one of the computers, Kassidy played on the iPad at a table next to Kennedy, and Daddy went inside a room nearby the girls. (Daddy had some cheesecake bites that he had gotten form work. He first had Kennedy “Close your eyes and open your mouth” and he put a piece in. Kennedy said that it was both bad and good while trying to figure out what it was. Daddy then told her. Daddy then went over and did the same to Kassidy. She ate it but didn’t like it very much. Kassidy doesn’t care for cheesecake as much as Kennedy and Daddy do. Daddy then had a piece and gave the remaining 4 pieces to Kennedy.) A little later, Kassidy and Daddy were unable to get the iPad connected to the internet at Fresno State so Kassidy went and just played on the computer next to Kennedy (around 2:50 p.m).

Later, Kassidy entered where Daddy was working but he was on a phone call so she backed out and shut the door. A little while later, Kennedy came in but Daddy was still on the phone so she backed out and shut the door. Daddy was on a business call and didn’t hear that the library was making announcements that it was closing shortly. Just as Daddy got off of the phone he heard the announcement that “the library will be closing in 5 minutes.” The girls quickly went to the bathroom and then we left (5 p.m.). From the library, we went to Papa’s.

When the girls entered Papa’s, he was sitting at the kitchen table doing some work. They greeted and hugged him and he asked them about their grades in school. Kassidy told Papa about participating in a volleyball camp this week and Kennedy told him about her goat “Mashed Potaters.” Daddy helped Papa. Daddy made Kassidy Stouffer’s meatloaf with mashed potatoes, and Kennedy Marie Callender’s Spaghetti with garlic bread. Kassidy said Grace and the girls ate at the bar area while watching T.V. Daddy helped Papa. After they finished eating they moved to the couch and continued watching T.V. After a while, Kennedy took the iPad and played in the bedroom.

Left at around 7:50 and dropped the girls off at Mommy at 8:19 p.m. Daddy asked Mommy about getting the girls Saturday (the day before Father’s Day) as they had requested and Mommy agreed.

**November 26, 2018 Monday**

(When we got home, Kennedy gave Daddy the sheet for him to buy tickets for the upcoming Daddy/Daughter 50’s Sock Hop Dance. She really wants to go with Daddy! 😊 Daddy said that he would send money with the form for her to return to school.)

Later (around 9:30 p.m.), Daddy let Kennedy have a slice of chocolate cake and let her take it into her bedroom while she watched videos on the iPad.

A little later (10:30 p.m.), Daddy had Kennedy brush her teeth and get ready for bed. When she was ready for bed. She gave Daddy a big hug in the hallway by her bathroom. Daddy kept squeezing her whenever she tried to talk which made her laugh. Kennedy and Daddy then went o her room for Kennedy to get into bed. But Kennedy wouldn’t get into bed until she backed up and ran and jumped into Daddy’s arms and he caught her. She then gave him kisses on his right cheek, left cheek, and then forehead. In return, Daddy gave her kisses on her left cheek, right cheek (“chocolate chip”), and then forehead. Kennedy then got into bed and Daddy told her goodnight and the left her room. Daddy later returned, after Kennedy fell asleep, and turned on her night light and turned off her bedroom light. Another blessed day together!!

**November 27, 2018 Tuesday**

This morning, Daddy let Kennedy sleep in a little longer than normal (7:17 a.m.). He woke her up and she got ready for school. We then left (7:48 a.m.). On the way to school, she played on the iPad. As we exited from 99 onto Shaw Ave., Kennedy noticed the Underground Gardens sign. She commented, “Underground Gardens. Yeah, that doesn’t sound like you’d kidnap somebody. Not at all!” Daddy laughed!

When we arrived at Harvest (8:12 a.m.), Daddy parked behind the cars in the second row of the school parking lot. Daddy and Kennedy got out of the car and shared a hug goodbye. As Kennedy started to walk away, Daddy reached back out to her and said, “Chocolate chip!” He then leaned in and gave Kennedy a kiss on her (“chocolate chip”) left cheek. She was a little embarrassed as she walked away. Daddy then made the “mmmwahhh” sound like he was giving her another kiss. She plugged her ears and replied, “Daddy!” She walked on through the crosswalk and on into the cafeteria. (Daddy smiled as she walked away, thinking how cute she is walking with her backpack and trumpet case and how much he is going to miss these days 😊 After she entered the cafeteria, Daddy then left.

Later (around 5 p.m.), Daddy returned to pick Kennedy up from the after school program. Daddy’s computer was not working properly so he and Kennedy left Harvest and went by the Apple Store in Fashion Fair on the way home. We arrived at Fashion Fair at around 5:20 p.m. and sat in the parking lot for a short while because Daddy’s appointment wasn’t until 5:50 p.m. We then went to the Apple store (around (5:35 p.m.) and Kennedy looked around while Daddy had his computer looked at. After playing on an iPhone for a little while, Kennedy came up and waited with Daddy while the guy was evaluating Daddy’s computer. After that, Daddy and Kennedy went home.

When we arrived home (around 7 p.m.), Daddy had placed a wrapped book on the counter that Grammy had sent for Kennedy. Kennedy was excited and unwrapped the book (“Word of Mouse”). She liked it. Daddy then showed her the two $100 checks that Grammy and Papa each had sent to support her 4-H goat project. Daddy then noticed a note in the front of the book from and Kennedy read it. After that, Daddy asked Kennedy if she would like to call Grammy to thank her. She first said that she didn’t. She was a little nervous and thought that she might cry since she hasn’t talked to Grammy in over 2 years. But she then decided that she would like to call her. Daddy called Grammy and when she answered, he gave the phone to Kennedy. Grammy said hi and Kennedy asked how she was doing. Grammy replied that she was doing O.K. but that she was trying to get over a cold. Grammy was then unsure who she was talking to (perhaps initially thinking that it was Daddy because of the phone number) so she asked who it was and Kennedy told Grammy that it was her. They both were happy to talk to each other. Kennedy thanked her for the book and money toward her 4-H. Grammy complimented Kennedy on being one of the “best readers” in the world. Kennedy told Grammy about her grades, and how she’s now doing baking and sewing, and how she learned how to hand sew. Grammy then asked to speak with Kassidy but Kassidy wasn’t at Daddy’s. Grammy and Kennedy shared a brief but nice conversation. After they hung up, Kennedy started crying saying that she misses Grammy. Daddy asked if she would like to call Grammy back and tell her about G.A.T.E. (being in Gifted And Talented Education at school). Kennedy said that she would, so Daddy called Grammy back and they spoke again. Kennedy then asked Grammy if she could see her soon and Grammy said that she would talk to Papa because she would like to see Kennedy. She then told Kennedy to “tell your Daddy and Kassidy that I love them” and then she and Kennedy hung up. (It sounded like perhaps Grammy was close to crying.)

Daddy warmed up the rest of the chicken pot pie for Kennedy (with cornbread). She came in and made herself a flavored water and sat at the dining table and said grace (7:40 p.m.). She then ate while watching T.V. After she finished eating, Kennedy went to her bedroom with the iPad and Daddy went on his run (around 7:50 p.m.). After Daddy returned from his run, he relaxed and watched a little T.V. (since his computer wasn’t working). A little later (8:50 p.m.), Daddy surprised Kennedy by taking the last slice of our chocolate cake (with Cool Whip) to her in her bedroom. She was surprised and happy. She was getting ready to practice her trumpet but enjoyed the cake first. She then practiced her trumpet (8:55 p.m.). (She’s really improving and playing very well!) A short time later (9:20 p.m.), Daddy helped Kennedy with her math homework at the dining table. (Kennedy is really doing well in math!) After doing her homework, Daddy had Kennedy take a bath (9:43 p.m.). After her bath (9:58 p.m.), she and Daddy finished watching the final 15 minutes of the movie that they were watching over the weekend (“Next Gen”). Daddy and Kennedy both enjoyed it. After the movie, Kennedy then went and got into bed. Daddy went in after her, and leaned down to her in bed and she and Daddy shared a hug. Daddy told her, “You make me so happy!” She then kissed Daddy on his right cheek, and he kissed her on her right (“chocolate chip”) cheek. Daddy then told her goodnight and left her bedroom. Daddy later returned, after Kennedy fell asleep, and turned on her night light and turned off her bedroom light. Kennedy is such a special and uniquely sweet little girl. I am so so thankful for her!! Beyond words!

**November 28, 2018 Wednesday**

This morning (7:10 a.m.), Daddy went into Kennedy’s bedroom to wake her up to get ready for school. When Daddy went in, Kennedy was hiding under her blanket. Daddy acted as if he thought that she was still asleep and walk up to her bed saying, “Oh, Kennedy’s still asleep!”, and he gave her a kiss on the top of her head through her blanket. She then pulled the blanket back and stretched. She didn’t really want to get up, but she asked Daddy to close her door as he left her bedroom and she then got up. After Kennedy was dressed, she chose not to have cereal for breakfast, but instead got a Pop Tart (Vanilla Milkshake-flavored) to eat on the way to school. We then left (7:44 a.m.) and Daddy drove her to school. On the way, Kennedy was staring out of the window and Daddy asked her what she was thinking about. She first said that she didn’t know, but then said that she was thinking about a dog. 😊 Kennedy then ate her Pop Tart and played on the iPad.

When we arrived at Harvest (8:15 a.m.), Daddy parked behind the cars in the second row. Kennedy and Daddy got out of the car. Kennedy put her backpack on and got her trumpet case. She and Daddy then shared a big hug goodbye. Daddy then watched her walk across the crosswalk and on into the cafeteria. (He smiled and blew her a kiss as she walked.) Daddy then left. An incredibly wonderful 9 straight days with Koko over her Thanksgiving break. A truly special time for our bond!! SO BLESSED!

**December 3, 2018 Monday**

Today, Daddy picked up Kennedy right after school (3:10 p.m.). She came up and gave Daddy a hug. Daddy had brought the money for Kennedy and him to go to the Daddy/Daughter 50’s sock hop dance but Kennedy said that she decided that she would wait until the regular Daddy/Daughter dance in the spring because she didn’t think that she had anything that would be like the 50’s.We then walked to the car. As we were walking, Kennedy was excited to tell Daddy that she was elected by her teacher to be on the Safety Patrol (kids helping other kids cross the street, get off of the bus, etc.). Daddy was very proud of her. Daddy and Kennedy then left Harvest. While we were driving, Kennedy reminded Daddy that he had asked her about something that she could do to get a puppy. Daddy mentioned for her to set a goal that she would like to reach such as having straight A’s on her final report card, or perhaps losing a little weight as she has mentioned to Daddy in the past, and maybe videotaping her journey and putting it on Youtube. Daddy and Kennedy talked about it briefly and Daddy said that she can decide what she would like to do by January (Kennedy really wants a puppy). A little after that, Kennedy mentioned to Daddy, “Daddy, please don’t be mad at me, but I didn’t make the Spelling Bee!” (Kennedy had been chosen for the Spelling Bee last year.) Daddy told her not to worry about it. She explained that she had missed several words and only got about 9 out of the 20 words correct. She said that it was hard. It sounded like it was a written test. She said that she misspelled giraffe by 1 letter.

Daddy then took Kennedy by EECU (Clovis/Pollasky) and he helped her open a savings account today (3:50 p.m.). She deposited the two $100 checks that she had received from Grammy and Papa as a contribution toward her goat 4-H project. Kennedy was proud and happy. She even chose her own PIN (Goat: 4628). When the lady who was helping us asked Daddy about a password for Kennedy’s online banking account, Kennedy suggested “puppy” or “turtles”, but the lady just gave her “Jaymes1” and told us that we can change it when we log on. From EECU, Daddy and Kennedy went by Walmart and bought some macaroni salad for Kennedy’s 4-H meeting tonight (Daddy was to bring a side dish) and some peanut butter. We then went home.

When we got home (around 5:30 p.m.), Kennedy was excited to show Daddy that she had received an XtraMath Certificate of Achievement in Multiplication for being able to do all of her multiplication math facts in under 3 seconds. Daddy was very proud. He put her certificate on the refrigerator. Kennedy then relaxed on the couch and watched T.V. while Daddy changed and then went on his run (around 5:40 p.m.). After Daddy returned from his run, he changed and then he and Kennedy left to go to Kennedy’s holiday 4-H meeting (6:11 p.m.).

When we arrived at the meeting, which was in the Clovis East High School multipurpose room, Kennedy helped some girls who were tying a blanket (the cut edges) together that will be donated to an adopted family (there were several groups of kids at different tables tying together pretty blankets that will be donated). She, and a girl who arrived after she did (Josie), finished the blanket together. They then went and got some of the food, which was nearly all homemade and delicious (the whole group ate before they started the December meeting). Kennedy got some pizza, mini cornbread, etc. and some outstanding strawberry Jello with a pretzel bottom. Daddy had also gotten a plate of food and really loved a pasta with cheese dish that was excellent. Kennedy and Daddy enjoyed the food, but especially loved the strawberry Jello dish. Kennedy suggested that she and Daddy try to make it together. Daddy thought that was a good idea and he said that he would try to find the recipe. After dinner, the December Blossom Trail 4-H club meeting was held. After the meeting, we left (around 7:40 p.m.). On the way home, Daddy stopped and put gas in the car (Vons, Herndon/Fowler). We then went home.

When we got home (around 8 p.m.), Kennedy commented, “How is Santa going to get in when we don’t have a chimney? I’ll have to write him a letter.” Daddy and Kennedy then were talking about where to put the Christmas tree and Daddy mentioned putting in front of the patio door since we don’t use it that much. Kennedy then said, “What if Santa comes in that way!?” (I want her to stay this sweet for as long as possible. :) Kennedy then sat at the dining table and finished her vocabulary homework. After that, she took a break and went to her bedroom and watched videos on the iPad for a little while (around 8:45 p.m.). A little later (around 9:30 p.m.), Kennedy came out of her bedroom and told Daddy that she was ready for him to help her with her math (division) homework. Kennedy asked Daddy how to do the “Box Method” or long division. Daddy only knew how to do long division (and he helped her learn how to do it last year when the girls were staying with Daddy at Papa’s) so he reviewed with Kennedy how to do it. Kennedy recalled well and did a very good job on her homework. Daddy then reviewed Kennedy’s vocabulary homework. After that Daddy signed Kennedy’s progress report and her Safety Patrol form (around 10:30 p.m.). Kennedy then went and washed up and changed for bed. Kennedy then went to her bedroom and Daddy went in to say goodnight. Daddy and Kennedy briefly talked about a goal that Kennedy would like to set, such as possibly talking in front of her 4-H club. Kennedy seems to be favoring setting a goal of being able to run a mile without stopping. She also said that she would possibly put her journey on Youtube, but that she’s self-conscious talking in front of a camera. Daddy told her that she can decide by January. Kennedy then stepped back, and ran and jumped into Daddy’s arms and he caught her. Kennedy then gave Daddy a kiss on his right cheek, left cheek, and then his forehead. Daddy, in return, gave Kennedy a kiss on her left cheek, right cheek, and then her forehead. Kennedy then got into bed and Daddy told her goodnight. Kennedy said, “Night night.” And then she said, “Goodnight, Big Brain the Rapper!”, as Daddy was leaving the room, and he laughed. 😊 (Kennedy then read her book, “Diary of a Wimpy Kid: The Ugly Truth”, and tonight finished the final pages of the 217-page book, before going to sleep.) Daddy returned to her bedroom, once she fell asleep, and turned on her night light and turned off her bedroom light. A great day, and a treasured day, with my little girl, Koko!! SO PROUD!

**December 4, 2018 Tuesday**

This morning (7:07 a.m.), Daddy went and woke Kennedy up to get ready for school. When Daddy woke her up, she was wrapped up in her blanket and still asleep. She put her head under the covers and said, “I’m not here!” Daddy walked up to her bed and gave her a kiss the side of her head through her blanket. He then walked out. She asked him to close her door and she eventually got up after Daddy called to her one more time. After Kennedy was dressed (around 7:35 a.m.), she made herself a bowl of Cheerios Cereal (at first, Kennedy said that she wasn’t hungry, but Daddy told her that eating something is a good start to her day, so she made herself a bowl of cereal). She ate a little of her cereal while sitting at the dining table and then took the rest of her bowl with her as we left for Daddy to take her to school (7:48 a.m.). Kennedy played on the iPad on the way. When we arrived at Harvest (8:15 a.m.), Daddy parked in the second row of the parking lot. Daddy got out of the car. Kennedy then got out of the car and put her backpack on. She then got her trumpet case out. She and Daddy then hugged, and Daddy told her, “I’ll be loving you all day!” As Kennedy walked away, Daddy encouraged her to keep her great grades up. She replied that they’re not going to change in a day. Daddy just smiled. He watched as Kennedy walked to the cafeteria (blowing a kiss at her). Daddy then left.

Later (around 4:40 p.m.), Daddy returned to Harvest and picked Kennedy up from her after school program. Kennedy came out with her backpack on, carrying her trumpet case and gave Daddy a hug (as she almost always does). (Kennedy then explained to Daddy that she hasn’t been given her Safety Patrol time or place yet so she’s a little concerned and hopes that they have another meeting.) Daddy and Kennedy then walked to the car (Daddy saw Kassidy’s teacher as we walked, and they waved to each other). From Harvest, Daddy and Kennedy went home (Kennedy played on the iPad on the way). As we were getting ready to turn onto Spruce to go into our complex, Daddy called Kennedy’s name and she replied, “Yes, Daddy.” And Daddy asked her, “Who’s the Koko Poco!?” She exclaimed, “I am!” Daddy then told her that he likes how she always answers, “Yes, Daddy.” Whenever he calls her. Kennedy appreciated the compliment.

When we got home (around 5:15 p.m.), Kennedy went to the bathroom and then to her bedroom and relaxed for a little while with the iPad. Daddy changed into his running clothes and then relaxed for a while using his work computer. A little later (around 6 p.m.), Daddy went on his run. After Daddy returned from his run (6:26 p.m.), he relaxed in his bedroom for a little while and then he prepared dinner for Kennedy. When her dinner was ready (she had Kassidy’s Stouffer’s Salisbury Steak with macaroni and cheese dinner, and Daddy also gave Kennedy a little of the macaroni salad), Kennedy made herself some orange flavored water and then sat at the dining table and said grace (with Daddy’s hand on her shoulder). Kennedy also prayed that she does well with whatever goal she decided to set because she wants to “get that puppy”, and she also thanked God for Daddy. :) Daddy sat at the table with her and they had a nice conversation (around 7:15 p.m.). Daddy then made Kennedy’s school lunch while she finished eating. Kennedy then went and practiced her trumpet in her bedroom. After practicing her trumpet, Kennedy relaxed for a little while and watched videos on the iPad.

A little later (around 8:30 p.m.), Daddy helped Kennedy with her vocabulary and math (division) homework. Daddy also made Kennedy some hot chocolate, but she wanted to save it for after she finished her homework. After Kenney finished her homework, Daddy helped her set up online banking so that she could see her EECU account. Kennedy chose “hotkoko” for her username and “goatles4H” for her password (Daddy, Kassidy, and Kennedy would say “goatles”, “duckles”, “horsel”s, etc. when we were out at Mrs. O’Daniel’s for Kennedy’s 4-H practices. Kennedy looked at her account and admired that she had $200 in her account. Kennedy then warmed up her hot chocolate. She then took her hot chocolate to her bedroom and relaxed and used the iPad. After a while, Kennedy came out and set her mug on the dining area counter. She then said that she was going to brush her teeth. Daddy told her that she had 22 minutes before it was time for her to go to bed. Kennedy thanked Daddy, saying that that was a lot of time. Daddy responded “You’re welcome.” As she walked into the bathroom, Kennedy said, “Thank you for your ‘You’re welcome’ ”, and Daddy replied, “You’re welcome for your ‘thank you’.” 😊 After brushing her teeth, Kennedy returned to her bedroom and relaxed with the iPad.

Later (10:21 p.m.), Daddy went and told Kennedy that it was time to go to bed. Kennedy asked for 8 more minutes to watch the rest of her video and Daddy said that it was O.K. A short time later (10:31 p.m.), Daddy went to Kennedy’s room and told her that it was time to go to bed. Kennedy got up and got her school clothes out and then went to the bathroom. After going to the bathroom, Kennedy got into bed. A short time later (10:41 p.m.), Daddy went in to tell her goodnight. Kennedy was hiding under the blankets. Daddy acted like he thought that Kennedy had left “to go on a run.” He said that he would straighten her bed, and he started pushing down on her and saying “aqua massage, aqua massage!” Kennedy laughed, coming from under the covers, and said again! Daddy told her that it was time to go to bed, but Kennedy wanted a hug, so she stood up in bed and gave Daddy a big hug. While hugging, Daddy and Kennedy counted to 3 and Daddy would squeeze her at “two” and she would laugh. Daddy then gave Kennedy a big kiss on her “chocolate chip” and then told her they he loves her. She told Daddy that she loves him. Daddy then left the room. After Kennedy fell asleep, Daddy went in and turned her night light on and bedroom light off. Another great day together!!

**December 5, 2018 Wednesday**

This morning (7:14 a.m.), Daddy went and woke Kennedy up to get ready for school. Daddy snorted as he entered Kennedy’s room and she snorted back (something that Daddy and Kennedy do that started when Kennedy was training her goat 😊. Kennedy had been awake but was resting until Daddy came to get her up. After Kennedy was dressed, she made her bed and got her things together. Daddy had made her some blueberry-flavored instant oatmeal which she took to the car with her. As Kennedy got into the car, she said, “I’m not playing the game.” She was referring to how when she gets into the car she will often race and announce, “First one in the car, first one closing the door, first one to put the seatbelt on!”, but her hands were full this time. We then left for Daddy to take her to school (7:52 a.m.).

On the way to school, after Kennedy finished eating her oatmeal, she thanked Daddy for it and said that it was very good. Daddy commented that sometimes it’s nice to have oatmeal when it’s cold out (it was cold and starting to rain this morning). Kennedy replied, “It’s not so much that, it was good either way!” A little after that, Kennedy saw a sign that read “Luxury Apartments”. Kennedy said, “Luxury apartments. Do they have a single spider? And they all wear jewelry!?” Daddy chuckled. Kennedy played on the iPad until we got to school. When we arrived at Harvest (8:15 a.m.), Daddy stopped the car behind the cars in the second row of the parking lot. Daddy got out of the car. Kennedy also got out of the car and put her backpack on and got her trumpet case out of the car. She and Daddy then hugged goodbye and Daddy watched as Kennedy crossed the crosswalk and walked on to the cafeteria. As she approached the cafeteria, her friend Lucas called out her name and they walked into the cafeteria together. Once Kennedy was inside, Daddy then left. A wonderful couple of days with my Koko Poco!!

**December 7, 2018 Friday**

Today, Daddy picked Kennedy up from school (around 4 p.m.). Kennedy came out (they were checking the kids out in the foyer area across from the front office), with her backpack on and carrying her trumpet case, and gave Daddy a hug. We then walked out to the car. As we were walking, Kennedy was excited to tell Daddy that her tooth came out today. She showed him the little tooth-shaped case that contained her and she gave it to Daddy. Daddy put it in his work/computer bag that he was carrying. Daddy and Kennedy then left Harvest and to Walmart (Clovis/Herndon) to get groceries. On the way, Kennedy shared with Daddy what she wants to be when she grows up. She said that she has wanted to be this for a long time. She said that she wants to be a farmer and raise goats to provide to 4hers (she said that she just now thought of the providing goats to 4-Hers part :). A little later, she said to Daddy that she wishes that she had a twin. Daddy replied, “How would I know which one was you?” Kennedy then said, “O.K., not a Siamese.” Daddy told her that she means not an “identical” twin. Kennedy asked Daddy what a Siamese twin is. He explained that they are twins that are joined together in some way. Kennedy laughed at herself, saying that she thought that Siamese twins meant identical twins.

We arrived at Walmart (around 4:30 p.m.) and went inside and got few groceries (Diggiorno’s pepperoni and sausage pizza, water flavoring, bread, turkey lunch meat, chocolate Lucky Charms cereal, etc., and Kennedy got some Jelly Belly candy for a treat for forming good habits by making her bed last Wednesday before she left for school). We then went home.

At home (around 5 p.m.), Daddy unpacked the groceries and then went on his run. Kennedy relaxed in her bedroom. After Daddy returned from his run, Daddy relaxed in front of the T.V. in his work chair and watched some of the USC/TCU basketball game. A little later (7:09 p.m.), Daddy made the pizza (baked it) for dinner. When dinner was ready (7:40 p.m.), he called Kennedy and she came in to get some pizza. Daddy told her that she could eat in her bedroom if she wanted. Kennedy then made herself some flavored water and then sat at the dining table and said grace (also thanking God “for letting me have Daddy”, and also praying for Grammy and Papa, and praying that Grammy feels better if she doesn’t already -- she had a cold last week). Kennedy then took her pizza to her bedroom and ate while she watched videos on the iPad.

A little later (around 9:35 p.m.), Kennedy came out to the living room where Daddy watching the USC game, and joked some with Daddy while she sat at the dining table and had another slice of pizza. She then got her bag of Jelly Belly candy and returned to her bedroom. A short time later (10 p.m.), Daddy had Kennedy get changed into her bed clothes and to brush her teeth. After getting ready for bed, Kennedy returned to her bedroom and watched videos on the iPad. Later (around 11:50 p.m.), when Daddy checked on Kennedy, she was asleep with earbuds in her ears and the iPad video still playing. Daddy took the earbuds out of her ears and took the iPad. Daddy then turned on Kennedy’s night light and turned off her bedroom light. Another nice day with my Koko!!

**December 8, 2018 Saturday**

This morning (8:50 a.m.), Kennedy came into Daddy’s bedroom and jumped on him, waking him up. Daddy and Kennedy hugged. Daddy had been listening to something on the iPad but he let Kennedy have it. Kennedy took the iPad and returned to her bedroom. Daddy ended up falling back asleep. Later, Kennedy went and made herself a bowl of cereal (before going to bed last night, Daddy had put out a bowl and the box of cereal on the dining table for Kennedy). After a while (11:52 a.m.), Kennedy returned to Daddy’s bedroom and jumped on him, waking him up again. He and Kennedy snuggled for a short while. Kennedy then returned to her bedroom. Daddy then got up and changed into his running clothes. A little later (around 1:30 p.m.), he went and asked Kennedy for the iPad so that he could look up the recipe to make the strawberry Jello with a pretzel base that Kennedy wanted to make (the one that Daddy and Kennedy enjoyed so much at her 4-H meeting). Kennedy went and got changed and made herself some Ramen soup for lunch while Daddy looked for the recipe. After selecting the recipe, Daddy did some laundry and then he and Kennedy went to Walmart (around 3 p.m.) to get the ingredients (and another Digiorno pizza). After we got the ingredients, we started walking out of Walmart. As we were about to exit the store, Kennedy heard a sound and noticed that it was a trumpet. She commented that there was a girl (maybe 14-15 years old) playing a trumpet in front of the store with another girl who was ringing a bell to collect donations for the holidays. Daddy (jokingly) said to Kennedy, “Ooh, she’s playing the trumpet. That’s what you play! You should play with her, your trumpet’s in the car!” Kennedy quickly grabbed Daddy and urgently whispered, “Daddy, I can only play ‘Jingle Bells’!” Daddy told her that he was just joking. (It was very cute! :) Kennedy and Daddy then continued on to the car.

From Walmart, Daddy went by work (at Principal) to get a mouse to use with his work computer, which was at home. Kennedy remained in the car while Daddy quickly went inside. Daddy returned the car a few minutes later, and he and Kennedy then went home. (On the way, Kennedy was asking Daddy if he heard of the saying… but before she could finish, he finished her sentence by saying, “Black people rule?” Kennedy laughed and said, “That’s a fact, but…”, she chuckled and then went on to ask her question. She asked Daddy if he has heard of the saying to “never hit a woman.” Daddy said that he had. She asked if that’s how he was raised, and Daddy said that he was. She then said, “So only girls can hit other girls. Girls can hit a guy but a guy can’t hit a girl!” Daddy then jokingly said, “Never hit a girl…, unless she deserves it!” Kennedy laughed. Daddy then said, “Never hit a girl unless she has it coming!” Kennedy and Daddy laughed! 😊

After we returned home (around 4:15 p.m.), Kennedy went to her bedroom and relaxed while Daddy unpacked the groceries and then did the rest of the laundry. After that, Daddy worked on this journal entry. He then went on his run (around 5:45 p.m.). After Daddy returned from his run (around 6:15 p.m.), Daddy started making the strawberry Jello pretzel dessert. Kennedy heard him crushing the pretzels so she came into the kitchen to help. Daddy had her slice up the fresh strawberries. She did a very careful and great job! In between making the dessert, Daddy made the pizza. While the pizza was cooking, Kennedy went into her bedroom and practiced her trumpet (6:15 p.m.) for 30 minutes (she always uses the iPad to time herself but Daddy was using it to read the recipe for the dessert so she had to estimate the time. She is so disciplined with the amount of time that she practices that she was a little anxious but she called out to Daddy and he let her know how long she had been practicing. Kennedy finished all that she needed to practice with about 8 eight minutes remaining (6:37 p.m.). Kennedy wanted to watch a movie tonight so Daddy had her choose one. She went to Netflix on the T.V. and saw “Mowgli” and decided that she wanted to watch that movie tonight. She then went and got 2 slices of pizza and made herself some flavored water. She asked Daddy if he was going to say grace with her and he said that would. She sat at the dining table to say grace and Daddy tickled her a little as she was sitting down. She laughed and said, “Please don’t disturb the pray-er.” Daddy also laughed. Kennedy then made herself stop laughing so that she could say grace (she blessed the food and also prayed that our dessert would be good and that we can watch a movie tonight 😊. Kennedy then took her meal and ate in her bedroom while watching videos on the iPad.

A little later (around 8:45 p.m.), Kennedy and Daddy watched the movie “Mowgli” in the living room together. Daddy and Kennedy both enjoyed the movie. Kennedy said that she almost cried. After the movie ended (around 10:30 p.m.), Kennedy went to her bedroom and watched videos on the iPad. Daddy watched a little T.V. (he searched for an HBO Documentary to watch) in the living room. A short time later (around 11 p.m.), Daddy let Kennedy cut and try the dessert that she and Daddy made (Daddy took some pictures of her cutting it). Daddy and Kennedy enjoyed it.

Later (around 11:50 p.m.), Daddy went to check on Kennedy. He knocked on her closed door and it took her a moment to answer because she had fallen asleep. Daddy had her get up to brush her teeth. After brushing and flossing, she asked Daddy for the tooth that she had lost on Friday at school. She wanted to put it under her pillow for the Tooth Fairy. She said, “It’s kind of creepy with a stranger coming into your house!” She then returned to her bedroom and got into bed. A short time later, Daddy went into Kennedy’s bedroom to say goodnight. She was hiding under her covers from Daddy. Daddy was still and waited to see if Kennedy would look up from under her covers but she didn’t. Daddy then turned the light of in her room and waited. Kennedy said, “Daddy, I know you’re still there!” Daddy still waited. Eventually Kennedy looked up and Daddy turned the lights on and went over and tickled Kennedy a little. Kennedy then asked Daddy for her tooth and he handed the tooth-shaped container to her. She removed the tape that was keeping the container closed and looked at her tooth. She said that it’s weird that that was in her mouth. She then said that she was a little scared about the Tooth Fairy coming into our house. Daddy reassured her. He then gave her a big kiss on her “chocolate chip” and then told her that he loves her as he left her room. Kennedy, in return, told Daddy that she loves him. After Kennedy fell asleep, Daddy returned to turn on her night light and turn off her bedroom light. Another sweet, bonding day with my sweet Koko!!

**December 9, 2018 Sunday**

This morning (8:20 a.m.), Daddy went and checked on Kennedy. She was still asleep. He placed the iPad on her nightstand so that she would have it when she wakes up. Daddy then went back to his room and listened to a CBS Mystery Theater drama on his phone and ended up falling back asleep. Later (11:53 a.m.), Kennedy went into Daddy’s bedroom and jumped on him and woke him up. She also told him that the Tooth Fairy had left Kennedy 2 dollars and 60 cents (she later realized that she had 3 dollars, 4 dimes, 2 nickels, and 1 quarter, equaling $3.75). Daddy replied, “Isn’t that creepy!?” Kennedy then went and had some chocolate Lucky Charms cereal (last night, Daddy had set out a bowl and the box of cereal for Kennedy). Daddy called her back into his room and asked her what she wants to do today. She said that she probably would like to play board games but would think about it. After eating, Kennedy went to her bedroom and relaxed with the iPad. Daddy made himself some oatmeal and watched some T.V.(Nat Geo about Philly Mobs) in the living room while he ate (around 1:30 p.m.).

Later (around 3:50 p.m.), on her own, Kennedy started practicing her trumpet in her bedroom. (So responsible. :) A little after she finished practicing (around 4:40 p.m.), she came out and told Daddy that she wanted to go on our walk. Daddy was watching the end of some NFL games that were close. He told her that after the game (Raiders/Steelers, Cowboys/Eagles) he would go on his run and then, after he returned, he and Kennedy could go on their walk. A short time later run (around 4:50 p.m.), Daddy went on his. When he returned (around 5:15 p.m.), he and Kennedy left to go on their walk to Dry Creek Park and back (5:20 p.m.). Kennedy carried the flashlight on our walk (the black and orange one from the car). As we were walking along Clovis Ave toward Alluvial, Kennedy was commenting how she wonders how Santa will get inside when you don’t have fireplace. We then saw some places with a fireplace and Kennedy said, “They say that he is Jolly and old. How will he fit down that fireplace. I know it’s magic but…” (So wonderful! I’m going to miss this!) Daddy and Kennedy had an enjoyable talk on their walk. As we approached our half-way point (Nees Ave.), we guessed how many cyclists and walkers have been on the trail today. Kennedy guessed 130 walkers and 120 cyclists. Daddy guessed 137 walkers and 80 cyclists. (There had been 87 cyclists and 273 walkers today.) On our way back we saw a fairly large toad. Our flashlight batteries were very weak so we couldn’t see it clearly but we could make out and hear that it was moving through the leaves. Kennedy looked at it but didn’t pick it up. We continued with our walk. (After crossing the street at Alluvial and walking along our apartment complex, Kennedy was telling Daddy that she woke up this morning but wasn’t sure what time it was, and she was afraid to check under her pillow for her tooth in case the Tooth Fairy hadn’t come yet.) When we got home, Kennedy wondered if the toad that we saw could have been “Meatball”, one of the small toads that Kennedy would catch, name, and release on our walks over the summer. Kennedy thanked Daddy for tehri walk together. She the went and relaxed in her bedroom. She said that she would let Daddy know when she was ready to eat dinner.

A little later (around 6:40 p.m.), Kennedy let Daddy know that she was ready to eat dinner. Daddy then prepared her dinner (and her school lunch). When her dinner was ready (Marie Callender’s Chicken Pot Pie, and she requested some macaroni salad but it was all gone so Daddy prepared some mixed vegetables for Kennedy), she came in and made herself a flavored water and sat at the dining table (6:57 p.m.) and said grace (she also thanked God for “blessing us with each other and for keeping us safe on our walk.” :) Kennedy then ate while watching a video on the iPad. A short time later (because Daddy had accidentally overcooked Kennedy’s mixed vegetables because the instructions on the bag were meant for cooking the whole bag, and he told her that she didn’t have to eat them if she didn’t like them), Kennedy asked Daddy if he would make her some corn. Kennedy finished her pot pie, and then Daddy gave her some corn. After she finished eating, she went to her room and relaxed for a while. A short time later (around 8:10 p.m.), Kennedy took a bath. While she’s in the bathroom, Kennedy likes to call out to Daddy to reassure her that she’s not alone. Daddy was in the living room watching some of an NFL game (Rams/Bears). From the bathroom, she called out and asked Daddy, “What was the best part of your day?” Daddy said, “Going on a walk with you!” Kennedy replied, “That was definitely one of the best parts of my day!” (Sometimes Kennedy will also call out, “Daddy, I love you!” and, in return, Daddy will reply, “I love you too baby!”) After Kennedy finished her bath, she returned to her bedroom (8:40 p.m.). Daddy then went into the kitchen and cut himself some of the strawberry dessert that he and Kennedy made yesterday. Kennedy heard Daddy getting some of the dessert. She came into the kitchen laughing because she just accidentally said that she wants some “dirt” when she meant to say “dessert.” She said, “That will be our new inside joke!” As she was getting a plate out of the cupboard, she said, “Daddy, even when we aren’t even trying, we come up with a new one!” Kennedy then got her dessert. (As she was walking out she said, “Daddy, you know when I was self-conscious about my weight? I feel guilty if I take a big bite.) Kennedy then went to her bedroom. Daddy continued watching the NFL game (around 8:55 p.m.).

Later (9:43 p.m.), Kennedy called out to Daddy to tell him that she is ready to go to bed. Daddy went to her room and they talked briefly. (Kennedy asked Daddy if he uses the electronics every night because when she goes in on the weekends to wake him, he has the earbuds in. Daddy told her that he likes to listen to things when he goes to sleep but he isn’t watching anything). Kennedy then went and washed up for bed. She then went to her bedroom. Daddy went in and asked her to get into bed. She said, “Not until I jump!” So Kennedy ran and jumped into Daddy’s arms and he caught her. He then said that he gets to give the kisses first. He gave Kennedy a kiss on her right cheek, left cheek, and then forehead. Kennedy then gave Daddy a kiss on his left cheek, right cheek, and then his forehead. Kennedy then got into bed. Daddy leaned down and gave her a big kiss goodnight on her “chocolate chip.” Daddy then noticed that Kennedy pull-over hood was dirty and that she didn’t have her school clothes. So, Kennedy got up and put her school clothes out and Daddy went and washed her hood. Daddy then went in and gave Kennedy a kiss on the cheek goodnight. Kennedy then wanted to give Daddy another kiss goodnight, so he let her and while hugging, Daddy squeezed Kennedy whenever she talked, and she laughed. Kennedy then got back into bed and read “Where the Sidewalk Ends.” (She called out and asked Daddy, “What does ‘queer’ mean?” Daddy told her that it means different or strange.) She told him thank you and then continued reading. Later (around 10:50 p.m.), Daddy returned to check on Kennedy. She had fallen asleep, with one of her stuffed animals in one arm, still holding her book with 2 fingers on the poem “10-O’cycle”. Daddy took a picture of how sweet she looks (knowing that he’s going to miss this). He then turned on Kennedy’s night light and turned off her bedroom light. A really sweet time together and fun laughs with my Koko!! SO THANKFUL!

**December 10, 2018 Monday**

This morning (7:09 a.m.), Daddy went in and woke Kennedy up to get ready for school. Kennedy was still a little tired but she asked Daddy to close her door and she then got up and started getting ready for school. Daddy got in the shower. After Kennedy was ready for school and Daddy was dressed for work, Kennedy they got their things together to leave. Kennedy made herself a bowl of Chocolate Lucky Charms cereal and took it to the car with her. Daddy and Kennedy then left, and Daddy took Kennedy to school (7:49 a.m.). On the way to school, Kennedy ate her bowl of cereal and played on the iPad.

When we arrived at Harvest (8:13 a.m.), Daddy parked in the second row of the parking lot. Daddy got out of the car. Kennedy also got out of the car. She put her backpack on and then she and Daddy hugged goodbye. Then, as Kennedy was walking away, she told Daddy to enjoy his meeting today. Daddy told her to pray for him. She then replied, “We learn at school, not pray!” Daddy chuckled. He then stood outside of his car as he watched Kennedy walk up to the cafeteria. She stopped and held the door open for some little kids and then went inside. Daddy then left.

This afternoon (around 1:30 p.m.) Mommy and Daddy were at court and came to a final agreement where Daddy will now have joint legal and physical custody of his Kass/Kenn (3:20 p.m.). Yes! It’s been a long road, but very well worth it!!!

Later (4:45 p.m.), Daddy returned to Harvest and picked Kennedy up from the after school program. When she came out, she stopped and talked to a girl named Cassidy, she then went to Daddy and gave him a hug. From school, Daddy and Kennedy went by Walmart to get some things to make cookie dough. Daddy also bought Kennedy some slime and some “Krabby Patty” candy (because she has been doing so well at home and in school :). From Walmart, Daddy and Kennedy went home.

At home (around 6:30 p.m.), Kennedy sat at the dining table and played with her slime (mixing it with the little gold stars and some other glittery shapes that came in the package. Daddy changed and then went on his run. After Daddy returned from his run, he prepared dinner for Kennedy (Marie Callender’s small Lasagna, and Daddy made her a small bowl of frozen peas). When dinner was ready, Kennedy made herself a flavored water and then sat at the dining table. She said grace (including: “Thank you for keeping Daddy safe, and help me to play well at my concert and to learn how to play the low notes, and bless my friends…”). Kennedy then ate while watching “The Fairly Odd Parents.” Daddy made himself a bowl of Sriracha Chicken ramen soup (mixed with turkey lunch meat and peas). Daddy then went to his bedroom. While he was making this journal entry, Kassidy called (around 7:40 p.m.) and said that she would go with him tomorrow when he picks her up from school (“I think that I will have fun over there”) – I’m so happy that Kassidy will be back! She has not been with us ever since November 14th. Hooray!!!

After that (7:45 p.m.), Daddy ate while he watched the Chargers post-game press conference (from yesterday’s win against the Bengals). Kennedy was going from the bathroom into her bedroom and Daddy said to her, “I love you!” Kennedy replied, “I love you more!” Daddy then responded, “Impossible!” Kennedy then said, “Well, we love each other the same!” Kennedy then practiced her trumpet in her bedroom.

After a while (around 8:45 p.m.), Daddy went and started making some oatmeal chocolate chip cookie dough. Daddy let Kennedy lick the whisks and the bowl. After making the cookie dough, Daddy had Kennedy change into her bed clothes. Daddy and Kennedy then sat at the dining room table and Daddy helped Kennedy with her homework and math practice tests (division by 1 number into 2-4 place numbers). Kennedy has a math test tomorrow. Kennedy is doing very well with long division. After Kennedy finished her homework (10:18 p.m.), as she was leaving to go brush her teeth, she said to Daddy, “I’m so glad that you’re my Daddy!” Daddy responded that that means a lot to him. Kennedy patted him on the shoulder and said, “I know, but I really mean it!” :) Kennedy then went and brushed her teeth, and then went to her bedroom. Daddy gave her a little time with the iPad. (Tomorrow is Kennedy’s first day doing Safety Patrol and she has to be at school by 8 a.m. Tomorrow she will be a valet where she opens the door for kids as they arrive in a car with their parent. :)

A short time later (10:35 p.m.), Daddy went into Kennedy’s bedroom to have her go to sleep, but she asked Daddy for 3 more minutes to finish the video that she was watching. A few minutes later (10:39 p.m.), Kennedy called out to Daddy to tell him that her video was over. Daddy then returned to tell Kennedy goodnight. Daddy leaned down and tucked her in. He put her blanket underneath her chin and then he kissed her “chocolate chip.” Kennedy enjoyed that. She then realized that she had forgotten to put her underwear out, so she got out of bed again to set her underwear out. After that, she wanted Daddy to return and tuck her in again. She was hiding under the blanket so when Daddy came in he acted like he didn’t see her. He acted like he was looking for her and he put his knee on her body. She laughed. Daddy then tucked Kennedy in again saying, “They’re dutty, they’re dutty from the kitchen!” (something Kennedy would say when she was around 3- or 4-years-old and Daddy kissed her “chocolate feet” :). Daddy then gave her a kiss and little bite on her “chocolate chip.” Kennedy said that she was going to rub that in. Daddy then told her goodnight as he left her room. Kennedy read for a short time (she finished “Where the Sidewalk Ends” for the third time!) before going to sleep. As she was trying to fall asleep, she called out to Daddy to tell him that she loves him. He told her that he loves her. He then said, “Thank you for being mine!” Kennedy replied, “Thank you for letting me be yours!” A short time later, Kennedy fell asleep and Daddy went in to turn on her night light and turn off her bedroom light. An incredible day today!!! And a typically sweet day with Kenny Pop!! THANKFUL!!! SO THANKFUL!!!

**December 11, 2018 Tuesday**

This morning (6:50 a.m.), Daddy went in to get Kennedy up to get ready for school. Kennedy was hiding under the blanket and Daddy went up and snorted “Jingle Bells” to her. She then came from under the covers and said that she had been awake for an hour or two because she was excited about her first day of being a Safety Patrol valet. Kennedy got right up and got dressed for school. She then made herself a bowl of Chocolate Lucky Charms cereal and started eating some of it while sitting at the dining table. Daddy wanted to leave to make sure that Kennedy got to school a little early for Safety Patrol, so Kennedy got her backpack and trumpet case and went to the car. Daddy took her bowl of cereal out to her for her to eat on the way to school. When they got in the car, Daddy gave Kennedy $10 so that she could have money to spend at her school’s book fair today. Daddy and Kennedy then left for Daddy to take her to school (7:25 a.m.). On the way to school, Kennedy ate her cereal and periodically said that she was “scared” about her first day doing Safety Patrol. As we approached the school, Daddy told Kennedy that he was proud of her because a lot of kids, when they are scared or anxious, decline the opportunity to do something. But, when I pick you up after school today, you will feel proud that you did this!” Daddy then arrived at Harvest (7:50 a.m.) and parked in the second row of the parking lot. Kennedy seemed to be a little relieved when she saw a little boy out there already in Safety Patrol vest and hat. Daddy and Kennedy got out of the car and Kennedy got her backpack and trumpet. Kennedy and Daddy then hugged goodbye. Kennedy walked up to the boy and they talked briefly. He then lead Kennedy to the office wherein she would set her things down and get her Safety Patrol outfit. Daddy waited outside near the front of the school where cars arrive so that he could get a picture of Kennedy. A short time later, Kennedy came out wearing a neon yellow vest and hat. Daddy was so proud. Kennedy and the boy worked together, opening the door for kids as cars arrived to drop students off. Daddy took a few pictures and watched as Kennedy “valet-ed”. Daddy then said “Koko, bye”, to let her know that he was leaving, and Koko waived goodbye to Daddy. Daddy got back in his car a watched Kennedy for a short time longer. Daddy then he left. So proud!

Later (around 5:15 p.m.), Daddy returned to Harvest and picked up Kennedy and Kassidy from their after school program. Kassidy has volleyball practice at 6 p.m. at El Capitan middle school so Daddy and the girls left Harvest and went straight to Kassidy’s practice (Kennedy asked to hold Daddy’s hand as we walked to the car :). In the car, Kassidy mentioned that she had made the Spelling Bee but doesn’t think that she wants to do it now. Kennedy was surprised and told Kassidy that she would die to do the Spelling Bee. She told Kassidy that she would do well as she has in the past (Kassidy clarified that she never won county!) and that she wanted her to win for the both of them (so sweet!).

When we arrived at El Cap (5:30 p.m.), we parked and sat in the parking lot until 5:45 p.m. We then walked to the gym. Kassidy saw her friend Ai-Lani and walked with her and Kennedy walked with Daddy. When we got to the gym, a girl’s basketball game was still going on. We went inside the gym and waited for about 10 minutes for the game to end. Kassidy’s practice then began. This is Daddy’s first time attending Kassidy’s practice this year. Daddy watched Kassidy’s team practice and also did a little work on his work computer. Kennedy played on the iPad and with her slime. Daddy brought Kennedy’s candy (“Krabby Patties” and “Jelly Belly”) and she ate it during the practice. She and Daddy joked and laughed some during the practice (Daddy called Kennedy “Kenny Pop” and she shortened it to “K-Pop”). After Kassidy’s practice (8:30 p.m.), we went home. On the way home, Kennedy and Kassidy were talking about how the other hugs sometimes. Kennedy said that one time when she hugged Kassidy, Kassidy hit her on the head. Kassidy responded, “It’s common sense that people don’t want to be hugged for 2 minutes. Two minutes is longer than it sounds!” :)

When we got home (9 p.m.), the girls ate dinner. Daddy made Kassidy a Stouffer’s Spaghetti with meat sauce dinner and some frozen peas. (While Daddy was making her dinner, Kassidy came into the kitchen and gave Daddy a hug. :) Kennedy made herself the Seafood Ramen soup that Daddy bought for her yesterday. She also made herself a flavored water. The girls sat at the dining table and Kennedy said grace (also thanking God for Kassidy being back with us : ). The girls ate while watching “My Babysitter’s a Vampire” on Youtube on T.V. Kassidy got up and made herself a flavored water. (She joked that earlier she was talking about black people liking Kool Aid and now she just made herself a cherry Kool Aid flavored water.) Kennedy liked her seafood soup O.K. but said that she probably wouldn’t get it again. Even though Daddy made Kassidy a second serving of frozen peas, Kassidy said that she was still hungry after she finished her dinner, so she made herself a shrimp Ramen soup. After they finished eating, the girls watched T.V. for a little while. Daddy then (10 p.m.) reminded them to take a bath before they could have their dessert (or “dirt”, as we now jokingly say). (Daddy had already sliced some of the strawberry pretzel dessert for the girls and had it out on a small plate.) Kassidy got up and took a shower. While Kassidy was in the shower, Daddy asked Kennedy to get the clothes out of the dryer. As she went to get her clothes basket from her room she said, “I love you Daddy!” Daddy replied that he loves her. Kennedy then said, “I’m so glad you had a good day!”, and Daddy replied, “Whenever I’m with you!” Kennedy said, “Awww, that’s so nice!” After Kassidy’s shower, she got an Uncrustable and a slice of the strawberry dessert while Kennedy got into the bath. After Kennedy’s bath, she got a slice of the strawberry dessert and she and Kassidy continued watching a little T.V.

A little later (around 11 p.m.), Kassidy brushed her teeth and went to bed. Kennedy brushed her teeth while Daddy looked over her homework. Daddy then helped her correct a few multiplication problems (multiplying 2 digits by 2-3 digits). Kennedy put her homework away and then wanted to give Daddy a hug in her room (11:20 p.m.). But, because Kassidy was already asleep, Daddy said that he didn’t want to make noise in the bedroom. So, in the living room, Kennedy asked Daddy to step back. She then ran and jumped into Daddy’s arms. She gave him a kiss on his left cheek, right cheek, forehead and then the top of his head (she said, “That one counts!”). Daddy, in return, gave Kennedy a kiss on her right cheek, left cheek, forehead, and then the top of her head. Kennedy then put her school clothes out (Kassidy had remembered to put hers out and Daddy said, “Kassidy gets a point!”) Daddy went over and gave Kassidy a kiss on her forehead while she was sleeping. Kennedy then got into bed a read for a short time before going to sleep (she said that she was reading “Word of Mouse”, the book that Grammy recently sent to her; she said that she didn’t know what it was going to be about, “but it’s actually quite good!”) Daddy later turned on the girls’ night light and turned off their bedroom light once they were both asleep. It’s so good to have Kassy Mae back! A nice day together!!! THANKFUL!!!

**December 12, 2018 Wednesday**

This morning (7:05 a.m.), Daddy went and woke up Kassidy and Kennedy to get ready for school. They both were asleep but got up pretty quickly. Kassidy got up first and went to the bathroom. The girls got into a little argument this morning because Kennedy wanted Kassidy to help her put on an undershirt. Kassidy was upset that Kennedy wouldn’t just put it on by herself and she got a little bit of an attitude. Daddy talked to her about being nice and being understanding. He told her that maybe Kennedy has missed her and just wants to be close to Kassidy as her younger sister. Kassidy still kept her attitude. Daddy told Kassidy that maybe next year an 8th grader may treat Kassidy in a way that she doesn’t like and she may understand how Kennedy feels. Kassidy remained a little obstinate. Daddy then asked Kennedy to put on an undershirt that she can put on by herself and Kennedy yielded and did. Daddy offered Kassidy breakfast, but she said that she would eat at school with her friends (she made herself a flavored water and had some of it on the way to school). Daddy offered to make something for Kennedy and she chose bananas and cream flavored oatmeal. A short time later, Kennedy showed Daddy the book that she purchased at the Book Fair yesterday (“Resistance”, a chapter book). She told Daddy that it’s about a girl involving World War II. She then was excited to show Kassidy. Daddy told her that she could take the book with her to read at Mommy’s and she was excited about that, and went and put it in her backpack.

After the girls were dressed, Kassidy got her things and went out to the car. While Kennedy was getting her things together in the dining area, Daddy spoke with Kennedy about being understanding regarding Kassidy getting older and perhaps changing a little. He told her that Kassidy is a little different toward Daddy also. Kennedy said that Kassidy (and Mommy) is scary. Daddy hugged Kennedy in the kitchen and told her that, although he hopes that she stays sweet always, perhaps she’ll go through a change also when she is approaching middle school. Kassidy then walked back inside. Kennedy finished getting her things together (backpack and trumpet) and we all went out to the car. Daddy carried Kennedy’s oatmeal to the car for her. We then left for Daddy to take the girls to school (7:41 a.m.). On our way to school, Kassidy played on the iPad and Kennedy ate her oatmeal. Kennedy mentioned that her teacher (Mrs. Ham) had to put her dog to sleep yesterday. Daddy told the girls that he’s glad that we didn’t have to put Mocha to sleep. He then recalled, to the girls, how Mocha passed away while being boarded at the veterinarian when Daddy and Grammy were on vacation at the Grand Canyon (Mocha was born on March 14th 2000, Mommy and Daddy brought her home on May 5th 2000, and she passed away on May 28th 2015). Daddy told the girls how sweet Mocha was and how close she was to Daddy (and Grammy). Daddy told the girls that Mocha had a good life and that she was exactly 14 years, 2 months and 2 weeks old when she passed (98-years-old in human years).

When we arrived at Harvest (8:05 a.m.), Daddy parked in the first row of the parking lot. Daddy asked Kassidy for her hand and gave it a kiss. He then also gave Kennedy a kiss on her. The girls then got out of the car. Kassidy said goodbye and walked on up to the cafeteria. Kennedy got her trumpet out of the trunk and then gave Daddy a hug goodbye. Daddy watched until Kennedy walked into the cafeteria. Daddy then left. Always thankful for my girls, love my time with them, and treasure being their Daddy!!!

**December 17, 2018 Monday**

Today, Daddy went to Harvest to pick the girls up from the after school program (around 5:15 p.m.). On the way to Harvest, Daddy talked on the phone to Mommy about the girls. Kassidy wasn’t feeling well regarding her period so Daddy only got Kennedy, and Mommy later picked up Kassidy. (Kennedy missed school on Friday and Kassidy missed school on Thursday and Friday because they both have had a cold.) When Kennedy came out, she gave Daddy a hug. She was a little upset because this morning Mommy was unable to find her white 4-H shirt that Daddy had gotten her for her 4-H uniform. Kennedy wanted to wear it to her concert tomorrow. Daddy called Mommy and they settled on wearing a dress tomorrow for her concert. Mommy said that she would bring it to school tomorrow for Kennedy. From Harvest, we went home. Just after leaving Harvest and turning onto Ashlan, Kennedy asked Daddy if she could call and ask Grammy and Papa to attend her concert tomorrow “because you want the people that you love to be there.” Daddy said that he didn’t think that Papa would be up tomorrow, but that he would videotape her concert for them. Daddy and Kennedy talked and joked on the way home.

When we arrived home (around 6:05 p.m.), Kennedy walked in the door and was so excited to see that Daddy had set up the Christmas Tree and decorated the living room some. She set her things down in the living room and started jumping up and down! (Daddy had set up the tree last night. Daddy went by Grammy’s and she sent her tree and some ornaments for him and the girls to decorate.) Kennedy then relaxed on the couch and wrapped in her super soft puppy blanket and watched Youtube on T.V. A little later, Daddy went on his run (around 7 p.m.). (As he was walking out, he told Kennedy to not let any snowmen in. Kennedy told Daddy that that was scary. Daddy said that he was just joking.) When Daddy returned from his run (around 7:30 p.m.), as he walked in the door, he said to Kennedy, “I told you not to let in any snowmen!” Kennedy responded, “You’re a black man!” Daddy laughed! A short time later, Daddy prepared some beef-flavored Ramen soup for Kennedy for dinner. She was starting to not feel very well because of her cold. When her soup was ready (7:44 p.m.), she got up from the couch and sat at the dining table and said grace. She then went and lay back down on the couch until her soup cooled off. Daddy made himself a salad and went into his bedroom to eat and used the iPad. A short time later (around 7:55 p.m.), Kennedy threw-up a little on the living room floor. She alerted Daddy to what she did. Daddy came into the room and Kennedy told him that she was sorry. He told her that it was alright and that she didn’t do it on purpose. Daddy then cleaned it up while Kennedy went to the bathroom. She then went to her room and changed into her bed clothes. Kennedy then returned and sat at the dining table and ate her soup while watching Youtube on T.V. After Kennedy finished eating, she practiced playing her trumpet for her concert tomorrow. Daddy went in and videotaped her (using the iPad) playing “Jingle Bells” (and a few other songs). After practicing the trumpet, she had some of the remaining Jello and pretzel dessert (before getting her dessert, Kennedy asked for a kiss form Daddy and he gave her a kiss on her forehead. Kennedy then gave Daddy a kiss on his right cheek). She sat at the dining table and ate while watching “The Fairly Odd Parents” on Youtube T.V. A short time later, Daddy made Kennedy’s lunch for school and she went up and hugged him saying, “Thank you, you’re so responsible.” Kennedy then went and lay down on the couch (around 9 p.m.) and continued watching T.V. Daddy then made Kennedy some hot chocolate with Cool Whip. After it cooled off, she got up and sat at the dining table and drank some of it while watching funny kid’s videos on Youtube. She still thought her drink was too hot so she added some milk and then lay on the couch. Daddy went to is bedroom and watched a Chargers press conference on the iPad. A short time later (around 9:55 p.m.), Daddy went and checked on Kennedy, and he saw that she had fallen asleep. He went over and put his head up against hers and Kennedy woke up. She gave Daddy a kiss, and then immediately recalled that she didn’t get to drink her hot chocolate. She got up and had a little of it and then went and washed up for bed. After washing up, she took the iPad and relaxed in her bed.

After a little while (10:21 p.m.), Daddy went in to check on Kennedy, and he saw that she had fallen asleep (she still wasn’t completely over her cold). He took the iPad, which was still playing next to her, and leaned down and gave her a kiss on the cheek. She woke up and smiled. Daddy told her that he would wake her up a little earlier in the morning so that we could get to school a little earlier for her to do her Safety Patrol. She said that she had to be there by 8 a.m. Daddy then jokingly asked her if she needed to wake up by 8 a.m., but she had fallen back asleep and didn’t respond. Daddy then left her room and waited for a short while. When he returned, she was breathing a little heavy and snoring a little. Daddy turned her night light on and was getting ready to turn her bedroom light off when Kennedy woke up. She looked at Daddy and was a little startled. She shook her head, as if to clear it, because she wasn’t sure what was going it. Strangely, Kennedy then said, “O.K., I’m ready!”, and then fell back asleep. :) Daddy again waited a short time and then went and turned her bedroom light off. Feel better Koko! A sweet day with my little one!! So Thankful!!

**December 18, 2018 Tuesday**

This morning (7:02 a.m.), Daddy went and woke Kennedy up to get ready for school. Kennedy said that she ad been awake for about an hour. She still felt like she had a little cold. After she got up, she first asked Daddy if she could call Mommy. She called Mommy and left a message regarding looking for her white shirt (that Daddy had gotten for her for 4-H) and bringing her dress shoes and no-see socks (that Grammy had gotten for her), and her black pants or dress that Mommy had selected for her concert tonight. Kennedy then went and did her hair and got dressed for school. We then left (7:37 a.m.) and Daddy took Kennedy to school (we left a little earlier because Kennedy has Safety Patrol duty this morning) . Kennedy didn’t want a Pop Tart but she did eat a piece of bread on the way to school. She just rested and didn’t play on the iPad.

When we arrived at Harvest (8 a.m.), Daddy parked in the front row of the parking lot. Kennedy commented that she was nervous about her concert tonight. Daddy told her that she will do well and to just do what she has practiced. He said that even if she makes a mistake, no one will really hear it with everyone else playing. Kennedy responded that a trumpet is very loud. Daddy then got out of the car and then Kennedy got out. Kennedy got her backpack and trumpet case. She then gave Daddy a hug and kiss on the right cheek and walked away. Daddy watched as she crossed the crosswalk (she has Safety Patrol duty and needs to go into the office to set her things down and put on a Safety Patrol vest and hat). She then stopped and talked to a student who was wearing a Safety Patrol vest and who had just come out of the office. Kennedy then walked on into the office. Daddy then left. (My sweet baby!)

Later (around 5:45 p.m.), Daddy returned to Harvest to watch Kassidy and Kennedy perform in their Winter Concert, which was held in the school’s cafeteria. Kennedy (Beginning Band) went first. She sat near the back with the other trumpet players and the trombone players. Daddy videotaped some but it was hard to see Kennedy in the back. She did well. After they played, they took a group picture in the front of the stage and the parents were able to take pictures. After that, Kassidy (Intermediate Band) played. Her group sounded very good and Kassidy did well. Kassidy sat in the front with the other flutists. Daddy videotaped her playing. After Kassidy’s group finished playing, they took a group picture in front of the stage and parents were able to take pictures. After the concert, Daddy asked Mommy to take a picture of Daddy with the girls. Kassidy and Kennedy sat on the stage with their instruments and Daddy stood down from the stage in between them. Daddy took another picture with him holding each of their instruments while they sat on the stage on either side of him (Kennedy worried, “Daddy, I’m not supposed to let anyone hold my instrument!” :) Daddy then took some pictures of the girls sitting on the stage together holding their instruments. He then took some pictures of them with Mommy. We then left. Kassidy left with Mommy while Daddy and Kennedy walked through the cafeteria over by the office to get Kennedy’s jacket and backpack. We then went home (around 7 p.m.).

On the way home, Daddy said that he wanted to celebrate Kennedy for her concert tonight. She requested to get Panda, so Daddy stopped at Panda (Herndon/Fowler) and got dinner for Kennedy. Kennedy thanked Daddy for getting her Panda as he was getting out of the car. Kennedy remained in the car while Daddy went inside and ordered the food (half and half chow mien and fried rice, Honey Walnut Shrimp, broccoli beef, and Daddy added some Teriyaki chicken). From Panda, we went home.

When we got home (around 7:45 p.m.), Kennedy again thanked Daddy for the Panda. She then went straight to her bedroom, changed into her bed clothes, and got into bed with the iPad. Daddy changed and went on his run. When Daddy returned from his run (around 8 p.m.), he called Kennedy but she didn’t’ answer. She didn’t feel well and had fallen asleep in her bedroom. She woke up when Daddy went into her bedroom but she was a little disoriented. She got up and went to the bathroom. When she came out, she was shivering a little and said that she didn’t want to eat, and wanted to go to sleep. Daddy gave her some NyQuil and then kissed her “chocolate chip”. Kennedy then went and got back into bed and closed her eyes to fall back asleep. Daddy turned her night light on and turned her bedroom light off, but Kennedy asked him to leave her light on. Daddy did. He later returned once, Kennedy was asleep, and turned her bedroom light off. Feel better sweet Koko. Proud of my girls!!!

**December 19, 2018 Wednesday**

This morning (7:05 a.m.), Daddy went in and checked on Kennedy and asked her if she felt that she could make it through school today. Kennedy said that she wanted to think about it, so Daddy returned to his bed room. About 3 minutes later, Kennedy went into Daddy’s bedroom and told him that she didn’t think that she could make it through school. Daddy again asked if she thought that she could possibly make it through since today is early-release. She briefly thought about it but replied that she would prefer to stay home today. Daddy told her that she could, and he called and let the school know that she would be out today. Kennedy then went back to her bedroom and rested. After a short while, Daddy went and looked in on Kennedy and she had fallen back asleep. Daddy remained home with her through the morning.

Later (around 12 p.m.), Daddy went and checked on Kennedy, and she was awake. He told her that he was getting ready to leave to go to work. He asked her if she wanted to get herself something to eat after he left, or if she wanted him to make her something before he left. She asked Daddy to make her a turkey sandwich. She got up a short time later and made herself a flavored water. Daddy then gave her some NyQuil before he left. Kennedy then returned to her bedroom. Daddy took her sandwich to her, gave her a kiss on the top of her head, and asked if she wanted anything else, like a Pop Tart or an Uncrustable (frozen peanut butter and jelly sandwich). Kennedy requested an Uncrustable. Daddy went and got her an Uncrustable and took it too her. Daddy then went and got his things together to leave for work. He went back in to Kennedy’s room to let her know that he was leaving. She told Daddy that she loves him and he told her that he loves her. Daddy then left to go to work (around 12:20 p.m.).

Later (around 4:50 p.m.), Daddy returned home. He walked inside to go check on Kennedy. Kennedy heard him and said, Hi, Daddy!” as he was walking toward her bedroom. Daddy went into Kennedy’s bedroom and she was playing on the iPad. Daddy asked her if she wanted him to make her something to eat. Kennedy replied that she wasn’t hungry at the moment. Daddy told Kennedy that he would like for her to get her homework done since she was able to rest and didn’t go to school today. He helped her get access to her homework on the iPad using Google Docs (she had a paper to type). Kennedy then worked on her “Tuck Everlasting” homework using the iPad in her bedroom. Daddy then went on his run (around 5:30 p.m.) When Daddy returned from his run (around 6:15 p.m.), he relaxed and ate a salad and 2 baked potatoes while he watched an episode of “60 Minutes” that he had recoded (Daddy also made some popcorn). A short time later, Kennedy said that she had finished her “Tuck Everlasting” assignment, so she took a break (around 6:30 p.m.) and played on the iPad for a short while. After her break (around 7 p.m.), she went into the kitchen and made herself a cherry Kool Aid-flavored water. She then returned to her bedroom and started working on her Web Quest assignment regarding the environment. (As Kennedy was walking from the kitchen to return to her bedroom, she told Daddy that she loves. Daddy jokingly responded, “Sure”, as if he doubted her. Kennedy then replied, “I love you Daddy. I really do!” Daddy told her that he was just joking. Kennedy then worked on her Web Quest homework in her bedroom. After finishing that assignment, she took another break with the iPad (around 7:25 p.m.). After that break (8 p.m.), she began working on the rough draft for her writing assignment.

Later (around 9 p.m.), Kennedy took a break and Daddy warmed up her Honey Walnut Shrimp that she didn’t get to eat yesterday. Daddy also got some popcorn (seasoning it with White Cheddar seasoning) and a flavored water. Daddy then called Mommy (Daddy and Mommy had talked earlier about Kennedy being too sick to go to school today and Mommy asked that Daddy call so that she could speak with Kennedy) so that Kennedy could speak to her. After Kennedy talked to Mommy, she returned to her bedroom and ate while watching videos on the iPad. After a short break, Kennedy worked on her paper some more. A little later (around 10:05 p.m.), she took another short break with the iPad. She then continued working on the rough draft (the conclusion) of her paper. (While she was working on the final part of her rough draft, Daddy took some NyQuil to her that he had her take.) Kennedy called out to Daddy when she was finished with her rough draft (around 10:40 p.m.). Great job Koko! Kennedy finished eating her popcorn. She then went and brushed her teeth and put her school clothes out for tomorrow. Daddy then let her have a little relaxation time with the iPad and she watched a video while she was in bed.

Daddy went in and checked on Kennedy a short time later (11:13 p.m.) and she had fallen asleep. She woke up when Daddy walked in. Daddy took the iPad so that she could go to bed for the night. Kennedy then pointed to her forehead for Daddy to give her a kiss. Daddy then leaned down and gave her a big kiss on her left cheek and told her how much he loves her and how thankful he is for her. She then rubbed his kiss into her cheek. As Daddy was getting ready to leave her bedroom, she asked him, “Which comes first, thunder or lightning?” While Daddy was answering that you see the lightning before you hear the thunder because light travels faster than sound, Kennedy had fallen back asleep. :) So wonderful! These are some of the sweetest days. I treasure them, and I will miss them! My Koko Poco!!

**December 20, 2018 Thursday**

This morning (6:05 a.m.), Daddy had gotten up to prepare for a meeting, and he heard Kennedy coughing. He went in and checked on her. He asked her if she felt that she could go to school this morning and she said “probably not” because she didn’t know how contagious she was and she didn’t want to disturb her class by coughing. Daddy said that he would check back on her in about an hour. Kennedy then got up and went to the bathroom. After going to the bathroom, on her way back to her bedroom, she called out, “I love you, Daddy!” Daddy replied, “I love you too, baby!”

A little later (7 a.m.), Daddy went and checked on Kennedy. She said that she thinks she can go to school, but that she won’t do the Safety Patrol today because of how cold it is. She said that she is excited about seeing the movie “Wonder” in Mrs. Ham’s class today, and also she is excited about the “cookie party” in music today. Kennedy then got up and got ready for school while Daddy got into the shower. After Daddy and Kennedy were ready, Kennedy got her backpack. She said that she wasn’t hungry for anything for breakfast, but Daddy gave her a pack of her yogurt-covered strawberries snack to take with her. He also gave her a little NyQuil that she drank with some water. Kennedy then went to the car while Daddy turned the lights off. (Last night, Kennedy decided to not have Daddy make her lunch since she was unsure if she would feel like going to school, so she will eat the school’s lunch today.) Daddy and Kennedy then left (7:37 a.m.) for Daddy to take her to school. Kennedy played on the iPad on the way to school.

As we approached Harvest, Daddy said to Kennedy, “I miss you already!” Kennedy replied, Awwww.” When we arrived at Harvest (8:02 a.m.), Daddy parked in the front row of the parking lot. Kennedy and Daddy got out. Kennedy put her backpack on and got her trumpet case out of the car. Daddy and Kennedy then shared a hug goodbye. Daddy watched as Kennedy walked across the crosswalk and on into the office (to tell them that she would not be doing Safety Patrol this morning). Daddy then left. Wonderful and treasured days with my Koko!!

**December 21, 2018 Friday**

Today, Daddy picked the girls up from their after school program (5 p.m.). Kassidy came out first (this morning, around 7:15 a.m., she called Daddy and told him that she wanted to stay with Mommy so that she could practice her flute, but Daddy told her that he would like for her to come with him and Kassidy eventually yielded). A short time later, Kennedy came out. Kennedy gave Daddy a big hug. Kassidy, Kennedy and Daddy then walked to the car. On the way to the car, Daddy pointed out that there was a full moon and asked the girls what a full moon is called sometimes. Kennedy, then Kassidy, replied “harvest moon!” and Daddy told them that they were right. As we continued walking, Kassidy mentioned to Daddy that the reason that she said that she wanted to stay with Mom was because she gets anxious that Daddy will get in a conversation with her (and that makes her feel bad). Daddy said that we had resolved that previously. Daddy and Kassidy then pinky-promised together, and then hugged. We then left Harvest. Daddy was taking the girls by the Apple Store to confirm that they wanted an iPod Touch. While we were driving, Kassidy mentioned that she wanted to get her flute from Mommy so that she could practice (to play at a church event on Sunday). Daddy then called Mommy and left her a message. A little later, Mommy called Daddy back. Mommy and Daddy talked and agreed to meet at Walmart (Clovis/Herndon) at 6:30 p.m. A little after that, Daddy surprised Kennedy and showed her the ATM card to her recently opened account with her name on the card. Kennedy was excited.

When we arrived at Fashion Fair (around 5:40 p.m.), the parking lot was pretty crowded from holiday parking so we had to park farther away than normal. When we went into the mall, we all first went to the bathroom. From there, we went to the Apple Store. At the Apple Store, Daddy asked about the iPod Touch as that’s what Kennedy wanted for Christmas. The (black) guy told Daddy that someone would be out to help us. While we waited, Daddy saw a friend (Sierra) and they shared a big hug and talked briefly. A short time later a guy came out and helped us regarding the iPod Touch. He answered all of Daddy’s questions. Kassidy had initially asked for a Playstation (PS4) but changed her mind to also wanting an iPod Touch. (Kennedy wanted pink and Kassidy wanted Space Gray). We then left the mall (6:13 p.m.) and went to meet Mommy at Walmart.

In the parking lot near Walmart, Daddy spotted Mommy’s car. Kassidy got out and went over to her while Daddy went to find a place to park. Kassidy got her flute from Mommy and walked over to where Daddy was parked and put in into the trunk of Daddy’s car while Kennedy walked over and talked to Mommy. Kennedy then rejoined Daddy and Kassidy to go into Walmart. Daddy and Mommy talked briefly about her getting the girls from Daddy tomorrow. Daddy, Kassidy and Kennedy then went into Walmart.

In Walmart, Daddy got some Christmas cards for Grammy and Papa. The girls each got some candy (Riesen’s candy), a couple of frozen dinners, some Cocoa Krispies and some milk. Daddy got a bag of mixed red and black licorice. After purchasing our items, we walked back to the car (Kennedy held Daddy’s hand) and went home. When we walked in the door (around 7:10 p.m.), Kassidy was pleasantly surprised to see that Daddy had a Christmas tree. The girls went and put their things down and got comfortable. Kennedy played on the iPad in her bedroom and Kassidy made herself a flavored water and watched T.V. (“My Babysitter’s a Vampire” on Netflix) in the big chair. Daddy changed and went on his run. As Daddy was leaving for his run, Kassidy asked if she could make a Ramen soup and Daddy said that she could. After Daddy returned from his run, Kassidy had finished her soup. Daddy made dinner for the girls. (While Daddy was getting their dinner ready, Kassidy came into the kitchen and gave Daddy a hug from behind. :) When dinner was ready (Kassidy: a Marie Callender’s Salisbury Steak dinner, Kennedy:a Marie Callender’s Chicken Pot Pie), Kassidy sat the dining table. Kennedy came in and made herself a flavored water and then joined Kassidy at the dining table. Kennedy said grace (also asking God to say hi to our loved ones who have died). The girls then ate while watching “My Babysitter’s a Vampire.” Kassidy ate her meat but not her macaroni and cheese. Kennedy ate less than half of her pot pie. After eating, Kassidy moved to the big chair and continued watching T.V., and Kennedy returned to her bedroom and watched videos on the iPad. Daddy was working on his computer in his bedroom but Kassidy said that she wanted him to be in the living room where she was, so Daddy made himself a chicken-flavored Ramen soup (in-a-cup) mixed with peas and turkey lunch meat, and brought his (work) computer into the living room and sat at the dining table and ate (Kassidy’s remaining mac and cheese and his soup). Kassidy moved and sat at the dining table with Daddy and we half talked and half watched Kassidy’s T.V. show. Daddy was also writing in this journal. Kassidy tried to look but Daddy told her that she had to be 18 to see it (he said that he would give Kassidy and Kennedy each a copy of this journal when they are 18 years old; it’s currently nearly 2000 pages long and Daddy has been keeping this journal ever since 2013). Kassidy then wanted Daddy to name the dances (from the game Fortnite) that she was doing. We started talking about music and Kassidy wanted to put Spotify on the T.V. The iPad is needed to play Spotify on the T.V. so Daddy went to get the iPad from Kennedy (around 9:15 p.m.). He knocked on the door and realized that Kennedy had fallen asleep. She woke up Daddy had Kennedy get up and change into her bed clothes. While Kennedy changed, Daddy activated Spotify on the T.V. After Kennedy was changed, she got the iPad from Daddy and returned to her bedroom. Kassidy controlled the music and she and Daddy had fun listening to music with Kassidy introducing him to some songs that he hadn’t heard before. (While listening, Daddy was doing some laundry. Kassidy said that he is obsessed with cleaning and Mommy is obsessed with remembering things.)

A little later (around 9:45 p.m.), Daddy asked Kassidy to go check to see if Kennedy had fallen asleep. Kassidy went to her room to check and saw that Kennedy had fallen asleep. Daddy woke her up to brush her teeth. Kennedy got up and brushed her teeth. Kassidy went and put her bed clothes on. Kennedy then got back into bed and fell back asleep. After changing, Kassidy came back out to the living room and she and Daddy listened to music a little longer (the “Numa Numa” song, a song that Kassidy used to love – she told Daddy that a few months ago, when she was really into the song, she cried into her pillow for a couple of minutes because it’s in another language and she didn’t understand the lyrics, so she went and learned what they were saying :). After a short while (10 p.m.), Daddy had Kassidy get ready to go to bed. Kassidy went and brushed her teeth. She then took the iPad and relaxed in njher bedroom (while Kennedy slept).

Later (11:02 p.m.), Daddy went and checked on Kassidy and she had fallen asleep with the iPad on her stomach with a video still playing. Daddy got the iPad. He took a picture of the girls sleeping (welcome back Kassy Mae!) and then turned on their night light and turned off the light in their bedroom. So so good to have Sweetie Peetey back. Thank You, Jesus!!!! A sweet day together and a really wonderful bonding time with Kassy Mae today!!! THANKFUL!

**December 22, 2018 Saturday**

This morning (9:02 a.m.), Daddy went in and checked on the girls and they were both still asleep. Daddy the n returned to his bedroom and fell back asleep. A little later (around 10:30 a.m.), Daddy heard Kennedy eating breakfast. She made herself a bowl of Cocoa Krispies and was sitting at the dining table eating while watching a video on the iPad. Daddy told her that she needs to do her “Thank You” cards for her 4-H goat project a little later. She agreed that she would. Daddy checked on Kassidy and saw that she was still in bed but she opened her eyes when Daddy walked in. A little after that, Kassidy got up and also had Cocoa Krispies for breakfast.

Later (1:45 p.m.), Daddy videotaped Kassidy (flute) and Kennedy(trumpet) playing “Jingle Bells” while sitting on the couch together. After that, Daddy changed and went on his run. After he returned, he and Kennedy sat at the dining table and Daddy helped her write out her “Thank You” letters (2:10 p.m.). Kassidy got herself an Uncrustable and Daddy also gave one to Kennedy.(Daddy noticed that Kassidy had straightened out the girls’ bed and he said that she “gets a point” for when we go to the store later). We listened to Christmas music (on Spotify through the T.V.) while Kennedy did her first 2 letters. Kassidy hung out in the living room and drew while Daddy helped Kennedy. Kassidy then wanted to put on other music. Daddy joked that we are going from sweet Christmas music to *(scratching record sound*) ”Shake it, shake it, shake it!” The girls thought that was funny and we kept laughing and joking about that. (Kassidy had another Uncrustable, and the girls ate some of the mixed red and black licorice that Daddy bought yesterday. Kassidy kept going into the kitchen to get more licorice and Daddy teased with her by saying that we had a “rat” in the kitchen because something keeps getting into our bag of licorice. The girls laughed! :) Kassidy then changed the music to contemporary and Kennedy continued working on her letters with Kassidy playing a variety “Teen Hits” songs . We had a good time laughing and joking. (Kassidy had one more Uncrustable.) While Kennedy was writing out her last 2-3 letters, Daddy had Kassidy sign a Christmas card for Grammy and Papa. Kassidy then fell asleep in the big chair while Kennedy finished her last letter.

After Kennedy finished writing her letters, Daddy woke up Kassidy. Daddy, Kassidy and Kennedy then walked to Walmart (around 5:45 p.m.). We had a fun walk together. At Walmart, Daddy let the girls each get a treat (Kassidy: Hershey’s chocolate nuggets candy, Kennedy: Happy Cola gummi candy). Daddy bought some things to make a Nacho Casserole recipe that he wants to try (white corn chips, medium cheddar cheese, black beans, frozen corn and medium salsa). We then had fun walking back home (Kennedy held Daddy’s hand while we walked).

After we returned home (around 6:15 p.m.), Daddy had Kennedy sign Grammy and Papa’s Christmas cards. Daddy called Grammy several times earlier today but she never answered. Daddy tried calling her one more time, and again she didn’t answer so Daddy and the girls left a message. The girls told her about getting straight As and wishing her a Merry Christmas). Daddy then called Papa and the girls briefly talked to him. Daddy then videotaped Kassidy sitting on the couch playing “Oh Holy Night” on her flute. (She’s really good!) After that, Kassidy went to her bedroom with the iPad to watch herself playing, while Kennedy watched Youtube on T.V. on the couch. Daddy started making dinner for the girls. When dinner was ready, Kassidy made herself a flavored water and then the girls sat at the dining table and Kennedy said grace. The girls then ate (Kassidy: Marie Callender’s lasagna and some frozen corn, Kennedy: Stouffer’s Salisbury Steak dinner – Kennedy said that she really enjoyed it, especially the macaroni and cheese), while watching Youtube on the T.V. After eating, Kennedy watched Youtube on the T.V. and Kassidy went to her bedroom and played on the iPad.

After a little while (7:11 p.m.), Daddy called Mommy because he hadn’t heard from her yet (she was to call or arrive in between 6:30 and 7 p.m.). He left a message asking when she would arrive. Mommy called back a short time later and said that she should arrive in around 10 minutes. Daddy then had the girls get their things together for us to go out and meet Mommy on Clovis Avenue near our apartment. After getting their things together, Kennedy got the stocking that she made in her 4-H sewing class to take with her. Kassidy took with her one of the stockings with a “K” on it (that Grammy would put out for past Christmases) because she liked it. We then walked out along Clovis Avenue to the entrance to the complex. When Kennedy saw Mommy’s car (Mommy was in the left turn lane heading north on Clovis, waiting to turn left into the front of the complex where Daddy and the girls were waiting), Kennedy and Daddy hugged goodbye and Kennedy gave Daddy her traditional kiss on his right cheek, left cheek and then his forehead. Daddy, in return, gave Kennedy a kiss on her left cheek, right cheek and then her forehead. Daddy and Kassidy then hugged goodbye and Daddy wished the girls a Merry Christmas (Daddy told them that they would open their gifts from Daddy while we were on our upcoming vacation in January). The girls then got in Mommy’s car (Kassidy sat in the front seat – Daddy still has her sit in the backseat with Kennedy when she’s with him, for safety). They again told Daddy bye. Kassidy told Daddy that she loves him, and Daddy told her that he loves her. Daddy then jogged back toward his apartment and Mommy and the girls drove away. A very enjoyable, interactive and bonding time together with BOTH of my sweet, sweet babies!! BLESSED!!!

**December 25, 2018 Tuesday Merry Christmas!**

Today, Kassidy and Kennedy spent Christmas with Mommy. Grammy made some plates of food for Papa and Daddy, and Daddy took the plates over to Papa’s and ate Christmas dinner with him (while watching the Lakers vs. Warriors NBA game). Daddy enjoyed a nice time with Papa. Merry Christmas my babies!!

**December 31, 2018 Monday**

Today, Daddy picked Kassidy and Kennedy up from Mommy (5 p.m.). Kassidy and Kennedy came out and they both were excited to see Daddy. Kassidy showed Daddy some drawings that she had done over the last few days (she got some drawing items – journal, drawing kit with pencils, charcoal, etc. – for Christmas) and Kennedy went back inside to get her 4-H uniform that Mommy had, so that Daddy could keep it for Kennedy’s events. When Kennedy returned to the car with her uniform, Daddy and Mommy talked briefly. Daddy, Kassidy and Kennedy then left. Daddy asked if the girls would like to go somewhere or go home and watch a movie or something. The girls said that they preferred to just go home. So, Daddy and the girls went straight to Daddy’s. (On the way, Daddy showed the girls his “Jesus is a Rebel” bracelet that he has been wearing and asked them to guess how long he has been wearing it. Kassidy guessed and came close. She guessed “2010, 2011, 2012”. Daddy has worn the bracelet ever since July 4th, 2012. Kassidy recalled that Daddy had gotten it at Buchannan -- at a 4th of July event that Mommy, Daddy, Kassidy and Kennedy had attended.) After that, Kassidy told Daddy that previously her cousin Patrick had gotten mad at his mom and responded by stretching his eyes out at her to make them look Asian. We chuckled. Daddy then joked like he was a kid mad at his black mother, and he pinched his lips together to make them look bigger. The girls laughed!

As we approached Daddy’s apartment, turning from Nees onto Clovis Ave., Daddy offered for him and the girls to go on one last walk for 2018. Kennedy was excited to go and suggested that we go as soon as we get home. So, when we got home (around 5:45 p.m.), we first went inside. Kennedy went into her bedroom and noticed that Daddy had put a large Hershey’s chocolate bar on each of their sides of the bed. Kennedy exclaimed that Daddy had gotten them a chocolate bar. Daddy went and changed into his running clothes so that he would be a little warmer. The girls each made a flavored water (Kassidy: cherry, Kennedy: grape). Kassidy took the new flashlight and her drink, and Kennedy carried the flashlight from Daddy’s car along with her drink. We then left to go on our walk (around 6 p.m.).

On our walk, we had fun guessing and singing songs from the 80s and 90s (NSynch, Back Street Boys, Shakira, Lady Gaga, etc.). We laughed. As we approached the point where we turn around, Daddy had us each guess how many had been on the trail today. Kassidy guessed 219 (because of the upcoming new year), Kennedy guessed 215, and Daddy guessed 189. The actual number was 232 and Kassidy “won”. After we turned around to head back home, we continued laughing and joking. Kennedy put her hand in Daddy’s pocket (where his hand was to keep them warm) and held his hand. :) As we approached home, Daddy (and then Kassidy) said, “Last walk of 2018!”

When we got inside (around 6:40 p.m.), Daddy made the girls a DiGiorno Three-Meat pizza. Daddy also made himself some oven-baked chicken breasts and some pan seared broccoli (it was very good!). Papa then called. He was returning Daddy’s call. Daddy offered for him and the girls to take some food to Papa tomorrow to celebrate the new year with him. Daddy and Papa agreed that Daddy and the girls would pick up some barbecue and have dinner with Papa (and perhaps watch some games) tomorrow. After Daddy and Papa’s phone call, Daddy had the girls come and sit at the dining table. (Daddy called Kassidy “Sweetie Peetey”. She asked if he called her “Peetey” and she seemed pleased. :) Daddy then served the girls their pizza (around 7:30 p.m.). They went into the kitchen. Made themselves a flavored drink, and then sat at the dining table. Kassidy said grace (she wanted to be the last one to say grace in 2018), and then Daddy also gave thanks and prayed for our family’s well-being as we go into the new year. The girls then ate while watching a music video on YouTube regarding a videogame character that Kassidy likes to draw I(“Bendy”). After the girls finished eating, Kassidy listened to music on Spotify on the T.V., and Kennedy took the iPad and went to her bedroom. Daddy ate his food in his bedroom (and wrote in this journal) while Kassidy drew and listened to music. Kassidy kept coming into Daddy’s bedroom to spend time with him (and she asked if she could read “just one line.” Daddy always tells her that she can read this journal when she’s 18). (The song “I’m in love with the shape of you” came on and Kassidy exclaimed “I shaped like a square!” :) A little later (around 9:05 p.m.), Kassidy went into Daddy’s bedroom and he had her ask Kennedy if she was ready to start the movie. She said that she would be ready in about 30 minutes. Kassidy resumed listening to music and drawing. Daddy went into the kitchen and cleaned up. He then sat at the dining table with Kassidy (where she was drawing a comic) and read her comic and listened to music with her.

Later (9:05), Daddy and Kassidy told Kennedy that we wanted to start the movie. While waiting for Kennedy, Kassidy and Daddy joked about trying to both stretch out ones eyes to make them look Asian and simultaneously pinching the lips together to make them look bigger/blacker. We laughed! Kennedy came out of her bedroom and went to the bathroom. Kassidy went and got the girls’ large Hershey’s chocolate bars for them to eat during the movie. (Daddy had gotten them large Hershey’s bars for good luck going into the new year. Daddy used to always get the girls large Hershey’s bars on various occasions). We then watched a Netflix movie that Kassidy and Kennedy had chosen (“Escape Planet Earth”). Daddy made some popcorn (we added white cheddar seasoning) and we all had some while watching the movie. Kassidy sat in the big chair, Kennedy lay on the white couch and Daddy sat in his work chair. Toward the end of the movie, Kassidy left the big chair and sat on the floor next to Daddy, putting her head on his leg. :)

After the movie (around 11:25 p.m.), we watched New Year’s Eve shows. First we watched Steve Harvey host on Fox. We then changed and watched Ryan Seacrest on ABC until the countdown. Daddy, Kassidy and Kennedy first took a selfie together on the white couch. Daddy then videotaped the girls during the countdown and as the year changed to 2019! After the countdown, Daddy videotaped the girls dancing and being silly together. Kennedy then went to her bedroom and watched videos on the iPad. Daddy and Kassidy remained in the living room and watched various musical performances on the post-new-year ABC show. Daddy sat on the white couch and Kassidy went over and lay on the couch, putting her head in his lap for a short while. Kassidy then went and moved over to the big chair. She and Daddy joked during the night about how K-Pop (and Asians) put their fingers up in the shape of a heart. She then put her arms across her chest (like in the movie “Wakanda”) and made her hands in the shape of a heart. She then lifted her elbows to be in the shape of a heart. Daddy laughed! A little later, Daddy went and sat at the dining table and entered into this journal while Kassidy practiced her drawing (on the whiteboard and on sheets of paper). Kassidy drew a mustache and beard on her face with her charcoal pencil. She then went into her bedroom and had Kennedy take a picture of her with the iPad. When Kassidy returned to the living room, Daddy laughed with her about escalating the heart (around 1:28 a.m.): first doing the fingers, then the “Wakanda” hands, and concluding with the “Wakanda” elbows! We laughed!! :)

A little later, after Kassidy had drawn a nice comic about a videogame character (“Bendy”), Daddy asked her to perhaps draw a unique character that she created, She immediately started drawing and came up with her own character drawing that she named “Coy”. She said that his personality is: sarcastic, logical, vampire. It was a nice drawing.

A short time later (1:56 a.m.), Daddy had Kassidy and Kennedy wash up for bed. After they washed up and got into bed, Daddy went in to tell them goodnight. He gave Kennedy a kiss on her chocolate chip and then went around to Kassidy’s side and gave her a kiss on the forehead. Daddy and Kassidy then did their heart greeting (fingers, hands, elbows) and laughed. Daddy and Kassidy shared the inside joke with Kennedy. We all then did the heart greeting, trying to keep a straight face. It was funny! Kassidy said that that is how we will greet or depart one another. We all laughed!!! Daddy wished the girls a Happy New Year. The girls then hugged each other in bed and Daddy took some pictures -- their first pictures of 2019 are of them hugging! Daddy then left their bedroom and the girls talked and joked together until they fell asleep (around 2:33 a.m.). Daddy then went in and turned on their night light and turned off their bedroom light. (Before going to bed, Daddy set up the breakfast place setting for the girls, putting out bowls and a spoon along with their cereal – Cocoa Krispies and Chocolate Lucky Charms). Happy New Year, sweet babies! So absolutely BLESSED!!!

**January 1, 2019 Tuesday Happy New Year!**

This morning (around 9:50 a.m.), Daddy went and checked in on the girls. Kassidy was still sleeping but Kennedy was awake using the iPad. Daddy whispered, “Happy new year” to Kennedy and she whispered the same back. Daddy then returned to his bedroom to rest.

Later (11:12 a.m.), Kassidy went into Daddy’s bedroom and shouted, “Wake up!” Daddy was partially awake and looked up. Kassidy then said that she was going back to her room to rest a little longer. As she walked out of Daddy’s room to return to hers, Daddy told her, “Happy new year,” and she said the same back.

A little later (12:03 p.m.), Kennedy went into Daddy’s bedroom and jumped on him, giving him a hug. She then went to the bathroom and then returned to her bedroom. A little after that (12:33 p.m.), Kassidy returned to Daddy’s bedroom and again shouted “Wake up!” Daddy looked up and told Kassidy that he is awake. Kassidy then left. Kennedy was sitting at the dining table eating a bowl of cereal. A short time later (12:43 p.m.), Kennedy went into Daddy’s bedroom to tell him that she was going to her bedroom to read. :) A little after that (1:33 p.m.), Daddy got up and did a little work on his computer. Kassidy was making herself a Ramen soup (she hadn’t have any breakfast). Kennedy came out of her bedroom and sat in the living room with Kassidy and watched what she was watching on YouTube on the T.V. (Kennedy later admitted that when the iPad fell off of her bed stand, where it was charging, she thought a monster pulled it down and so she ran out. :) Daddy then left to go on his run (2:22 p.m.). When Daddy returned from his run (2:44 p.m.), Kassidy was drawing with the T.V. on and Kennedy had returned to her bedroom. As Daddy walked through the living room, he asked, “Who’s the Sweetie Peetey!?” Kassidy didn’t respond. She continued drawing. Daddy asked again, “Who’s the Sweetie Peetey!?” Kassidy smiled and scrunched up her mouth and replied, “Me.” Daddy then went to his bedroom to cool down from his run.

Later, after Daddy and the girls changed, we left (4:30 p.m.) to go pick up barbecue from Famous Dave’s and took it to Papa’s (on the way, Kennedy commented, “I’m glad that Kassidy’s going with us on vacation!”). We enjoyed New Year’s Day and dinner with Papa. (While at Papa’s, his cousin Johnnie (a woman) brought some chitterlings by for him for the new year. Daddy introduced her to Kassidy and Kennedy. She told the girls that she is 93 and still driving.) Daddy served Papa some barbecue. He then let the girls put what they wanted on their plate. They each had some ribs, cornbread, and corn on a cob. Daddy had some chicken, and the barbecue beans that he loves from that restaurant). Kassidy and Papa got into a nice conversation for about 30 minutes in Papa’s room. Daddy helped Papa get settled for bed. Daddy and Papa talked about the upcoming college bowl games and NFL playoffs and about possibly watching a game together. We then left (around 7:55 p.m.). We had a nice time at Papa’s.

When we arrived home (around 8:25 p.m.), Daddy changed and then watched some of a USC vs. UC Davis basketball game that he had recorded. Kassidy sat at the dining table and drew. Kennedy used the dry erase marker to draw on her face. She drew a mustache and beard and then she put designs all over her face (she put a circle around a pimple like tit was a target). Daddy took a picture of her. Kennedy washed her face and then played with the iPad in her bedroom. A short time later, the girls got one of the mint chip ice cream treats that Daddy had gotten for them yesterday. Kennedy returned to her bedroom while Kassidy continued drawing and hanging out with Daddy. Daddy asked for a drawing to put on the refrigerator. She offered him a drawing of “Bendy”. Daddy said that he wanted a less dark character. Kassidy then drew him a nice picture of the Cheshire cat and she put it on the refrigerator. Kassidy then went and sat in the big chair next to Daddy while he watched the USC basketball game. She then stood behind him and kept trying to hug Daddy while he watched his game. He asked her to wait. She walked away and replied, “Can I help it if I love my Dad!” A short time later, Daddy told her that she could have the T.V. (because she asked about using Spotify to listen to music on the T.V.). She replied that she wanted to hang out with Daddy. Daddy let her put music on and he went to his bedroom to make this entry in this journal (around 9:30 p.m.). Kassidy periodically walked back and forth between the living room and Daddy’s bedroom, interacting with him and talking about the music.

A little later (around 10 p.m.), Daddy moved into the living room with Kassidy and sat at the dining table. He watched the USC basketball game on his work computer while Kassidy watched videos on YouTube (she watched Thomas Sanders’ channel and a Dad-joke competition). Later (11:03 p.m.), Daddy had Kennedy wash up and change into her bed clothes (Kassidy had already changed). Kennedy then returned to her bedroom and resumed playing on the iPad. Kassidy continued watching Thomas Sanders’ videos on YouTube.

After a while (around 11:30 p.m.), Daddy had Kassidy and Kennedy brush their teeth and get into bed. Daddy went into their bedroom and said goodnight. He gave Kennedy a hug and kiss on her “chocolate chip.” He then walked to the other side of their bed and gave Kassidy a hug and kiss on her forehead. Daddy then told the girls “Happy new year!” and the girls said it back. As Daddy was leaving their room, Kassidy reminded Daddy about their “hearts” greeting. Daddy said, “Oh yeah! We have to do that!” The girls then got out of bed (12:02 a.m.). Daddy first took a picture of them holding the whiteboard with “2019” written on it. Daddy, Kassidy and Kennedy then did their “heart” greeting together and laughed. The girls then got back into bed. Daddy said goodnight and then left their room.

(About 30 minutes later, Kennedy called out to Daddy (who was in his bedroom), “Daddy, I love you!” Daddy replied, “I love you too, thanks you for being mine!” Kennedy didn’t quite understand what Daddy said so he repeated it. Kennedy then said, “Thank you!” Daddy didn’t quite understand her, so Kennedy repeated herself. She said, “Thank you! Or uhh, you’re welcome!” :)

After the girls fell asleep, Daddy turned their night light on and their bedroom light off. A wonderful first day of the year, together!!! GOD IS SO GOOD!!!

**January 2, 2019 Wednesday**

This morning (around 8:30 a.m.), Daddy went and looked in on Kassidy and Kennedy. They both were still asleep, although Kassidy was moving a little. Daddy had the iPad and took it to their room so that it would be there for them to use whenever they wake up.

A little later (around 8:50 a.m.), Daddy heard Kassidy and Kennedy disagreeing regarding the iPad. Apparently, Kassidy had woken up first and was using the iPad. Kennedy was a little upset because normally she is able to play on the iPad first thing in the morning because Kassidy usually sleeps longer. She was complaining, “What am I supposed to do?!”, while Kassidy was using the iPad. Daddy went in and asked Kennedy to let Kassidy have some time with the iPad since Kennedy used it almost all day yesterday, and Kassidy practiced drawing and listened to music on Spotify. The girls ended up watching YouTube together.

Later (around 12:30 p.m.), Daddy went into the girls’ bedroom to let them know that he was leaving to go work (they were still in bed watching a video on the iPad together). He asked them if they would like for him to make them something for lunch before he leaves. They said that they would make their own sandwich or soup later. Kennedy was pulling her pajama pants up to her neck and being silly. Kennedy then got up and went to the bathroom. As Daddy was leaving, he and Kassidy did their “hearts” greeting and Daddy said “Kass Kenn, forever” (in the Black Panther movie they say, “Wakanda forever”). Kassidy then came up with, “DyDyNy (pronounced DeeDeeNee) forever”, for how each of our names ends. Daddy then was starting to leave, but Kennedy stopped him and asked him to back up. She said, “We haven’t done this in a while!” Kennedy then ran and jumped into his arms and he caught her. Daddy and Kennedy hugged, and then Kennedy gave Daddy a kiss on his right cheek. Daddy then left to go work.

Later (around 4:15 p.m.), Daddy returned home to Kassidy and Kennedy. Kennedy was hiding in the linen closet and when Daddy opened the door she scared him. She then gave Daddy a big hug. Kassidy had been in the bathroom. When she came out, she wanted to do our “hearts” greeting. (When Kassidy does the fingers part, she speaks trying to sound Asian because she says K-Pop individuals do their fingers in a heart like that.) Daddy said “DyDyNy” but Kassidy didn’t recall what that meant at first, but Kennedy did. When then did our “hearts” greeting together and Daddy said, “DYDyNy forever!” Kassidy then had a bowl of Ramen and listened to Spotify on the big chair while eating. A short time later (4:55 p.m.), the girls got their things together and we walked out to the front of the apartment complex on Clovis Ave. to wait for Mommy to pick the girls up from Daddy. (Daddy will pick up Kennedy on Friday, but Kassidy is going to Magic Mountain with her best friend Ai-lani and her family for Ai-lani’s 12th birthday. Kassidy is staying the night with her friend on Thursday and they will go to Magic Mountain on Friday and return on Saturday. On Saturday, Daddy will pick up Kassidy and we will then drive straight to Las Vegas and begin our vacation.) When Mommy arrived (around 5:07 p.m.), Kassidy put her things in Mommy’s car. Daddy gave Kennedy a hug goodbye. Mommy was blocking the exit of the apartment complex so she drove forward and stopped on Clovis Ave. Daddy, Kassidy and Kennedy then did our “hearts” farewell. Kennedy then got into Mommy’s car, but Kassidy asked Daddy to catch her. She then jumped and Daddy caught her in his arms (like a swing). Kassidy and Daddy then hugged goodbye and she got into Mommy’s car. Mommy and the girls then left and Daddy walked back to his apartment. A wonderfully sweet time with my babies!!! SO THANKFUL!

**January 4, 2019 Friday**

Today (5 p.m.), Daddy picked Kennedy up from Mommy. Kennedy brought out her things that she had packed for the trip that she, Daddy and Kassidy are going on to Las Vegas tomorrow (Kennedy brought one of her dog stuffed animals, her graduation bear, and an Android stuffed animal that Daddy had given to her a couple of years ago :). Daddy and Kennedy left Mommy’s and went home to Daddy’s. Daddy offered to take Kennedy somewhere (like Barnes and Noble bookstore or Professor Toy) but she decided that she just wanted to go straight to Daddy’s. Kennedy said that she is really excited for our trip/vacation tomorrow (Kassidy went to Magic Mountain today with her friend Ai-lani and her family for Ai-lani’s 12th birthday, which was yesterday; Kassidy will return tomorrow, and we will then leave for our trip to Las Vegas).

At home (around 5:40 p.m.), Kennedy went to her bedroom and relaxed with the iPad. Daddy changed and went on his run. After Daddy returned from his run, he relaxed in his bedroom and watched some on demand videos on Xfinity. A short time later, Daddy took down the Christmas tree. Daddy then made Kennedy’s dinner (Stouffer’s Salisbury steak dinner with macaroni and cheese). When her dinner was ready (around 7:30 p.m.), Kennedy made herself a grape flavored water and then sat at the dining table. She said grace (with Daddy) and then ate while watching videos on the iPad. After she finished eating, she tried on some clothes that Grammy had sent for her for Christmas. She then packed for our trip. After that, she just relaxed in her room with the iPad for the rest of the night (and played with some slime). Daddy washed clothes and spent most of the evening packing and getting organized for the trip. He gave Kennedy some pajamas that he had washed and she got changed for bed. Daddy then watched some videos on finance on his work computer.

Later (around 12:50 a.m.), Daddy checked on Kennedy and she had fallen asleep. She got up and washed up for bed. (Daddy helped her move her stuffed animals off of her bed and onto the bedstand). Kennedy then got into bed and Daddy gave her a hug goodnight. She gave Daddy a kiss on his right cheek and he gave her a kiss on the top of her head. Kennedy got a book to read, and Daddy left her room. Daddy later returned, after Kennedy fell asleep, to turn on her night light and turn off her bedroom light. Such sweet days with my Koko Poco!! OVERJOYED!

**January 5, 2019 Saturday**

This morning (9:45 a.m.), Kennedy went into Daddy’s room and jumped on him in bed to say good morning. As Kennedy was walking out, Daddy gave her the iPad (he used it overnight). Kennedy then returned to her bedroom and Daddy continued resting. (A couple of times this morning, Kennedy called out to Daddy and said, “Daddy… I love you!” Most days, unprompted, she will tell Daddy that she loves him, several times during the day. Daddy does the same to her. :)

Later (around 11 a.m.), Kennedy went and had Cocoa Krispies for breakfast while she watched YouTube on T.V. A little after that, Daddy was washing up and getting ready to change to go on his run, and Kennedy said to him, “I love you Daddy! Have a good run, stay safe!” (So sweet! :) A short time later (around 12:55 p.m.), Daddy went on his run. After Daddy returned (around 1:25 p.m.), from his run Kennedy was on the couch watching science YouTube channels. She and Daddy joked some. Daddy then went to his room to relax and watch some of the NFL Playoffs (Indianapolis vs. Houston). As he walked to his bedroom, Kennedy called out and asked, “Daddy, can you freeze antifreeze?” :)

Later (around 3:00 p.m.), Daddy went to Walmart to get some Hot Tamales candy and a few other items for the trip. After Daddy returned (Kennedy was hiding behind the door when he walked in), he called Papa to tell him that the clothes that Grammy sent for Kennedy all fit perfectly. Daddy then watched a little T.V. on his work computer (the History Channel about how we got certain slang word). Kennedy relaxed on the couch and continued watching YouTube on the T.V. A little later, Kennedy got up and started packing up everything that she wants to take on our trip. Daddy went and cleaned up for the trip. Mommy called Daddy (around 4:30 p.m.) and said that Kassidy is supposed to arrive back in town at around 6:30 p.m. and she would drop Kassidy off to Daddy so that we could head to Las Vegas. After she finished packing (around 5 p.m.), Kennedy relaxed on the couch (with her 3 stuffed animals :) and watched YouTube on the T.V. while Daddy prepared dinner for her (Stouffer’s Spaghetti and Meatballs dinner). Kennedy made herself a cherry flavored water. After her dinner was ready (5:20 p.m.), Kennedy sat at the dining table and said grace. She then ate while she continued watching YouTube. (Kennedy had all of her stuffed animals on the couch. Daddy asked her to move them to her bedroom but she said that she was waiting until it was time for us to leave and she was then going to say goodbye to them. :) Daddy started putting our bags and things for the trip in the car. After Kennedy finished eating, she relaxed on the couch and watched YouTube on T.V. A little later (around 6:30 p.m.), Kennedy asked Daddy which stuffed animal she should take with her on our trip. Daddy told her that he couldn’t choose for her. She decided to take the dog. (She said that she didn’t want to lose the Android stuffed animal because Daddy had given it to her, and she didn’t want to chance losing the graduation bear that Grammy had given to her for graduation.) She then formally said goodbye to the Android and graduation bear and took them to her room. She packed the dog to take with her on the trip.

Later (7:47 p.m.), Mommy arrived with Kassidy. Daddy and Kennedy met them out on Clovis Ave. near Spruce. The girls said bye to Mommy and then we got the rest of our things packed up, and we left (around 8:15 p.m,). On our way out of town, Daddy stopped at ARCO (Clovis/Ashlan) to gas the car up. We then headed for Las Vegas (around 8:45 p.m.). On the way, the girls and Daddy laughed and joked. Kassidy mentioned turning the radio on but then said to keep our streak alive of traveling without turning the radio on. Kennedy also didn’t want the radio on. We have so much fun, laughs and inside jokes because we interact with each other during our trips. Kassidy (and then Daddy) jokingly was saying saying, “I’m, Blaaack!” (Like, “I’m Baaack”). We laughed about that. Daddy then joked with Kennedy and asked her, “Has anyone told you how goat cheese you are?” (in a French accent so that “goat cheese” sounded like “gorgeous”) and the girls laughed. A little after that, Kennedy was talking about something and accidentally said “unappropriate” (instead of inappropriate). She then said “irresponsible” and Daddy jokingly said “unresponsible”. He said that the person was “unappropriate and unresponsible” and we laughed. The girls played and laughed together just past Bakersfield. Shortly after that, they both fell asleep. Kennedy was resting on top of Kassidy who was lying down on the backseat.

Later (around 1:45 a.m.), Daddy stopped to get gas in Primm (about 30 minutes from Las Vegas) and the girls woke up. They wanted to go to the bathroom but didn’t want to go to the bathroom there so, after Daddy got gas, he drove them to a McDonald’s so that they could use the bathroom. Daddy jokingly said, “this is a 2-bathroom stop” since he had to stop twice for them to go to the bathroom. The girls laughed. After the girls returned form the bathroom, Daddy decided to go inside and use the bathroom. When Daddy returned, we drove on to Las Vegas and the girls stayed awake. A little later (around 2:30 a.m.), we arrived at our resort (Marriott’s Grand Chateau). Daddy went inside and checked us in while the girls waited in the car. A short time later, Daddy returned to the car and had the girls go up with him and look at our rooms because one of them was handicap accessible and he wanted to see if it was O.K. to them because it has a nice view of the strip from the 32nd floor. The girls felt that it was fine. Primarily, just the shower was a little different as it enabled one to roll into it. The girls were really impressed with our rooms and very appreciative (Kennedy thanked Daddy for such a nice trip and Kassidy wrote “Thank You” on a note pad. Kennedy immediately took pictures of our view with her phone – she said that her friends would be jealous, “not that I want to make them jealous.” :). After approving the room, we went back down and got our things from the car and took them up to the rooms (Daddy had a separate room from the girls but we shared a living room area and full kitchen). Once we were unpacked, we went to Walmart to get groceries for our stay. We got milk and cereal, frozen dinners, soups, potato chips (Kassidy: salt and vinegar, Kennedy: honey barbecue) for a snack, Kassidy got a Key Lime fizzy water and Kennedy got a Strawberry fizzy water, we got our traditional cheese cake sampler, etc. (When we were leaving Walmart Daddy said to Kassidy, “It better be me!” similar to a Back Street Boys song (the words were wrong). Later, Daddy and Kassidy kept joking and singing,” It better be me (pronounced “may”)!” We returned from Walmart (around 5 a.m.) and took our groceries up to the room. A valet took our car. In our room, Daddy unpacked the groceries while Kassidy ate her Salt and Vinegar Lays potato chips (that Daddy just purchased for her) and kept him company. Kennedy was in their bedroom. After the groceries were put away the girls went to their room and Daddy went to his room to go to bed (around 5:30 a.m.). A great start to our trip. We always have so much fun together!!! THANKFUL!!

**January 6, 2019 Sunday**

This morning (9:45 a.m.), Daddy woke up to watch the Charger playoff game (vs. Baltimore). Kennedy knocked and came into Daddy’s room at around 10:30 a.m. She asked Daddy if she could take a bath a he said that she could. Kassidy was still asleep. After her bath, Kennedy took pictures and some video of our view from our room. She is so excited about our room and that we are in Las Vegas.

Later (around 12 p.m.), Kennedy was ready to eat breakfast. She requested peach oatmeal so Daddy made her some. A short time later, Kassidy got up and she wanted some strawberry oatmeal so Daddy made her some. The girls had a bowl of Lucky Charms after eating their oatmeal. Daddy finished watching the Charger game (the Chargers won 23-17).

After the game (around 2:10 p.m.), Daddy went on his run. After he returned (around 2:45 p.m.), Kassidy went and made herself a Ramen soup. She ate the dining table and ate while watching a video on the iPad. Daddy then made himself a Frito boat (turkey chili with cheddar cheese and chili cheese flavored corn chips). Daddy went into his room and ate while watching Philadelphia vs. Chicago playoff game and watching Chargers postgame videos on his work computer. Kennedy relaxed in her room and watched videos on her phone. After eating, Kassidy returned to her room and relaxed in bed next to Kennedy and used the iPad. A little later, Daddy went and checked on the girls and asked if they wanted to go downstairs and walk around or just relax for today. They chose to just relax. Daddy told them that after we eat dinner a little later, we can then play some board games. They both were excited and really wanted to play board games.

After a little while (4:43 P.M.), Kennedy came into Daddy’s room. He was watching the end of the Chicago/Philadelphia NFL game. She commented that the game has been on all day but Daddy told her that this was a different game. Daddy asked Kennedy if she wanted anything to eat. She said that she didn’t wang anything for now. A short time later, Kassidy asked Daddy if she could have her chips and he said that she could. Kassidy then finished the rest of her Salt and Vinegar potato chips.

Later (7:30 p.m.), Daddy prepared dinner for the girls (Kassidy: Stouffer’s Spaghetti and Meatballs, Kennedy: Marie Callender’s Orange Chicken dinner, Daddy: Campbell’s Chicken Tortilla soup with some chili cheese corn chips added in). Kassidy made herself a cherry flavored water and Kennedy got her fizzy water that Daddy bought for her. The girls sat at the dining table. Kennedy said grace and then the girls ate. Daddy sat down and joined them once his soup was heated up. We all ate together. Nice!

After dinner (around 7:55 p.m.), the girls got some of the candy that Daddy let them buy yesterday (Kassidy: Swedish Fish, Kennedy: strawberry hard candy that she likes from Walmart). Kennedy went to her room with her phone and Kassidy sat in the living room and used the iPad. Daddy went to his room and did a little work (watched some Coursera videos on his computer from a class on financial markets).

Later (around 9 p.m.), Daddy, Kassidy and Kennedy played the board game “Trouble” at the dining table. Daddy had made some coffee for himself to go with our cheesecake. We each got a slice of cheese cake from the sampler. Daddy and Kassidy had a chocolate-like piece and Kennedy had a berry piece. We played while we ate our cheesecake. We really had a lot of fun and laughed a lot. Daddy won the first game. Kennedy won the second, and Kassidy won the third game. We then took a break (10:15 p.m.). Kennedy went to her room, Kassidy played with the iPad out in the living room, and Daddy watched a Coursera video in his room.

A little while later (around 11:05 p.m.), we gathered at the dining table again and played the board game “Sorry”. We again laughed and had a lot of fun. We only played one game and Daddy won. After the game (around 11:55 p.m.), the girls went and washed up for bed (Kassidy was still in her bed clothes but Kennedy needed to change into her pajamas. She had changed clothes this afternoon thinking that she was going to go to an activity, which is actually held tomorrow). Daddy went and gave the girls each a kiss goodnight on the cheek while they washed up. Daddy then went to his bedroom and watched the USC/Stanford men’s basketball game on Xfinity Stream.

A little later (around 1:20 a.m.), Daddy went and checked on the girls and they both had fallen asleep. Kassidy had the iPad still playing a video. Daddy took the iPad and turned the light off in the girls’ room. A fun day filled with laughter and bonding time. I cherish these precious times with my babies!!! SO BLESSED!

**January 7, 2019 Monday**

This morning (around 10:45 a.m.), Kassidy went into Daddy’s room. He was still in bed listening to something on the iPad with his eyes closed. She poked him on the forehead and he looked up. Daddy told her that he would be up shortly because to take Kennedy down to the kid’s science (slime-making) activity around 12:15 p.m. Kassidy said that she had already had a bowl of cereal. She then left Daddy’s room.

Later (around 11:46 p.m.) Daddy told the girls to get dressed because we would be leaving at around 12:15 p.m., Kennedy showed Daddy that she was already changed. A short time later, Kennedy went to Daddy’s room to show him the face wash that she had put on her face. Daddy told Kennedy that he and Kassidy would leave during her activity, and he asked her if she wanted him to return to get her or if she wanted a key and could return to the room by herself. She thought briefly and then replied, “I want you to come get me, even though it would be cool to be independent and have a key!” A short time later, we left the room and went downstairs to the activity room (around 12:20 p.m.). When we got to the activity room, we saw that there were mostly very young kids (4-7 years old) doing the activity so Kennedy decided not to do it. The girls then wanted to just walk around, so we walked across the street and looked at the shops inside the Miracle Mile shops (like a mall). We always enjoy just window shopping. We walked part-way through and exited on the other end. We walked along the Las Vegas strip. We saw several girls (some scantily clad) in showgirl outfits looking to take pictures with people. We kept saying, “Look the other way!” We walked along the strip for a while looking for the candy store that we enjoyed going to last time. After a while, a guy with tourist information asked us what we were looking for and told us that the candy store had moved inside to a different location inside the Fashion Mall. We then decided to turn around and walk back to the Miracle Mile shops. We walked around (we saw the “aqua massage” place from last time) and enjoyed browsing and joking. We got a little turned around and walked in a circle before finally exiting the shops and returning to our resort.

When we got back to our room (around 2 p.m.), Kassidy made herself a peanut butter and jelly sandwich. Kennedy gave Kassidy the gift that Grammy had sent to her and Kassidy unwrapped it. It was a book (“Wonder”). Kassidy said that her teacher, last year, read it to her class but that she wants to read it. Daddy then helped the girls straighten up their room and hang up their clothes. Kassidy then made herself a Ramen soup and sat at the dining table and ate (slurped :) it. Kennedy relaxed in her room and watched videos on her phone. Daddy made this entry in the journal and then lay on his bed for a short while reading. Kassidy came into Daddy’s room to hang out for a little while and sat on the couch in his room and browsed the “Where” Las Vegas magazine. After that, Daddy left and went on his run (around 3:45 p.m.).

After Daddy returned from his run (around 4:25 p.m.), he tried to use his key to get into the room but the door was latched. The girls raced to let him in. Daddy had the iPad with him on his run and agreed to give it to Kassidy when he returned so he gave it to Kassidy and she went to her room with it. Kennedy had just finished eating. She made herself a turkey sandwich and had some “Chicken in a Biskit” crackers. Kennedy then went and relaxed in her room with Kassidy and watched videos on her phone. Daddy made a Frito boat and watched the College Football national championship game (Alabama/Clemson) in his room (4:43 p.m.).

Later (around 9 p.m.), after the game (Clemson won), Daddy served dinner to the girls (Kassidy: Marie Callender’s Salisbury Steak dinner, Kennedy: Marie Callender’s lasagna). Kassidy came in and sat down at the dining table. She said that she wasn’t feeling well and that her stomach was a little upset. Kennedy came in and made herself a cherry-flavored water. Kennedy then sat down at the dining table with Kassidy and said grace (also praying for the girls that were walking around Las Vegas in showgirl outfits, praying that they “get some sense!” :). Kassidy and Kennedy then ate. Kassidy ate very little. Daddy told her that she could go lie down if she wanted. She got up and got in bed. Daddy went in to check on her and asked her to change into her bed clothes. She changed and then got back into bed and fell asleep. Kennedy finished eating and then went to her room and changed into her bed clothes. She then relaxed in bed with her phone, next to Kassidy (around 9:35 p.m.). Daddy went into his room and watched some more of yesterday’s USC basketball game (on his computer) while he ate the rest of Kassidy’s food for dinner and some Campbells’ beef burrito soup.

A little later (around 10:45 p.m.), Kennedy went to Daddy and asked if she could have some cheesecake and he said that she could (we all were going to have some while we played board games tonight but because Kassidy didn’t feel well, we decided not to play tonight). Kennedy got a small slice and started to sit at the dining table, but Daddy said that she could take it to her room if she wanted. Kennedy took it to her room. After she finished her cheesecake, she took her dish to the kitchen and Daddy washed it. Kennedy returned to her room and watched videos on her phone while Kassidy slept.

A little later (around 12:05 a.m.), Kennedy went to Daddy’s room a let him know that she was ready to go to sleep. She went and brushed her teeth and then got into bed. Daddy went into her room and helped her put on her hair cover (that she’s been wearing on our trip to keep her as nice as possible since she nor Daddy can do her hair very well). Daddy then gave Kennedy a big hug goodnight and she gave Daddy a kiss on his right cheek. A short time later, after Kennedy fell asleep, Daddy went and turned the lights off in the girls’ room. (Feel better Kassy Mae!) A nice little outing and day spent together!!! I so treasure these days!

**January 8, 2019 Tuesday**

This morning (around 10:15 a.m.), Kassidy came into Daddy’s room and said that she wanted to talk (Daddy was listening to something on the iPad). She said that Kennedy was under the cover using her phone. Kassidy came into Daddy’s room and sat on the couch. She and Daddy enjoyed a nice conversation for a short while. She said that she feels better today. Kassidy saw that there was an Etch-a-Sketch in a bag in Daddy’s room. She took it and left Daddy’s room. Kennedy went and made herself a bowl of cereal (around 10:30 a.m.) and the girls talked, interacted and joked together most of the morning. :)

Later (around 12:25 p.m.), Kennedy came into Daddy’s room and surprised him by jumping on him. Daddy gave her a big hug. She asked Daddy if she could take a bath and Daddy said that she could. She left and then later returned and got a towel from Daddy’s room. She said that she wants to be fresh when we go walking around Las Vegas today.

A little later (around 1:30 p.m.), Kennedy was enjoying her bath and Kassidy was relaxing on the living room couch and watching T.V. (Alvin and the Chipmunks; the girls rarely watch T.V. nowadays, they primarily watch YouTube on their devices). Daddy told Kassidy that he was going to go on his run and when he returns we can then perhaps go out and walk around. Kassidy said that she thinks that she would probably rather rest one more day to make sure that she continues feeling alright. (Daddy was going to take the girls to get some ice cream for Kassidy’s Month Birthday today, but we’ll go tomorrow.) Daddy then left to go on his run (around 1:45 p.m.). When Daddy returned from his run (around 2:20 p.m.), Kassidy was lying on the couch watching T.V. and Kennedy was still in the bathtub. A short time later, Kennedy got out of the bath tub and asked Daddy, “Was I in there for an hour?” Daddy told her to enjoy it as much as she wants. She smiled. The girls relaxed in their room for the afternoon and Daddy did some work (watching some Coursera videos on finance) and watched the rest of the USC basketball game and some “Backstage” Chargers videos.

Later (around 5:40 p.m.), Daddy went and checked on the girls in their room to confirm that they didn’t want to go somewhere today. Kennedy told Kassidy that she wants her to feel O.K. Kassidy said that she just would like to rest today, but she said that she would like to play games. Daddy said that we could play board games after we eat dinner. Daddy then had the girls choose what they wanted for dinner. They went into the kitchen and selected the dinner that they want. They then returned to their room. Kassidy went to the bathroom. As Daddy was walking to his room he heard Kennedy say, ”Kassidy, are you pooping? It sounds like you’re letting off fireworks in there!” :)

Later (around 6:10 p.m.), Kassidy came into Daddy’s room just to hangout. She wrote in her journal while Daddy watched the end of the USC basketball game. Daddy then started preparing dinner for the girls. While dinner was cooking, the girls played together with Kassidy’s volleyball in the living room. When dinner was ready (around 6:35 p.m.), the girls made their flavored water (Kennedy: grape, Kassidy: cherry, that she tried to be fancy with and poured from her bottle into a small glass) and then sat at the dining table. Kassidy said grace and then the girls ate (Kassidy: Marie Callender’s Spaghetti and Meat Balls dinner, Kennedy: Stouffer’s Chicken Pot Pie). After Kassidy said grace, Daddy sat at the table with the girls and we all laughed and talked. Daddy read the directions for the board game “Aggravation” that we are going to play later. Kassidy and Kennedy were being really silly and playing around together. After the girls finished eating (around 7:10 p.m.), they went to their room. Daddy cleaned up and then went to his room with some chicken-flavored Ramen soup with some turkey lunch meat that he added. Daddy watched the Charger’s “Backstage” program on his computer.

Later (around 8:45 p.m.), Daddy and the girls played “Aggravation” at the dining table. It is the first time that we’ve played. We had fun playing and Kassidy won. We then each got some cheesecake and then decided to play Trouble. We played 4 times. Daddy won the first game, Kennedy won the second. We then took a quick break and Kassidy did Fortnight dances that Daddy and Kennedy tried to mimic. We had fun and laughed. We then played 2 more games. Daddy the first and Kassidy won the last game. We had a lot of fun tonight. After we finished playing (around 11 p.m.), the girls went and brushed their teeth. Kennedy then watched T.V. and played on her phone in her room. Kassidy played on the iPad in the living room on the couch. Daddy went to his room and watched some Coursera videos.

Later (1:14 a.m.), Daddy went and checked on the girls in their room. They both were still awake. Kassidy was watching videos on the iPad and Kennedy was watching cartoons on the T.V. Kassidy said that she would be ready to go to bed in 10 minutes. Daddy then left their room. Daddy returned a short time later (1:25 a.m.), and had the girls go to bed. We bumped Kassidy’s volleyball around to each other for a short while and laughed. Kassidy then got into bed. Daddy went and gave her a hug goodnight. Daddy then helped Kennedy put her hair scarf on. Kennedy gave Daddy a big hug goodnight and he gave her a kiss on her left cheek. She then gave Daddy a kiss on his right cheek, left cheek, and then his forehead. Daddy and Kennedy then tried to make Kassidy laugh by spanking their bottoms while trying to keep a straight face. We all laughed. Daddy then told the girls goodnight and left their room. Kassidy fell right to sleep but Kennedy stayed up for a little while and read a book (“Bandit” about a dog). Daddy returned to the girls’ room, after they both were asleep, to turn the light off. Another wonderful day filled with laughter and bonding!!!

**January 9, 2019 Wednesday**

This morning (11:29 a.m.), Kennedy came into Daddy’s room. Daddy was lying in bed watching videos regarding the Chargers. Kennedy leaned down and gave Daddy a hug good morning and a kiss on his right cheek. She and Kassidy then each made themselves a bowl of cereal (Lucky Charms) for breakfast. (A short time later, Kennedy came back into Daddy’s room to tell Daddy that after she got her bowl of cereal, Kassidy finished the rest of the box, but Kennedy wanted her to save some for tomorrow. Daddy told Kennedy that it’s O.K. and that Daddy will make them oatmeal tomorrow. Kennedy then went back out and she and Kassidy ate breakfast together.) After eating, the girls chased and wrestled and laughed a lot together this morning. Daddy enjoyed hearing and seeing them have fun together.

Later (around 1:33 p.m.), Daddy went on his run. Kennedy was in the bathtub and Kassidy was watching T.V. in their room when he left. After Daddy returned from his run (2:22 p.m.), He relaxed for a short while and had a peanut butter and jelly on bread. He then changed and we left to walk around Las Vegas (3:50 p.m.). We had fun looking around. We turned left along the strip and first stopped inside the M&M store. We to all four floors. From there, we walked along the strip and then walked on a bridge to cross over the strip to the other side. We went inside New York New York hotel and looked around briefly. We then went into the Hershey store from inside the hotel. From there, we walked back across the bridge and then along the strip. Along the strip where our hotel was, we crossed over another bridge to get to the Miracle Mile stores. The girls wanted Ben & Jerry’s ice cream. We first stopped at a candy store inside Miracle Mile. The girls decided that they would rather have ice cream so we found Ben & Jerry’s. Daddy told the girls that they could have 2 scoops. Kassidy tried a sample of Chocolate Chip Cookie Dough and Kennedy tried a sample of The Tonight Dough. Kassidy chose a scoop each of Chocolate Chip Cookie Dough and Brownie flavors. Kennedy whispered to Daddy what she wanted. The lady server jokingly said that Kennedy could tell her what she wanted. Daddy asked Kennedy to tell the lady what she wanted. She then whispered to Daddy, “I’m shy!” Daddy asked that she work on communicating for herself and that that’s what he wants 4-H to help her do. Kennedy then stepped up to the counter and quietly asked for a scoop each of The Tonight Dough and S’Mores flavors. (Good job Koko!) After the girls got their ice cream, we sat outside the store and the girls ate and we laughed and joked together. After the girls finished their ice cream, we walked back to our resort and went up to our room (6:23 p.m.). The girls relaxed in their room and Daddy changed and relaxed in his.

Later (around 8:45 p.m.), Daddy made dinner for the girls (Kassidy: Stouffer’s Lasagna, Kennedy: Macaroni and Beef). The girls each made a flavored water (Kassidy: grape, Kennedy: cherry) and then sat at the dining table. Daddy said grace and the girls ate. Daddy sat at the table with the, and we laughed and joked together. After dinner, Kennedy went into her room and watched videos on her phone. Kassidy watched videos and played the Piano Tiles game on the iPad in the living room. Daddy went to his room and watched Chargers “Backstage” on his computer.

Later (10:22 p.m.), Daddy and the girls played “Trouble” at the dining table. We laughed and had so much fun. (Whenever Kassidy would roll a 1, which let Daddy and Kennedy move a piece out of their base, Daddy would jokingly mouth “Thank you” to Kassidy. Kassidy would “mouth” back, “I got you” but Kassidy said that she was “lipping” the words. Daddy started moving his lips really fast at Kassidy like he was “lipping” something and we all laughed really hard.) Daddy gave the girls some Hershey’s Christmas candy that he had gotten from work, and they ate it while we played. We played 6 games (Kassidy won 3, Kennedy won 2 and Daddy won 1). After we finished playing (11:44 p.m.), Daddy had the girls change into their bed clothes. Daddy then helped Kennedy put her hair scarf on. He gave Kennedy a hug goodnight (and a little bite on her cheek). Kassidy, who was lying on top of the bed watching a video on the iPad, jumped up and also wanted a hug from Daddy. Daddy and Kassidy hugged and then Daddy gave Kassidy a little bite on her right cheek. She gave him a little bite on his left cheek in return. We chuckled. Daddy then told the girls goodnight and that he loves them. As he walked out of their room they told Daddy that they love him.

A little later (12:55 a.m.), Kennedy went to Daddy’s room to tell him that she was going to sleep. Daddy followed her into her room to say goodnight (Kassidy was still awake watching videos on the iPad). Kennedy told Daddy to back up. She then ran and jumped into Daddy’s arms but didn’t stay off of the floor. Daddy told her that there was lava on the floor. Kennedy backed up and did it again. Daddy caught and hugged her again, and Kennedy kept her feet off of the ground and fell onto the bed. Kennedy then gave Daddy a kiss on each cheek and then his forehead. Daddy gave Kennedy a little bite on her right cheek. The girls chuckled. Daddy told the girls goodnight and left their room.

After a little while (around 1:25 a.m.), Kennedy returned to Daddy’s room because her hair scarf came off and she wanted him to put it on again. Daddy followed her back to her room. She sat up in bed and Daddy helped her put her hair scarf back on. She gave Daddy a hug and kiss on his right cheek and then got into bed. Kassidy was still awake using the iPad, so Daddy got it from her so that she would go to sleep. Kassidy got under the covers. She then asked Daddy to lean down as if to give him a hug, but she tapped him on the top of the head instead. Daddy then gave Kassidy a bite on her right cheek. She laughed. Daddy told the girls goodnight, one more time, as he walked out of their room. As Daddy exited the room Kassidy said, “I wiped it off!” (When the girls were little and Daddy gave them a kiss goodnight or goodbye, if they wiped it off or said that they wiped it off, Daddy would return and tickle them.) Daddy turned around and went back into their room but Kassidy stuck her legs out as if to kick at Daddy so he went back out. After the girls fell asleep, Daddy returned and turned the light off in their room. A great, enjoyable and bonding day together, again!!!

**January 10, 2019 Thursday**

This morning (10 a.m.), Kassidy went into Daddy’s room and pushed him awake (like Aqua Massage). Daddy asked if she would like oatmeal for breakfast and she said that she would. Daddy washed up and then made instant oatmeal for Kassidy (blueberry) and Kennedy (banana). Kassidy ate while Kennedy was washing up. Kassidy had finished eating when Kennedy sat down to eat. Kennedy ate while watching a video on her phone. Daddy went back into his room.

Later (around 11:30 a.m.), Kennedy went into Daddy’s room and jumped on him and hugged him. His eyes were closed but he was awake listening to Chargers-related videos on the iPad. She asked Daddy if she could take a bath and use one of his towels (Daddy had gone out and gotten extra towels). While Kennedy was getting a towel from Daddy’s room, Kassidy walked in. Daddy told Kassidy that she should probably take a bath or shower also. Kassidy went and got herself a towel. The girls then went to bathe.

Later (around 12 p.m.), Kassidy went into to Daddy’s room and asked if she could eat the Hot & Spicy skins. Daddy said that she could. Around 12:30 p.m., Kennedy went into Daddy’s room and asked him if he would like for her to make him a sandwich (so sweet!). She was making one for herself. Daddy told her thank you but no because he was getting ready to go on his run. Kennedy then made herself a turkey sandwich and had some Honey Barbecue potato chips that she had selected from the store when we arrived (earlier in the week Kassidy had eaten the Salt and Vinegar chips that she had selected). A little later (1:55 p.m.), Daddy left the room to go on his run. After Daddy returned from his run (2:43 p.m.), Kassidy and Kennedy were watching T.V. in their room. They came out to greet Daddy. Daddy gave Kassidy the iPad (he carried it on his run) and the girls returned to their room and relaxed. Daddy ate lunch (Hot and Spicy Chicken Ramen soup and PB&J) and relaxed in his room.

A little later (around 3:30 p.m.), Daddy and Kennedy sat at the dining table and Daddy helped Kennedy start to learn cursive. (Grammy had sent Kennedy a cursive learning guide for Christmas and asked her to write Grammy a letter in cursive.) Kennedy learned an uppercase and lowercase ‘A’. She then learned an uppercase and lowercase “B”. Daddy then had Kennedy link her letters together by writing “Abab” and then “Baba” in cursive. Kennedy did very well! :) After that, we got ready our things together and then left so that Kassidy and Kennedy could look for some souvenirs for (4:50 p.m.). We went across the street to the Miracle Mile stores. We walked around and Kassidy wanted to into the “Welcome to Las Vegas Gift Shop.” The girls looked around for a little while. Kassidy found a t-shirt that she was interested in getting but then found a blue hoody with “Las Vegas ext. 1905 Nevada” on it. Kassidy had the sales person get it down for her and she tried it on. She really liked it but we decided to look around at other stores before we bought it. We then walked around and found a store that Kennedy wanted to go into. She and Kassidy looked around for a while. Kennedy found a couple of things that she liked but nothing that she really wanted. We left there and walked around looking to see if we could find another store that interested the girls. Kennedy chose to return to the Las Vegas gift store. There Kassidy decided to buy her hoody. Kennedy chose to get a “Squishmallow” stuffed cow (for snuggling and squeezing) and a neat mesh stress ball. The girls both were satisfied with what they chose. Kennedy wanted to go back to our room and relax so we did. When we got to our room (7:05 p.m.), Daddy made dinner for the girls (Kennedy: Marie Callender’s Country Fried Chicken, Kassidy: Stouffer’s Baked Ziti). Kennedy made herself a grape-flavored water and Kassidy got her Key Lime fizzy water. They sat at the dining table and Kassidy said grace. They then ate. Kassidy asked Daddy to sit at the table with them. We sat together and played “The Concentration Game” (what Daddy calls speed round). We chose boys names, girls names, and boys names at their school. We had fun just talking joking and laughing. After the girls finished eating, Daddy had the girls change into their bed clothes. Kennedy played on her phone in her bedroom and Kassidy watched videos on the iPad in the living room. Daddy went and watched videos about the Chargers in his room.

Later (9:55 p.m.), Daddy, Kassidy and Kennedy played Trouble. We had a lot of fun laughing and joking. We had the rest of our cheesecake while we played. Kassidy won the first game, Daddy won the second, and Kennedy won the third. So we played a final game and Kennedy ended up winning! We all had a lot of fun!!! (Toward the end of the game, Daddy videotaped some and the girls talked to the camera, being silly and telling themselves who they would like to remember in the future.) After we finished (around 11:30 p.m.), Kassidy went and brushed her teeth. She joked with Daddy some. She then went into her room and sat on her bed (she closed her eyes and put her hands together like she was praying), and then watched what Daddy had videotaped on the iPad. Daddy helped Kennedy put her hair scarf on. Kennedy then played on her phone in her bedroom. Daddy went into his room and watched some of the USC/Oregon State men’s basketball game.

A little later (around 12 a.m.), Daddy went and checked on the girls. He videotaped them being silly, wrestling a little, and spanking their bottom while trying to keep a straight face. They’ve had a lot of fun together!

Later (1:33 a.m.), Daddy went into the girls room to have them go to sleep. They both were in bed but Kennedy had fallen asleep with her phone in her hand. Kassidy was still awake watching videos on the iPad. Daddy took Kennedy’s phone out of her hand and put it on the nightstand. Daddy then gave Kennedy a goodnight kiss on her “chocolate chip.” Kennedy woke up and reached out to Daddy for a hug. Daddy leaned down and gave Kennedy a hug and she gave him a kiss on his right cheek. Daddy the went around to Kassidy’s side of the bed and gave her a kiss on the top of her head. She gave Daddy the iPad. Daddy told the girls goodnight and then left their room. A short time later, Kennedy called out for Daddy and asked if he knew where her cow was (the squeezable/stuffed animal that she bought for a souvenir today).Daddy told her that it was on the chair next to her bed. Daddy went into the girls’ room but Kennedy said that she didn’t want to sleep with it (“There isn’t room to sleep with all of them.” She also had a puppy stuffed animal that she brought from home). Daddy then left the girls’ room. He told them goodnight and that he loves them as he left. In return, they said goodnight and that they love him. Kassidy then got up and went after Daddy, and gave him a big hug in the living room. She then told him to back up and that she wanted to jump into his arms and for him to catch her. She jumped and Daddy caught her. She then went to the bathroom and then got back into bed. A wonderful day and memorable vacation together!!! SO THANKFUL AND SO BLESSED!

**January 11, 2019 Friday Happy Family Day!**

Today (around 12:15 p.m.), Kassidy came into Daddy’s room and poked his forehead. He was awake but listening to a podcast on the iPad with his eyes closed. She told Daddy that she had made (instant) oatmeal for Kennedy and herself. She said that she didn’t know that there was any milk left so she only used water. She said that it still was pretty good. Kassidy then watched T.V. in the living room. Kennedy was in her room getting ready to take a bath.

A little later (around 1:30 p.m.), Daddy went on his run while Kennedy took a bath and Kassidy relaxed on the couch watching Disney XD cartoons. After Daddy returned from his run (around 2:20 p.m.), the girls got their things packed up. (We are leaving today instead of tomorrow, on our check-out day, because Daddy needs to teach in Fremont on tomorrow.) (While the girls were packing, Daddy was reminding them to check to make sure that they weren’t leaving anything. Kennedy asked, “Daddy, do we have a close relationship?” Daddy replied, “What do you think?” He said, “Of course!” Kennedy then walked up to Daddy and hugged him. Kassidy said to Daddy, “You’ve only put us on a timeout twice.” ) After packing, Kassidy and Kennedy then had a soup for lunch (Kassidy also had eaten one earlier). After the girls ate, Daddy cleaned up the place and we loaded our things on the cart. We then took our things downstairs and got our car from the valet (3:25 p.m.). After the valet brought our car, we packed up and then went by Walmart (on Tropicana). At Walmart, Daddy got some Hot Tamales for the trip home and let the girls get some candy for a treat on our Family Day (Kassidy: large bag of Hershey’s Kisses, Kennedy: Caramel hard candy and Jelly Belly gourmet jelly beans). From Walmart, we headed home to Fresno.

On the trip we laughed and joked as usual. (Today’s our Family Day – 1/11 – and even though we will have to spend it traveling, we still enjoyed each other’s company.) For a short while Daddy listened to a podcast on the iPad while the girls played and wrestled in the backseat and laughed together. (On our drive, Kassidy told Daddy that she used to think that the saying was “Liar, liar, pacifier”, as opposed to “Liar, liar, pants on fire.” We all chuckled.) Once we got just past Bakersfield, Daddy went by McDonald’s. The girls needed to go to the bathroom, so he let them out and they went inside while Daddy went through the drive-thru (Daddy got 2 20-piece McNuggets). Daddy met where he dropped them off and they walked out and got back into the car. We then continued on home and the girls ate in the car. Once we arrived in Fresno, Daddy stopped and got gas on Clovis Ave. (near Kings Canyon Ave.). We then went home.

When we got home (around 11 p.m.), we unpacked the car. Daddy was putting his things away in his bedroom and working on his computer when Kassidy came in and mentioned that Kennedy was introducing the stuffed animal that she had gotten in Las Vegas to the stuffed animals in her room. Kennedy came in behind Kassidy with a cute guilty look on her face like, “What? They needed to meet each other!” (So cute! :) We then put our hands in and did a cheer together in the hallway. Daddy said, “Family Day on three, Family Day on three”, and then we all said “1, 2, 3, Ross!” We then did another one. Daddy said, “Ross on three!” Kassidy then led it. She said, “Ross on three, 1, 2, 3!”, then we all said “Ross!” :) The girls then went and ate the rest of their McNuggets. Kennedy sat at the dining table and ate while watching a video on her phone. Kassidy went into Daddy’s room and ate while sitting on his bed while he worked on his computer. After Kassidy finished eating, she went into the living room and listened to music on Spotify on the T.V. and Kennedy went into her room and relaxed. (Daddy kept reminding the girls that they need to go to bed soon because he is going to get them up early in the morning because he needs to drive out of town to teach. But it’s hard for the girls to go to sleep at a decent time right now because they stayed up during our vacation.) Kassidy went back and forth between Daddy’s room and the living room talking to Daddy about the music that she was playing. Kassidy and Daddy both really enjoy music! Kassidy listened to music for most of the evening. She watched a little YouTube for about 15 minutes before letting Daddy know that she was going to bed (around 1:30 a.m.). Kassidy went to the bathroom and Daddy went and knocked on the door to check on Kennedy, but she didn’t answer. Kennedy had fallen asleep with the iPad in her arms. Daddy took the iPad and that woke Kennedy up. Daddy gave Kassidy a big hug goodnight and Kassidy got into bed. Kennedy got up out of the bed so that Kassidy could get under the covers. Daddy then gave Kennedy a big hug goodnight. Daddy wished the girls a “Happy Family Day.” Kassidy commented that we traveled all day. Daddy responded, “At least we were together”, but he told the girls that he would make it up to them by us doing something special together over the weekend before they go back to school on Monday. Daddy then told the girls that he loves them and left their room. A wonderful vacation and a special time shared together!!! BLESSED!

**January 12, 2019 Saturday**

This morning Daddy has to teach a Machine Learning and Data Science class in Fremont at 10 a.m. so we all needed to get up early. Daddy woke up (5:55 a.m.) and took a shower (Daddy had only gotten about 2 hours of sleep as he stayed up preparing for his class). Daddy then woke the girls up (around 6:15 a.m.) and they got washed up. We then left to go to Fremont (6:42 a.m.). The girls fell asleep for a short while on the way. The girls woke up as we arrived in Los Banos. Daddy stopped at the Walmart there and the girls got Lunchables and a fizzy water (Kassidy: Wild Cherry, Kennedy: Wild Cherry). Daddy got some Gold Fish (Extra Cheddar) to help keep him awake. We then continued on to Fremont. The girls again fell asleep for part of the way.

We arrived in Fremont at around 9:40 a.m. Kassidy had traveled in her pajamas so in the parking lot, while Daddy changed his shirt at the trunk, Kassidy changed in the backseat of the car. We then went inside the class room and wile Daddy got setup, Kassidy and Kennedy got settled in a side room.

The students started to arrive at around 9:50 a.m. The girls stayed in the side room and entertained themselves while Daddy taught the class (while the class was having lunch in a different room, Kassidy and Kennedy left the side room to go to the bathroom and then returned to the side room. Daddy finished teaching his class at around 4 p.m. Daddy let Kassidy and Kennedy share the last piece of pizza from the class’s lunch. (The girls were great, patient, independent and well-behaved while Daddy taught! Daddy really appreciated it!)

We left Fremont (around 4:30 p.m.) and headed back to Fresno. We joked and laughed some until the girls fell asleep about 30-45 minutes into the drive home (Kassidy studied her lines for her play, “Alice in Wonderland”, for a short while). The girls woke up when we were in Los Banos and asked about going to the bathroom so Daddy stopped at a McDonald’s as we were exiting Los Banos. We then continued on to Fresno. Mommy had called Daddy earlier in the day about getting the girls from Daddy this evening because their friend Draeden was in town. Daddy had called Mommy back just before leaving Fremont and they agreed that she would pick the girls up from him in between 7:30 and 8 p.m.

When we arrived home (around 7:37 p.m.), the girls went inside and got their things together to go with Mommy. While waiting for Mommy to arrive, Kennedy played on the iPad in her room and Kassidy ate a bowl of Ramen soup at the dining table while listening to Spotify on the T.V. Mommy arrived at around 8:15 p.m. The girls gave Daddy a hug and kiss before we walked out. When we got outside we saw Mommy driving away from our corner (Clovis/Spruce). She wasn’t sure where we would be standing and she was driving to the front of the complex to see if we were there. Kassidy ran to meet her. Daddy and Kennedy walked. When Kassidy got to Mommy’s car she put her things in the car and got in the front seat. As Daddy and Kennedy approached Mommy’s car, Kennedy and Daddy hugged goodbye one more time and Kennedy gave Daddy a kiss on his right cheek. Kassidy then got out of the car and ran over to Daddy. She jumped into Daddy’s arms and he caught her. She then gave Daddy a kiss on his left cheek and got back into Mommy’s car. Daddy told the girls goodbye and then jogged back home. Mommy and the girls then left. Another great day full of laughter with my girls!!!

**January 14, 2019 Monday**

Today (5:15 p.m.), Daddy picked Kassidy and Kennedy up from their After School Program. Today was their first day back following winter break. Over the break, someone had driven through the cafeteria so it was boarded up and Daddy had to get the girls by the main office. When Kennedy saw Daddy, she ran to him (carrying her trumpet and backpack) and gave him a big hug. Kassidy came out a short time later and also greeted Daddy. We all then walked to the car. From there, we went to Walmart by Daddy’s apartment (Clovis/Herndon). (On the way, Kassidy asked Daddy how his day was. He replied (and the girls joined in), “Super, duper, pooper, scooper!”) At Walmart, the girls each got 2 frozen dinners, some cherry Kool Aid water flavoring, and some Dippin’ Dots cereal. We then went home.

When we got home (around 6:15 p.m.), Kassidy relaxed in her room and used the iPad (she changed into her bed clothes). Kennedy relaxed on the couch and watched YouTube on T.V. Daddy prepared dinner for the girls (Kassidy: Stouffer’s Spaghetti and Meat Sauce, Kennedy: Marie Callender’s Chicken Pot Pie). When dinner was ready (around 6:45 p.m.), the girls sat at the dining table and Kennedy said grace (praying that Kassidy would enjoy when she goes over to Glacier Point on Thursday to play with their band, and she prayed the she will have fun at music tomorrow). The girls then ate while watching YouTube on T.V. After they ate, Daddy let Kassidy and Kennedy each have an Oreo Klondike ice cream. Kassidy was still hungry so she made herself a bowl of Cocoa Krispies cereal.

After the girls finished eating (around 7:30 p.m.), Kennedy went into her bedroom and practiced her trumpet while Daddy helped Kassidy study her lines for the March “Alice in Wonderland” play she is in. While Kassidy read her lines (she is Cheshire Cat #2), Daddy read the lines of some of the other characters. After Kassidy finished rehearsing her lines, she did her homework. Daddy timed her to complete 36 multiplication facts in 1 minute. She finished in about 45 seconds and got all of them correct. Kassidy then relaxed in the big chair and watched YouTube on T.V. (around 8:15 p.m.). (Kassidy made herself a peanut butter and jelly sandwich. After eating that, she went and got herself a slice of cheddar cheese. She gave Daddy a kiss on his right cheek when she went into the kitchen. :) Kennedy had already done her homework so when she finished practicing her trumpet she played on the iPad in her bedroom (Kassidy went in and let her know that Daddy wanted her to change into her bed clothes, so Kennedy changed and went and washed up before returning to her room to relax with the iPad).

Later (9:15 p.m.), Daddy had the girls go to bed. Kassidy washed up and then got into bed (while in bed she drew on her whiteboard for a short while). Kennedy told Daddy that she wanted him to check her math homework, so Kennedy and Daddy went to Daddy’s bedroom and reviewed her work (division of decimals by 10, 100, and 1000). Daddy helped Kennedy understand what she got wrong. While Kennedy corrected her work, Daddy went in and gave Kassidy a kiss on the forehead. He told her goodnight and then left the room. Daddy returned to his bedroom to help Kennedy. After Daddy and Kennedy finished reviewing her math homework (around 10:25 p.m.), Kennedy went to the bathroom and then got her school clothes out. After that, Daddy went into Kennedy’s room and gave her a big hug goodnight. Kennedy gave Daddy a kiss on his right cheek and then got into bed (Kassidy was already asleep). Daddy then told her goodnight and left her room. Kennedy read for a little while. A short while later (around 10:40 p.m.), Kennedy got out of bed and went to Daddy’s bedroom and told him that she loves him. She gave him a kiss on the right side of his forehead. She then told Daddy goodnight again and left his room. As Kennedy walked to her bedroom Daddy said, “Thank you for being my daughter!” Kennedy replied, “You’re welcome, I guess.” Kennedy then got back into bed. After Kennedy fell asleep, Daddy turned the night light on and turned the light off in the girls’ room. A nice time with my sweet girls!!! SO THANKFUL!!

**January 15, 2019 Tuesday**

This morning (6:55 a.m.), Kassidy came into Daddy’s bedroom and poked him on the forehead. Daddy looked up and laughed. He was already awake but his eyes were closed. Kassidy said that she has been awake since 6:33 a.m. She said that Mommy wakes them up at 5:30 a.m. to get ready for school because she has to be at work and because it takes them about 20 minutes to get to school. Daddy said that he was going to allow them to sleep a little longer but she can go wash up. Daddy asked if Kennedy was awake and Kassidy said that she wasn’t. When Kassidy went to go wash up and get ready for school Daddy heard that Kennedy was up also (around 7 a.m.). After Kassidy was dressed she went and made herself a bowl of Dippin’ Dots cookies and cream cereal. She sat on the counter in the kitchen while she ate. After Kennedy got dressed she went and made herself a bowl of Dippin’Dots cereal and sat at the dining table and ate. Kassidy went out and sat in the car and waited for Kennedy. Daddy asked Kennedy if she wanted eat in the car so that we could go and she said that she would. Daddy transferred her bowl of cereal to a slightly larger bowl while she took her trumpet and backpack to the car. Kennedy then returned and got her bowl of cereal and she and Daddy went to the car. We then left for Daddy to drive the girls to school (7:39 a.m.).

On the way to school, Kennedy ate her cereal and played on the iPad. When we arrived at Harvest (8:11 a.m.), Daddy stopped behind the cars in the second row of the parking lot. The girls got their things and got out of the car. Daddy got out and Kassidy came around to Daddy’s side and gave him a hug. Kennedy then gave Daddy a hug and then a kiss on his right cheek. The girls then walked into school through the main entrance near the front office. Daddy stood by his car and watched until the girls got inside. Daddy then left.

Later (5:15 p.m.), Daddy returned to Harvest and picked the girls up from the after school program. Kassidy came out first. Daddy held her flute and backpack for her. After a little wait, Kennedy came out. She quickly walked to Daddy and gave him a big hug. Daddy carried Kennedy’s trumpet case along with Kassidy’s flute and backpack as we all walked to the car. We then got in the car. As we left Harvest, Kennedy asked Daddy how his day was and he replied that it was pretty good. We then drove to Kassidy’s volleyball club practice at El Cap middle school. We arrived early (5:37 p.m.) for Kassidy’s practice so we sat in the car for a short while. The girls then got out and went to the bathroom. When they returned (around 5:45 p.m.) we all walked to the gym for Kassidy’s practice. Her coach (Coach Tina) walked next to us and passed us while we were walking to the gym. During Kassidy’s practice Daddy and Kennedy sat in the bleachers on the far side of the gym closest to where Kassidy’s team was practicing. Daddy read some on his computer and Kennedy read her book “Resistance” that she had gotten from the book fair. Kassidy did really well, especially with her serving. After Kassidy’s practice ended (8:30 p.m.) we went home (Kennedy had read 105 pages in her book!). When we got home (around 9 p.m.), the girls were hungry but Kennedy wanted Daddy to make some seasoned fries and the girls were willing to wait to eat if Daddy made the fries. So, Daddy put the fries in the oven and then went on a brief run (9:24 p.m.). When Daddy returned from his run (9:40 p.m.) he took the fries out of the oven and prepared the girls’ dinner (Kassidy: Stouffer’s Meatloaf dinner, Kennedy: Marie Callender’s Chicken Fried Pork and Gravy dinner). When dinner was ready (around 10 p.m.), the girls sat at the dining table and Kennedy said grace (also asking God to help them continue doing well in school and thanking Him for keeping Daddy safe during his run :). The girls then made themselves each a cherry Kool Aid flavored water. They then ate dinner while watching YouTube (Thomas Sanders) on the T.V. After they finished eating, Kassidy sat in the big chair and continued watching Thomas Sanders on YouTube while eating an Oreo Klondike ice cream. Kennedy asked Daddy to review her math homework with her (estimating the division of a whole number into a decimal number). Daddy had Kennedy go change into her bed clothes and then he and Kennedy reviewed her homework. Kennedy corrected a couple of problems and did very well. After reviewing Kennedy’s homework (around 11 p.m.), Daddy had Kassidy go change into her bed clothes. She then resumed watching YouTube. Kennedy went and got the small amount remaining of her Hershey’s bar that has been in the freezer for several days, and went to her bedroom with the iPad.

A little while later (11:30 p.m.), Daddy had the girls go to bed. They first got their school clothes out. Kassidy then got into bed. Daddy went over and gave her a kiss on the left side of her head and told her goodnight, and Kassidy told Daddy goodnight. She said that she is going to wake him up in the morning again. Kennedy backed up and then ran and jumped into Daddy’s arms and he caught her. She gave Daddy a hug and then a kiss on his right cheek, left cheek and then his forehead. Kennedy then got into bed and Daddy told the girls goodnight. As he walked out of their room Kennedy told Daddy that she loves him, and he told her that he loves her. A short while later (11:55 p.m.), Kennedy called out, “Daddy!” Daddy replied, from his room, “Yes baby?” Kennedy then said, “I love you!” and Daddy replied, “I love you too baby!” (Kennedy read her book “Word of Mouse” for a short while before going to sleep.) A nice day together with my girls!!! I will miss these days!

**January 16, 2019 Wednesday**

This morning (7:02 a.m.), Daddy went to wake up Kassidy and Kennedy. When Daddy turned the light on Kennedy looked up and spoke. She then hid under the covers and Daddy walked over and kissed her forehead through the covers. Kennedy then rolled over and snuggled with Kassidy who hadn’t moved yet and still had her eyes closed. Daddy walked over and gave Kassidy a kiss on the left side of her head. Daddy then went and got the iPad and took a picture of Kennedy snuggling with Kassidy. The girls then got up and got ready for school. After getting dressed, Kassidy went and sat at the dining table and had a bowl of Dippin’ Dots cookies and cream cereal. After Kennedy was ready, she made herself a bowl of cereal. Kassidy went out to the car to wait. Kennedy took her things out to the car and then returned to the kitchen to get her bowl of cereal. Daddy mentioned to Kennedy that Mommy told him that Kennedy shows some anxieties when she’s at Mommy’s. Daddy asked her what bothers her. She said that she is afraid of loud noises and monsters. :) She also said that sometimes if they are running late to meet Daddy she gets anxiety. Daddy told Kennedy to never have anxiety over Daddy and that he wouldn’t be upset with her. Daddy asked, “O.K.?” She paused and then responded, “Unless something bad happened to you!” Daddy then gave Kennedy a big hug in the kitchen and told her that she means the world to him. Kennedy then got her bowl and took it to the car. We then left (7:53 a.m.) and Daddy took the girls to school. On the way, Kennedy played on the iPad and ate her cereal while Kassidy just looked out the window and periodically say silly things to Daddy. As we exited highway 99 onto Shaw, Daddy said, “I say ‘Bl’, you say ‘ack’.” “Bl” The girls responded, “Ack!” Daddy again exclaimed “Bl” and the girls responded, “Ack!” We laughed. (Kassidy had said that to Daddy on the way back from Fremont this past weekend.)

When we arrived at Harvest (8:16 a.m.), Daddy drove through the parking lot behind a few other cars and stopped behind the cars in the first row. The girls got their things and got out of the car. Daddy got out and went around to Kassidy’s side and she and Daddy hugged goodbye. Kassidy then walked into school. Daddy and Kennedy then hugged. Kennedy started to walk into school but she stopped and asked Daddy if he would be picking her up today. He said that Mommy would pick them up today. Kennedy then walked back to Daddy and gave him another hug and a kiss on the right cheek. She then walked into school. Daddy watched her cross the crosswalk and then he left because there were cars behind him. Love my time with my girls!!!

**January 17, 2019 Thursday**

Today Kennedy has a 4-H goat meeting and Kassidy has volleyball practice, so Daddy met Mommy (5 p.m.) at an El Pollo Loco (Ashlan/Blackstone) so that he could take Kennedy to her 4-H meeting while Mommy took Kassidy to her volleyball practice. (After Kassidy’s volleyball practice, Daddy will drop Kennedy off to Mommy at her apartment.) Kennedy got out of Mommy’s car and walked over to Daddy’s car. Daddy remained sitting in the car. Kassidy had left her volleyball shoes with Daddy and he brought them to give to her. Daddy held them up out of his window so that Kassidy would see them. Kassidy then got out of Mommy’s car and walked over to Daddy. She got her shoes, gave Daddy a kiss on the cheek and then returned to Mommy’s car. Kennedy got into Daddy’s car and we left.

We first went home to Daddy’s apartment. When we got home (5:30 p.m.), Daddy changed out of his work clothes to go to the 4-H meeting. Kennedy made herself a Ramen soup. While it cooled, she went to her bedroom and played on the iPad for a short while. She then returned and sat at the dining table and ate her soup while playing on the iPad. After she finished eating, we left (6:15 p.m.) to go to her 4-H meeting at Mrs. O’Daniel’s house. At her meeting, most of the previous goat kids attended (Trinity was sick). There were also 2 new kids (Tiffany and Gatlin). Mrs. O’Daniel discussed how to pick the best goat. The kids will be purchasing their goats for this year around May or June. She also mentioned a “Jack Pot” show that will be held in Porterville in February (23rd) where the kids can see “professionals” show expensive animals. Kennedy was really excited about that and wants to go. After the meeting concluded, we stayed for a short while and visited – we talked to Sean (Sloan’s dad), Sloan, Micah, Faith (one of the high school 4-Hers) and Mrs. O’Daniel. (Kennedy latched onto Daddy’s right arm and put her head on his shoulder while he visited.) We then left (around 8 p.m.) to return home.

When we got home (8:14 p.m.), Kennedy was preparing to sit down on the couch in the living room. Daddy asked Kennedy if she was cold because he felt a little cold. Daddy then went and turned the heater on. Kennedy said, “I love you Daddy! You’re the best Daddy that I could ask for, which is strange because you are my Daddy. But you’re the best Daddy that I could ask for.” Daddy replied, “Thank you, that means a lot to me. My goal every day is to be the best Daddy that I can be for you!” Kennedy then walked over to Daddy and gave him a big hug in the living room near the hallway and repeated, “You’re the best Daddy that I could ask for!” Daddy replied, “Thank you, that’s kind of you to say!” Kennedy replied, “It is a little kind but it’s the truth!” :) Kennedy then went to the bathroom and Daddy went to his bedroom to change to go on his run (he made this entry in this journal before changing).

After changing, Daddy decided to take Kennedy to Mommy’s before he went on his run. Daddy and Kennedy then left for Daddy to take her to Mommy’s apartment. (On the way, Daddy told Kennedy, “I would do anything in the world for you!” Kennedy said, “Like what? Get me a puppy?!” Daddy laughed.) Shortly after Daddy and Kennedy arrived and parked across the street from Mommy’s apartment, Mommy and Kassidy arrived and parked in front of Daddy’s car. Kassidy got out and walked back to Daddy’s car and Kennedy got out of Daddy’s car. Kennedy then asked Daddy to get out so that she could give him a hug. Daddy got out and he and Kennedy shared a big hug. Kennedy then gave Daddy a kiss on his right cheek. Kassidy and Daddy then hugged, and Kassidy gave Daddy a kiss on his right cheek. Daddy then told the girls for us to do our heart greeting. (Kassidy commented that when Daddy picked up Kennedy earlier and Kassidy remained in the car, she held up her fingers like a heart, but Daddy didn’t do it back. Daddy said that he couldn’t see her through the glare on Mommy’s car window.) Kassidy, Kennedy and Daddy then did our heart greeting – holding up our fingers, then hands, then “full on” our elbows in the shape of a heart. :) Kennedy gave Daddy another hug and kiss, then Kassidy gave Daddy another hug and kiss, before walking to get into Mommy’s car. Daddy then left, saying goodbye as he drove passed Mommy’s car. A sweet time with Kennedy and treasured moments with both of my babies!!!

**January 20, 2019 Sunday**

Today (8:10 p.m.), Daddy picked the girls up from Mommy at her apartment. (Kassidy had a volleyball party earlier this evening at Popolo’s Pizza. Kennedy also went and said that she had fun. Daddy was coming from Papa’s where he and Papa had watched the NFL NFC (Rams/Saints) and AFC (Patriots/Chiefs) championship football games. The Rams and Patriots are going to the Super Bowl. ). When Daddy got the girls, we went to Daddy’s apartment. Daddy offered to take the girls to the store to get a treat but they wanted to stay home and just relax and go to the store tomorrow. Kassidy relaxed in the big chair and listened to Spotify on the T.V. for a short while. She then watched some videos on YouTube. Kennedy went to her bedroom and relaxed with the iPad. A short time later, Daddy made the girls some Oreo pudding (he shook it in a Tupperware like container) while Kassidy made herself a turkey sandwich with cheddar cheese and Kennedy made herself a Ramen soup. Kennedy sat at the dining room table and ate while Kassidy sat in the big chair and ate while watching YouTube videos. After the girls finished eating her served them some Oreo pudding, chocolate pudding (that he had made yesterday) and some whipped cream. He put an Oreo on top. The girls both were pleasantly surprised with the presentation. Kennedy took Kassidy’s to her in the big chair. Kennedy then got hers and sat on the couch and they both really enjoyed it (especially Kassidy). While they watched YouTube videos together. After Kennedy ate her dessert, she returned to her bedroom and relaxed with the iPad. (Kassidy went and changed into her bed clothes and then went into Daddy’s room where he was. She said to Daddy, “Daddy, you put milk in the pudding right?” Daddy said that he did. Kassidy then said with a pun, “You were puddin’ milk in it.” Daddy laughed.)

Later (around 11:05 p.m.), Kassidy went into Daddy’s bedroom and asked him to close his eyes. She then semi bit him on the nose with her lips. She was then getting ready to go brush her teeth when Daddy asked her to have Kennedy also brush her teeth. When Kassidy went into the bedroom where Kennedy was, she noticed that Kennedy had fallen asleep. She woke Kennedy up and Kennedy went to the bathroom. Kassidy went and used Daddy’s bathroom. After going to the bathroom, Kennedy went and lay back on top of her bed. Kassidy went into her bathroom and brushed her teeth. Daddy went into the girls’ room and got Kennedy up to make room for Kassidy. Kassidy then got into bed. Daddy went over and gave her a little bite on her nose to tell her goodnight. Kassidy said, “You actually bit my nose with your teeth. I have acne on my nose. Now you’re going to have acne on your teeth.” Kennedy said that she hadn’t brushed her teeth so she went to brush her teeth. As she was walking out she said, “Daddy, you’re seriously the best Daddy that I could ever have.” Kassidy said, “He’s your only Daddy!” Kassidy then jokingly said to Daddy, “Don’t tell Kennedy but you’re my favorite.” After brushing her teeth, Kennedy returned to the bedroom. She and Daddy hugged goodnight and Kennedy gave Daddy a kiss on his cheek. She then got into bed. Daddy briefly joked with the girls like he was going to tickle them. He then told them goodnight and left their room (around 11:25 p.m.). After the girls fell asleep, Daddy went and turned their night light on and turned the light off in their bedroom. It’s always pleasant and wonderful being with my girls!!! THANKFUL!

**January 21, 2019 Monday Happy Martin Luther King, Jr. Day!**

**January 22, 2019 Tuesday**

This morning (7:05 a.m.), Daddy went and woke the girls up. They both were still a little tired, but Kassidy got up fairly quickly and went and washed up first. After the girls got dressed they both sat at the dining table together and ate a bowl of Cocoa Krispies cereal. Kennedy then went and made the bed. (Daddy told her that she gets a point! :) We then left (7:46 a.m.) for Daddy to take the girls to school. On the way, Kennedy and Kassidy both played on the iPad. When we arrived at Harvest (8:09 a.m.), Daddy parked in the second row in the parking lot. Daddy and the girls got out. Daddy walked around to Kassidy’s (passenger) side and gave her a hug and kiss on her right cheek and told her goodbye and to have a good day at school. Daddy then walked back around to the driver’s side, and he and Kennedy hugged. Kennedy gave Daddy a kiss on his right cheek and Daddy told her to be sweet and have a good day at school. Daddy then stood and watched as the girls walked across the crosswalk and went into school together. Daddy then left.

Later (5:15 p.m.), Daddy returned and picked the girls up from their after school program. The girls came out and greeted Daddy. Kennedy gave Daddy a hug. We all walked to the car together. From Harvest, we went to Kassidy’s club volleyball practice at El Capitan middle school. We arrived at around 5:35 p.m. and sat in the car in the parking lot until 5:45 p.m. We then walked into the gym. Daddy used the iPad for a short while and Kennedy read her “Resistance” book for most of the practice (practice went from 6-8:30 p.m.). Kennedy said that she read over 6 chapters. (Way to go Koko!) Kassidy’s 12U Gold team scrimmaged against the 12U Silver team. The teams played pretty evenly today, although Kassidy’s team won the previous scrimmage this past Thursday. After Kassidy’s practice, we walked out to the car. Kennedy saw some paper on the ground and picked it up. She said, “Daddy, look what I found!” Daddy asked, “What is it?” Kennedy replied, “I don’t know but it’s mine!” :) (It turned out to be some paper that was a student’s class assignment.) We left El Capitan (8:44 p.m.) and went home.

When we got to Daddy’s (around 9:05 p.m.), the girls took a shower while Daddy made them some Stouffer’s Meat Lover’s Lasagna. After their shower, Kennedy was awesome and decided to fold the girls’ clothes that Daddy had washed yesterday. Kennedy folded clothes in the girls’ bedroom while Kassidy took half of the clothes, to help out, and folded out in the living room while watching Vines on YouTube on the T.V. When dinner was ready, Kassidy stopped folding (Kennedy continued until she finished her folding a short time later). The girls came into the kitchen and made a grape-flavored water and then sat at the dining table. Kassidy said grace (also thanking God for our time together today :). The girls then ate while watching YouTube on T.V. After the girls finished eating, they relaxed briefly (Kassidy in the big chair and Kennedy on the couch) and continued watching YouTube on the T.V. Kassidy then finished folding her clothes and Kennedy sat at the dining table and made a birthday card for Grammy using colored pencils. Daddy then helped Kennedy check her math homework (dividing whole numbers by decimals). (Kennedy is doing really well in math! :) While Kennedy did math with Daddy (around 10:50 p.m.), Kassidy sat at the dining table and made a birthday card for Grammy (she took the time to make a cut out birthday cake with candles). Kassidy took a short break and watched a little YouTube on T.V. After Kennedy checked her homework, she sat at the dining table and did a little more art on Grammy’s card (around 11:20 p.m.). Kennedy then went and brushed her teeth and got ready to get in bed (around 11:30 p.m.). Kennedy then got into bed and read. Kassidy now sat at the dining table and finished making Grammy’s birthday card. After finishing Grammy’s card, Kassidy went and washed up for bed (11:47 p.m.). Kassidy then went and got into bed with Kennedy. Daddy went around and gave Kassidy a kiss goodnight on the top of her head. He then went and gave Kennedy a kiss goodnight on her “chocolate chip.” Daddy asked Kassidy if she had gotten her school clothes out. She hadn’t so she jumped up and got her school clothes together. She then gave Daddy another hug goodnight and asked that the 3 of us do our hearts greeting (fingers, hands, then elbows “full on”), so we did, and we laughed. The girls then got back into bed. Daddy and the girls talked and laughed briefly. Daddy then did the straight-face “bottom slap” thing that we 3 do together. The girls tried to keep a straight face. Daddy then went around and leaned down and gave Kassidy a hug goodnight. He then went and leaned down and gave Kennedy a hug goodnight. Daddy then left the girls’ bedroom. Kassidy and Kennedy laughed and talked together for a short while until they fell asleep (around 12:10 a.m.). Daddy later went in and turned on their night light and turned off their bedroom light. Another treasured day with my girls!!! I’m so thankful for our bond together!!!

**January 23, 2019 Wednesday**

This morning (7:05 a.m.), Daddy went in and woke the girls up. They were tired. They both just rolled over. Daddy tickled Kennedy’s feet and she pulled them under the blanket. Daddy then tickled Kassidy’s feet and she wiggled them. After a brief moment, Kassidy quickly sat up on the edge of the bed and then went to wash up. (Before washing up, Kassidy first called Mom to remind her that she has a volleyball practice tonight). Kennedy got up shortly after Kassidy. After the girls got dressed, they each made a bowl of Cocoa Krispies cereal. They put their cereal in the larger red bowl so that they could eat in the car. They took their things to the car in the garage. They then came back and got their bowl of cereal and took it to the car. We then left (7:47 a.m.) and Daddy took the girls to school. On the way to school, after Kennedy finished eating her cereal, she gave Daddy her empty bowl and he set it down on the front seat next to him. Kennedy then asked Daddy for the iPad and he gave it to her. A short time later, Kassidy finished her bowl and also gave it to Daddy. (As we turned from 99 onto Shaw, Kassidy saw the year 2008 on a light pole and mentioned to Kennedy that that is Kennedy’s birth year. Kennedy said to Kassidy, in fascination, “We’re going to die the same year… Like people in the 90s… Unless you’re Jesus, people rarely live to the next generation!” :) . The girls then sang, “We’re on our way, we’re on our way. Nothing can stop us except for probably a bus…” (the same song that they sang when we were on our way to Las Vegas in the summer of 2017 :). When we arrived at Harvest (8:11 a.m.), Daddy parked in the second row. Daddy got out of the car. The girls got their things together (instruments and backpacks) and then also got out. Daddy gave Kennedy a hug goodbye and she gave him a kiss on his left cheek. Daddy then hugged Kassidy goodbye. Daddy stood by his car and watched while Kassidy and Kennedy walked into school together. Daddy then left. I love our wonderful bond and time together!!!

**January 26, 2019 Saturday Happy 80th Birthday Grammy!**

Today is Grammy’s 80th birthday. She celebrated by going to Chukchansi and playing the slots and eating dinner there. Daddy’s cousin Willie and Pattie with Uncle Willie took her. Daddy had to teach in Fremont today. Kassidy has a volleyball tournament today and after he finished teaching, Daddy called Mommy and left a message asking how Kassidy did, but he never heard back.

**January 28, 2019 Monday**

Today (5:15 p.m.), Daddy picked the girls up from their after school program. Kassidy came out first and Daddy gave her a hug. He asked her how her volleyball tournament went on Saturday. She said that they won the tournament and are ranked third. She said that she served really well. Daddy was proud and gave her another hug. Daddy and Kassidy talked for a short while, while waiting for Kennedy. Kassidy then handed her things to Daddy so that she could go to the bathroom. Kassidy returned with Kennedy. Kennedy gave Daddy a hug. Daddy, Kassidy and Kennedy then walked to the car. At the car, Kennedy asked to use the iPad. From Harvest, Daddy drove straight home. On the way, Kennedy played on the iPad and Kassidy fell asleep.

When we got home (around 5:50 p.m.), the girls showed Daddy their report cards. They both had straight A’s and did very well (although Kassidy received a Satisfactory grade for handwriting and Kennedy received an S+ for handwriting). Daddy then briefly talked with Kassidy about the elective classes that she would like to take in 7th grade. Kennedy then hugged Kassidy and said, “My little girl is growing up!” Kassidy replied, “I’m the older sister!” The girls laughed! The girls then each made a peanut butter and jelly sandwich. Daddy changed and then left (6:22 p.m.) to go to Walmart to get some groceries for the girls (frozen dinners, cherry Kool Aid water flavoring, and chocolate Lucky Charms). From Walmart, Daddy went by Grammy’s because she had some pie and ice cream cake left from her birthday on Saturday that she wanted to share with Daddy and the girls. From Grammy’s, Daddy returned home (around 7:10 p.m.). Kassidy was watching music videos on YouTube (Bendy and the Ink Machine) and Kennedy was in her bedroom playing on the iPad. Daddy prepared dinner for the girls (Kennedy: Marie Callender’s Chicken Pot Pie, Kassidy: Marie Callender’s Salisbury Steak dinner). When dinner was ready (around 7:40 p.m.), the girls came into the kitchen and made themselves a bottle of grape-flavored water. They then sat at the dining table and Kennedy said grace. Daddy made this entry in the journal and then went on his run (7:58 p.m.).

When Daddy returned from his run, the girls had finished eating. Kassidy and Kennedy were watching YouTube on T.V. Kassidy was sitting in the big chair and Kennedy was lounging on the couch (Kennedy jokingly was making a funny surprised face as Daddy walked in from the garage :). Daddy went to his bedroom for a while and returned an email. He then helped Kennedy (around 9:40 p.m.) do her math homework at the dining table (division by decimals and rounding to the hundredths place). Kassidy continued watching YouTube and fell asleep (10:05 p.m.). Daddy had Kassidy get up and go brush her teeth to get ready for bed. After brushing her teeth, Kassidy went to the dining table and gave Daddy a kiss goodnight on the cheek. Kassidy then went and got into bed and fell asleep. While working on her homework, Kennedy became very sleepy but she hung in there and finished :). Daddy told her that he was sorry and that it is his fault that she is sleepy because he took so long to return an email (to one of his former students in the Bay Area). He didn’t realize that her homework was going to require as much time as it did. After Kennedy finished her homework (11:11 p.m.), Daddy told Kennedy that he’s proud of her and then half- jokingly said, “You’re a lot like me, you keep going until your work is done!” Daddy and Kennedy laughed! Kennedy then went and brushed her teeth. After dutifully putting her school clothes out, she let Daddy know that she was ready for bed. Daddy went into Kennedy’s bedroom and walked over and gave Kassidy a kiss goodnight on her ear. She was already asleep. Kennedy then had Daddy back up and she ran and jumped into his arms and he caught her. They laughed together. Daddy hugged Kennedy and gave her a kiss on her left cheek. Kennedy then gave Daddy a kiss on his left cheek, then right cheek, then his forehead. Daddy and Kennedy laughed some more and then Kennedy got into bed. Daddy leaned down and gave Kennedy a kiss goodnight on her “chocolate chip.” :) Kennedy then picked up a book, as Daddy was leaving her room, and she read for a short while before going to sleep. Daddy returned a little later and turned on the girls’ night light and turned off their bedroom light. So proud of my babies!! We share such treasured times together!!!

**January 29, 2019 Tuesday**

This morning (7 a.m.), Daddy went and woke up Kassidy and Kennedy. Kassidy got up first and went to the bathroom. Daddy went and got dressed while the girls washed up and got dressed. A little later Kassidy was joking with Kennedy and went into Daddy’s room and put Kennedy’s stuffed cow (that she had gotten from Las Vegas) on his work area calling it a “cow zone.” Daddy jokingly replied, “Calzone?” Kennedy called out for her cow and Kassidy returned it to her. After Kennedy was dressed, she sat at the dining table and had a bowl of chocolate Lucky Charms. While eating, she was playing with her stress ball (filled with gel and Orbies) that she had gotten from Las Vegas and it broke, spilling onto the dining table. Kennedy went and apologized to Daddy letting him know what had happened. She then cleaned it up. While Kennedy was cleaning, Kassidy made herself a bowl of cereal. Because we needed to get going to school (Kennedy has Safety Patrol this morning), Daddy had the girls put their cereal into a larger red bowl so that they could eat in the car. The girls then took their things to the car and we left (7:44 p.m.).

On the way to school, Kassidy played on the iPad while the girls ate their cereal. At one point, Daddy had to slow down suddenly in traffic (on the freeway 168 to 180 exchange) and Kassidy spilled her cereal on her pants. Daddy gave her a towel and she wiped off her pants. A short time later, the girls reminded Daddy that they have their awards assembly today. Daddy said that he planned to attend. When we arrived at the school (8:10 a.m.), Daddy parked in the front row. The girls and Daddy got out of the car. Daddy and Kassidy hugged goodbye. Daddy and Kennedy then hugged goodbye and Kennedy gave Daddy a kiss on his right cheek. Daddy stood by his car and watched as the girls walked into school together (Kennedy had to come back out and do her Safety Patrol duties). Daddy then sat in his car and worked on his computer until Kennedy’s assembly at 9:40 a.m.

At Kennedy’s assembly, when she entered the multi-purpose room (cafeteria) she waved at Daddy. When her name was called, Daddy videotaped her going up. She received just about every award that she could (President’s Honor Roll, Hawk’s Reader, Hawk’s Writer, Hawk’s Honor) except Perfect Attendance. Daddy was so proud. After the assembly, she came up to Daddy. Kennedy and Daddy shared a big hug. Daddy told Kennedy how proud he was. Kennedy responded that she was disappointed because she wanted to be on the Merits List. Daddy told her that the Principal’s Honor Roll is the highest achievement (Merits List, then Honor Roll, then Principal’s Honor Roll). Kennedy smiled and then exclaimed her trademark, Yay!” :) Kennedy and Daddy hugged again! Daddy asked to take some pictures of Kennedy with her certificate and she agreed. She and Daddy walked over to the stage. Kennedy walked up and stood on the stage and Daddy took some pictures of her holding her certificate with the American flag and stage in the background. Kennedy then wanted to take a picture with her friend Carmen, so Daddy took some pictures of them together, holding their certificates. Daddy and Kennedy hugged goodbye and Daddy then left. Proud!

Daddy later returned (2 p.m.) for Kassidy’s assembly, which began at 2:20 p.m. Kassidy entered the multi-purpose room walking with her friend Ai-Lani. She didn’t seem to notice that Daddy was there. When her name was called, she, like Kennedy, received just about every award that she could, except Perfect Attendance. Daddy videotaped as she went up. After the assembly, Kassidy looked over at Daddy and waved. She then looked around the cafeteria briefly before walking over to Daddy. She and Daddy hugged. Daddy asked to take a picture of her with her certificate. She reluctantly agreed. She and Daddy walked over to the stage. Kassidy sat on the edge of the stage and Daddy took some pictures of her. She and Daddy then hugged goodbye with Kassidy saying, “I’ll see you after school.” Daddy then left. Proud! (Mom was not able to attend either assembly today.)

Later (5:15 p.m.), Daddy returned to Harvest and picked the girls up from their after school program. Kassidy came out first. Daddy remotely opened the trunk for her and she took her things (backpack and flute case) and put them in the trunk. She then got the iPad out of Daddy’s work bag in the trunk of the car. Kassidy got in the car and played on the iPad while Daddy waited for Kennedy to come out. Daddy’s back was to the door to the main entrance when Kennedy came out. When Daddy turned around, Kennedy had her face pressed against the glass of the door and Daddy laughed. Daddy carried Kennedy’s things (backpack and trumpet case) as he and Kennedy walked to the car. Daddy put Kennedy’s things in the trunk. He and Kennedy then got into the car.

From Harvest, we went straight to El Cap middle school for Kassidy’s club volleyball practice. On the way, Kennedy watched Kassidy play on the iPad and she snuggled up against Kassidy. She said, “Kassidy, I love you.” Kassidy replied, “I love you.” (Sweet.) Kassidy commented that she likes a game that she was playing because it reminds her of when she was in 3rd grade and she enjoyed what we did on the weekends at that time.

When we got to El Cap, Kassidy and Kennedy went to the bathroom. Kassidy then walked to the gym for practice. Kennedy and Daddy walked together with Kennedy’s right arm linked into Daddy’s left arm. In the gym, Kennedy got the Reisen’s candy that Daddy had gotten for her from Walmart yesterday. (Daddy got Kennedy a treat to enjoy during Kassidy’s practice since she so patiently attends). On the way, Kennedy mentioned that she wanted Daddy to help her with her homework, so Daddy suggested that he help her with her homework during Kassidy’s practice so that she can relax when she gets home. (Daddy said that he felt bad that she was so tired while he was helping her last night.) Kennedy agreed, so she and Daddy walked back out to the car (Kennedy and Daddy held hands while walking to the car :). Kennedy got her backpack out of the trunk and then Daddy and Kennedy walked back to the gym (Kennedy’s right arm was hooked into Daddy’s left arm while we walked). Kennedy and Daddy then worked on her math homework together (mixed and improper fractions). After Kennedy did her math, Daddy quizzed her on her vocabulary words. Kennedy then played on the iPad and Daddy worked on his computer while watching Kassidy’s practice. (Kassidy did a great job spiking the ball today.) After Kassidy’s practice (8:30 p.m.) we went home. On the way home, Kassidy played on the iPad and Kennedy watched. Kennedy asked Kassidy if she could hold her hand. Kassidy said that she could. The girls held hands while Kassidy used the iPad. (Sweet. :) On the way home, Daddy mentioned to the girls that he was going to watch the Super Bowl on Sunday. Kassidy told Daddy that she wants to watch the game with him. Daddy asked Kennedy if she would watch the game with him. Kennedy replied, “I don’t know what’s going on but I’ll watch it with you.” :)

When we arrived home (round 9:10 p.m.), the girls relaxed and watched T.V. for a little while. Kassidy was nostalgic and briefly put on Backyardigans, Yo Gabba Gabba, and Wonder Pets, shows they watched when they were younger. Kassidy then put on the darker “Bendy and the Ink Machine.” At that time, Kennedy left and went to her bedroom and practiced her trumpet, and Daddy made dinner for the girls (Kassidy: Stouffer’s Meat Lovers Lasagna, Kennedy: Marie Callender’s Country Fried Pork). When dinner was ready, the girls came into the kitchen and made a flavored water (Kassidy: a mixture of grape and cherry, Kennedy: cherry) and then sat at the dining table. Kassidy said grace and then the girls ate dinner while Daddy went on his run (9:45 p.m.). When Daddy returned from his run (10:07 p.m.), the girls had finished eating dinner (Kassidy also had some of Grammy’s left-over ice cream cake). Kennedy said, “Thank you, Daddy, for dinner!” Daddy replied, “You’re welcome, baby!” Daddy then had the girls go take a shower. They showered together. After the girls got out of the shower, they went to their bedroom to get dressed and Daddy could hear Kennedy trying to explain “Global Warming” to Kassidy. Kennedy then went and had some ice cream cake while Kassidy practiced her flute in their bedroom. Kennedy had her cake while relaxing on the couch and watching YouTube on T.V. Daddy asked her, “Aren’t you glad?” She knew exactly what Daddy was saying. She replied that she was glad that she did her homework at Kassidy’s practice so that she could relax now. Daddy said, “Always do your work first, because you never know how long it will take, and then relax later.”

After Kassidy practiced her flute, she came into the living room where Daddy and Kennedy were and showed Daddy that she could play from memory. Kennedy did the Floss dance while Kassidy played. Daddy videotaped. The girls then showed Daddy a handshake that they do together. Daddy then went over how Kassidy wants to prioritize her elective choices for middle school next year. Kassidy chose, in order: 1.) Theater, 2.) Percussion, 3.) Art, 4.) Strings/Violin, 5.) Spanish. Daddy encouraged the girls to do what they’re passionate about, but he also said that he would like for them to try STEM (Science, Technology, Engineering, and Math) courses at some point because it will benefit them in the future. He doesn’t want them to shy away from STEM like so many girls do. Kassidy said that she wants Daddy to teach her how to code. Kennedy said that she would also be willing to try coding. Kennedy, as always, said that she wants to be a farmer. Daddy said that that is a science. She said that she can do a website showing that she sells goats and things. :) She said that being a farmer would be good for her children because it would expose them to being around animals. Kassidy said that she wants to do what she enjoys for now but will consider STEM when she gets into the 8th grade. Daddy agreed that he wants her to get comfortable in middle school and to prioritize whatever she enjoys. Daddy and the girls then laughed and joked together for a short while. The girls then went and washed up for bed and got their school clothes out. They then got into bed (11:25 p.m.). Daddy went in and gave Kassidy a kiss on her forehead. She asked Daddy for a hug. Daddy asked her to sit up and Daddy and Kassidy hugged. Kassidy said that Daddy was giving her a Korean hug (not very tight). Daddy said that he would give her a “black” hug while he squeezed her tightly. Daddy then let her go and jokingly said, as if Kassidy was speaking, “Not that black!” The girls laughed. Daddy then went around and kissed Kennedy on the top of her head. Daddy and the girls laughed and joked briefly. Daddy then said that he wanted to do one more thing. He walked over and gave Kassidy a kiss on the top of her head and congratulated her on doing so well in school. He then went around a gave Kennedy a kiss on her “chocolate chip.” Telling the girls that getting A’s is difficult and that Daddy is so proud of them. Kassidy then rolled up her left pajama leg and said that she has a chocolate chip birthmark. She showed the small “beauty mark” on her left leg. Daddy then was being silly with the girls and pop dancing. He then started Hula dancing and the girls laughed. Kassidy asked to do our “hearts” greeting. Kennedy put her right arm out and then used her left hand to keep her from raising her right arm. Kassidy called that the “Minecraft” because the characters move crudely. Kassidy then suggested that we come up with things that we do together before we go to bed. We all then did Kennedy’s ”Minecraft” arm. We then did our hearts greeting, concluding with our “full on” heart (as Kassidy says). Daddy then left the girl’s bedroom telling them that he loves them and is proud of them. Kassidy replied, calling out to the kitchen where Daddy had gone, “I’m proud of you too. Thank you for making such a wonderful masterpiece!” (referring to herself :). The girls interacted and laughed together briefly before falling asleep. Another wonderful day together. A great night together! I treasure the bond that the three of us share!!!

**January 30, 2019 Wednesday**

This morning (7 a.m.), Daddy went and woke the girls up. After the girls opened their eyes, Kassidy sat up pretty quickly. She then went to the bathroom and washed up. Kennedy got up right after Kassidy. Daddy then went and got dressed for work. After the girls were dressed, they went and made a large bowl of Chocolate Lucky Charms cereal. They each put their cereal in the larger red bowl so that they could eat it in the car. Daddy noticed that someone had made the girls’ bed. Kassidy said that it was her. Daddy said that she gets a point and will get a treat the next time they are together. Kennedy said that she’s the one who made the bed yesterday. Daddy said that Kennedy would also get a treat next time. The girls got their things and took them to the car. Daddy put Kennedy’s things (backpack and trumpet case) in the trunk. Kassidy had a gigantic bowl of cereal that was close to spilling, so Daddy carried it out to the car for her and handed it to her once she was in the car. We then left for Daddy to take the girls to school (7:40 a.m.). On the way to school, after Kennedy finished eating, she played on the iPad.

When we arrived at Harvest (8:08 a.m.), Daddy parked in the second row. He and the girls got out. Kennedy got her things out of the trunk. Daddy helped her put her backpack on. He and Kennedy shared a big hug. Daddy told her that she makes him so happy. She replied, “Aww, thanks!” Kennedy then walked into school ahead of Kassidy (Kennedy has Safety Patrol duty). Daddy then walked around and gave Kassidy a hug goodbye, telling her that she makes him so happy. Kassidy then walked on into school just a little behind Kennedy. Daddy stood outside of his car and watched until the girls entered the front of the school by the main office. Daddy then left. Such wonderful days with my babies!!!

**February 3, 2019 Sunday Kassidy’s Birthday Month! Super Bowl Sunday**

Today (3 p.m.), Daddy met Mommy at Starbucks near Papa’s (Ashlan/Blythe) and picked up Kassidy and Kennedy. Kassidy got out of Mommy’s car first and walked over to Daddy and as she was putting some things in the backseat, she exclaimed, “It’s my birthday month!” Kassidy mentioned to Daddy that she and Mom went over her courses for 7th grade and that she changed one of her elective options to Yearbook/Broadcasting, and dropped Spanish, even though Mom didn’t want her to. Kassidy then returned and got some other things out of Mommy’s car. Kennedy walked over and put her things into the trunk of Daddy’s car. She then walked over to Daddy’s side and said, “Daddy, look what I found!” as she showed Daddy a large wooden button. She said that she wants to keep it. Daddy held on to it for her. (I love how Kennedy is so excited to collect random things! :) Kennedy then went to say goodbye to Mommy. Kassidy put her things in the trunk of the car. Kennedy returned and got into Daddy’s car and Kassidy went and said goodbye to Mommy. Daddy and the girls then and drove across the street to Papa’s.

At Papa’s, the girl went to Papa’s bedroom and said hi to him. Kassidy went in first and spoke to Papa for a short while. Kennedy crawled in on the floor and popped up at the foot of Papa’s bed. Kennedy then gave Papa a hug and kiss. The girls then left Papa’s bedroom. Kennedy played on the iPad in the guest bedroom (their former bedroom when we were staying with Papa). Kassidy watched T.V. in the living room. Daddy and Papa watched the Super Bowl together in Papa’s bedroom. Kassidy came into Papa’s bedroom briefly 2 or three times and joked and interacted with Daddy and Papa during the game.

Just before halftime of the game, Daddy made a plate of Chinese food for the girls (pot stickers, Tseng Tao fried rice and Tseng Tao chow mien). (Daddy had picked up some Chinese food from Tseng Tao on the way to picked up the girls). The girls each individually said grace before eating. After eating, Kennedy and Kassidy switched what they were doing, Kassidy went and played on the iPad in the bedroom and Kennedy watched T.V. in the living room. (Kennedy asked Daddy as he was going to Papa’s bedroom, “Daddy, is it hard to make a T.V. ?” Daddy replied, “Probably.” I love the way Kennedy is so inquisitive. :)

At halftime, Daddy served Papa some food and Daddy had a little. Maroon 5 performed at halftime. Daddy went and got the girls because Kassidy likes Maroon 5 a little. Kennedy only stayed and watched briefly. She then returned to watch T.V. in the living room. Kassidy joked and did some Fortnite dances for Papa. He laughed! After Marron 5 performed, Kassidy returned to the bedroom and resumed using the iPad. Papa told Daddy that Kassidy was a little girl and then seemingly overnight she is a young lady.

Around the fourth quarter of the game, Daddy served the girls some more of the food. They enjoyed it. After the big game (the Patriots won, Tom Brady won a record 6th Super Bowl out of 9 appearances in 19 years), Daddy helped Papa get organized for bed. Papa asked Daddy to take some pictures of the girls on Papa’s phone. So Daddy took some pictures of the girls posing with Papa (who was in bed). Daddy then took some selfies with the girls for Papa. After Daddy cleaned up and Papa was organized, the girls returned to say goodbye to Papa. He asked the girls what they would like for their birthday. He said that Grammy had asked and that he and Grammy want to get them something that they want. They suggested a couple of things (Kassidy: basketball or football, Kennedy: a puppy or earrings). Daddy told Papa that he would have the girls make a list and he will give it to Papa. The girls then hugged and gave Papa a kiss goodbye on his forehead. We then left Papa’s (around 8:30 p.m.).

On the way home, Kassidy told Daddy that she recalled that today is her birthday month and was excited that Daddy celebrates birthday months. Daddy offered to take the girls to get a treat. Kassidy initially suggested Baskin Robbins for ice cream. She then suggested that we walk to Walmart together because we have fun and can also get some exercise. Daddy told her that that was a great suggestion. Kassidy then talked to Daddy more about her electives for 7th grade next year. She told him that she changed the priority order of her elective choices. She said that Theater remained her first choice but that she added Yearbook/Broadcasting as her second choice. She said that Mom wanted her to take Spanish but that she dropped it as one of her options. She said that she thought that electives should be what the kid would enjoy (as Daddy has said). She said that she wants to be creative and with Broadcasting she will get to work with cameras and take pictures and be involved with organizing the yearbook. Daddy told her that that sounds great and that he’s glad that she wants to be creative. Daddy told her that in the 7th grade, as she’s getting used to a new school, she should take what she would enjoy (because school will get harder). Daddy told her that he took the things that he enjoyed when he was her age. She replied, “Yeah, and look how you turned out!” :) Kennedy said that she wants to take STEM (Daddy’s choice for them – Science Technology Engineering Medicine). Daddy said that he thinks that that would be great for their future but that he wants them to do whatever they enjoy. Kennedy said that science will help her with working with animals. Daddy said that he would like for them to learn how to code no matter what they do. Kassidy said that she wants to work in a crime lab. The girls both said that they would be willing to learn how to code.

When we arrived home (8:57 p.m.), Kassidy had gone into the bathroom and Daddy was doing some laundry. Kennedy went and was trying to get into the bathroom and Kassidy shut the door on her and accidentally hurt Kennedy’s wrist. Kennedy started crying and was sitting on the floor in the hallway when Daddy went to check to see what happened. Kennedy told Daddy that Kassidy hurt her wrist. Kassidy said that she didn’t try to. Daddy asked Kennedy to stand up and he gave her a hug. Kennedy, still crying, reached over and she and Kassidy hugged, which made Kassidy feel better. Kennedy then asked Kassidy to kiss it and Kassidy did. :) Daddy then went and changed into his running clothes. We then went on our walk to Walmart (around 9:15 p.m.). Daddy carried the flashlight. Kassidy asked Daddy to name musical acts and she would name songs by them (Cardi B, Michael Jackson, Elvis) . We had fun. Kassidy said that she wants to see Grammy before she’s gone. Kennedy mentioned that she misses Grammy and that she also wants to see her. Kassidy mentioned that her most enjoyable time was in the third grade because at that time she often got to go skating and skate boarding/roller blading. Kennedy said that her most enjoyable time was in the second grade.

At Walmart, the girls got their treat (Kassidy: a large Hershey chocolate bar, Kennedy: Jelly Belly jelly beans) and some dinners (Kennedy: Marie Callender’s Chicken Pot Pie and Country Fried Pork dinner, Kassidy: Stouffer’s Spaghetti with Meat Sauce and a Meat Lover’s Lasagna). Daddy got himself some Hot Tamales candy and something for his hair. We then walked back home. Kassidy again had Daddy suggest music artists and she tried to name songs by them (Lady Gaga, Ed Sheeran). Daddy asked her who her favorite artist is and she said that she doesn’t really have a favorite because she mainly just listens to the radio and YouTube, but she would probably say Evanescence and Ed Sheeran. We then returned home (around 9:55 p.m.).

At home, Kassidy (in the big chair) and Kennedy (on the couch) relaxed in the living room and watched YouTube on T.V. while enjoying their treat. (Kennedy called out to Daddy, telling him that she loves him and he said it in return – so sweet! : ) After a while (around 10:45 p.m.), Daddy had the girls get ready for bed and brush their teeth. Daddy then let the girls stay up a little longer. Kassidy watched YouTube in the living room and Kennedy played on the iPad in their bedroom. (As Kennedy was going to her bedroom, she again called out to Daddy telling him that she loves him and Daddy told her that he loves her. :) A short time later, Daddy had the girls go to bed (11:13 p.m.). He first had them get their school clothes out. They then got into bed. Daddy then leaned down and gave Kassidy a kiss goodnight on her right cheek thanking her and telling her how she made us so happy when she was born. She then sat up and gave Daddy a hug goodnight. Kassidy asked for us to do our “hearts”. We three did our “hearts” greeting twice, ending with “full on” hearts. Daddy gave Kassidy another kiss on the cheek goodnight. Daddy the walked over and gave Kennedy a kiss on her “chocolate chip.” He then whispered loudly, faking like he was trying to keep Kassidy from hearing. He told Kennedy, “We have to treat Kassidy special all month because it’s her birthday month!” Kassidy plugged her ears and said that she only heard daddy say the word “special.” Kennedy then said that she didn’t get to give Daddy a hug goodnight. She sat up in bed and she and Daddy hugged and she gave him a kiss on his right cheek. Kennedy asked Daddy if he was staying up and he said that he always stays awake until they fall asleep. Kennedy then asked if he would check on them and Daddy said that he always does. Daddy then told the girls goodnight and said, “Thank you for being mine!” as left their bedroom. The girls talked for a brief time. Kassidy told Kennedy that she loves her and Kennedy replied that she loves her. The girls fell asleep a short time later. Another sweet and blessed day with my babies!!! Happy birthday month sweet Kassy Mae!

**February 4, 2019 Monday**

This morning (7 a.m.), Daddy went and woke up Kassidy and Kennedy. They both were still tired. Kennedy pulled the covers over her head. Daddy went and pulled the covers down a little and gave her a kiss on her “chocolate chip.” Daddy then left the room. Kassidy got up and went to the bathroom first. Kennedy got up a short time later. Daddy got dressed for work and then went into the kitchen to take his lunch together. Kassidy came into the living room and sat on the big chair to put her socks and shoes on. She asked Daddy to sign something that she needed to return to school regarding how the school will begin graded the 6th graders like they will be graded in Middle School. Daddy was asking Kassidy some questions and she got a little bit of an attitude. Daddy talked to Kassidy about being respectful. Kassidy sat at the dining table and poured herself (and Kennedy) some cereal. She then picked up the milk to pour on her cereal. Daddy asked her to put the milk down until he finished. Kassidy set the milk on the floor. Daddy asked her why she put it on the floor. She picked the milk up and placed it on the table. Kennedy came in at sat at the dining table and had some cereal. Kennedy asked what happened. Kassidy snapped, “Nothing.” Daddy said to Kassidy that that he doesn’t talk to her that way and that he always tries to be kind. Kassidy said that Mommy speaks to her that way. Daddy told Kassidy that God doesn’t care if you go to church if you’re not going to be nice outside of church. Kassidy said that God knows that you make mistakes. Daddy asked Kassidy to be respectful. Daddy said that all you have to do is hug or say you’re sorry and it’s over, like yesterday when Kennedy was upset and she hugged Kassidy and it was over. Kassidy said “sorry,” but she still had a little bit of an attitude with her mouth balled up. Daddy said that he would never be disrespectful to his parents and asked Kassidy to be respectful. He just looked at her. Kassidy then said, “O.K.” Daddy asked her what should she say, and she replied, “Yes Dad.” Daddy then asked the girls to take their cereal with them because we needed to go. The girls transferred their cereal from the blue bowl to the larger red bowl. We all then went to the car and left for Daddy to take the girls to school (7:54 p.m.).

The girls ate their cereal on the way to school. After Kennedy finished eating, she asked Daddy for the iPad and played until we got close to school. When we arrived at Harvest (8:15 p.m.), Daddy parked in the front row. Daddy and the girls got out. Kassidy came around and gave Daddy a side hug goodbye, and walked into school. Daddy chuckled because it was a half hug. Kennedy commented that that’s how Kassidy hugs. Kennedy then gave Daddy a full big hug. She then walked into school a little behind Kassidy. Daddy watched until they got into school. He then left.

Later (5:15 p.m.), Daddy returned to Harvest and picked the girls up from their after school program. I was raining pretty hard when Daddy arrived but it was just drizzling when Daddy got the girls. When they came out Kassidy and then Kennedy gave Daddy a hug. We then walked to the car. From Harvest, we went straight home. Kennedy has a 4-H meeting tonight but she decided that she would not go so that she could do her homework. (Good job Koko! :) On the way home, Kennedy played on the iPad. Kassidy played a game with Daddy. Kassidy would give Daddy the name of someone from her school and Daddy had to guess their nationality. She had fun. She and Daddy then asked her questions such as “Who is the nicest person in your school?”, “Who is the most athletic?”, “Who is the nicest teacher?” Kassidy really enjoyed doing that with Daddy.

When we got home (around 5:50 p.m.), the girls were hungry so Daddy immediately started making their dinner (Kassidy: Stouffer’s Spaghetti with Meat Sauce, Kennedy: Marie Callender’s Chicken Pot Pie). Daddy looked in and noticed that the beds was nicely made. Daddy asked and the girls said that Kassidy made it before school. Daddy was so proud and said that she gets an extra treat the next time we go to the store. Kassidy sat in the big chair and watched YouTube videos on T.V. Kennedy used the iPad in her room. When dinner was ready, the girls each made themselves a cherry-flavored water. They then sat at the dining table. Kennedy said grace (also praying that Grammy and Papa stay healthy). They then ate. Kassidy watched YouTube on T.V. and Kennedy watched videos on the iPad. While the girls ate, Daddy put some seasoned fries that they enjoy in the oven for them. After they finished eating, Daddy gave them some seasoned fries. Kassidy ate hers in the (her) big chair and Kennedy ate hers at the dining table. They both enjoyed their seasoned fries. Daddy was getting ready to go on his run and opened the garage door to show the girls that it was raining pretty hard. He joked with them and said, Thanks, because I made your dinner first, now it’s raining!” (It had stopped raining when we arrived home.) The girls laughed and told Daddy to be safe on his run. Daddy then left and went running (around 6:55 p.m.).

When Daddy returned from his run (around 7:15 p.m.), as he walked in from the garage, Kassidy said “Hi Father!” She was sitting in the big chair and watching YouTube on T.V. Kennedy was in her bedroom with the iPad. Daddy relaxed for a while in his bedroom. After a while (around 7:55 p.m.), Daddy and Kennedy sat at the dining table and Daddy helped Kennedy with her math homework (whether a number is less than, equal to or greater than itself based on the number it is multiplied with). Daddy had Kassidy turn the T.V. off and read while Kennedy did her homework. Kassidy reads in her bedroom. After Kennedy finished her math homework (around 8:15 p.m.), Daddy allowed Kassidy to turn the T.V. back on. He told the girls that he wants them to go to bed by 9 p.m. because they were tired this morning. Kassidy changed into her bed clothes and then returned to the living room and watched YouTube on T.V. Kennedy went into her bedroom and read for 20 minutes (“Dork Diaries”). After reading (8:42 p.m.), Kennedy answered some questions about what she read to finish her homework. Daddy had Kassidy turn the T.V. off and go brush her teeth for bed (around 8:52 p.m.). Daddy went and signed a permission slip for Kennedy and while he was standing in the kitchen, Kassidy came in and gave him a kiss on the cheek. Daddy asked if she was going to bed and she said that she just wanted to give him a kiss on the cheek. : ) Kassidy went to her bedroom. Kennedy put her homework away and then went to her bedroom to get ready for bed. As she walked in, she said, “Kassidy I love you” as she was shutting the door behind her.

After Kennedy was dressed for bed and had gotten her school clothes out she got into bed with Kassidy. Daddy then went in to say goodnight (9:24 p.m.). Daddy gave Kassidy a kiss on her forehead. She then reached up and gave Daddy a big hug goodnight. Daddy then joked with the girls by tossing a pen in the air and catching it on the same end. Kassidy tried to do it but couldn’t do it very well. Daddy acted like he was on America’s Got Talent as he flipped the pen. Kassidy critiqued him using Simon Cowel or Mel B. British accent. Daddy then went around and bit Kennedy on her chocolate chip and she laughed. Daddy told the girls that he loves them. Kassidy then asked to do our “hearts” and we did, twice. :) Daddy then left the room. Daddy went and washed some dishes. While he was cleaning, he heard some footsteps running. When he finished the dishes, he went to his bedroom, and under the covers in his bed was Kennedy. He had her get up and he walked her back to her bedroom. Daddy then walked out and went to his bedroom and read on his computer.

A short time later, Kennedy called Daddy to come into their bedroom because she had something important to show him. When he got close to their door he kept walking in place (they could hear him but couldn’t see him) as if it was a long walk to get to their bedroom. When he went in, Kennedy was moving her lips like she was “lipping” Kassidy. (One of our inside jokes from our Las Vegas trip.) Daddy jokingly walked up to her saying, “That’s why you wanted me to come in here?” He then rapidly moved his hand under her jaw making her voice tremble. Kassidy asked Daddy to do the same to her. So Daddy went around and did the same to Kassidy and she laughed. Daddy then acted like he was doing ASMR and putting makeup on Kassidy’s face. She thought that was funny. Kennedy exclaimed “Again!,” like she would always do when she was younger, so Daddy walked back around to Kennedy’s side and acted like he was doing ASMR and putting makeup on her face and eyebrows. The girls laughed. As Daddy was leaving their room, Kassidy stated that we have to do our hearts, so Daddy returned and we did our “hearts.” We laughed and joked briefly and then Daddy told the girls that he loves them as he left. They told him that they love him. Kassidy and Kennedy played together briefly before falling asleep. A really enjoyable and laughter filled end to our day together!!! A wonderful time! THANKFUL!

**February 5, 2019 Tuesday**

This morning (7:07 a.m.), Daddy went and woke the girls up for school. They both were asleep and took a moment to get up. Kassidy got up first and went into the bathroom. Kennedy got up shortly after. Daddy went and got dressed for work. After the girls were dressed we left for Daddy to take them to school(7:47 a.m.).

On the way to school, the girls were both sitting in silence and just staring out of the window. It was raining. Daddy briefly turned on the radio (K-Love) but Kassidy said, “No!” So Daddy turned the radio back off. Kassidy said that she prefers to have silence. (Daddy usually keeps the radio off so that we all can talk and laugh together.)

When we arrived at Harvest (8:15 a.m.), Daddy parked at the end of the second row. Daddy and the girls got out of the car. The girls got their things together and Daddy went around and gave Kassidy a hug goodbye. She then walked into school. Daddy and Kennedy then hugged goodbye. Daddy told Kennedy, “Stay sweet!” Kennedy then walked into school a little behind Kassidy. Daddy watched as the girls walked through the main entrance. He then left to go to work.

Daddy later returned to get the girls from their after school program (5:15 p.m.). Kennedy came out first. She set her things down (backpack and trumpet case) and then ran and jumped into Daddy’s arms and he caught her. Daddy and Kennedy stood around and talked and joked while waiting for Kassidy to come out. After about 5-7 minutes, Kassidy came out and we all then walked to the car. (It had rained really hard today and there were a lot of distinct clouds out. Daddy and the girls said what shape they saw in the clouds. Kassidy and then Daddy said that they saw a dragon.) The girls put their things in the trunk and we then left. (Kassidy has positional club volleyball practice from 6:30 -7:30 p.m.) From Harvest, Daddy and the girls continued looking for shapes in the clouds. Daddy stopped to get gas at the Valero gas station near Papa’s (Ashlan near 99). After getting gas, Daddy drove to El Cap for Kassidy’s practice.

When we got to the school Kassidy got out of the car and walked to the bathroom to change into her practice clothes. Kennedy and Daddy waited in the car. After changing, Kassidy returned to put her things in the car. Daddy, Kassidy and Kennedy then walked over to the gym together. (It was really cold outside today.) Kennedy found a small metal decal (that read “the sak”) on the ground and gave it to Daddy to keep for her. Kennedy held Daddy’s hand and then he held (and squeezed) her finger while we walked. We got to Kassidy’s practice early so the three of us climbed up onto the bleachers (they were not unfolded). Kassidy played on the iPad while Daddy helped Kennedy with her homework. At about 6:20 p.m., Kassidy warmed up a little and then practiced setting the ball to herself. Kennedy finished her homework so Daddy then, from on the bleachers, threw the ball to Kassidy and she practiced setting and digging. As the other girls in her practice group arrived, Kassidy took a lap with them and got ready for her practice. Kassidy had a really good practice setting and blocking. Kennedy played on the iPad and Daddy worked on his computer (typing in this journal) while watching Kassidy practice. After Kassidy’s positional practice ended (7:38 p.m.), we left and went home.

When we got home (around 8:20 p.m.), Daddy changed into his running clothes and then started making dinner for the girls (Kassidy: Stouffer’s Lasagna, Kennedy: Marie Callender’s Country Fried Pork). Kennedy relaxed on the couch and watched a cartoon on T.V. Kassidy went to her bedroom and played on the iPad When dinner was ready, the girls came into the kitchen and made themselves a cherry-flavored water. They then sat at the dining table and Kassidy said grace (also thanking God for our time together). The girls then ate while Daddy went on his run, in the freezing cold (around 8:50 p.m.). When Daddy returned from his run (around 9:20 p.m.), Kassidy was in the kitchen and Kennedy was watching YouTube on the couch. Daddy called the girls over to the dining area and asked them how much does he love them. Kassidy replied, “A lot.” Daddy then had them close their eyes and he put a hand on each one of their faces. His hands were cold! He told them, “That’s how much I love you! To make your dinner first before going out in running in the freezing cold!” The girls laughed! Kassidy had eaten all of the remaining Oreos while Daddy was on his run. She now grabbed 2 Fruit Roll-ups and took them to her bedroom and played on the iPad. A short time later, Kennedy wanted to do her 20 minutes of reading (as part of her homework assignment) so Kassidy moved to the big chair and watched YouTube on T.V. Kennedy did her 20 minutes of reading in her bedroom.

Daddy made some popcorn to take for his lunch and shared some with Kassidy (she added brown sugar and seasoned salt). After Kennedy finished her reading and did the write-up for what she read, Daddy had Kassidy and Kennedy take a shower (around 10:10 p.m.). They showered together. After Kennedy showered. Daddy let her have the left-over popcorn. Daddy also made himself some hot chocolate made with milk and Nestle syrup and let Kennedy have most of it. Kennedy hung out with Daddy in his bedroom while Kassidy was finishing up in the bathroom. After Kassidy came out of the bathroom, Daddy had the girls get in bed. Kassidy wanted to study her lines for her play (Alice in Wonderland) so Daddy let them stay up (in bed) for about 15 minutes longer. Daddy then went in to tell the girls goodnight. Kennedy was half asleep. Daddy went over and told her “thank you” and gave her a kiss on her “chocolate chip.” Daddy then went around and gave Kassidy a kiss on the top of her head. She asked daddy for a hug and sat up ion bed and she and daddy hugged goodnight. As Daddy was getting ready to leave the bedroom Kassidy said that we need to do our “hearts.” Daddy stopped and Kassidy and Daddy did our “hearts.” Kennedy said, “I didn’t know that you were doing that!” We did our “hearts” again, all three of us. Kennedy didn’t say “full on!” so Kassidy wanted us to do it again. We did it one more time, ending with all of us saying, “Full on!” Daddy told Kassidy and Kennedy that he loves them and then left the room. (My last bedtime routine with 11-year old Kassy Mae!) :(

A nice time together. I love the bond that we share!!! BLESSED!

**February 6, 2019 Wednesday**

This morning (7:07 a.m.), Daddy went and woke the girls up. Daddy then went to the kitchen. Kassidy got up first and, wrapped in a blanket, walked to the kitchen behind Daddy. She kneed him, giving him a “corndog.” She and Daddy then hugged. Daddy, “My last morning with my 11-yuear old!” Kassidy then said, “The last thing I did, I gave you a corndog before going to the bathroom!” Daddy laughed! Kassidy went to the bathroom. Daddy then, on the way to his bedroom, called out for Kennedy to get up. Kennedy called out to Daddy, “It’s cold!” and then, “I need hugs!” Daddy turned on the heater and then went into Kennedy’s room. Kennedy got up from bed and she and Daddy hugged. Daddy commented that she was warm and she said that it is because she was under the blankets. Kennedy then knocked on the door and then went into the bathroom with Kassidy. After the girls were dressed, Kassidy was starting to make their bed but Daddy said that since he was already dressed he would make it for them. Daddy complimented Kassidy on being so neat (she lays out her pajamas so neatly after she takes them off) and on making a habit of making their bed. The girls then got their things together and took them to the car. We then left for Daddy to take the girls to school (7:57 a.m.).

On the way to school, while Kennedy played on the iPad, Daddy and Kassidy played the game where Daddy names a category and she names the person at their school who matches it (e.g., most athletic kid, girl with the longest hair, teacher who has been there the longest, etc.). Kassidy enjoys doing that with Daddy. When we arrived at Harvest (8:20 a.m.), Daddy stopped behind the cars in the second row. Daddy and the girls got out of the car. The girls got their things together (backpacks, flute case for Kassidy and trumpet case for Kennedy) and then Daddy and Kennedy hugged goodbye. Daddy then gave Kassidy a big hug goodbye, holding her a little longer telling her, “I’m going to miss my 11-year old but I’m looking forward to my 12-year old!” As Kassidy and Kennedy ere walking away to go into school, Daddy said, “Happy birthday Kassy Mae!” Kassidy responded, “You too.” Then realizing what she said she looked back at Daddy and they both laughed. :) Daddy watched as the girls walked in through the main entrance to school. He then left. I miss my 11-year old already! Another nice several days together!!!

**February 8, 2019 Friday Happy 11th Birthday Kassy Mae!**

Today is Kassidy’s 12th birthday. (“12-years old! 12 years old! :) Daddy called Mommy’s phone (3 a.m.) and left a birthday message for Kassidy.

Later, at exactly 7:30 p.m. (the time that Kassidy was born), Daddy called Mommy’s phone and Kassidy answered. Daddy told her that she thought that she was 12 all day today, but that she just turned 12 right now! Daddy wished her a happy birthday and told her that he’s been thinking about her all day and hopes that she’s had a good birthday. She said that she has. She that that she had pizza at Chili’s tonight. She also mentioned that Kelly Emo got to see her baby boy move today. Daddy told her that that’s exciting. Daddy and Kassidy continued talking for a short while. She asked Daddy if he would see her on Monday and he said that he would. He said that we would celebrate then. He reminded Kassidy that it is her birthday month so we still have a lot of celebrating to do. He told Kassidy for her and Kennedy to “love each other”, he asked her to give Kennedy a hug and for them to do the “hearts” together. He then again wished Kassidy a happy birthday and told her that he loves her, ending with a ”mmmwwwah” kiss. Kassidy replied, I love you, mmmwaaah!” Daddy and Kassidy then hung up. Happy birthday “Pizza Pie!” So thankful, and “still amazed!!!”

**February 11, 2019 Monday**

Today, Mommy dropped the girls off to Daddy at his apartment (6:45 p.m.). Daddy was coming from helping Papa and met Mommy and the girls at the corner (Clovis/Herndon). Daddy, Kassidy and Kennedy briefly went into Daddy’s apartment. The girls put their things in their bedroom. We then left and Daddy first went by an EECU ATM. We then went to Walmart.

At Walmart, the girls got dinners (Kassidy: Marie Callender’s Meat Lover’s Lasagna, Five Cheeses Lasagna and Meatloaf dinner, Kennedy: Marie Callender’s Meat Sauce Lasagna and Chicken Pot Pie). Daddy also let Kassidy get a treat (a box of Milk Duds) because it’s her birthday month. Daddy also let Kennedy get a treat (Jelly Belly candy). From Walmart, we went home. At home (around 7:30 p.m.), Daddy started making dinner for the girls (Kassidy: Meat Loaf, Kennedy: Chicken Pot Pie). Kassidy relaxed in her room using the iPad and Kennedy relaxed on the couch watching “The Fairy Odd Parents” cartoon. Daddy then changed into his running clothes. When dinner was ready, Kassidy made herself a cherry-flavored water and the girls sat at the dining table. Kassidy said grace and the girls ate. Daddy had washed clothes and asked the girls to fold them and put them away before they can have dessert. They agreed. Daddy then went on his run (around 8 p.m.). When Daddy returned from running, the girls had finished eating. Kennedy was sitting on the couch and folding clothes. She said that she and Kassidy had agreed that Kennedy would fold the clothes and Kassidy would put them away. Daddy complimented them on their cooperating. Kassidy had been in the bedroom and came into the kitchen where Daddy was (she was eating a few of her Milk Duds). . He was making a PB&J sandwich for his lunch tomorrow. She asked Daddy for a hug. He said that he just came from running. She hugged him anyway. She said that he doesn’t smell as bad as he usually does when he’s been running. She said that he normally smells like copper. A short time later, Kassidy went and put the clothes away that Kennedy had folded.

After Kassidy put the clothes away, Daddy and the girls had some ice cream for dessert (Mommy sent it with the girls. Kennedy said that Mommy bought two of them over the weekend). After Kennedy finished her ice cream, she was a little cold so she went to her bedroom to get her puppy blanket. When she returned to the living room, she commented that she had put her school clothes out. She then said, “I’m wearing my donut shirt tomorrow. ‘Donut’ judge me!” :) She then relaxed on the couch with her blanket. Daddy laughed!

After Kassidy finished their ice cream, she went to take a shower. She got Kennedy to take one with her. They were out of body wash so they used Dad’s (Kassidy liked using Dad’s body wash, she said that it smells like Dad :). After the girls finished their shower, Daddy let Kennedy have a few of her Jelly Belly candy. She then relaxed on the couch and watched YouTube on T.V. Kassidy came into Daddy’s bedroom and gave him a hug. She said, “Daddy played football and tackled a lot of guys… Football is a very gay sport!” Daddy laughed! A short time later, Kassidy got the iPad and went into Daddy’s bedroom and lay on the bed and played Geometry Dash on the iPad while Daddy made this journal entry on his computer. A little later (10:13 p.m.), Daddy told Kassidy that she needs to go to bed I 17 minutes. He called out to tell Kennedy the same. Kennedy didn’t respond. Daddy went to go check on her and as he suspected she had fallen asleep on the couch. Daddy went and got the iPad from Kassidy so that he could take a picture of Kennedy sleeping with her puppy blanket. When Daddy and Kassidy returned to the living room, Kennedy’s eyes were open. Kassidy went and leaned over and gave Kennedy a hug. Daddy had the girls go brush their teeth and get into bed. Kennedy told Daddy to come tell her goodnight because she’s going to go to sleep. Daddy went in and gently bit Kennedy on her nose and chocolate chip. Kassidy came around to Kennedy’s side to hug Daddy. Daddy then acted like he was doing ASMR and putting make up on Kassidy’s face. The girls laughed! Daddy then did the same to Kennedy and she laughed. Daddy and the girls laughed and joked for a little while. Kassidy was talking about something and said the word “conjunction.” Daddy asked Kassidy if she knew what a conjunction was. Kassidy replied, “And …” Daddy helped her by saying “but and or.” Daddy then joked, “Pull your pants up, I can see your conjunction!” The girls laughed! After we laughed and joked a bit, Daddy gave Kennedy and then Kassidy a kiss on the top of her head. Kassidy then reminded Daddy that we need to do our “hearts.” She said, “You almost forgot!” Daddy and the girls then did our “hearts,” ending with “fullon!” :) Daddy then left their room. Kassidy stayed up for about 10 minutes longer watching something on YouTube. Daddy returned and got the iPad from her. Kennedy had fallen asleep. Kassidy gave Daddy the iPad and got up to go to the bathroom. She stealthily rubbed Daddy’s eye and then wiped under his chin like Daddy did to the girls (when he was acting like he was putting makeup on them). Kassidy then went to the bathroom and was laughing while the door was closed. When she came out of the bathroom, she hugged Daddy and wanted him to say goodnight. She would squeeze him as he said it, making him exhale (Daddy used to do that to her ). Daddy and Kassidy laughed. Kassidy then returned to her bedroom (walking funny :) and got back into bed. She then gave sleeping Kennedy a kiss on her cheek. Daddy said, “How sweet!” Kassidy said that Kennedy’s “cheeks are fluffy like yeast!” Daddy then left the room. Kassidy whispered “goodnight!” Daddy whispered it back. Daddy then whispered, “I love you!” Kassidy whispered it back. :) Daddy later returned and turned the girls’ night light on and their bedroom light off. A sweet and enjoyable time together!!! SO SWEET!!!

**February 12, 2019 Tuesday**

This morning (7:08 a.m.), Daddy went and woke the girls up. They took a moment to get up, but Kassidy sat up on the edge of the bed. She asked Daddy some question that Daddy didn’t understand as if she had been dreaming and was a little confused. Kassidy then got up and went to the bathroom to get ready for school. Daddy went and got dressed for work as Kennedy was getting up. After the girls were dressed, Kassidy said that she would skip having cereal since we were running a little late. She then went to the car. Kennedy decided to make herself a bowl of Cocoa Puff cereal to go. Kennedy then took her things to the car and Daddy carried her cereal to the car for her. After Kennedy got into the car, Daddy handed her cereal to her and we then left for Daddy to take the girls to school (7:43 a.m.).

After we left, Daddy wanted to get some gas, so he drove out Herndon (instead of getting directly on the 168). Traffic was really bad on Herndon, so Daddy decided to wait on the gas. He crossed over to Shaw from Willow and got on the 168. On the way to school, Kennedy ate her cereal and Kassidy was being silly and singing show tunes (Phantom of the Opera, Rent), and “La da da da da, it’s the D. O. double g…” :)

When we arrived at Harvest (8:18 a.m.), Daddy parked in the front row. Daddy and the girls got out of the car. Daddy went around to Kassidy’s side and gave her a hug goodbye and a kiss on her left cheek. Kennedy was got her things out of the trunk. She put her backpack on and grabbed her trumpet case. She and Daddy then shared a big hug. Daddy told her that he enjoys their time together at Kassidy’s practice. (Kassidy has club volleyball practice tonight.) Kennedy then asked Daddy if he brought her Jelly Belly candy (for her to enjoy at Kassidy’s practice). Daddy acted confused as if he didn’t know what she was talking about. Kennedy just smiled knowing that Daddy brought her candy for her. Kassidy and Kennedy then walked together into the main entrance of school. Daddy watched (admiring how they are growing up) until they got inside. Daddy then left.

Later (5:25 p.m.), Daddy returned to Harvest and picked the girls up from their after school program. (Daddy arrived at around 5 p.m. but was talking to Papa for a while.) Kassidy came out first and gave Daddy a hug. She was already dressed in her volleyball practice clothes. Kennedy came out a short time later and gave Daddy a hug. We all then walked to the car. Kassidy commented that Daddy was late today. Daddy told her that he had been sitting out in the parking lot talking to Papa. Additionally, he mentioned that we normally arrive at her volleyball practice early and sit in the car for around 15 minutes. The girls put their things in the trunk and we left to go to Kassidy’s practice.

When we arrived at El Cap, Kassidy and Kennedy went to the bathroom. Daddy also went to the bathroom. Kassidy walked up to put water into her water bottle from a water fountain. We all three walked into Kassidy’s practice together. During Kassidy’s practice, Daddy helped Kennedy with her homework (multiplying mixed fractions). Daddy watched Kassidy’s team scrimmage the 13 and under silver team (consisting mostly of the girls who were on Kassidy’s 12U Gold team last year).

On the way home we played what Kassidy calls “Concentration” (and Daddy calls “Speed Round”). Daddy gave the category of “Famous Black People”, then he had Kennedy name kids in Kassidy’s class and had Kassidy name kids in Kennedy’s class. We then did “candy.” We had fun! Daddy mentioned to the girls that he read that “Toys R Us” may be coming back. (We spent a lot of time there when the girls were younger.) Kassidy replied, “My children may know what Toys R Us is.”

When we arrived home (around 9:10 p.m.), as we were getting out of the car in the garage. Kennedy was telling Daddy to be safe when he goes on his run. As we were walking inside, Kennedy was talking about zombies and said, “Daddy, although there’s a slim chance that the zombie apocalypse will happen, they should come up with a cure now!” :) The girls were hungry so Daddy immediately started making their dinner (Kassidy: Marie Callender’s Five Cheese Lasagna, Kennedy: Marie Callender’s Lasagna with meat sauce). Kassidy was hungry so Daddy let her have a large scoop of peanut butter while she waited for dinner. Kassidy reclined in the big chair and Kennedy sat at the dining table playing with some of her slime while they watched “The Fairly Odd Parents” on T.V. Daddy went to his bedroom to change into his running clothes. After he was changed, Kassidy came in and gave Daddy a big hug. Daddy returned to the kitchen and continued preparing dinner. Kassidy went into the kitchen and gave Daddy a hug. He teased her that she’s only hugging him because she’s hungry and he’s making their dinner. She laughed and disagreed. :)

When the girls’ dinner was ready, they each made themselves a cherry-flavored water and then sat at the dining table. Kennedy said grace (also asking that they do well in their P.E. test and that the 5th graders do better than the 6th graders, or at least that she do better that the 6th graders did last year :). While the girls ate, Daddy went on his run (9:55 p.m.).

When Daddy returned from his run (around 10:20 p.m.), the girls had finished eating. Kassidy was sitting in the big chair (eating her Milk Duds) and Kennedy was lying down on the couch. They were watching YouTube on the T.V. Daddy washed the dishes and then served the girls ice cream. Kassidy was a little cold and decided not to have any. Kennedy reminded Kassidy that she had homework to do :) so Daddy had Kassidy do her homework. She timed herself (1 minute and 45 seconds) doing 60 multiplication facts (8s) and then timed herself doing 40 division facts. She asked Daddy to check her work. She did very well! After doing her homework (around 10:40 p.m.), Kassidy reminded Kennedy that they should take a shower :). Daddy then had the girls take a shower. After their shower, Kassidy got the iPad and relaxed on Daddy’s bed and played Geometry Dash while Daddy made this journal entry. Kennedy relaxed on the couch and watched YouTube on T.V. for a short while. Daddy then had the girls brush their teeth and get into bed (Kennedy had already brushed her teeth). For Valentine’s Day on Thursday Kennedy wanted to wear an outfit that Grammy had gotten for her (pink t-shirt with black and white skirt). She asked Daddy to put it in a garment bag or something for her. Daddy got the outfit from Kennedy and put it in a clear bag and hung it on the garage door so that Kennedy wouldn’t forget to take it with her. Daddy was setting out bowls and cereal for the girls in the morning. Kennedy commented, “Daddy, you’re so responsible!” :) Daddy went into the girls’ room to say goodnight (around 11:15 p.m.). Kennedy backed up and ran and jumped into Daddy’s arms and he caught her. After the girls were in bed, they wanted Daddy to do ASMR on them, so he did. Daddy acted like he had an ASMR YouTube channel. He whispered while acting like he was putting makeup on the girls. We all laughed together. We then did our “hearts.” Daddy told the girls goodnight and that he loves them as he left their room. They replied that they love him. Daddy later returned, after the girls fell asleep, and turned on the girls’ night light and turned off their bedroom light. More enjoyable times together!!! THANKFUL!

**February 13, 2019 Wednesday**

This morning (7:05 a.m.), Daddy went a woke the girls up. They were still asleep, but Kassidy got right up just like she told Daddy last night that she would. Daddy thanked her and said for her to remember that next time we go to the store. Kassidy went and washed up for school and Kennedy got up a short time later. After Kassidy was dressed, she sat at the dining table and had some Cocoa Puffs with marshmallows for breakfast. When Kennedy was dressed, Daddy reviewed with her a little of her math homework (multiplying mixed fractions) because she has a test on it today. Kennedy then sat at the dining table and ate a bowl of Cocoa Puffs with Kassidy. Kassidy was recounting her past summers and recalling which ones were the best (she enjoyed most of them but mentioned going to Island Water Park almost every day with Drayden the summer before 4th grade). When Kassidy finished eating, we decided to leave. Kennedy wasn’t finished so she decided to take the rest of her bowl of cereal with her. The girls got their things together. Kennedy got her Valentine’s outfit. Kassidy commented how Kennedy used to always wear skirts. Kassidy said that she previously had put a skirt on like Kennedy does but decided that she didn’t like it and took it off. The girls took their things to the car and Daddy carried Kennedy’s bowl of cereal out to the car for her. We then left for Daddy to take the girls to school (7:51 a.m.).

On the way to school, Kassidy played Geometry Dash on the iPad. Kennedy watched Kassidy play while she ate her cereal. When we got to Harvest (8:17 a.m.), Daddy parked in the second row. It was starting to rain pretty hard so the girls quickly gathered their things. Daddy went and gave Kassidy a hug goodbye and wished her a happy Valentine’s Day (tomorrow). Kassidy started walking toward the entrance to school. Daddy and Kennedy then hugged goodbye and Daddy wished her a happy Valentine’s Day. Kennedy walked toward the school entrance, a little behind Kassidy. Daddy watched until the girls got inside. He then left. Sweet days together!!!

**February 15, 2019 Friday**

Today (5:05 p.m.), Daddy picked the girls up from their after school program. Kennedy came out first and gave Daddy a hug. Kassidy came out shortly after and also gave Daddy a hug. It was raining really hard, so we had to be careful walking out to the car. Daddy carried Kennedy’s backpack and trumpet case to the car for her. From Harvest, we headed home to Daddy’s apartment. Shortly after getting in the car (after we got onto 99) Kassidy said, “Dad, I like being with you!” Kennedy agreed saying, “I like being with you too!” Daddy replied, “Thank you, I like being with you too.” :) Kassidy was hungry so Daddy gave her (Million Dollar bar and Take 5 bar) and Kennedy (Million Dollar bar) some candy that he had gotten from work. (He had been saving it for an occasion like this when the girls were hungry coming from school.) Kassidy told Daddy that she wanted to tell him something. She said, “I started my period today. So, If I’m emotional or moody…” Daddy said that he understands. He joked like he had long hair and was a girl. Kassidy laughed. Kennedy was playing on the iPad on the way home. Kassidy and Daddy played “Concentration” (Speed Round”). (Daddy gave the category of “something red.”)

When we got home (around 5:40 p.m.). We were going to go shopping at Walmart, so Daddy parked on the street and we walked in through the side gate. Daddy opened the garage and we went inside briefly. Daddy had a bill that he wanted to pay. While Daddy was paying the bill, Kassidy had some of her Milk Duds and then a large spoonful of peanut butter. Kennedy had a piece of her Werther’s Original caramel coffee hard candy. When Daddy was ready, we left and went to Walmart (around 6 p.m.).

Kennedy wanted some pizza from Walmart so at Walmart Daddy let the girls each choose a pizza. Kennedy chose pepperoni and sausage and Kassidy chose Hawaiian. The girls also got some dinners, cereal and some grape Kool Aid water flavoring. Daddy also let the girls get a treat (Kassidy: Malt Balls, Kennedy: Jelly Belly candy). After we got our things we went home.

At home (around 6:30 p.m.), Kassidy and Kennedy sat together in the big chair while Daddy started making the Hawaiian pizza. Kennedy got up and took the iPad went to her room and relaxed there. Daddy put the pizza in the oven and then went on his run (6:59 p.m.). After Daddy returned from his run the pizza was about ready (7:19 p.m.). The girls sat at the dining table. Daddy sliced the pizza and placed it on the table. Kassidy said grace and the girls ate. Daddy went and worked on his computer in his bedroom for a short while. When Daddy went to check on the girls, Kassidy was sitting in the big chair with her last slice of pizza watching YouTube on T.V. Kennedy was still sitting at the dining table using the iPad. She was on her last slice of pizza. Kassidy got up and made herself a grape-flavored water. After Kennedy finished eating, she also made herself a grape-flavored water. Kennedy took a couple of drinks of her water, she put it down and then went to her bedroom with the iPad. Daddy put her water in the refrigerator for her.

A little later, Kassidy and Daddy were discussing what movie to watch. Earlier the girls had mentioned wanting to watch a movie tonight. Kassidy looked for a movie for us to watch. Daddy made some popcorn while Kassidy was looking for a movie for us to watch. Kassidy decided that she wanted to watch Black Panther. When she checked with Kennedy, Kennedy was unsure if she wanted to watch it. Kassidy continued looking and found a Netflix movie with Kevin Hart in it about Black History. Kennedy came into the living room and based on the title decided that she’d rather watch Black Panther. Kassidy then played the trailer to the “Kevin Hart’s Black History” movie and they both decided that they wanted to watch it. Daddy said that that’s a good choice since it’s Black History Month. (The girls were surprised to learn that it is Black History Month.) Kennedy then returned to her bedroom. Daddy told her that we would watch the movie in about a half hour. A little later, Kennedy called out to Daddy, “I love you! I missed you when I was with Mommy!” Daddy said, “I missed you more!” A short time later, Kassidy was watching a YouTube video about 100 Fortnite dances and Daddy sat on the couch and watched it with her. After the video, Daddy went to his room for a short while (about 10 minutes) and made this entry in the journal. Daddy told Kennedy that we would watch the movie in a few minutes so she got changed into her pajamas. We all then gathered in the living room and watched the movie (9:20 p.m.). During the movie, Kennedy and Daddy had some popcorn. Kassidy ate some of her Malt Balls and made herself another grape-flavored water. A little later, Kennedy had some of her Jelly Belly candy.

We all enjoyed the movie. When it was over (10:30 p.m.), Kassidy started looking for something to watch. Daddy said it’s Kassidy’s T.V. and we just get to watch it. Kassidy replied, “Now ya got it!” Daddy laughed! Kennedy asked if she could return to her room. She then went and relaxed on her bed with the iPad. Kassidy watched YouTube on T.V. Daddy went to his bedroom and worked on his computer. About 10 minutes later, Daddy called out to Kassidy. When she didn’t answer, Daddy went into the living room and saw that she had fallen asleep. Daddy touched her feet and she woke up. She went and brushed her teeth, washed her face, and went to the bathroom. Kennedy also brushed her teeth and washed her face. When Kennedy came out of the bathroom, she backed up into her bedroom and ran and jumped into Daddy’s arms in the hallway and he caught her. Daddy told Kennedy goodnight and she got into bed and continued watching videos on the iPad. Kassidy then came out of the bathroom. Daddy gave her a big hug goodnight and she went and got into bed next to Kennedy. Daddy went around and kissed Kassidy on the cheek. She then said “hearts!” We three then did our “hearts” together. Kennedy leaned over and gave Kassidy a hug. Kassidy said, “I love you.” That made Daddy smile! :) Daddy then left their bedroom (around 10:55 p.m.). Kennedy continued using the iPad until about 11:30 p.m. She was getting sleepy, so Daddy went in and got the iPad from her, gave her a kiss on her “chocolate chip”, and she then got up and went to the bathroom. Kassidy was asleep. When Kennedy came out of the bathroom, she said, “I love you Daddy!” She then got back into bed. Daddy returned after Kennedy fell asleep and turned on the night light and turned off the girls’ bedroom light. A precious and enjoyable day together. I sure treasure our bond!!!

**February 16, 2019 Saturday**

This morning (9 a.m.), Kennedy came into Daddy’s bedroom and jumped on him while he was still in bed. Daddy’s was somewhat awake but listening to a podcast on the iPad. Daddy knew that Kennedy was there because she wanted to use the iPad, so he gave it to her and she returned to her bedroom. A little later (around 9:30 p.m.), Daddy got up and checked on the girls,. Kennedy was eating Cookies and Cream Dippin’ Dots cereal at the dining table playing on the iPad. Kassidy was still asleep. Daddy returned to his bedroom and listened to a podcast on his iPhone. A little later, Kassidy got up and had cereal for breakfast. After eating, Kassidy went into Daddy’s bedroom to interact with him but Daddy was still listening to a podcast. She asked him if she could get some peanut butter and Hershey’s syrup and Daddy said that she could. Kassidy went and got 2 big scoops of peanut butter (1 for her and 1 for Kennedy) and drizzled some Hershey’s syrup over the scoops. She went into Daddy’s room and showed him what she made. She then left and she and Kennedy ate them. A little later, Kassidy and Kennedy went into Daddy’s bedroom in a disagreement. They were watching YouTube together and whenever someone used inappropriate language Kennedy would gasp. It annoyed Kassidy that Kennedy would continue to gasp. Kennedy wasn’t comfortable with someone using bad language and reacted accordingly. Daddy told Kassidy that she can’t control Kennedy’s reaction and told Kennedy that he appreciates her values but that they didn’t need to watching anything with inappropriate language anyway. Kassidy replied, “Even though that’s not our values, she doesn’t have to always react that way!” Daddy encouraged the girls to work it out and they left Daddy’s bedroom. A short time later, Kennedy went and took a nice long bath and Kassidy had a Ramen soup while she watched YouTube on the T.V.

Later (around 1:30 p.m.), Daddy changed into his running clothes and went on his run. It was raining lightly during Daddy’s run. After Daddy returned from his run, Kassidy was sitting in the big chair and Kennedy was out of the bath tub and relaxing on the couch. They were watching YouTube on T.V. Kennedy then got the iPad and went into her bedroom. Daddy made himself some steel cut oatmeal. Daddy let Kassidy have some. Kassidy continued watching T.V. on the iPad

Later (around 3:45 p.m.), Daddy left and went by Grammy’s and picked up some gift bags for Kassidy and Kennedy. Before he left, Daddy told Kassidy that he would take her to Kohl’s to get the Vans shoes that she wants if she’s dressed when he returns. Daddy then went by Walmart on the way back home. He got some things to make some chocolate chip cookie dough as Kassidy requested. When Daddy returned home, he surprised the girls with the gifts from Grammy and Papa. Kassidy got some clothes, 2 purses, a book, $50 in cash, and a $75 Kohl’s gift card. Kennedy got some clothes and $25 in cash. (Kennedy will get more for her birthday next month.) Daddy had the girls call Grammy to thank her. They were excited to call her. They each got to speak to Grammy, tell her how they’re doing in school, and thank her for the gifts. After calling Grammy, we left to go to Kohl’s so that Kassidy could get the Vans shoes that she wants for her birthday (around 5:30 p.m.).

At Kohl’s, Kassidy initially wanted some loc cut blue Vans shoes but couldn’t find her size. She then was considering some reddish/purple Converse high tops but again they didn’t have her size. She ended choosing some black (more expensive) high top Vans shoes. She was very happy. From Kohl’s, we returned home (around 7 p.m.). Daddy made the girls a DiGiorno’s Pepperoni/Sausage pizza. Kassidy changed into her pajamas he girls watched YouTube on the T.V. while Daddy prepared their dinner. When dinner was ready (around 7:30 p.m.), the girls sat at the dining table and Kennedy said grace (also asking that we have a nice evening together). The girls then ate. Kassidy move and sat on the ottoman with her pizza and Daddy set up a T.V. tray for her. The girls continued watching YouTube (including something about the scary Bendy videogame). Daddy started making some chocolate chip oatmeal cookie dough as Kassidy had earlier requested for him to do (8:05 p.m.). After the girls finished eating, Kennedy sat on the couch and played on the iPad while Kassidy watched music videos on YouTube. (Kassidy is really into music now.) Daddy gave the girls some of the batter from the cookie dough as Daddy was making it. He then let them each get a spoonful of cookie dough once it was ready.

A little later (around 8:50 p.m.), we were all ready to watch a movie so Kennedy went and got changed into her pajamas. When she came out of her bedroom she announced, “I love you guys!” Kassidy was in the bathroom but Daddy replied that he loves her too. :) We then gathered in the living room and watched “Hotel Transylvania 3: Summer Vacation” on Netflix (9:06 p.m.).

Although the girls had seen the movie before, we enjoyed watching it together. After the movie ended (10:43 p.m.), Kassidy remained in the living room and watched YouTube on T.V. Daddy cleaned up the kitchen, did some laundry, and then worked on his computer in his bedroom. Kennedy had gone into her bedroom to use the iPad but it was dead (Kennedy thought that it was charging during the movie but it wasn’t). Kennedy then returned to the living room and lounged on the couch and watched T.V. with Kassidy. A little later (11:20 p.m.), Kennedy was getting sleepy on the couch so Daddy had the girls go wash up for bed. They laughed and joked and had fun in the bathroom together. After washing up, they got into bed. Daddy then went in to tell them goodnight. Daddy gave Kennedy a kiss on her forehead and told the girls to ”love each other.” Daddy the went around a gave Kassidy a kiss on her forehead. She reached up and pulled Daddy down for a hug. Kassidy then asked Daddy to do ASMR. Daddy then stroked Kassidy’s eyebrows while speaking in a whisper and describing what he was doing. She laughed and enjoyed it. Kennedy then wanted Daddy to do ASMR to her. Daddy walked back around to Kennedy’s side of the bed and acted like he has an ASMR YouTube channel. She kept laughing while Daddy stroked her eyebrows. After that, Kennedy exclaimed, “Hearts!” We three then did our hearts together. Daddy then joked with the girls and did kicks and things like he was a cheerleader. The girls laughed! Daddy then told them goodnight and that he loves them. He then left their room. Daddy later returned , after the girls were asleep, and turned on their night light and turned off their bedroom light. A really enjoyable day with quality time spent together!!! BLESSED!

**February 17, 2019 Sunday**

This morning (7:08 a.m.), Kassidy came into Daddy’s bedroom, while he was sleeping, and bit him on the nose, waking him up. Daddy woke up and Kassidy was smiling at him. She said that she was up because she needed to go to the bathroom. She then left and went to the bathroom. After going to the bathroom, she returned to her bedroom and got back into bed.

Later (around 11:15 a.m.), Daddy went and checked on the girls and they were both still asleep. He went and got back into bed and relaxed. A little later (around 11:45 a.m.), Kennedy came running into Daddy’s room. Daddy was awake. She asked for the iPad. Daddy told her that he had put it in her bedroom earlier. Kennedy didn’t see that it was on the bed stand right next to her. Kennedy returned to her bedroom and used the iPad. A short time later (around 12 p.m.), Kassidy came into Daddy’s bedroom and leaned down and gave Daddy a nice hug. She the went and washed up. After washing up, she called out to Kennedy asking if she had eaten breakfast. Kennedy said that she hadn’t. Kassidy said, “We should eat breakfast.” (I like how Kassidy and Kennedy will look after each other. Kassidy will suggest that they take a bath, or Kennedy will suggest that Kassidy do her hair or homework. :) Kassidy sat at the dining table and had some Cookies and Cream Dippin’ Dots cereal while watching YouTube on the T.V.

Daddy changed and went on his run (12:55 p.m.). When Daddy returned (1:18 p.m.), Kassidy was in the big chair watching YouTube on T.V. and Kennedy was still in her bedroom using the iPad. Daddy made himself some oatmeal. He suggested to Kassidy to possibly watch a volleyball game and it might help her. He said that watching games used to help him when he played football. He then asked her how she learns how to dance. She said watching her friends. He said that watching is often how we learn. Kassidy put on the Stanford/Nebraska women’s 2018 national championship game and she and Daddy watched it for a little while. Daddy asked Kassidy if she would like to play volleyball in college and she said that she did. She said that she would like to get a college scholarship. Daddy said “Good, then we won’t have to pay for your college and I can get a new iPhone!” Kassidy chuckled. Kennedy then came in to the dining area (around 1:45 p.m.) to make herself a bowl of cereal. She asked Kassidy if she had brushed her teeth and Kassidy said that she had. Daddy complimented them on how they always check on each other and the other doesn’t get annoyed. Kassidy then hugged Kennedy and they were silly together. Kennedy then sat at the dining table and made herself a bowl of Dippin’ Dots cereal. Daddy got his oatmeal and went to his bedroom and watched the USC/Cal basketball game on his computer.

A short time later, Kassidy and Kennedy were getting changed because Daddy suggested that we go on a walk. Kassidy walked into Daddy’s bedroom with her eyes watering. She told Daddy that she and Kennedy were trying to do a chest bump together and Kennedy’s elbow hit her in the nose. Daddy told Kennedy that he has warned her about playing rough. Daddy asked Kennedy to give Kassidy a hug. She and Kassidy then hugged. The girls then left Daddy’s room and continued getting dressed to go on our walk.

A little later (around 3:15 p.m.), Daddy, Kassidy and Kennedy went on a walk to Dry Creek Park. It was cool but it wasn’t rain as it has been over the last few days. We had a nice time together looking at nature, finding and using walking sticks, and enjoying being outside together. After we returned (around 4:15 p.m.), Kassidy made herself a peanut butter and jelly sandwich. Daddy then left to go to Walmart (Shaw/Villa). When Daddy returned (around 5 p.m.), Kennedy was hiding behind the garage door and Kassidy was hiding around the corner. Kennedy was starting to make herself a peanut butter and jelly sandwich. Daddy let Kassidy have some of the cookie dough. Daddy did some laundry. He then went to his bedroom and watched some more of the USC/Cal basketball game on his computer and did some work. Kassidy watched YouTube on the T.V. and Kennedy took the iPad and went to her bedroom.

Later (around 6:20 p.m.), Daddy started making dinner for the girls (Kassidy: Stouffer’s Meat Loaf dinner, Kennedy: Marie Callender’s Chicken Pot Pie). Kennedy was reading in her bedroom. Daddy had Kassidy read until dinner was ready. When dinner was ready (around 6:45 p.m.), the girls sat at the dining table and Kassidy said grace. The girls then ate. Kennedy used the iPad and Kassidy turned on the T.V. and watched YouTube.

Later (around 8:15 p.m.), Daddy made some more chocolate chip oatmeal cookie dough while Kassidy drew. She asked Daddy what he would like for her to draw and she will draw a picture for him. He said to draw our “hearts” fingers. Kassidy drew a nice picture that Daddy put up on the refrigerator. Daddy then had the girls change into their bed clothes and put away the laundry that Daddy had washed. Daddy, Kassidy and Kennedy then played the board game “Trouble” (9:10 p.m.). We placed a small bowl of cookie dough on the dining table, where we were playing, and played the winner gets the rest of the cookie dough. Daddy won the first 2 games but he said that the winner between Kassidy and Kennedy could have the cookie dough. Kennedy won the third game and got the cookie dough. There was enough so that Kassidy could share it with her. The girls enjoyed it. We then played one last game and Kennedy won again! We had a lot of fun playing together.

After we finished playing “Trouble” (around 10:10 p.m.), Daddy had the girls go brush their teeth and wash up for bed. (The girls don’t have school tomorrow because it’s President’s Day, but Daddy has to go to work in the morning.) After washing up, Daddy let Kennedy have the iPad. The girls then went to their bedroom and Kennedy got into bed. Daddy went into the girls’ room to tell them goodnight. Kassidy gave Daddy a hug and then got into bed with her “Alice in Wonderland” script. Daddy went over and leaned down and gave Kennedy a kiss goodnight on her “chocolate chip.” Daddy then walked over and gave Kassidy a kiss on her forehead and said, “You guys are a lot of fun!” Daddy told the girls goodnight and left their room. A little later, Kassidy got up to go to the bathroom. She went into Daddy’s room, where he was watching “60 Minutes” on his computer. She gave Daddy a hug. She said that she is having trouble going to sleep. She said that she is used to us doing our “hearts” and then falling asleep. She walked out to go to the bathroom and then returned to Daddy’s room and gave him a kiss on the cheek. Kennedy had also gotten up to go to the bathroom. The girls then went back to their room and got back into bed. A little while later, Daddy went in to check on the girls. They were quiet with their eyes closed but still awake. Kassidy opened her eyes. Daddy gave Kennedy a gentle kiss on her forehead. Kennedy opened her eyes. Daddy then went over and gave Kassidy a gentle kiss on her forehead. As Daddy was getting ready to walk out of their room, Kassidy said, “Let’s do our hearts!” We three then did our “hearts” together (something Kassidy and Daddy made up on New Year’s Eve :). Daddy then told the girls goodnight and left their room (around 11:40 p.m.).

Daddy later returned to the girls’ bedroom, after they were asleep, and turned on their night light and turned off their bedroom light. We share some wonderful times together and I’m so grateful and thankful for every moment!!! TREMENDOULSY BLESSED!

**February 18, 2019 Monday**

Today is President’s Day so Kassidy and Kennedy don’t have school. They were sleeping in. Daddy got up to get ready for work, and while he was washing his face, Kennedy walked in to his room to get the iPad form him. She then returned to her bedroom. After Daddy was dressed, he went in to the girls’ room and told them goodbye. Daddy then left to go to work (8:30 a.m.).

Later (11:42 a.m.), Daddy returned home to check on the girls. When Daddy walked in, Kassidy was hiding. The microwave door was open so Daddy knew that someone had just been in the kitchen Daddy called out, “I smell a rat!” Kassidy then came from around the corner eating a bowl of Ramen soup. She sadi that she didn’t realize that she had left the microwave door open. Daddy then went looking for Kennedy. Kassidy first said that she was behind the couch. Then she went and stood by the linen closet. Daddy looked there but there was no Kennedy. Kassidy then walked into the bathroom and Daddy could see that Kennedy was hiding behind the bathroom door. Kennedy the came out and gave Daddy a big hug. She and Kassidy then hugged and Kennedy picked Kassidy up. Kennedy then went to her bedroom and continued using the iPad. Daddy changed out of his work clothes and was going to spend the rest of the day working from home so that he could be with the girls. After Kassidy finished eating her soup she asked Daddy if she could have some of the cookie dough. Daddy said that she could have a little but no more until dinner. Kassidy got a spoonful and then went and sat in the big chair and watched Thomas Sanders on YouTube on the T.V. She then searched for an ”Alice in Wonderland” play and watched some kids in a drama club perform the play while she looked at her script. Daddy did work in his room preparing for an upcoming presentation at Fresno State. Kennedy was reading in her room and came out to make a Ramen soup. She sat and ate her soup at the dining table. After she finished eating, she returned to her bedroom.

Later (around 3 p.m.), Daddy went into the living room with Kassidy. He sat on the couch while Kassidy sat in the big chair and he read through Kassidy’s “Alice in Wonderland” script with her. We had fun. Daddy then returned to his room to do his work. A little later, Kennedy came out of her room and played with her Color Dough at the dining table and watched YouTube videos with Kassidy (around 3:40 p.m.). Kassidy watched memes played to 80s music. They enjoyed themselves and laughed together. A little later (around 4:30 p.m.), Kennedy watched the T.V. and Kassidy sat on the floor in the living room up against a wall (so that the iPad could be plugged in) and played music videos on the iPad.

Later (5:50 p.m.), Daddy went on his run. Kennedy watched DuckTales on T.V. and Kassidy took the iPad to her bedroom. When Daddy returned form his run (around 6:20 p.m.), he started preparing dinner for the girls (Kassidy: Stouffer’s Ziti pasta, Kennedy: Stouffer’s Meat Lover’s Lasagna). While Daddy was preparing dinner she asked, “Is next month my birthday month?” Daddy sook his head yes with a smile and then replied, “Yes!” Kennedy then smiled with excitement! :) (Daddy always celebrates the girls’ birthdays throughout their whole month!) When dinner was ready (around 6:45 p.m.), the girls sat at the dining table and Kassidy said grace (also praying that we have a good evening together and that they have a good day tomorrow). The girls then ate. Daddy sat at the table with them and we all laughed and joked together without the T.V. or any other distraction. After the girls finished eating, Daddy had the girls take a bath. Kassidy went first. Kennedy watched slime videos on T.V. while waiting for her turn. After Kassidy finished her bath, she went and relaxed in her bedroom. Kennedy then took her bath (she turned the T.V. on, playing her slime video, to keep her company :). After Kennedy finished taking her bath (around 8:15 p.m.), She went into Daddy’s bedroom and she saw that he had some red licorice in a bag. She asked him if she could have it and he said that she could. He said that Kassidy had eaten most of it and that she could have what’s left (about 3 pieces). Daddy then told her that she and Kassidy could have some cookie dough. Kennedy went and told Kassidy. She hid around the corner and tried to scare Kassidy entered the living room. The girls then went to the kitchen and got some of the cookie dough. Kassidy returned to her bedroom and Kennedy relaxed on the couch and watched YouTube on T.V.

Later (8:56 p.m.), Daddy had the girls brush their teeth and get their school clothes out. Kassidy then went into Daddy’s room twice, giving him a surprise hug while he was finishing some work. He asked her to let him finish the work that he was doing and told her that he would be in shortly to tell them goodnight. Kassidy walked out saying, “I can’t help it, I love you!” :) The girls played and joked around in their room. After a short while, Daddy went in to tell them goodnight (around 10 p.m.). Daddy noticed that Kassidy had put out older school clothes to wear even though Grammy had given her several new clothes for her birthday. Daddy has been telling Kassidy that he wants her to start dressing nicer. (Kassidy dresses fine, with jeans and a t-shirt, but she could dress a little nicer as she matures.) Kassidy reminded Daddy that she said that she would dress nicer by middle school. Daddy had her pinky promise with him and they did. Kennedy witnessed. :) The girls then got into bed. Daddy gave Kennedy a kiss on her forehead. He then went over and gave Kassidy a kiss on her forehead. We then did our “hearts” together. Daddy told the girls goodnight and then left their room. The girls talked and joked together for a short while before falling asleep. Daddy returned and turned their night light on and their bedroom light off. Another blessed day together!!! We have so much fun and share so many inside jokes. I treasure these days sooo much!!! My babies!!

**February 19, 2019 Tuesday**

This morning (7:01 a.m.), Daddy went and woke the girls up to get ready for school. They were both still asleep. Kennedy asked for 5 more minutes. Kassidy said, “Why does she get 5 more minutes!?” Daddy said that he didn’t say that she could. He told Kennedy that we need to get going because she needs to arrive early this morning for her Safety Patrol duties. Kassidy got right up and went into the bathroom. Kennedy got up right after Kassidy. Daddy got dressed for work. Kassidy was dressed first. (Kassidy has been so neat with folding her pajamas and clothes when she takes them off.) We waited a short while for Kennedy to do her hair. (Kennedy was excited to wear a new “Lion King” shirt and jean jacket that Grammy had gotten for her.) The girls got their things and then we all went to the car. (Kassidy said that they would eat breakfast at school.) We then left for Daddy to take the girls to school (7:36 a.m.). On our way, Kennedy played on the iPad and Kassidy joked and just looked out of the window.

When we arrived at Harvest (8:03 a.m.), Daddy parked in the front row. Daddy, Kassidy and Kennedy got out of the car. Daddy went around and gave Kassidy a hug goodbye. He then waited for Kennedy to get her things out of the trunk, and then he and Kennedy hugged goodbye. Kassidy and Kennedy then walked together into school. Daddy watched (admiring how they are growing up) until they got inside. He then left.

Later (5:15 p.m.), Daddy returned to pick up Kassidy and Kennedy from their after school program. Kassidy came out first and then Kennedy. Daddy offered to carry Kassidy’s backpack and she said that that’s O.K. Daddy carried Kennedy’s backpack. He then told Kassidy that she should always let a guy carry things for her. She then let Daddy carry her backpack. We all walked to the car and the girls put their things in the trunk. Kassidy asked to use the iPad, which was in the trunk, and Daddy gave it to her. From Harvest we went straight to Kassidy’s volleyball practice at El Cap. We arrived early (around 5:35 p.m.). We all sat in the car for a short while. Kassidy and Kennedy then got out and went to the bathroom together (5:43 p.m.). From the bathroom, Kennedy returned to the car and Kassidy walked to the gym for practice. Daddy recalled that maybe Kassidy doesn’t have any water so he walked near the gym and called out for Kassidy. She was standing outside of the gym with another girls waiting for Coach Tina to walk up to let them in. Daddy had her water bottle in his hand. She walked over to him and said that she needed her water bottle. She went and put water in it at the fountain and Daddy walked back to the car. Kennedy was sitting in the backseat playing on the iPad. Daddy and Kennedy then left to go to Starbucks (Ashlan/Blythe) so that Daddy could do some work and help Kennedy with some work.

At Starbucks, Daddy and Kennedy set our things down at a table. We then walked up to the register and ordered. Kennedy got a venti Chocolatey Chocolate Chip Frappe. Daddy got himself an iced coffee with white mocha and toffee flavorings with soy milk. Ent and sat down and played on the iPad at our table. When our drinks were ready, Daddy brought them to our table and we enjoyed them. Daddy did some work on his computer while Kennedy played on the iPad. A little later Daddy had a refill. After a while, Daddy helped Kennedy with her cursive (the letters “a” and “b”) and then went over her math homework with her. Daddy let Kennedy have the last little bit of his iced coffee. A short time later we left to go back and get Kassidy following her practice (around 8:10 p.m.).

Daddy and Kennedy returned to El Cap (8:20 p.m.) and waited until Kassidy came out (around 8:35p.m.). We then left and went home. Kassidy played on the iPad on the way. When we arrived home(around 9:10 p.m.), Kassidy made herself a Spicy Beef Ramen soup. Daddy made her some corn, and then peas to go with it. Kassidy sat dining table and ate while watching “Collins Key” YouTube channel on the T.V. Kennedy was in her bedroom watching a video on the iPad. Daddy called her to come eat. Kassidy had finished eating and moved to the big chair and continued watching T.V. Daddy made Kennedy a Picante Chicken Ramen soup along with some corn. Kennedy sat at the dining table and ate while watching what Kassidy was watching. Kassidy went and got some cookie dough. Daddy divided what was remaining up, putting some in a bowl for Kennedy and placing it in the refrigerator for her. Kassidy had the rest of what remained in the mixing bowl. Kassidy returned to the big chair with the bowl of cookie dough. Daddy then went on his run (around 9:55 p.m.).

When Daddy returned from his run (10:18 p.m.), Kassidy was in the bath and Kennedy was on the couch watching YouTube on the T.V. and enjoying her cookie dough. Daddy went to his room to do some work. A short time later, Kassidy went into Daddy’s bedroom and told him that she wanted him to review her math homework and to sign a permission slip to watch a “growing up” video about puberty at school. Daddy went online and did some research about the video and the material. He reluctantly agreed but told Kassidy to also let Mom know about it. Daddy then reviewed Kassidy’s math homework (mixed multiplication facts up to 12s, and then mixed division). The girls watched T.V. together.

A little later (11:01 p.m.), Daddy went in to tell the girls to get ready for bed. Kassidy asked if they could finish what they were watching and Daddy said that they could. A short time later (around 11:07 p.m.), the girls went to wash up. After washing up, they went to their room. Daddy went in and told them that he saw a notice stating that they are to wear red tomorrow. Kennedy was disappointed because she was excited to wear some of her new clothes that Grammy sent for her. The girls picked out their school clothes and then got into bed. Daddy went and gave Kassidy a kiss on her forehead. She reached up from bed and gave Daddy a hug goodnight. Daddy then went over and kissed Kennedy ion her forehead. She reached up and gave Daddy a hug goodnight. Kassidy asked to do our “hearts” and we did. Kennedy then asked Daddy to do ASMR. Daddy went over and stroked Kennedy’s eyebrows and cheeks. He then massage her scalp, finishing with a swipe underneath her chin (as we jokingly do). (Kassidy said that they were watching “Collins Key” on the T.V. while Daddy was running. She said that he and his brother were doing something when one swiped under the other’s chin. Kennedy said, “That’s kind of what Daddy does.” :) Daddy then went over and did ASMR on Kassidy. He gently rubbed Kassidy’s eyebrows and cheeks, and then massaged her scalp. He finished with a surprise swipe under her chin. The girls laughed! Kassidy leaned over and hug/snuggled with Kennedy and Daddy took some pictures. Kassidy then requested that we do another “hearts” and we did. Daddy then told the girls goodnight and left their bedroom. The girls continued joking and interacting together until they fell asleep a short time later. Daddy went in and turned on their night light and turned off their bedroom light. Another treasured day together!!!

**February 20, 2019 Wednesday**

This morning (7:03 a.m.), Daddy went and woke up Kassidy and Kennedy to get ready for school. As usual, Kassidy jumped up pretty quickly and went to the bathroom and washed up. Kennedy got up right after Kassidy and got dressed before joining Kassidy in the bathroom. Daddy went and got into the shower and got dressed for work. He had a meeting this morning. When the girls were dressed, we then left and Daddy took them to school (7:43 a.m.). As we were leaving, Kassidy told Daddy that she had something that she wanted him to sign. She handed it to Daddy. It was her GATE progress report. Daddy looked it over and said that he would sign it once he was stopped when we arrived at school. Daddy left the iPad at home because it was updating this morning, so the girls were largely quiet on the way to school. (Daddy shouted their names, “Kassidy and Kennedy!”, which startled them. He then said, “I love you.” The girls said, “I love you”, in return.) When we arrived at Harvest (8:11 a.m.), Daddy parked in the first row. Daddy and the girls then got out of the car. Daddy went around and gave Kassidy a hug goodbye. Daddy then opened the trunk and Kassidy helped take out Kennedy’s trumpet case. Kennedy put her backpack on and then she and Daddy hugged goodbye. Daddy watched as Kassidy and Kennedy walked into school. Kassidy looked back and Daddy blew her a kiss. :) When the girls got inside, Daddy then left.

Daddy stopped at Starbucks (Ashlan/Blythe) to prepare for his meeting. He noticed Kassidy’s progress report, that she had asked him to sign, sitting on his passenger’s seat. Daddy thought that Kassidy might need to turn it in today, so he turned around and went back to the school. He hoped that he might see Kennedy out doing her Safety Patrol duties and could give it to her to give to Kassidy, but the kids were gone as Daddy arrived right at 8:30 a.m., when school is to start. Daddy parked across from the second row along Hayes. He got out and walked to Kassidy’s classroom. Luckily, she was standing right by the door as the kids were putting their things away and getting settled to begin the day. Her back was to the door so Daddy knocked. One of her friends, standing and facing the door, saw Daddy and called Kassidy’s name. Kassidy turned around and saw Daddy. She opened the door and Daddy handed the sheet to her. She thanked him. Daddy then left. A wonderful several days together!!!

**February 25, 2019 Monday**

Daddy gave a presentation at a Data Analytics class tonight at Fresno State so he didn’t get the girls today.

**February 26, 2019 Tuesday**

This morning (around 7:45 a.m.), Mommy called and left a message for Daddy letting him know that she schedule a neurology appointment for Kennedy today. The appointment is at 1:30 p.m. Mommy is concerned about Kennedy having anxiety and other behavior issues, like having inflexible thinking. Daddy hasn’t seen any of these behaviors but he does know that Kennedy can be afraid of noises like flushing the toilet and turning on the shower. Daddy met Mommy and Kennedy at the Community Regional Medical Center. The assistant processed Kennedy (Kennedy weighed 76.3 kg/168 pounds and she was 5’4”). We then were placed in a room and waited for about 40 minutes for the doctor to come. We (Daddy, Mommy and Kennedy) consulted with the doctor who gave us a little insight. He recommended that we do an EEG. We will return in September (the 10th) for the EEG. From the Medical Center, Kennedy left with Daddy. Daddy and Kennedy walked to the car together. Daddy and Kennedy sat out in the car for a little while, which was parked along the street. Kennedy did her homework and then played on the iPad while Daddy called and spoke with a colleague from work. He also talked with Papa. We then left to go pick up Kassidy from school (around 4:45 p.m.).

When we arrived at Harvest (around 5:13 p.m.) we parked in the front row. Daddy and Kennedy both went in to get Kassidy. When Kassidy came out, Kennedy gave her a hug. She then walked on over and Daddy gave her a hug. We then walked out to the car. From Harvest, Daddy drove to Kassidy’s club volleyball practice at El Cap. On the way, Kassidy played on the iPad while Kennedy watched. When we arrived at El Cap (around 5:30 p.m.), we sat in the car for a little while. Kassidy continued playing on the iPad. Kassidy was mildly complaining about how Kennedy hugs her at school and doesn’t always respect her personal space. Kennedy commented, “I love you and want to hang out with you!” :) After a short while (5:43 p.m.), Kassidy and Kennedy went to the bathroom together. Kennedy then returned to the car while Kassidy went on to her practice. Daddy had made Kennedy a peanut butter and jelly sandwich (he had the items in the car and Kennedy had said that she was hungry). She got back into the car and played on the iPad while she ate her sandwich. Daddy made himself two of the sandwiches. Kennedy also ate on of the Tootsie Pops that Daddy had in the car.

After eating (around 7:05 p.m.), Daddy and Kennedy walked to the gym and climbed up into the bleachers (they weren’t folded out) to watch Kassidy’s practice. Daddy briefly checked his email on the iPad and then gave the iPad to Kennedy. Daddy then checked Kennedy’s homework. He found a couple of mistakes and helped her to correct them. Kennedy then resumed watching videos on the iPad and Daddy worked on his computer. (When Kassidy was near were Daddy and Kenendy were she waved at Daddy. :) Later (around 8:05 p.m.), Kennedy gave the iPad to Daddy and she decided to read for a while (“Dork Diaries”). Kennedy told Daddy that it’s too late for him to run (he earlier mentioned that he still needs to go on his run). He told her that he doesn’t miss a day. He reminded her that he’s run every day of her life and said, “Do you think I’m going to miss now!?” Kennedy asked, “What if you’re in a wheelchair?” Daddy said, “As long as God blesses me, I will run.” Kennedy replied, “Don’t worry Daddy, I will push you!” (mimicking like she is running and pushing a wheelchair :).

Later (around 8:30 p.m.), after Kassidy’s practice, we walked to the car. We were the last ones to leave the parking lot tonight. We left the school and on the way home out Ashlan, Daddy stopped at Walmart (Ashlan/Blackstone). The girls stayed in the car (Kassidy played on the iPad while Kennedy lay down and was falling asleep) while Daddy went in and bought a few items for dinner for the girls (Kassidy: Stouffer’s Spaghetti with Meat Balls, Kennedy: Marie Callender’s Chicken Pot Pie, milk, bread, and Hershey’s Drops for Kassidy as her birthday month comes to an end). From Walmart, we went home.

When we got home (around 9:30 p.m.), Daddy immediately started making dinner for the girls. He then changed into his running clothes. When dinner was ready, Kassidy got herself a water and the girls sat at the dining table. Kassidy said grace since it is her birthday month (also thanking God for the time we have together tonight). The girls then ate while watching Collins Key’s channel on YouTube on T.V. Daddy then was walking out to go on his run. As he was walking out of the garage door, Kassidy stopped him and hustled over and gave him a hug before he left. :) When Daddy returned from his run (around 10:20 p.m.), Kennedy was lying on the in her puppy blanket. Kassidy was in the big chair eating her Drops. The girls were watching YouTube on TV. Daddy had the girls take a shower. After their shower (around 10:50 p.m.), Kennedy relaxed with the iPad in her room and Kassidy relaxed in the (her) big chair and watched Thomas Sanders’ channel on YouTube on T.V. A short time later (11:15 p.m.), Daddy had the girls go to bed. Kennedy asked Daddy to sign her progress report and another form for an event that is due by Friday. As she walked back to her room she excitedly commented that Friday is when her birthday month starts! :) Daddy then went in and Kassidy gave him a big hug goodnight. She then got into bed. Daddy went over and leaned down and gave Kassidy a kiss on the forehead. She reached up and gave Daddy a big hug. Kassidy then asked Daddy to do ASMR and he did. He acted like he had a YouTube channel whispering to his viewers while he rubbed Kassidy’s eyebrows and face. He ended with a swipe underneath her chin and she laughed. Daddy then went around and did the same thing to Kennedy, ending with the swipe and she laughed. Daddy the kissed Kennedy on the forehead and gave her a hug. We then did our “hearts” together. Daddy told the girls goodnight and that he loves them. Kassidy and Kennedy both replied, “I love you!” The girls then joked and interacted for a short while (Kassidy was singing the song “Oops I Did it Again” and Daddy came running in and looked out of their bedroom window asking where the “ambalam” is – Daddy jokes that the girls sound like an ambulance when they are singing). The girls then fell asleep. A wonderful bond we share!!! THANKFUL!

**February 27, 2019 Wednesday**

This morning (7:03 a.m.), Kassidy had gotten up and called into Daddy’s bedroom. Daddy was awake but was letting the girls sleep a few minutes longer. Daddy went into the hallway where Kassidy was. They then went and into the girls’ bedroom. Kassidy said that she had been awake for a little while. Daddy told Kennedy that she could rest forma few minutes more. Kassidy had washed her face and it was wet. She was being a little silly and came out if the bathroom with a wet face. Daddy went to the dryer to get a towel for Kassidy and she followed him. She gave him a hug as he was looking for a towel for her. He handed her a face towel and also gave her one for Kennedy and she then returned to the bathroom. About 5 minutes later Kassidy asked Daddy if she should get Kennedy up and Daddy said that she could so Kassidy went in and turned on the bedroom light and got Kennedy up. Daddy went and got dressed for work. After the girls were dressed for school, they both went and made themselves a bowl of cereal (Dippin, Dots Cookies and Cream) that they took with them to the car. Daddy carried Kennedy’s trumpet case to the car for her and put it in the trunk. We then left for Daddy to take the girls to school (7:54 p.m.). The girls ate their cereal and laughed and joked on the way to school. When we arrived at Harvest (8:19 p.m.), Daddy parked in the front row. Daddy and the girls got out of the car and got their things. Daddy gave Kennedy a big hug goodbye. He then gave Kassidy a big hug goodbye. Kassidy stood next to Daddy and teasingly commented that he could be in her middle school class, looking up at his head, implying that she is almost as tall as he is. The girls then walked together across the crosswalk and into school through the main office area. Daddy watched as they walked in. He then left. Another really nice time with my girls!!!

**March 4, 2019 Monday**

**Kennedy’s birthday month! Yay!**

Today (5:20 p.m.), Daddy picked the girls up from the after school program. Kassidy came out and Daddy gave her a hug. Kennedy was right behind her. Kennedy set her trumpet case down and gave Daddy a big hug. Daddy gave her a kiss on the cheek and whispered in her ear. “It’s your birthday month!” Kennedy replied, “I know!” Daddy then gave Kassy Mae a kiss on the cheek. We all then walked to the car. Kennedy asked Daddy if she could play on the iPad and he said that she could. When we got to the car, Kassidy put her things on the front seat and Kennedy put her things in the trunk. Daddy got the iPad from the trunk and handed it to Kennedy. Kassidy asked Daddy if she could sit in the front seat when she turns 13 and Daddy said that she probably could before then but that he wants her to stay little. : )The girls both sat in the back seat (as always). We then left Harvest.

From Harvest, Daddy stopped and got some gas at an Arco Station (Ashlan/Valentine). From there, we headed toward home (Kassidy fell asleep as we were driving. She said that Mom did her hair at 1 a.m.). Before going home, we first stopped by Walmart (Clovis/Herndon). In the Walmart parking lot, as the girls were getting out of the car, they had a disagreement. Kennedy had taken pen from Kassidy while she was waking up and Kassidy git upset. When the girls got out of the car, Kassidy and Kennedy hugged. :) Daddy said that Kassidy gets a point that she can use in the store. When we got in the store, the girls got some frozen dinners and their treat. It’s Kennedy’s birthday month so Daddy let her get some candy (she chose Jelly Belly candy). Candy got some Malt Balls candy with her point. Kassidy chose some Black Cherry water flavoring and Kennedy picked out some Strawberry Pop Tarts cereal. Daddy got some bread and Jelly. We then went home.

When we arrived home (around 6:30 p.m.), Daddy put the groceries away and immediately started preparing dinner for the girls (Kassidy: Marie Callender’s Salisbury Steak dinner, Kennedy: Marie Callender’s Chicken Pot Pie, Daddy: Steel Cut Oatmeal). While Daddy was preparing dinner, Kassidy and Kennedy sat at the dining table and they each did their homework. When dinner was ready, the girls made themselves some flavored water and sat at the dining table. Kassidy said grace (also praying that Kennedy has an enjoyable birthday month – so sweet! :). The girls then ate. Kennedy used the iPad while she ate and Kassidy watched YouTube on T.V. Daddy ate his oatmeal in his bedroom while watching CNN on his computer made himself some Steel Cut Oatmeal.

After Daddy and the girls finished eating, Kassidy got her Malt Balls and sat in the (her) big chair and watched YouTube on the T.V. Kennedy took the iPad and went to her bedroom. Daddy left and went on his run. Before he walked out of the back (garage) door, Kassidy ran over to him and gave him a big hug and squeezed him around the waist. Kennedy walked into the kitchen. Daddy made a loud sound as Kassidy squeezed him and we all laughed. Kennedy asked Daddy if she could eat some of her Jelly Belly candy and Daddy said that she could. Daddy then left to go on his run (7:44 p.m.).

When Daddy returned, Kassidy was in the big chair still watching YouTube. Daddy then helped review Kassidy’s math homework with her. After that, Daddy reviewed Kennedy’s math homework with her. Daddy then told the girls that the rest of the night is their but that he wants them to go to bed at 9 p.m. Kassidy then went and watched music videos and then Thomas Sanders on YouTube. Kennedy returned to her bedroom and used the iPad.

Later (9 p.m.), Daddy had the girls wash up for bed. After they washed up, they went into the kitchen where Daddy was making a peanut butter and jelly sandwich for his lunch. Kassidy, and then Kennedy, gave Daddy a hug and then they went to their bedroom. A little later (9:20 p.m.), Daddy went in to say goodnight to the girls. We laughed and joked a little. Daddy then went and gave Kennedy a kiss on her forehead. He walked around the bed and gave Kassidy a kiss on her forehead. Kassidy then refused to go to sleep until Daddy did ASMR for them, so Daddy acted like he was on a YouTube channel doing ASMR. He was telling his audience that Kassidy has 2018 thick eyebrows which have gone out of style and he is going to fix them Daddy then stroked Kassidy’s eyebrows and rubbed her eyes and face before swiping underneath her chin to end it (as Daddy always does). She laughed. Daddy went over to Kennedy’s side of the bed and did ASMR on her. He stroked her eyebrows and rubbed her eyes and face, and then swiped under her chin. Kennedy laughed. Daddy then told the girls that he loves them and then walked out of their bedroom. Kennedy said that we need to do our heart so Daddy returned, relieved that we almost forgot. Kennedy, and then Daddy, said, “Show me your hearts!” We three then did our hearts together and laughed. Daddy then told the girls goodnight and that he loves them. They said goodnight and that they love him. He thanked them for loving each other as he walked out of their bedroom.

A short time later, after talking and joking a little, the girls fell asleep. Daddy went in and turned their night light on and their bedroom light off. Sweet times with my girls!!! I’m gonna miss this!

**March 5, 2019 Tuesday**

This morning (7:03 a.m.), Daddy went in and woke the girls up. Kennedy opened her eyes and Kassidy sat up making a funny face making Daddy laughed. They both got up pretty quickly and went into the bathroom and washed up. Daddy went and got dressed.

After the girls were dressed, Kassidy chose not have any cereal. She got her things and went to the car. Kennedy chose to make herself a bowl of Strawberry Pop Tarts cereal. (Daddy already had the bowls, spoons and the cereal out on the dining table.) Kennedy then took her backpack and trumpet case to the car. Daddy got his things together and carried Kennedy’s bowl of cereal to the car to her. We then left for Daddy to take the girls to school (7:46 a.m.). On the way to school, Kassidy drew in her drawing book and Kennedy ate her cereal. It was mostly quiet. It was raining pretty hard.

When we arrived at Harvest (8:17 a.m.), Daddy parked in the second row. Kassidy asked if we could say our goodbyes before we get out of the car (because it was raining pretty hard). We all got out of the car. Daddy and Kassidy hugged goodbye. Kennedy got her trumpet case out of the car and Daddy gave her a kiss on the cheek and they hugged. Kassidy gave Daddy another hug goodbye. The girls then walked together, with hoods over their heads, into school. Daddy watched until they got inside. Daddy then left. (Today is Kid’s Day and people are out at various street corners selling the Fresno Bee for a dollar, in the rain. The Safety Patrol kids at Harvest this morning were selling the paper as parents were dropping their kids off.)

Later (5:14 p.m.), Daddy returned to pick the girls up from their after school program. Kennedy came out first and told Daddy that her stomach had been bothering her. She said that she called Daddy about 30 minutes earlier to tell him that she wasn’t feeling well but he didn’t answer his phone (she later said that she didn’t leave a message because she felt like she might throw up if she spoke). Kassidy then came out and she and Daddy hugged. We all then walked out to the car. We then went to El Cap for Kassidy’s club volleyball practice. Kassidy played on the iPad on the way.

At El Cap (around 5:35 p.m.), the girls walked to the bathroom and Kassidy changed into her practice outfit. The girls then returned to the car (Kassidy’s practice doesn’t begin until 6 p.m.). We Kassidy resumed playing on the iPad. Daddy stepped out of the car to return a business call. A short time later, Kassidy walked over to her practice and Kennedy remained in the car and played on the iPad while Daddy continued his business call outside of the car. After Daddy’s call, he got back inside the car with Kennedy. Daddy gave Kennedy her Jelly Belly candy which she enjoyed while playing on the iPad. After a short while (5:58 p.m.), Daddy and Kennedy walked over to Kassidy’s practice (because Kennedy wanted access to WiFi). While Kassidy practiced, Kennedy ate her Jelly Belly candy and watched videos on the iPad. Daddy worked on his computer. After Kassidy’s practice, which ended early tonight (around 7:35 p.m.), Kassidy walked out with her friend Ai-lani. Daddy and Kennedy walked out together and Kennedy held Daddy’s hand on the way to the car. Daddy told her, “I hope you always hold my hand.” :) After walking Ai-lani to the parking lot, Kassidy walked back to where Daddy and Kennedy were. A short time later, Ai-lani came running by us toward the gym. She said that she left her soap in the gym and we all laughed. Daddy, Kassidy and Kennedy got in the car and we left for home. Kassidy played on the iPad on the way home.

When we got home (around 8:30 p.m.), Daddy immediately started making dinner for the girls (Kassidy: Stouffer’s Meatloaf and mashed potatoes dinner, Kennedy: Country Fried Pork dinner with corn and mashed potatoes). Kassidy practiced her flute and Kennedy read for her 20 minutes. When dinner was ready, Kassidy and Kennedy made themselves some Black Cherry flavored water and then sat at the dining table. Kennedy said grace (praying also that she feels better) and then the girls ate. Daddy made this journal entry while the girls ate. Kassidy was still hungry so Daddy made her a Stouffer’s Spaghetti with meat sauce dinner. After the girls finished eating, Kassidy watched a little YouTube on T.V. whiel eating her Malt Balls and Kennedy went to her room and used the iPad.

A short time later (9:03 p.m.), Daddy asked the girls to take their shower. He then was getting ready to leave to go on his run. As he was walking out the garage door Kassidy stopped him and wanted him to try to throw a Malt Ball in the air and catch it in his mouth. Daddy didn’t want to eat candy before going on his run so he challenged Kassidy to catch a Malt Ball in her mouth. Kassidy caught 3 in a row and Daddy hi-fived her. As Daddy walked out the door to go on his run, Kassidy walked up behind him and gave him a hug goodbye. :)

When Daddy returned from his run (around 9:25 p.m.), the girls were out of the shower. Daddy gave them 15 minutes to relax before getting in bed. Kassidy watched Thomas Sanders on YouTube and Kennedy played on the iPad in her room. A short time later (9:42p.m.), Daddy had the girls brush their teeth and wash up for bed. Daddy reminded Kennedy that he needed to check her homework. Kennedy took her math homework to Daddy and her checked it and helped her make a couple of corrections. Kennedy then got her school clothes out. Kassidy was already in bed. Tomorrow is pajama day and Kassidy is going to wear her pajamas to school tomorrow. Daddy went over and gave Kassidy a kiss on the forehead. She reached up and said, “Come closer” as she hugged him. Kennedy then went and got into bed with Kassidy and we all did our “hearts” together. Daddy then told the girls goodnight and that he loves them as he walked out of their bedroom. Kassidy told Daddy that she loves him. Kennedy read for a short while. (It was quiet briefly when Kennedy called out, “I love you Daddy!” Daddy replied that he loves her. :) Kassidy and Kennedy started talking and playing “Concentration” (Speed Round). Kassidy was trying to name a book and said “Rest in Peace.” She quickly corrected herself and said, “War and Peace.” Daddy, Kassidy and Kennedy laughed! The girls continued talking and laughing together for a short while. Kennedy kept messing with Kassidy and getting in her space. Kassidy told her, “Whenever I don’t like something I will say ‘pretzel’ and when I like something I will say ‘chocolate’, for the rest of our lives.” :)The girls continued playing for a short while. Kassidy fell asleep but Kennedy remained awake. Daddy went in to check on Kennedy. He gave her a hug and kiss on the cheek because he didn’t give her one earlier. Kennedy gave a Daddy a kiss on the cheek in return. After the girls were asleep, Daddy went in and saw that Kennedy was snuggled up underneath Kassidy’s left arm. :) He took a photo and then turned on the girls’ night light and turned off their bedroom light. These sweet days that we share!!! :) BLESSED!

**March 6, 2019 Wednesday**

This morning (around 7:08 a.m.), Daddy went and woke the girls up to get ready for school. The girls were both still sleeping but Kassidy jumped up pretty quickly. She stood up and stretched “full on” and then accidentally “tooted” and she laughed. She then went to the bathroom and washed up. Daddy went and got dressed for work. Kennedy remained in bed for a short while. She called for Daddy and asked him for a hug. Daddy returned to her room. She said that she wouldn’t get up until Daddy gave her a hug. Daddy leaned down and gave her a big hug telling her that the next time he sees her she may be 11-years old. He jokingly acted like he was crying. Kennedy then asked Daddy about the birthday outfit that she would like to wear. Grammy had gotten her some blue pants with gold dots, a pink unicorn shirt and unicorn socks that Kennedy would like to wear on her birthday. She wanted to take them with her since Mommy would be taking her to school on her birthday. (Daddy would next probably be picking the girls up on Kennedy’s birthday.) Daddy had her go and put them out. Daddy offered to put them on a hanger and cover them in a bag but Kennedy wanted to put them in a Ziploc bag. Daddy then left and got dressed for work.

After Kassidy was dressed, she went to the dining area and poured Strawberry Pop Tarts cereal in the 2 bowls that Daddy had placed out for the girls. Very considerate. She poured milk over the cereal in both bowls. Kennedy then was dressed and came into the dining area. Kennedy wasn’t hungry and decided that she didn’t want cereal, so Daddy poured the milk out of Kennedy’s bowl and placed the remaining bowl of cereal into the refrigerator. Daddy then took some pictures of Kassidy who was dressed in her pajamas for “Pajama Day” at school (Kennedy chose not to wear pajamas). Daddy then took some pictures of the girls together. After that, Daddy videotaped the girls. He talked to Kennedy about being 10 and turning 11 and had her say, “Bye ten-year old me.” Kassidy jokingly said that 10 years after “911” was 2011 so Kennedy may have a bad year since she will be eleven. Daddy the had the girls say hello to their eighteen-year old selves. Kassidy commented to the camera regarding approaching 18 “depending how reckless I am.” The girls then laughed and joked some. They then got their things and went to the car. Kassidy took her cereal with her and Kennedy took a bottle of water. We then left for Daddy to take the girls to school (7:59 a.m.).

On the way to school, Kassidy ate some of her cereal but later decided that she didn’t want it. (Neither one seemed to care for the cereal. They previously said that their favorite cereal Is Lucky Charms. Kennedy also said Cocoa Puffs.) Kennedy played on the iPad.

When we arrived at Harvest (8:19 a.m.), Daddy stopped behind the cars in the second row and we all got out. Daddy gave Kassidy a hug and wished her well in her volleyball tournament this weekend. Daddy has to teach out of town and Mommy has a track meet so Kassidy will be going with her friend Ai-lani. Daddy then gave Kennedy a big hug goodbye telling her that he will miss 10-year old her and that he had so much fun with her and her goats. (The next time Daddy picks the girls up will probably be on Kennedy’s 11th birthday.) The girls then walked into school . Daddy watched until they got inside. He then left. I love our days together!!! WONDERFUL!

**March 12, 2019 Tuesday Happy 11th Birthday Koko!**

Today is Kennedy’s 11th birthday! Yay! “11 years old! 11 years old!...”

Today (5:15 p.m.), Daddy picked the girls up from their after school program. Kennedy came out first.

She walked up to Daddy, she dropped her backpack and trumpet case, she then gave Daddy a big hug. Daddy wished her a big “Happy Birthday!” Kassidy then came out and she and Daddy hugged. We all then walked out to the car. Kassidy said that she was happy that today was her last time cheerleading (she cheered at a basketball game). She said that she’s not a cheerleader, she’s a volleyball player. The girls put their things in the trunk and then we left to go to Kassidy’s club volleyball practice. Daddy talked to Kennedy about going somewhere to eat for her birthday but we decided to wait for another day when Kassidy could go with us. When we arrived at El Cap (around 5:35 p.m.), we sat in the car for a short while. Kassidy and Kennedy then went to the bathroom. Daddy also went. After going to the bathroom, Kassidy walked to her practice and Daddy and Kennedy returned to the car. Kennedy mentioned that Mommy decorated her place for Kennedy’s birthday and had given Kennedy a gift this morning (a rock painting kit and some animal thing that she could put on her finger). Kennedy decided that she wanted to go to Starbucks for her birthday and enjoy a drink during Kassidy’s practice, and do her homework. Daddy and Kennedy then left and went to Starbucks.

At Starbucks, Daddy ordered Kennedy a venti Double Chocolatey Chip frappe. She and Daddy sat at a counter area. Daddy gave her an M&M cookie that he had offered to her last week but she decided to save. She enjoyed it with her drink while Daddy helped her do her math homework (on calculating volume). After a while (8:08 p.m.), we left and returned to get Kassidy from her practice. We sat in the car for about 15 minutes (Daddy and Kennedy first played “Concentration” (Speed Round) using the category “food.” Daddy then worked on his computer while Kennedy kept breathing in his face asking, “Isn’t that annoying!?” :). When Kassidy came out from practice, she got into the car and we left and went home. The iPad was just about dead so the girls interacted and joked together on the way home.

When we arrived home (around 9:10 p.m.), we all got our things out of the car. We then went inside. Kassidy went in first with Kennedy behind her. They could see that Daddy had decorated the house for Kennedy with balloons and a “Happy Birthday” sign, and he had made her a birthday cake. He made his traditional sign that he put on the door leading out to the garage which read, “Yay Koko! 11 years old” Kennedy was so excited. She said, “I didn’t expect this!” The girls then went into their bedroom and saw the birthday bags that Grammy had sent for each of them. The girls, especially Kennedy, then played with the punch balloons that Daddy has traditionally gotten for them as part of their birthday decorations. Daddy then started making dinner for the girls (Kennedy: Marie Callender’s Chicken Pot Pie, Kassidy: Stouffer’s Spaghetti with Meat Balls). Kassidy made herself a grape-flavored water and sat in the big chair and she and Kennedy watched YouTube (“V Sauce”) on the T.V. Daddy went and changed into his running clothes. When dinner was ready, the girls made themselves a grape-flavored water and then sat at the dining table. Daddy said grace (also thanking God for Kassidy and Kennedy as we celebrate the days that they each joined our family). The girls then ate while Daddy went on his run. When Daddy returned from his run Kassidy had finished eating. Kennedy was almost finished. Kassidy then practiced her flute. After Kassidy finished practicing (10:25 p.m.), we gathered in the kitchen and Daddy and Kassidy sang “Happy Birthday” to Kennedy. Kennedy then cut her cake and we enjoyed a triple chocolate cake with Chocolate Chip Cookie Dough ice cream. The girls relaxed and watched YouTube on T.V. for a short while. Daddy then had them take a bath (around 11 p.m.).

After they took their shower (together), they relaxed in the living room and watched YouTube on T.V. together for a short while. They then went and brushed their teeth and got in bed. (The girls decided to wait and open Grammy’s gifts when they returned to Daddy). Daddy went in a short time later (11:32 p.m.). Daddy leaned down and gave Kennedy a kiss on the right cheek. He then walked around to Kassidy’s side and gave her a kiss on the right cheek. Kassidy was sleepy but she asked Daddy to do ASMR for them. Daddy started rubbing Kassidy’s eyebrows but she complained that he wasn’t acting like he was on a YouTube channel. So, Daddy acted like he was talking to an audience (“Hey ASMRers!”). He acted like Kassidy eyebrows were too thick and out of style from 2018, and that he needed to slim them down. Daddy acted like he was trimming Kassidy’s eyebrows. She said that she has Asian eyebrows because they are bushy on the ends. Daddy chuckled. Daddy then rubbed Kassidy’s cheeks and plugged her nostril one at a time. He then pulled on Kassidy’s chin 3 times saying, “Math!” He said that it will help her do better in math. She laughed! Daddy then swiped under Kassidy’s chin as he always does to conclude his ASMR. Daddy then went around and did the same routine to Kennedy. He rubbed her eyebrows, acting like he was trimming them. He rubbed her cheeks and nostrils. He kind of snapped his thumb and finger holding her chin, saying, “Math!” and telling her that it will help her do batter in math. Daddy then quickly swiped his hand under her chin to conclude his ASMR. Kennedy laughed! Even though Kassidy was falling asleep, we three did our “show me your hearts” together, concluding with full on! (Because Kennedy finishes he “full on” with her chin on top of her hands, Daddy and Kassidy joke like Kennedy is posing for a picture with her chin resting on the backs of her hands. :) Daddy gave Kennedy a kiss on her ”chocolate chip” and then gave Kassidy a kiss on her right cheek. Daddy then told the girls goodnight and left their room. Daddy quickly recalled that he hadn’t taken a picture of Kennedy by her “11 years old” sign. He asked her to come into the kitchen and he took a picture of her standing by her sigh on the door leading to the garage. Daddy and Kennedy then shared a big hug. Daddy kissed Kennedy’s “chocolate chip” one more time. and Kennedy gave Daddy a kiss on his right cheek. She then returned to bed.

A nice day shared with my precious babies (who are growing up on me :(. Happy Birthday Koko Poco, so glad you’re mine and that you’re a part of our family! BLESSED!!!

**March 13, 2019 Wednesday**

This morning ( 7:01 a.m.), Daddy went in to wake the girls up. He saw that they were sleeping snuggled up close to each other so he got the iPad and took a picture of them sleeping snuggled together. :) Daddy then woke the girls up. They didn’t open their eyes so he squeezed each of their noses. Kassidy jokingly said, “Do that again and you’ll lose a finger.” :) Kassidy then got up and went to the bathroom. Kennedy got up a short time later. She joined Kassidy in the bathroom. Daddy returned to his room to get ready for work. After se washed up, Kassidy knocked on Dad’s door. When Daddy came to the door, Kassidy simply gave him a nice hug. :) Daddy noticed that her neck was wet and Kassidy replied that she washed her neck really well because they don’t wash their neck in the shower. : ) Kassidy then went to her room and got dressed for school.

After the girls were dressed, they got their things together and we went to the car. (Neither wanted to eat anything for breakfast this morning even though Daddy had their bowls and cereal out on the dining table.) We then left (around 7:50 a.m.), and Daddy took the girls to school. Kennedy played on the iPad on the way to school. The girls mentioned that they take their spring school pictures on Thursday. Daddy asked if they could make sure that he gets an order form so that he can order their spring school pictures because he never got the opportunity to order pictures for the fall. Kassidy said that she waited until the last minute last time. Daddy said that he would like to be notified when they get the order form because he won’t wait until the last minute. Kassidy then got a little bit of an attitude. Daddy told her that he’s hurt by how she treats him at times. He said that he wants to be involved in their lives and be a good dad. He said that he has to drive on 3 highways and take 30-40 minutes to take them to school but he can’t get any information and doesn’t feel appreciated at times. He told her that he is not upset but hurt. (He also had asked for Kassidy to call him over the weekend to let him know how she did in her volleyball tournament but she didn’t call. When he asked her about it she commented that she was tired over the weekend. Daddy has also asked her and Mommy for a schedule several times but he has not received one, so that he can plan and not be scheduled to go out of town when she has a volleyball tournament.) We then moved on and Kassidy watched Kennedy play on the iPad until we got to Harvest.

When we arrived at Harvest (8:20 p.m.), Daddy parked along the perimeter of the school facing Hayes. We all got out of the car. Kassidy got her things out of the trunk and then walked up and gave Daddy a big hug. Daddy told her that he loves her very much. Kennedy then gave Daddy a big hug and got her things out of the trunk. Kennedy gave Daddy another hug and then the girls walked across the parking lot and into school together. Daddy watched while they walked, until they got into school. He then left. I so treasure my girls!!!

**March 18, 2019 Monday**

This morning (around 7 a.m.), Kassidy called Daddy. He didn’t answer the first time so she called again and he answered. She asked if he was going to pick them up today and he said that he was. She then told him she has a 2-day tournament this weekend and mentioned that her team had won two games (matches) this past Saturday (Daddy had to teach in Fremont and Mommy had a track meet so Kassidy went with her friend Ai-lani’s family). Kassidy then said “Bye, love you.” Daddy told her that he loves her and Daddy and Kassidy then hung up.

Later, Daddy picked the girls up from their after school program (5:15 p.m.). Kennedy walk by and said “Hi Dad” telling Daddy that she needed to go get her things. When she returned she gave Daddy a big hug. A short time later Kassidy came out and she and Daddy hugged. She didn’t have her volleyball things with her. Daddy asked her if she was aware that she has practice today. She looked shocked and panicked a little. She wasn’t aware that she had practice today (today is an extra practice that was added). Daddy told her to relax. She hustled to go see if her classroom was unlocked. She returned a short time later and said that God was looking after her as her teacher wasn’t in the room but her classroom was unlocked and she was able to get her volleyball bag. She then went to go change into her practice clothes and left her school backpack with Daddy. Daddy and Kennedy walked to the car and waited for Kassidy. Kennedy played on the iPad in the car while we waited. When Kassidy returned, we left Harvest and Daddy drove to El Cap for Kassidy’s practice. Kassidy mentioned that her team felt pretty good about how they performed over the past weekend. She said that they finished 3rd out of 27 teams, commenting that that is “one ninth” and that they were better than “eight ninths” of the teams there. :) She asked Daddy if he would take her to her volleyball tournament this weekend. He said that he would for sure on Sunday but that he will have to check to see if he has to go out of town and teach on Saturday or not. She said that mom has track meet this weekend and possibly won’t be able to take her.

When we arrived at El Cap (around 5:30 p.m.), the parking lot was crowded as there was a softball practice going on. Daddy waited in the parking lot until a truck left and Daddy was able to park. We sat in he car for a short while. Kassidy was telling Daddy how Ai-lani’s parents scold or punish her if she doesn’t do well in the volleyball game She said that in their previous game 2 weekends ago, Ai-Lani started crying during the game when things weren’t going well and she had to be pulled from the game. Kassidy said that after the tournament this past weekend, Ai-Lani’s Dad was scolding Ai-lani and using a little bad language. (Ai-lani’s parents, the Hunters, took Kassidy to the tournament and took her home). Kassidy then got out of the car to walk to the gym for practice (around 5:43 p.m.). She was a little concerned because she didn’t see any of her teammates yet. She asked Daddy if he was sure that they had practice at El Cap. Daddy got the iPad from Kennedy and showed Kassidy the email that mentioned practice at El Cap today. While Kassidy was reading the email, her friend Ai-lani arrived and Kassidy ran to catch up with her and they walked to the gym together. A short time later, Daddy and Kennedy walked up to the gym. The door was locked and everyone was waiting to e let in. Kassidy’s coach (Tina) and the janitor walked up a short time later and let us all into the gym.

Daddy and Kennedy climbed up into the bleachers (which were not folded out) and watched Kassidy’s practice. Daddy worked on his computer while Kennedy watched videos on the iPad. Daddy ate a tuna sandwich that he had made for his dinner. Kennedy asked Daddy if her birthday decorations were still up. Daddy didn’t answer her, wanting her to be surprised. He then asked Kennedy if it’s her “birthday month and Kennedy replied that it is. Daddy then surprised her with a small bag of some of the Nestle Mix that she likes, and a small bag of Tootsie Rolls. Her Nestle Mix had melted some (it was about 80 degrees today, spring begins on Wednesday) so she had Daddy put them away for her and she ate the Tootsie Rolls while watching videos. Kassidy had a great practice today. They scrimmaged the 13 silver team. Kassidy’s serve was a little off (coach Tina walked over to Daddy and asked him to help Kassidy work on her footwork – stepping forward with her left foot and then dragging her right foot as she serves) but she did a great jog spiking and blocking at the net. Her teammate from last year, Mikayla, complimented Kassidy after she blocked Mikayla at the net.

After Kassidy’s practice (around 7:40 p.m.), we went home. When we arrived home (around 8:05 p.m.), Daddy immediately started making dinner for the girls and drying the laundry. Kennedy was excited to see her balloons and decorations for her birthday still up. She started playing with one of the punch balloons. She and Kassidy then started hitting the balloon back and forth. They reminisced about hitting a balloon back and forth with Uncle Joseph. Kassidy wondered what he would think of them today. Kassidy commented that they would hit the balloon with Uncle Joseph and now she’s playing volleyball. Kennedy stated that he would be proud of Kassidy. :) A short time later, while Daddy was in the kitchen, Kassidy walked up and gave him a hug. Kassidy was talking about something and Daddy jokingly said, Oh, I’m a good Daddy. Thanks!” Kassidy laughed and said, “You are a good Dad. You were fishing for a compliment.” :) Daddy laughed. Kassidy was preparing to take a shower and put some things on top of the dryer. Daddy told her that she could put them in the washer. She then asked Daddy why he calls the washing machine the washer. She jokingly asked if that is something from the 60’s. Daddy then asked Kassidy if she calls the dryer the drying machine. She and Daddy laughed. Kassidy notified Daddy that she had started her period yesterday. Daddy said that that’s O.K. and that there are things in the bathroom. Kassidy said that she just wanted him to know. Kennedy half-jokingly commented that maybe Kassidy will be moody. Kassidy said that she doesn’t get moody and that she just wanted to tell Daddy. Kassidy and Kennedy then went and took a shower while Daddy prepared their dinner (Kennedy: Marie Callender’s Chicken Pot Pie, Kassidy: Stouffer’s Spaghetti with Meat Balls) and doing laundry. After Kassidy finished her shower, she went and put her dirty clothes in the washing machine and she was going to wash the clothes. :) Daddy thanked her but told her that he would do it and that Kennedy would be bringing her dirty clothes. Kassidy then went and relaxed in the living room and watched “V Sauce” on YouTube on the T.V. Daddy told her that because she has been so sweet to Kennedy during her birthday month he gave her a small bag of Tootsie Rolls. She ate a few before dinner. After Kennedy finished showering, they each made a grape-flavored water and then sat at the dining table for dinner. Kassidy said grace (also thanking God for our nice time together). The girls then ate while watching YouTube on T.V. While the girls ate, Daddy did a little work in his room. After the girls finished dinner, Daddy checked Kennedy’s math homework (triangles’ angles and sides) and went over what she had gotten wrong with her. Daddy then served the girls some of Kennedy’s Triple Chocolate birthday cake with Chocolate Chip Cookie Dough ice cream. They both enjoyed it. Kassidy ate hers while relaxing in the big chair and Kennedy ate hers while sitting at the dining table. Daddy did a little more work in his bedroom. He was using his computer and the iPad. When Daddy finished using the iPad, he let Kennedy have it and she took it to her bedroom and relaxed. Kassidy asked Daddy if she could have 2 more Tootsie Rolls. Daddy initially told her ”No” but then yielded, telling Kassidy it’s because she has been so sweet. :) A little later, Daddy checked Kassidy’s homework (precedence in math operations) and helped her correct 2 problems that she had gotten wrong. Daddy let the girls relax for about another 20 minutes. Daddy then had Kassidy go brush her teeth for bed. When Daddy went to check on Kennedy, he saw that she had fallen asleep on her bed (with the iPad still playing a video). Daddy leaned down and kissed her right cheek several times until Kennedy woke up. He then had her go brush her teeth for bed.

After washing up, the girls went and got into bed. Daddy went into their room a short time later. They both looked very sleepy. Daddy went around and gave Kassidy a kiss on her forehead. She wanted Daddy to do ASMR to them but he said that they were so sleepy that he didn’t want to wake them up. Daddy then went over and gave Kennedy a kiss on the forehead. Daddy commented to Kennedy that she missed a 4-H Judging meeting tonight because of Kassidy’s practice and she didn’t complain. Kassidy told her thank you. :) Kennedy then said that “we need to do our hearts.” Before walking out, Daddy stood at the foot of their bed and said, “Show me your hearts!” Kassidy sat up in bed. Kennedy then did also. We then did our traditional hearts. Daddy told the girls that he loves them and then left their bedroom. They fell asleep almost immediately. Daddy later went in and turned the girls’ nightlight on and their bedroom light off. A nice day together once again!!! SO THANKFUL!

**March 19, 2019 Tuesday**

This morning (around 7:10 a.m.), Daddy went and woke the girls up. They were both still sleeping. It took them a moment but they both eventually opened their eyes. Kassidy got up pretty quickly and went to the bathroom. Daddy went and got dressed for work. Kennedy got up a short time later.

After the girls were dressed, Kassidy went into the kitchen and Daddy asked if she wanted to take a treat to school. She thanked Daddy for reminding her. She then got some Sal and Vinegar chips and put them into a Ziploc to take to school. Kennedy then came into the kitchen. As Daddy was taking his things to the car, Kennedy asked if she could get some cereal before we left. Daddy said that she could. Kennedy then made herself a bowl of Strawberry Pop Tarts cereal as Kassidy went to the car. Kennedy then went to the car carrying her bowl of cereal. Daddy went and turned off all of the lights and then we left (7:51 a.m.).

On the way to school, Kennedy ate her cereal and played on the iPad while Kassidy just looked out of the window. When we arrived at Harvest (around 8:20 a.m.), Daddy parked at the end of the second row. Daddy and the girls got out, and the girls got their things together. Daddy and Kassidy then shared a big hug goodbye. Daddy and Kennedy then hugged. Daddy then watched as the girls walked together into the main entrance of school. Daddy then left.

Later (5:15 p.m.), Daddy returned and picked the girls up from their after school program. Kennedy came out first. Daddy gave her a kiss on her “chocolate chip.” A short time later, Kassidy came out and walked right up to Daddy. Daddy sneaked a quick kiss on her forehead. We all then walked out to the car. From Harvest, we drove to Kassidy’s club volleyball practice at El Cap. On the way, Kassidy played on the iPad. When we arrived at El Cap (around 5:30 p.m.), we parked in the parking lot and sat in the car for a while. Kassidy continued playing on the iPad and Kennedy read a book that she had gotten from her classroom library today. Shortly before Kassidy was going to walk to the gym for her practice (5:43 p.m.), Daddy had Kassidy step outside of the car and walk over to the driver’s side. He then had her briefly practice her serving motion, stepping forward with her left foot and then dragging her right foot (like her coach asked her to practice). She then walked to the gym for her practice. A short time later, Daddy and Kennedy left the car to go watch Kassidy practice. Kennedy stopped and went to the girls’ bathroom first. We then continued on to the gym.

In the gym, Daddy and Kennedy climbed up into the unfolded bleachers. Kennedy continued reading her book and Daddy worked on his computer. About 30 minutes later, Kennedy told Daddy that she had finished the book that she had been reading. It is a chapter book and she finished it all in one day. She was excited about that! Kennedy then got the iPad from Daddy and watched videos for the rest of Kassidy’s practice. Kassidy’s team scrimmaged the 12U Silver team. Kassidy spiked and served very well today. (Her serve was a little inconsistent but great when it was on!)

After Kassidy’s practice (around 7:35 p.m.), Kassidy walked out with her friend Ai-lani and Daddy and Kennedy walked a little ways behind them. Daddy and Kennedy held hands while walking. Kennedy was a little disappointed that Kassidy doesn’t wait for us but Daddy told her that Kassidy likes spending time with her friend and that when Kennedy approaches being a teenager she might do the same thing. Kennedy said that she doesn’t think that she will be that way. When they got to the parking lot, Kassidy turned back around and walked back toward Daddy and Kennedy. When then walked on to the car together and left El Cap. We went straight home. As we were turning from Herndon onto Clovis Ave heading home, Kennedy made the comment that they should start cutting back on sugar so that they can do well in their upcoming running event between the grades. Kassidy responded that she hopes that Kennedy eats a lot because she would enjoy a hotdog (the winning grade gets a barbecue). Kennedy thought that Kassidy was being mean by saying that and Kennedy got a little hurt and upset.

When we got home (8:02 p.m.), Daddy walked in first, followed by Kennedy and then Kassidy. Kassidy jokingly complained that she normally walks in first. Daddy started preparing dinner for the girls (Kennedy: Stouffer’s Lasagna with Meat, Kassidy: Marie Callender’s Salisbury Steak). The girls were putting their things down in their room when Daddy went in and complimented Kassidy on putting her things away so neatly. (She always puts her pajamas out so neatly when she changes out of them in the morning. Kennedy was sitting on the bed, still a little upset about what Kassidy had said in the car, almost crying. She soon got over it. Kassidy told Daddy that she’s neat only because he asks them to be organized. She said that that’s why they have chores at Mom’s and it’s not fun because they have to walk up and down the stairs. Daddy returned to the kitchen to continue preparing dinner. The girls joked around for a little while. Kassidy then went up to Daddy in the kitchen and gave him a big hug. Kassidy and Kennedy then went and took a shower. After they finished their shower, Kassidy gave Daddy another big hug in the kitchen, squeezing tightly. Daddy hugged her back, telling her that he loves her and that she is his first baby. :) Kennedy then walked up and also gave Daddy a big hug. The girls then briefly watched “Thomas Sanders” on YouTube while Daddy finished preparing their dinner. The girls then got up and Kennedy got herself a bottle of water (she chose not to add flavoring). Kassidy got some water and added grape flavoring to hers. The girls then sat at the dining table and Kennedy said grace (also asking God to bless everyone in their lives :). (Kassidy was glad that Kennedy said grace because she said that Daddy takes too long. :) The girls then ate while watching YouTube on T.V. Daddy went to his bedroom and worked on his computer. After the girls finished eating, Daddy served them the remaining 2 slices of Kennedy’s birthday cake and the remaining Chocolate Chip Cookie Dough ice cream (the ice cream was the generic Walmart/Great Value brand but was very good). Kennedy ate at the dining table and Daddy gave Kassidy hers in the big chair.

After Kennedy finished eating dessert, she got the iPad from Daddy and went to her bedroom and relaxed. Kassidy continued watching YouTube on T.V. Daddy told the girls that they had 30 more minutes before bedtime (9:03 p.m.). They agreed.

After a short while, Kennedy started controlling the T.V., that Kassidy was watching, from her bedroom using the iPad. Daddy started laughing and so did Kennedy, and then Kassidy! :) Kennedy had put on a YouTube video of animals laughing. She then went into the living room and watched the video that she had put on the T.V. Kassidy laughed for a while but she then wanted to put what she was watching back on. Kennedy left and returned to her bedroom and let Kassidy take control of the T.V. again. Funny!

A little later (9:33 p.m.), Daddy had the girls go wash up for bed. They then went to their bedroom. Kennedy put her school clothes out and had gotten into bed. Daddy went in to say goodnight. Kassidy got herself some school clothes to put out and then she got into bed. Kassidy asked Daddy if he would take her to her volleyball game on Saturday and Sunday. He said that he would call Mommy. Daddy gave Kassidy a kiss on the cheek goodnight. He then gave Kennedy a kiss goodnight on the cheek. Kassidy then reminded Daddy that he said that he would do ASMR for them tonight. Daddy then started whispering as if he was talking to a YouTube audience about ASMR. He did Kennedy first but she kept talking loudly and being silly. He worked on her hairline and eyebrows, saying that he was preparing her for the prom. Daddy then rubbed Kennedy’s eyes asking if it made her feel smarter in math. Kennedy replied that it didn’t. Daddy rubbed them and again and asked again. Kennedy said that it didn’t help her to be smarter in math. Kassidy then told Daddy that he is supposed to stretch her eyes out to make them slanted. Daddy made Kennedy’s eyes look slanted and the girls laughed. He then swiped under Kennedy’s chin to finish. Daddy then walked over to Kassidy’s side. Daddy acted like he was returning from a commercial by “Blue Lagoon” makeup who was his show’s sponsor. The girls laughed. Daddy then acted like he was putting foundation on Kassidy’s face, getting her ready for her senior pictures. She said, “I’m only in the sixth grade!” Daddy smoothed out her eyebrows and then twisted them on the ends and the girls laughed. Kennedy also twisted the end of Kassidy right eyebrow while Daddy was twisting her left. Daddy then was telling his YouTube “audience” that when you put on foundation you always swipe up. Daddy then swiped up along Kassidy’s face as if he was putting foundation on Kassidy’s face. Kassidy kept laughing while Daddy continued swiping up. Daddy then finished with a swipe under Kassidy’s chin. Kassidy told Daddy that she lets him do that because it’s relaxing. Daddy then walked to the foot of the girl’s bed and said, “Shoe me your heart’s!” Kennedy sat up but Kassidy continued lying down. We then did our hearts together. Kennedy said that she did it wrong and wanted to do it again. Kassidy sat up like Kennedy this time and we did our hearts again. Daddy then told the girls that he loves them, and he told them goodnight as he left their room. They told Daddy goodnight in return. A few minutes the girls had fallen asleep. Daddy later returned and turned on the girls’ nightlight and turned off their bedroom light. An enjoyable and bonding time together today!!! BLESSED!

**March 20, 2019 Wednesday The first day of spring!**

This morning (7:17 a.m.), Daddy went in and woke Kassidy and Kennedy up to get ready for school. He let them sleep in a little longer than normal. The girls eyes remained closed when Daddy “snorted” to wake them up. Daddy started walking over to Kennedy and she opened her eyes and said, Stop!”, knowing Daddy was going to jokingly do something to wake her. Kassidy opened her eyes and got right up. She went to the bathroom. Kennedy got up shortly after Kassidy. After she was dressed, Kassidy was in her bedroom getting ready to put on her shoes. She called out to Daddy, who was in his bedroom. She asked him to tell her something that he’s disappointed in over his life. Daddy asked her, “In my life or right now?” Kassidy replied, “either one.” Daddy then responded, “Having to go so far to take you guys to school.” Kassidy replied, “Socks to be you!,” while holding up the socks she was getting ready to put on. She said, “I’ve been waiting to say that!” Daddy laughed. The girls then finished getting dressed and doing their hair. When the girls were ready, Kennedy quickly made herself a bowl of their Strawberry Pop Tarts cereal. She then took her things and bowl of cereal to the car. Kassidy then also went out to the car. Daddy turned off all of the lights and then he went to the car. We then left (7:57 a.m.) for Daddy to take the girls to school.

As we were driving, Kennedy had finished her cereal but saw some white residue on the bottom of her bowl. She told Daddy that she thinks that the milk was bad. Daddy told her that it probably would have tasted odd if it was bad. Kassidy offered that it might be the cereal’s coating. A short time later (8:20 a.m.), we arrived at Harvest. Daddy parked in the second row. We all got out of the car and the girls got their things together. Daddy gave Kennedy a big kiss on her “chocolate chip” and hugged her goodbye. Daddy and Kassidy then shared a big hug goodbye. The girls then walked together into school. Daddy watched until hey got inside the main entrance. Daddy then left. Sweet days with my babies!!!

(When Daddy returned home, he smelled the milk and it did seem like it was going bad. Sorry Koko.)

**March 21, 2019 Thursday**

Today Daddy met Mommy and Kennedy at El Pollo Loco (Ashlan/Blackstone) so that Daddy could take Kennedy to a 6:30 p.m. goat meeting ay Mrs. O’Daniel’s tonight. Mommy was to pick up Kassidy after her volleyball practice at 8:30 p.m. Daddy and Kennedy left. On the way, Kennedy wanted to go to the bathroom so Daddy went by his apartment. Kennedy went to the bathroom while Daddy mad her a peanut and butter and jelly sandwich. We then left (around 6:10 p.m.).

At the goat meeting, they discussing the upcoming achievement test and when they would be selecting their goats. Kenendy is excited about getting her goat for this year. After the meeting (around 7:30 p.m.), we left and went by Walmart to get some things for dinner and some Lucky Charms cereal. From Walmart, we went home.

When we got home (around 8 p.m.), Daddy prepared Kennedy’s dinner (Marie Callender’s Chicken Pot Pie). While her dinner was cooking, Daddy helped Kennedy with her homework (math, adding and subtracting mixed fractions) at the dining table. After finishing her homework, Kennedy ate her pot pie while watching videos on the iPad. After a while, we needed to leave so that Daddy could drop Kennedy off to Mommy and her apartment. Kennedy had just a little of her pot pie remaining so she took it to the car and finished eating on the way to Mommy’s. We left (8:51 p.m.) and Daddy drove to Mommy’s. On the way, Kassidy called and said that they would arrive in about 3 minutes. Daddy told them that we would arrive in 5 minutes.

When we arrived Mommy’s (9:07 p.m.), Mommy and Kassidy were parked in front on the street. Kassidy got out of Mommy’s car, and then Mommy did. They walked over to Daddy’s car. Kassidy leaned in and put her head into Daddy’s car through the driver’s window. She said, “It’s warm in here.” Daddy gave her a kiss on the cheek while she had her head through his window leaning into the car. Mommy and Daddy then talked briefly about Daddy possibly getting Kennedy tomorrow while Mommy and Kassidy go to Skywalk for a youth group (12-17 years old) church function that Mommy is in charge of organizing. Mommy and Daddy also talked about the schedule for Daddy getting Kassidy after her event Friday night so that he can take her to her volleyball tournament on Saturday. While Mommy and Daddy were talking, Kassidy leaned in through the driver’s window and gave Daddy a hug goodbye, and went and got back into Mommy’s car. After Mommy and Daddy talked, Mommy walked over and got into her car. Kennedy talked to Daddy for a short while about him possibly getting her tomorrow from school if she’s not feeling well, instead of her going with Mommy and Kassidy out to Skywalk. Daddy asked her to just call him if she’s not feeling well and he will go out to her school and pick her up. Daddy and Kennedy then hugged goodbye, and Kennedy walked over and got into Mommy’s car. Daddy waited for a short while for Mommy and the girls to drive away. They remained parked, so Daddy drove by Mommy’s car and honked as he left. Good to see Kassy Mae, and another sweet outing with my Koko Poco!!!

**March 22, 2019 Friday**

Today, Kennedy called Daddy from school (around 3:30 p.m.). Daddy didn’t get to the phone in time so he tried calling the after school program back but no one answered. He assumed that she wanted him to pick her up so Daddy headed out to Harvest. While he was driving Kennedy called again and Daddy answered. She told him that she wasn’t feeling well and that she wanted him to pick her up. Daddy told her that he would be there in a short while. She told Daddy that she loved him and he told her that he loved her. Daddy and Kennedy then hung up

A short time later (around 3:55 p.m.), Daddy arrived and picked Kennedy up (in the cafeteria area, it is now repaired). When she came out from the after school program, she hugged and squeezed Daddy really tightly. A parent waiting and one of the after school teachers watched and smiled. Daddy and Kennedy then walked to the car together. Daddy had his arm around Kennedy’s shoulder. We got in the car and left. (While we were driving, and got on highway 99, Kennedy asked Daddy, “What is cement made out of?” Daddy replied rocks and some other things. He told her that’s why chemistry is important. She replied, “I can’t take chemistry now.”)

From Harvest, we went by Walmart (Herndon/Clovis). Kennedy wanted to see if they had some slime that she has wanted. In Walmart, Kennedy looked around but couldn’t find the slime. But Daddy let her get a treat (Jelly Belly candy). Daddy got some broccoli, bread, and turkey meat for sandwiches at Kassidy’s tournament tomorrow. We then left Walmart. As we were driving out of the parking area, Kennedy asked Daddy, “Can hair burn, or melt?” Daddy replied, “Probably, kind of. I know it can burn.” (I love her questions and how her mind works! I hope she always stays this way! :) We then went home.

When we got home (around 4:55 p.m.), Daddy called and left a message for Mommy to let her know that he had picked Kennedy up from school. Kennedy went to the bathroom. She then got the iPad and a few of her Jelly Belly candies from the kitchen. She told Daddy that he is the best Daddy in the world and that his Daddy (Papa) is the second best. (So sweet! :) Kennedy then went to her bedroom and relaxed with the iPad and Jelly Bellies. Daddy did some work in his room and watched some of the NCAA March Madness tournament on his computer. (Kennedy relaxed in her bedroom for most of the early evening).

Later, Daddy prepared to go on his long run. Kennedy said that she didn’t want to eat dinner until Daddy returned (in about an hour or so). Kennedy got a little scared to be by herself while Daddy was gone so she moved to the couch and watched T.V. She said, that way she can see Daddy when he walks in the door and give him a big hug. :) Daddy then left to go on his walk/run( 7:44 p.m.). While Daddy was out, Kassidy called to tell him that she and Mommy were on their way for Mommy to drop Kassidy off to Daddy. (Kassidy and Mommy were at a church youth event at Skywalk.) Shortly after Daddy returned home from his run (8:48 p.m.), Mommy and Kassidy arrived (around 8:50 p.m.). Mommy stopped at the gate by Daddy’s apartment. Daddy walked out through the garage and walked around and got Kassidy. Kassidy got out of Mommy’s car and she and Daddy walked back to Daddy’s apartment. While walking, Kassidy told Daddy about some drawings that she made (of a YouTube guy who does different characters/personalities) and that she wants to show Daddy. Daddy and Kassidy then walked into the apartment. Kennedy was relaxing on the couch watching Barbie cartoon on T.V. Daddy made dinner for Kennedy (Marie Callender’s Country Fried Pork with mashed potatoes) while Kassidy sat at the dining table and showed Daddy some of her drawings. When Kennedy’s dinner was ready, she got a bottle of water (Kennedy has not been flavoring her water, even though the flavoring doesn’t have calories, and she has been eating a little less. She said that she’s doing it to get ready for a 5th grade run coming up at school). Kennedy then sat at the dining table with Kassidy. We bowed our heads and Kennedy said grace (also thanking God that Daddy returned safely from his run, and praying that God blesses everyone we love. She ended her prayer and then commented that she didn’t pray for Kassidy. Daddy told her that it’s not too late and that she can continue. We then bowed our heads again and Kennedy prayed for the food and asked that Kassidy plays well tomorrow and that her team wins! :) Kennedy then ate while Kassidy drew. Daddy went to his bedroom and worked on his computer.

After Kennedy finished eating (around 9:30 p.m.), she asked if she could have some of her Jelly Bellies and Daddy said that she could. She ate her candy while watching T.V. on the couch. Kassidy went to Dad’s room and showed him her drawing. It was a good drawing but of a white guy. Daddy asked her to draw a black guy. Kassidy said that she was going to stay in Dad’s room and get away from Kennedy’s “girly” show that she was watching on T.V. Kassidy then reclined in Daddy’s bed and drew while Daddy worked at his work area. After a while she showed Daddy her drawing of a black guy. It was good. The guy had a “box” haircut and kind of a pug nose. She said that black people have big noses. She said, “Look at mine!” She named the guy “Jaquan.” Daddy laughed! Kassidy drew some more while reclining in Daddy’s bed. After a while she went into the kitchen to get a snack (around 10:10 p.m.). She called out to Dad asking if she could have some of her Malt Balls. Daddy said that she could. She then returned to Daddy’s room with her carton of Malt Balls and got back onto Daddy’s bed and drew some more. After drawing, she watched a video on the iPad until Daddy had the girls get ready for bed (he gave them 15 more minutes).

A little later (10:45 p.m.), Daddy had the girls go get ready for bed. Daddy first gave them each some NyQuil (Kennedy’s nose is running pretty badly and Kassidy has a cough). After washing up, Kennedy asked Daddy if she could use the iPad so he gave it to her. The girls then went and got into bed. Daddy went in a short time later and gave Kassidy a kiss on the top of her head and then Kennedy a kiss on the top of her head. Kennedy the said that we forgot to do our heart. Daddy stood at the foot of the bed and we did our “hearts.” We then joked about a person’s hands being on top her hands like posing for a photo. Daddy posed from the side, in profile, and Kassidy said guys can’t do that. Daddy joked asking Kassidy, “I can’t take a selfie like that?” Kassidy replied that he would look gay. Daddy laughed. The girls then briefly reminisced about calling some little candy like fruit bites that they would get, “balls.” Kennedy said “good times!” Kennedy then recalled how they would have raisin bread almost daily at Grammy’s. Kennedy also said that she recalled “one of my childhood memories was” taking a cold McNugget off of the counter and discovering that it had a chicken bone in it. She said that she thought the she had discovered a dinosaur bone. :) That was a pleasant brief conversation. :) Daddy then told the girls that he loves them and goodnight as he left their bedroom (around 11:05 p.m.) . They told him goodnight in return. Kassidy went straight to sleep. Kennedy stayed up for a short while watching videos on the iPad.

A short time later (11:20 p.m.), Daddy returned to check on the girls. Kassidy and Kennedy were both already asleep (Kennedy had the iPad with a video still playing on it). Daddy took the iPad and pulled the covers over the girls. Daddy then gave Kennedy a kiss on the cheek and she woke up. She said, “I love you Daddy” and then fell right back asleep. :) Daddy then went over and gave Kassidy a kiss on her left ear (she was lying on her right side). Daddy then left their room with the iPad. Daddy later returned to turn the girls’ night light on and their bedroom light off. Treasured time with my girls!!!

**March 23, 2019 Saturday**

This morning (around 7:45 a.m.), Daddy got up to turn the heater on and he checked on the girls but they were still asleep. Daddy returned to his room and got back in bed and listened to something on the iPad. Later, (9:51 a.m.), Kennedy came into Daddy’s bedroom and jumped on him in bed and gave him a hug. Daddy said, “You can have the iPad”, knowing what Kennedy probably came in for. A little after that (10:30 a.m.0, Kassidy came into Daddy’s room concerned about what time we should leave. (Today Kassidy has a club volleyball tournament in Tulare against the 13-14s.) Daddy reassured her. We need to be at the facility by 2 p.m. and Daddy told her that we would leave at around 12-12:15 p.m. Daddy asked if she wanted him to make her a hot lunch but she asked for oatmeal. Daddy said that he would make her some oatmeal closer to when we will be leaving. She said that she’d have some cereal for now. She and Kennedy washed up. A short time later, Daddy went in and Kennedy was sitting at the dining table eating Lucky Charms while watching a video on the iPad. Daddy gave her a kiss on the top of her head and then walked on into the kitchen. He then said, “Have I told you that I love today?” Kennedy replied, “I think so, but I love you too.” Kassidy then walked in and she joined Kennedy at the dining table and had some Lucky Charms.

Daddy cut himself shaving on the left side of his face so he didn’t go on his run in order to stop the bleeding. Later (12:15 p.m.), after the girls got dressed, we left to go to Kassidy’s volleyball tournament in Tulare. (She has to be there by 2p.m. and her first game is at 3 p.m.) On the way, we stopped by Walmart (Herndon/Clovis) to get some snacks. When we got inside, a person who was leaving told us that all of the registers were out. The lines were extremely long. A worker there told us the same thing. We decided to leave and just go straight to the tournament.

We arrived at the Agri-Center in Tulare at around 1:30 p.m. We briefly sat in the car but then decided Kassidy decided that she wanted to go in, so we went inside (1:45 p.m.). When we got inside, Kassidy sas a couple of her teammates. Kassidy and Kennedy went to the bathroom and then Kassidy joined her team and Kennedy and Daddy sat courtside where Kassidy would be playing. Kassidy and her team warmed up. Shortly before the first match started, Ai-lani’s mother arrived and sat next to Kennedy and Daddy.

Kassidy’s team was playing in the 13-14 division today. They played well in the first match but lost in 2 games. The second game was very close. The girls then got a break. During the break, Daddy and Kennedy went out to the car. (On our way to the car, we noticed a police/security guy asking someone if they had seen a man because the man was not supposed to be there. The officer was showing the person a photo of the man. Kennedy asked Daddy what was going on and she got a little concerned that a bad guy might be around and something might happen. Daddy reassured her. We walked on to the car. Daddy gave Kennedy a turkey sandwich that he had made and she ate it while we were at the car. Daddy also offered Kennedy a drink of flavored water but she said that sugar wouldn’t be good as she prepares for her upcoming 5th grade run. (Daddy complimented her on her discipline and high-fived her, even though the flavored water doesn’t have any calories.) After eating her sandwich, Daddy and Kennedy then walked back to the courts. As we walked, Kennedy again asked Daddy about who the officer was looking for. Daddy told her it was alright. A short time later, once we were back inside, Kennedy expressed concern again. She was a little anxious over it, but she eventually forgot about it. Throughout the day, Kennedy kept whispering “scrimps” to Daddy. Earlier, Daddy jokingly said “scrimps” to Kennedy instead of saying shrimp, and Kennedy thought that that was such a funny word.

After the break, Kassidy’s team played again. They won their second match. They then had another break and then refed after the break. Mommy arrived around that time (around 7 p.m.). Kassidy’s team won their third match in an exciting 3 games with Kassidy backhanding a left-handed sneaky tap over for the final match point. Kassidy played so well. She served well, spiked well, and covered the court well. After her team had a post-tournament meeting, Daddy called Kassidy over and she and Daddy shared a big hug. (I could tell she was proud of herself! :) Mommy and Kennedy had left to go to the bathroom with Ai-lani’s mother and her other daughter. When Mommy and Kennedy returned from the bathroom, Mommy also congratulated Kassidy. We then left.

Kennedy walked with Daddy as we all walked to the parking lot. Mommy and Kassidy were behind a ways. Kennedy was going to go home with Daddy so that he could take her to her 4-H baking meeting tomorrow. As Daddy and Kennedy walked, Kennedy was concerned about the cold that she has, so she decided that she wasn’t going to attend her 4-H baking meeting tomorrow. (She didn’t want to cough on the food.) So, she ended up deciding to go home with Mommy and Kassidy. (Daddy will meet them at Kassidy’s tournament again tomorrow. Kassidy has to arrive by 11 a.m. and they play at 12 p.m.) Kassidy and Kennedy walked to Daddy’s car with him to say good bye and so that Kassidy could get her drawing book from his car. Mommy walked over to her car which was parked nearby. Kassidy got her book and then gave Daddy a big hug. Mommy had an extra turkey sandwich that she had gotten from Deli Delicious and she offered it to Daddy and he thanked her. After that, Daddy was joking with the girls when he told them that he has an iPhone 11 (It’s only up to iPhone Xs right now). He pulled out his old iPhone and said, “This is my iPhone 11. It’s an iPhone and it’s 11 years old.” The girls laughed. Kennedy went over to Mommy (who was standing by her car which was parked a little behind Daddy’s) and told her what Daddy had said and she laughed. Kassidy gave Daddy a big kiss on his left cheek, which was cut from him shaving, so she also gave him a kiss on his right cheek. She then gave Daddy another big hug goodbye. Kennedy walked back over to Daddy and gave him a big hug goodbye. The girls then got into Mommy’s car and Daddy left (around 8:30 p.m.). Another great time with my girls!!!

**March 24, 2019 Sunday**

Today, Kassidy has the second day of her tournament in Tulare. Mommy took Kassidy (and Kennedy) to the tournament this morning. Kassidy had to be there by 11 a.m. Daddy arrived at around 11:30 a.m. Kassidy’s team’s first game is at around 12 p.m. Mommy, Kennedy and Ai-lani’s mother were sitting together on one side of the net and it was pretty crowded. Daddy went and sat close by but on the other side of the net. Kassidy saw that Daddy had arrived and was sitting along the court. She walked over and put her chin on his left shoulder and he gave her a kiss on the right cheek. He told her to play with confidence like she did yesterday. She then went and rejoined her team. A short time later, when her team went to go warm up, Kassidy tapped Daddy on the top of the head as she walked by.

During their first match, Kassidy’s team played well against a pretty good “Crush” 13-14 team. Kassidy’s team won the first game by a pretty large margin but they ended up losing the next two games. Nevertheless, they played pretty well. Kassidy was a star! :) She served and spiked so well today. Some parents from “Crush”, who Daddy was sitting next to, asked him “Is number 8 your daughter?” Daddy replied, “Yes.” The lady then said, “She is so beautiful to watch!” Daddy was very proud.

Kassidy’s team then had a break and they officiated/scored the next game. (“Crush” played again and won. They went undefeated for the day.) Daddy called Kassidy over and gave her a big hug. He told her that she is so good! She seems to really be thriving. Volleyball is really good for her (socially, emotionally, self-esteem, etc.) , win or lose! :) Daddy then went and sat back down. Kennedy, again, periodically whispered “scrimps” to Daddy throughout the day and he whispered it back. They laughed together! Mommy went and bought Kassidy a hamburger but she didn’t want it so she had Kennedy give it to Daddy.

Kassidy’s team then played their second game and they won. It was a great way to end the day. The team and coaches felt good. (They finished 15th out of 36 for the 13-14 division.) Kassidy again was outstanding serving. Truly outstanding! While Kassidy’s team was having a post-tournament meeting, Mommy, Kennedy and Ai-lani’s mom walked to the bathroom and Daddy stood by and watched their things. After the team’s meeting, Kassidy walked up to Daddy and told him that she was named the team’s tournament M.V.P. (One girl received MVP for Saturday, another girl received MVP for Sunday, but Kassidy received the team’s MVP of the tournament :). Daddy gave Kassidy a big hug and told her how proud he is, and how so many parents were commenting on how impressive she is. (Kassidy is really blossoming as a volleyball player. She sincerely was impressive today! :) While Kassidy was standing with Daddy, Coach Tina walked by on her way out. She asked Kassidy if she told Daddy (that she was the MVP). Kassidy and Daddy said that she had. Coach Tina raved about Kassidy’s performance, especially how well she served. She mentioned that Kassidy needs to work on her serving footwork but emphasized that she really was awesome. Coach Tina then said goodbye and headed out. Kassidy then went to the bathroom. When Mom returned from the bathroom (Kassidy and Kennedy were still at the bathroom), Daddy then left and went home. (Earlier, Kennedy told Daddy that her school backpack is at his house so Mommy agreed to go by and get it from Daddy on their way home a little later.)

Later (8:03 p.m.), Mommy and the girls arrived at Daddy’s. They parked by the entry gate near Daddy’s. Kassidy called and let him know that they were outside. Daddy then walked out and took Kennedy’s backpack to her. Kennedy commented that her “legs are dead” because Mommy went shopping after they left the tournament. Kassidy then joked with Daddy that while they were waiting for him to come out, she couldn’t see him and she said, “If you were there, I was thinking, ‘You are black!’” Daddy laughed. Kennedy then said, “scrimps” to Daddy. He laughed and said it back. Kassidy then asked Daddy if he was going to pick them up from school tomorrow and Daddy told her that he was. Daddy then said bye to the girls. Mommy thanked Daddy and then drove away, as Daddy walked back through the side gate to go inside. A wonderful time over the weekend with my girls. So proud of that Kassy Mae, and so proud of that Kenney J! (I’m so proud that Kennedy is such a patient and supportive sister. She is also doing really well in 4-H and is very passionate about her animals! :) My babies!!! BLESSED!

**March 25, 2019 Monday**

Today (5 p.m.), Daddy picked the girls up from their after school program (they got out of school half-day today, around 1:30 p.m.). Kassidy came out first. She left her jacket on the playground so she left her backpacks and flute with Daddy and went to get her jacket. Daddy took her things and put them in the trunk. When Kassidy returned, she gave Daddy a hug. Kennedy had not come out yet. Kassidy had to go to the bathroom. As she was about to walk through the cafeteria doors, Kennedy was walking through the cafeteria to come out. Kassidy went to the bathroom and Kennedy walked up to Daddy. Daddy and Kennedy talked briefly and then shared a hug. Daddy and Kennedy walked to the car and Daddy carried Kennedy’s trumpet case for her. A short time later, Kassidy returned and came to the car. We then left and went home.

On the way home, we went by Walmart (Herndon/Clovis) so that Kennedy could get some dinners (Kassidy already has some at Daddy’s). As we were getting out of the car, Kassidy asked Daddy, “Don’t I have a point or something from last time?” She wanted to buy something at the store. Daddy played dumb. He then told her that she has a point and that she has been so sweet and clean. We then went into Walmart and Kennedy got 2 dinners (Marie Callender’s Chicken Pot Pie, and a Marie Callender’s Sweet and Sour chicken dinner). Daddy let Kennedy get some Jelly Belly candy for a treat and Kassidy got some Hershey’s chocolate Nuggets candy. We then left. (As we were walking out of Walmart, Kassidy rubbed Daddy’s head and said, “Your hair is soft. Grow it out. Like when you got fit for us (touching his stomach), will you grow your hair out?!”:)

When we got home (around 5:55 p.m.), Daddy asked the girls if they wanted to eat now or later. They agreed to eat a little later. Kassidy relaxed in the big chair in the living room. She briefly listened to music on Spotify, while Kennedy went to her bedroom and did research on her GATE project on the iPad. (From her bedroom, Kennedy called out, “Kassidy, I love you!” Kassidy mumbled it back.) Kassidy then watched Thomas Sanders on YouTube on T.V. Daddy then went on his run (6:14 p.m.). When Daddy returned from his run (around 6:35 p.m.), he started preparing dinner for the girls (Kennedy: Marie Callender’s Sweet and Sour Chicken dinner, Kassidy: Marie Callender’s Meat Loaf with mashed potatoes dinner. Daddy also made Kassidy some corn and gave Kennedy some macaroni salad that he had from the weekend). When dinner was ready, the girls each made themselves a flavored water and then sat at the dining table. Kassidy said grace and the girls then ate (around 7 p.m.). Daddy had made some pudding over the weekend and gave what remained to the girls in a small glass container with some light whipped topping. They had him put their puddings in the freezer until after they finished eating dinner.

After dinner, Kassidy got her pudding and went and sat in the big chair and continued watching YouTube videos about “Bendy and the Ink Machine.” Kennedy remained at the dining table finishing her dinner while she also worked on her GATE project using the iPad. Daddy went to his bedroom and ate his dinner (Spicy Picante Ramen soup that he mixed with peas, and sautéed broccoli) while watching an Apple Event that was held today.

A short time later, Daddy returned the kitchen to warm up his dinner. Kennedy finished her dinner, handing her plate to Daddy. She then got her pudding from the freezer saying, “Thank you Dad!” and she sat at the dining table and ate. Kassidy went and got her chocolate Hershey’s candies from the pantry and returned to the big chair to continue watching YouTube. Daddy took his warmed up dinner and returned to his bedroom. A short time later, Kassidy went into Daddy’s room and gave him a kiss on the cheek with chocolate in her mouth. :) She went into Daddy’s bathroom to see what she looked like. She then left and returned to the living room to continue watching YouTube. After Kennedy finished her pudding, she moved to the couch and worked on her GATE project on the iPad (7:43 p.m.) while periodically looking up at whatever Kassidy was watching.

A little later, Daddy went into the kitchen to wash the dishes. Kennedy asked Daddy for some help copying and pasting a picture from a Google search into her Google Doc. Daddy helped her and then returned to his bedroom. After Kennedy finished working on her project, she and Kassidy sat together in the living room (Kennedy on the couch and Kassidy in the big chair) and watched memes together on YouTube and laughed. They kept calling Dad in to see the really funny memes. :)

A little later, Kennedy went and took a shower. After her shower, she practiced running back and forth a short distance 25 times (tomorrow she has a P.E. test where she will have to do a similar test). A short time after that (around 9:35 p.m.), Daddy had the girls wash up for bed. The girls then put their clothes out. Daddy then helped Kennedy with her math homework (angles and sides of shapes) while Kassidy got some paper and a pen from Daddy and drew in her bedroom. After Kennedy finished her homework (around 10:10 p.m.), she went into the bedroom and got into bed with Kassidy.

Daddy went in a little later (10:30 p.m.) to tell the girls goodnight. They were both already in bed. Kassidy asked Daddy to do ASMR, so he started acting like he was talking to his YouTube audience. He put a pillow on Kassidy’s chest and had her lift up her chin and put it on top of the pillow. Daddy then acted like he was promoting a line of makeup to help lighten black people’s skin. Kassidy laughed and exclaimed, “I’m lighter than you!” :) Daddy accidentally “mixed” it wrong. He then acted like he got a different jar and prepared it correctly. He then acted like he was putting makeup on Kassidy’s face. He gently stroked her eyebrows. He then put makeup on her cheeks and told his “audience” to always “wipe up”, as he flicked his hand upward while acting like he was putting the make up on Kassidy’s face. She laughed! He then swiped under her chin to conclude. Daddy walked over to Kennedy’s side and had her put her chin on the pillow. He then rubbed her cheeks, played with her hair, and then moved his hand fast underneath her chin, making her voice quiver. Kassidy and Kennedy laughed. Kennedy exclaimed, “Again!” Daddy did it again and then concluded by swiping underneath her chin. Daddy then walked to the foot of the bed and the girls sat up. We then did our “hearts.” Kassidy asked for a hug. She stood up out of bed and squeezed Daddy really tightly. Kennedy then asked for a hug. Daddy walked around to Kennedy’s side of the bed and he leaned down and Kennedy pulled him down to where he almost fell on the bed. Daddy then gave Kennedy a big kiss on her “chocolate chip.” Daddy then told the girls goodnight and left their bedroom.

The girls continued to laugh and joke together for a short while. While they were laughing and joking, Kassidy told Kennedy that she loves her. :) The girls then fell asleep. A little later, Daddy went in and turned their night light on and their bedroom light off. Such sweet times together!!! THANKFUL!

**March 26, 2019 Tuesday**

This morning (7:15 a.m.), Daddy went and woke the girls up. He let them sleep in a little. It took them a short while to get moving but Kassidy got up and went to the bathroom. Kennedy stayed in bed a short time longer. Daddy went and got dressed for work. Kennedy then got dressed in her bedroom before going to the bathroom to washup.

A short time later, Kennedy came out to the living room. Daddy was in the kitchen. She sat on the couch and said that she’s anxious because she has a lot going on today. She said that she has GATE and Band at the same time, and she that doesn’t want to get in trouble for missing one of them. Daddy told her to talk to her teacher this morning about what she should do. She then mentioned that she has the fitness test today and is concerned about the running portion. Daddy told her to try not to worry. “What’s the worst that can happen?” He encouraged her to just do her best. It was time for us to go. Kennedy said that she feels a little nauseous and so she chose not to eat breakfast. (The girls sometimes eat in the cafeteria once they get to school.) Kassidy then came out. She had her shoes in her hands and was going to put them on in the car. Daddy told her that he will wait if she wants to take the time to put her shoes on now. Kassidy then went and sat on the ottoman to put her shoes on. Kennedy sat on the couch and waited for Kassidy. Daddy went and turned the hallway light off. He noticed that the girls’ bed was straightened up some. He asked who did it. Kassidy said that Kennedy did. Daddy said, “Good job Koko!” Daddy then returned to the living room and Kassidy was still struggling to get her first shoe on. Daddy told her that we need to go. Out of exasperation she responded, “O.K.!” in a somewhat harsh tone. Daddy told her not to speak to him that way and she apologized. Daddy told Kennedy that she could go out to the car if she wanted. Kennedy then went out to the car. Daddy waited in the doorway to the garage while Kassidy finished putting her shoes on. Kassidy thanked Daddy for waiting for her and she and Daddy went to the car together. Kassidy took several pieces of paper and a pen to draw with. We then left for Daddy to take the girls to school (7:54 a.m.).

On the way to school, Kennedy played on the iPad while Kassidy drew. Kennedy talked to Kassidy a little about her fitness test today. When we arrived at Harvest (8:21 a.m.), Daddy parked in the perimeter row facing the street and the new homes. Daddy and the girls got out of the car. The girls got their things together. Kassidy started to walk away. She then said, “I almost forget to say goodbye!” She then went and gave Daddy a big hug. Kassidy then walked toward school. Daddy and Kennedy then hugged goodbye. Daddy told her to do her best today and not to worry. He told her to have a good day. She then walked toward school. Kassidy stopped and waited for Kennedy near the crosswalk. Kassidy and Kennedy then crossed the crosswalk. A car was nearby so Kassidy hustled across with Kennedy hustling just behind her. Daddy watched as they walked into school. Daddy then left.

Later (5:15 p.m.), Daddy returned and picked the girls up from their after school program. As he drove by the playground when he was arriving, he saw Kassidy playing and he honked and waved. Kassidy waved back. Daddy parked in the front row of the parking lot. He got out an put something in the trunk of the car. Before he could go in, Kassidy and Kennedy had walked out to the car. Kassidy said that she told one of the teachers that they saw me arrive and the teacher released them. Daddy gave Kassidy and then Kennedy a hug. Kennedy told Daddy that she didn’t pass her “pacer” fitness test today. She said that she did 16 laps (about the distance of the width of a basketball or volleyball court) but she needs to do 25 to pass (in a fixed amount of time – I believe they’re given 8 seconds each way). She said that she did like Daddy said – instead of running fast one way, and then briefly resting before going back, he told her to run slowly but continuously. She did better than she expected. :)

We then left Harvest and drove to El Cap for Kassidy’s volleyball practice. When we arrived at El Cap (around 5:25 p.m.), we all sat in the car. Kassidy played on the iPad for a short while before going to change in to her practice gear. At that time, Ai-lani arrived. Kassidy came back to the car after changing and let Daddy know that she was going to go inside with Ai-lani and wasn’t going to return to the car. Daddy said it was O.K. Daddy and Kennedy remained in the car and worked on Kennedy’s math homework (dividing fractions). After Kennedy understood and completed her homework, Daddy and Kennedy walked to the gym for Kassidy’s practice (around 6:10 p.m.). We climbed up into the bleachers (they weren’t unfolded). Daddy ate the tuna sandwiches that he had made this morning. Kennedy watched videos on the iPad and enjoyed her Jelly Belly candy. After eating his sandwiches, Daddy worked on his computer.

During Kassidy’s practice, she served really well again. However, the team kept making mistakes tonight by not calling “ball.” She made them do laps 2 or 3 times but they kept making the same mistake. So, at the end of practice, Coach Tina had them do a lot of tiring exercises for punishment (e.g., bear crawls, wall sits, line tags). She scolded them a little.

After Kassidy’s practice, Kassidy walked out with Ai-lani. Daddy and Kennedy walked out together. Kassidy then walked back and met up with Daddy and Kennedy and we walked to the car. From El Cap, we went home.

On the way home, Kassidy was playing Geometry Dash on the iPad when she said something about being shot through the heart. Daddy then sang the song, “Shot through the heart, and you’re to blame. You give love a bad name.” Kassidy joined in at the end. We three got into a brief discussion about which is more fatal, a shot in the chest or a shot in the head. Kennedy spent most of our ride home trying to convince Daddy and Kassidy that being shot in the chest is worse because “you would bleed out.” :)

When we got home (around 9 p.m.), we went inside and Daddy made dinner (Kassidy: Stouffer’s Spaghetti with meat balls, and Daddy her some corn, Kennedy: Marie Callender’s Chicken Pot Pie) for the girls while they watched “Try Not to Laugh” videos on YouTube. When dinner was ready, Kennedy made herself a flavored water. The girls sat the dining table and Kennedy said grace (also praying for Mommy, the Hunter’s, her 5th grade teacher Mrs. Ham, her Gate teacher Mrs. Issacs, and that he help her pass her fitness retest on Friday :). While the girls ate, Kassidy watched a video on “Bendy and the Ink Machine.” Daddy folded some laundry. After Kassidy finished eating, she went and got the rest of her Hershey’s Chocolate Nuggets out of the pantry and ate them in the big chair while watching “Bendy” on YouTube. After Kennedy finished eating, she moved to the couch and worked on her GATE project on the iPad. A short while later, as Daddy was getting ready to go on his run, he noticed that Kassidy had fallen asleep. Daddy turned the T.V. off and Kennedy called her name, waking her up. Daddy the had the girls go take a shower as he was leaving to go on his run. Kassidy, who was still a little drowsy, wanted to do our “hearts” right then because she was afraid that she would be asleep by the time Daddy returned from his run. Daddy told her that his run would be short and that he would be back before they fell asleep. Kassidy then gave Daddy a big hug. The girls then got their things together to take their shower. Daddy reminded Kennedy that she gets a point for trying to straighten the bed out this morning. She replied, “What do you mean ‘tried’!” (The covers were pulled back and straightened out some but the bed wasn’t quite made. :) Daddy then left to go on his run (10:15 p.m.).

When Daddy returned from his run (10:33 p.m.), Kassidy was hiding around the corner by the utility closet. She said “boo” and scared Daddy when he walked through. :) The girls had finished taking their showers. Kassidy then went to her bedroom. She announced to Daddy that she had already put her school clothes out. Daddy told her, “Good job!” Kassidy then got into bed. Kennedy was sitting on the bed reading a book. Daddy had Kennedy put her book away and put her school clothes out. So Kennedy got up and put some clothes out for school. She then got into bed. Daddy then had the girls get up out of bed and stand at the foot of the bed and face each other. He then had Kennedy tell Kassidy, “Thank you for being so encouraging and kind during my birthday month.” He then had Kassidy tell Kennedy, “Thank you for being so supportive of my volleyball and for being so patient and supportive during my practices and games.” Daddy then had them hug. Kassidy and Kennedy shared a big sisterly hug. Kassidy jokingly tried to kiss Kennedy but Kennedy pushed her away. The girls then got into bed and we did our “heart” together. Kassidy and Kennedy wanted Daddy to do ASMR but he told them that he would do it next time because tonight it was too late, and they were tired getting up this morning. Daddy then told the girls that he loves them and he told them goodnight as he left their bedroom (10:44 p.m.). Kassidy fell right asleep. Kennedy stayed up for a while trying to read herself to sleep. Later (11:45 p.m.), Daddy went in to check on the girls and Kennedy was still reading (a book from her classroom library called “Endling – The Last”). Daddy had her put her book away. Kennedy then got up and went to the bathroom. She then got back into bed and snuggled up to a sleeping Kassidy. Kassidy then rolled over toward Kennedy. Her mouth was moving. She then kind of put her right hand to her mouth like perhaps she was dreaming about eating something. Her mouth looked like maybe she was chewing. Kennedy laughed! She had to cover her mouth to keep from waking Kassidy up :) (That was funny to see. :) A little later, after Kennedy had fallen asleep, Daddy went in and turned on the girls’ night light and turned off their bedroom light. Sweet, sweet moments with my babies!!!

**March 27, 2019 Wednesday**

This morning (7:12 a.m.), Daddy went and woke the girls up. They were still sleeping, but Kassidy got up pretty quickly and went to the bathroom. Kennedy got up shortly after. Daddy went and got dressed for work. Kennedy joined Kassidy in the bathroom. A short time later, she called out to Daddy, “Daddy, Kassidy just tooted!” :) The girls finished washing up and getting dressed.

Kennedy was ready first. She went and made herself a bowl of cereal (Lucky Charms). Kassidy was almost ready. Daddy asked her if she wanted cereal. She said that she did, and she asked Kennedy to pour her some. When Kassidy was dressed, she came in and poured herself a little more cereal into the bowl that Kennedy had made for her, and she added milk. The girls then went to the car with their things and bowl of cereal. Daddy turned all of the lights out and joined the girls in the car (parked in the garage). We then left for Daddy to take the girls to school (7:55 a.m.).

On the way to school, Kennedy and Kassidy played a game on the iPad while eating their cereal. (It was raining this morning and traffic was a little slow initially.) Daddy told Kassidy about last night, how it looked like she was dreaming and trying to eat something. Kennedy said that she had already told her. We laughed! The girls then played Mad Libs together on the iPad until we got close to school. (Kassidy handed Daddy his ticket to her play that Mommy had purchased. On Friday, Kassidy is in the school’s play, “Alice in Wonderland,” as the Cheshire cat. :)

When we arrived at Harvest (8:25 a.m.), Daddy parked in the second row. As Daddy and the girls got out of the car, the school bell rang. Kassidy got her things together and she and Daddy hugged goodbye. Daddy told her to do well in her play and that he will be there. Kassidy then walked on into school. Kennedy and Daddy then shared a big hug goodbye, and Kennedy walked into school. Daddy watched until the girls got inside. (Kennedy paused at the crosswalk, unsure whether she could cross because there were cars nearby dropping kids off. Other kids passed her by to cross so she went on across. Daddy admired how she was so yielding and mindful of following the rules. Kennedy went through the main entrance shortly behind Kassidy.) Daddy then left. A pleasant morning and last few days with my girls! SO BLESSED!

**March 29, 2019 Friday**

This morning (7:27 a.m.), Kassidy called Daddy to remind him about her play (Alice in Wonderland) tonight. :) Daddy thanked her for thinking of him. He said that he would be there and wished her well.

Later (around 5:30 p.m.), Daddy arrived at Harvest for Kassidy’s play. A few parents were waiting around the entrance. The doors were to open at 6 p.m. so Daddy walked up and waited also. Halmonie arrived a short time later. She went and signed Kennedy out of the after school program because Kennedy had her ticket into the play. A short time after that, they asked that the parents form a line and Daddy was very near the front of the line. Kennedy stood with Daddy and joked with him while we waited for the doors to open.

When the doors opened and we all were let in, Daddy sat in the second row on the left side, and Halmonie and Kennedy sat behind him. The play started at around 6:30 p.m. Kassidy, along with a little boy, narrated a lot of the play as the Cheshire cat. Kassidy’s face was painted like the Cheshire cat’s smile and she had striped knee-high socks on. Initially you couldn’t hear Kassidy very well because her remote mic wasn’t working. They eventually fixed it. Mom came in a little late and had to stand along the wall on the left side. She had purchased some snacks and things from the concession and during the intermission she moved and sat next to Kennedy and shared the snacks with her. (Kassidy was the one who said to the audience, “We will now have an intermission.”

When the play resumed, Kassidy was now holding a physical mic that she shared with others. The play was very enjoyable and Kassidy did very well. Daddy videotaped and took pictures. After the play Dad and Mom took pictures of Kassidy by herself, with some of her friends, and then various family pictures. Dad told Kassidy that she did really well and she seemed to feel good about her performance. Kennedy gave her a big hug. Halmonie took a few pictures and then left. It was a fun evening.

Kassidy then went and got changed. When she returned. Daddy gave Kassidy a hug goodbye, telling her to do well in her volleyball tournament tomorrow. Kassidy had forgotten that Daddy wouldn’t be there and she was briefly a little disappointed. Daddy hugged her again and told her to have the same confidence that she had the last time. Daddy also gave Kennedy a hug goodbye and then he left. A sweet evening with my girls!!!

**April 1, 2019 Monday**

This evening (around 5:45 p.m.), Kassidy called Daddy (Mommy had just picked the girls up from school) and reminded him that she had left her flute in his trunk and asked if he could drop it off at Mom’s. Daddy said that he would (Kennedy called out from the background and said hi to Daddy. Daddy said hi back). Kassidy thanked Daddy and then Daddy and Kassidy hung up.

A little later (around 7:20 p.m.), Daddy arrived at Mom’s. Daddy drove by and then turned around to park when he saw that Kassidy was standing out at the gate. Daddy said, “There’s my baby!” Daddy parked across the street from Mom’s apartment. Kassidy ran over to Daddy’s car, being silly, bent over with her arms behind her. Daddy laughed and handed her her flute through the car window. He asked if she had been waiting at the gate and she said that Mom saw Daddy drive by and alerted her. Daddy asked Kassidy for her hand and he was going kiss it but she snatched it away. She then gave it to him again (her right hand) and Daddy gave it kiss. Kassidy then leaned in through the window and gave Daddy a hug and kiss on the cheek. She said that he smelled like broccoli. Daddy laughed. He admitted that he had just eaten his big plate of broccoli that he often has. Kassidy leaned in and gave him one more hug goodbye. Daddy thanked her for giving him a hug “even though I stink like broccoli.” Daddy again laughed. He then told Kassidy to give Koko a hug for him. Kassidy then ran back across the street (leaned over with her arms behind her) and returned to Mom’s apartment. Daddy then left. My sweet baby!!

**April 8, 2019 Monday**

Today (5:20 p.m.), Daddy picked the girls up from their after school program. Kassidy came out first and gave Daddy a hug. She then gave Daddy another hug before giving him her backpack and then going to the office to see if Mom dropped off her flute. A short time after Kassidy left, Kennedy came out and she gave Daddy a big hug. When Kassidy returned (she that her flute wasn’t in the office) we all walked to the car. Kennedy asked to play on the iPad so Daddy gave it to her once she got into the car. We then left Harvest (5:26 p.m.). On the way home, Daddy stopped and got some gas at ARCO (Ashlan/Valentine). We then continued on home (out Ashlan to the 168).

When we got home (around 6 p.m.), Daddy asked the girls what they wanted for dinner. Kennedy looked in the freezer and said, “Country Fried Pork.” She said, “That sounds fancy.” Then, in a “fancy” voice, she said, “With a truffle garnish.” She then laughed as she went to her bedroom. Kassidy had already gone to their bedroom and was changing into her pajamas. After changing, Kassidy got some paper drew at the dining room table. Daddy changed clothes and then went on his run (6:25 p.m.). After Daddy returned from his run (around 6:50 p.m.), he made dinner for the girls (Kassidy: Stouffer’s Spaghetti with meat balls, Kennedy: Marie Callender’s Country Fried Pork with mashed potatoes, Daddy also made the girls some corn). When dinner was ready, Daddy had the girls wash their hands. Kassidy then sat at the dining table. Kennedy came into the dining area from her bedroom. She told Daddy that tomorrow she has to take her Pacer test again (a P.E. fitness test). She said it is her last opportunity to pass it. Daddy encouraged her to do her best and told her that that’s all that matters. Kennedy then went into the kitchen and made herself some chocolate milk (using Hershey’s syrup). Kassidy wanted some also, so Daddy made a chocolate milk for her. Kennedy then joined Kassidy at the dining table. Kassidy said grace and then the girls ate. (Kassidy looked over her script for her “Alice in Wonderland” play. They will perform the play again tomorrow for the primary grades.) Daddy had made some chocolate pudding for the girls (he put some banana slices on top with some whipped topping). He served it to them, but Kassidy put hers in the freezer to save for after dinner. Kennedy had Daddy also put hers in the freezer.

After the girls finished eating (around 7:20 p.m.), Kennedy went to her room and used the iPad. Kassidy got her pudding and sat in the big chair and watched Thomas Sanders’ YouTube channel on the T.V.

A little later (around 7:45 p.m.), Daddy had Kassidy do some 2 more problems of her homework (dividing decimals). She had done 4 of the 12 and he wanted her to do 2 more so that half of her homework would be done. It’s not due until Friday.) He made a deal with her. He said that he would give her a Tootsie Roll for every homework problem she did. (He gave her 6 Tootsie Rolls). Daddy then went to his bedroom and tried to watch the NCAA Men’s Basketball Championship game (Virginia vs. Texas Tech) but it was still recording and wouldn’t let him watch it on his computer, so Daddy watched some of an episode of Survivor. A short time later (around 8 p.m.), Daddy went into Daddy’s room to have him help her with her math homework (converting miles, yards, feet). After he helped her, Kennedy went and sat at the dining table and finished her math problems.

A short time later, when Daddy went to check on Kennedy, Kassidy asked Daddy if she could leave a message for Mom to bring her flute and volleyball gear to school for her tomorrow. Recently, Mom has been having Kassidy communicate with Dad about things instead of Mom talking to Dad directly, so Daddy reminded Kassidy that a child shouldn’t be put in the middle and that parents should communicate directly with each other. Kassidy got a little bit of an attitude and thought that Dad was criticizing Mom. She told Dad that he thinks that Mom is wrong and that he is always the better parent. Daddy apologized and told her that that’s not what he’s saying. Kassidy started becoming disrespectful. She put the pillow from the big chair over her face and when Daddy asked her to put it down, she refused. Kennedy spoke up and said that each evening at Mom’s, Kassidy gets an attitude and says that she doesn’t care about anything. Kennedy said that Kassidy is going through a teenage phase. Daddy then told Kassidy that he will always love her no matter what. Daddy then walked over and gave Kassidy a kiss on the forehead and ended the conversation. Daddy went to his bedroom to look over Kennedy’s homework, and Kennedy went and took a shower.

A little later (9:32 p.m.), Kassidy went into Daddy’s bedroom where he was writing this journal entry, and apologized and gave him a hug. Daddy thanked her and told her that it takes maturity to apologize. He told her that she’s always been that way, where she will apologize. She then returned to the living room and continued watching Thomas Sanders on YouTube. Daddy told the girls that they had 13 minutes until bedtime. (The rest of our night went great! :)

A little later (9:45 p.m.), Daddy had the girls go wash up for bed. Before going into the bathroom, Kennedy asked Daddy if he will be upset if she doesn’t pass her Pacer test. Daddy replied, “Of course not! As long as you do your best.” Kennedy said, “O.K.” The girls then washed up. After washing up, they went and got into bed. Daddy was in the kitchen making his lunch for work. After he finished, he went into the girls’ bedroom. They wanted him to do ASMR but Daddy said that it was getting late. He said that he will do ASMR tomorrow. Daddy said that we need to name his ASMR channel. Kassidy started off with “Antony Super…” Daddy then said, “Antony Super Macho Ross.” Kassidy laughed. We then did our hearts together, as usual. (“Show me your hearts!”) Kennedy then wanted some water. Daddy said that he would walk into the kitchen with her. She asked to hold Daddy’s hand. Kassidy then said that she was going to go also.

The girls were getting water out of the refrigerator, and Kassidy was joking like she was a cheerleader. Daddy then said, like he was a male cheer leader with pon pons, “How do you like thaw?” (How do you like that?) Kassidy almost spit her water up and then Kennedy also. They laughed! We laughed and joked in the dining and kitchen area for a short while. The girls then returned to their room and got back into bed. Kassidy asked Daddy for one more hug. Daddy went over and Kassidy sat up in bed and gave Daddy a tight hug. Daddy then acted like someone sped up the video and he gave her a fast forward ASMR. She laughed! Daddy then went around and did the same to Kennedy. Kassidy touched Kennedy’s cheek and said, “I got your chocolate chip!” Daddy then gave Kennedy a kiss on her “chocolate chip.” She gave Daddy a kiss in return on his right cheek and then hugged him. We laughed and joked together briefly. Kassidy was joking about forehead sizes. Daddy joked that his head needs to be big enough to hold his brain. Kassidy then jokingly called Daddy, “Megamind.” Daddy laughed! Kennedy was starting to look tired and Daddy commented on how her eyes were almost closing. Kassidy jokingly commented on how they’re Asian. Daddy jokingly called her “racist.” Kassidy then said that if she marrieds someone with the last name “Fu” they will name their child “Kung.” We chuckled together. Daddy then told the girls goodnight and said, “Thank you for being mine!” as he left the room. Kassidy replied, “That’s your job, to make us yours!” A short time later, the girls were asleep. Later, Daddy went in and turned on their night light and turned off their bedroom light. Sweet times with my sweet babies!!! THANKFUL!

**April 9, 2019 Tuesday**

This morning (7:06 a.m.), Daddy went and woke the girls up. Kennedy got up first. She said that she was nervous about her Pacer test today. Daddy encouraged her to just do her best. Kennedy then went to the bathroom, with Kassidy right behind her. Daddy went and got dressed for work. A short time later, Kassidy went and knocked on Daddy’s door to show him some pants that she didn’t think fit before but that she put on this morning. Daddy told her that they look fine.

After Kassidy was dressed, she made herself a bowl of Lucky Charms cereal. She told Daddy that she had a dream. She said that she would tell him about it in the car. She then went out to the car with her cereal and backpack. A short time later, Kennedy came out mostly dressed. She sat on the couch and put her shoes on. She then made herself a bowl of Lucky Charms cereal and went to the car with her cereal and backpack. Daddy then went out to the car and we left for Daddy to take the girls to school (around 7:52a.m.).

On the way to school, Kassidy played on the iPad while she ate her cereal. She accidentally spilled some of her cereal and milk on her pants, so Daddy gave her a towel and she cleaned up. When we arrived at Harvest (8:18 a.m.), Daddy parked in the second row. Kassidy got out first. Daddy gave her a hug goodbye and then she walked into school. Kennedy then got out. She and Daddy hugged and she gave Daddy a sweet kiss on his right cheek. Daddy encouraged her to just do her best on her Pacer test. She said “O.K.” and then walked into school. Daddy watched until she got inside. A friend of hers ran up to her and they hugged and then walked into the main entrance together. Daddy then left.

Later (5:15 p.m.), Daddy returned and picked the girls up from their after school program. Kassidy and then Kennedy came out and each gave Daddy a hug. Daddy asked Kennedy how she did on the Pacer test in P.E. today and she told Daddy that she had passed it. Daddy gave her a long big hug and congratulated her. We walked to the car and Kennedy told Kassidy that she could use the iPad because Kennedy wanted to continue the book that she started reading yesterday (“The War That Saved My Life”). We then got into the car and Daddy drove to El Cap for Kassidy’s club volleyball practice. On the way, Kassidy played on the iPad.

When we arrived at El Cap (around 3:32 p.m.). WE sat in the car for a short while. Kassidy continued playing on the iPad and Kennedy continued reading her book. Kassidy then went to the bathroom to change into her volleyball practice clothes (5:39 p.m.). Kennedy went with her so that she could go to the bathroom. A short time later, Kennedy and Kassidy returned to the car. Kassidy got some water out of the trunk and Kennedy got back into the car and read a little longer.

After a while, Daddy and Kennedy walked over to the gym to watch Kassidy’s practice. Daddy stopped and went to the bathroom while Kennedy walked on into the gym. When Daddy got inside of the gym, Kennedy was sitting up in the bleachers where she and Daddy normally sit (the bleachers were still folded). Daddy climbed up into the bleachers. Daddy worked on his computer while Kennedy read. After a little while, Kennedy asked Daddy to check her math homework (converting fl. oz, cups, pints, quarts, and gallons). Kennedy only had one mistake and she corrected it. Kennedy then continued reading her book. Daddy threw her a Winco bag. When she looked in it she was surprised. Daddy had bought her some Frutti food-shaped candy and the gummi frog candy that she likes. She asked if it was for her and Daddy replied, “Did you pass the Pacer test?” She said yes, and Daddy said, Then it’s for you. I knew you’d pass it!” Kenny said, “Thank you Daddy.” : ) Later, Kennedy asked Daddy for one of the Tootsie Rolls that he had brought. He gave her some. While eating a Tootsie Roll, Kennedy excitedly exclaimed, “This is one of the best books ever!” Kennedy read throughout the whole 2 and a half hours of Kassidy’s practice and almost completed the book (she’s on around page 280 of the 300 page book.) After Kassidy’s practice (8:35 p.m.), we went home. Kassidy used the iPad on the way and Kennedy told Daddy about her book.

When we got home (around 9 p.m.), Daddy let Kennedy call Mommy to ask if she could pick them up early from school so that she could work on her GATE project. Daddy then made the girls dinner (DiGiorno Hawaiian pizza) while Kassidy drew at the dining table and Kennedy read her book in her bedroom. Kassidy then some of her math homework at the dining table. When the pizza was ready, Kennedy came in and made herself some grape-flavored water. Kennedy then sat at the dining table with Kassidy. Kennedy said grace (also praying that she gets her GATE project done and that Kassidy does well on her project) and then the girls ate. Daddy then went on his run (10:10 p.m.). When Daddy returned from his run (around 10:40 p.m.), Kennedy was out of the shower playing on the iPad in her bedroom and Kassidy was in the shower. After Kassidy finished her shower, she came into the kitchen where Daddy was cleaning up. She was looking for something sweet to eat. Daddy let her lick the top of the Tupperware container with the remaining chocolate pudding. Daddy then had the girls brush their teeth for bed. The girls then went and got into bed (around 10:50 p.m.). A short time later, Daddy went in to say goodnight. He had Kennedy be still and he then kissed her “chocolate chip” goodnight. Daddy then walked around to Kassidy’s side of the bed. Her eyes were partially closed as she was ready to go to sleep. Daddy had her be still and he kissed the side of her face with his lips folded in. She wiped it off, so Daddy (like he would always do when they were younger and wiped off his kiss) tickled her and Kennedy helped him. Kassidy laughed and rolled out of bed onto the floor. Kassidy then got back into bed. Daddy stood at the foot of the girls’ bed and said “show me your hearts!” We then did our hearts together. Kennedy finished with her head on top of her hands (as opposed to underneath like Kassidy and Daddy) and Daddy joked that she was posing for a photo at the side of a pool. “Summertime!” The girls laughed. Daddy then acted like he was taking a selfie with the peace sign and the girls laughed again. :) Daddy then told the girls goodnight and left their room. They both fell asleep a short time later. After a while, Daddy went in and turned the girls’ night light on and their bedroom light off. Treasured times together. I’m going to miss this!!! BLESSED BEYOND WORDS!

**April 10, 2019 Wednesday**

This morning (7:02 a.m.), Daddy went and woke the girls up. They continued lying down for a brief while (they like to fake like they’re still sleeping to buy more time :). Daddy walked over and gave Kennedy a big kiss on her “chocolate chip.” He then walked over and gave Kassidy a kiss on her left cheek (she was lying on her right side). Kennedy then sat up a little with one eye opened. Daddy smiled at her. She said, “Daddy, I’m waiting for you to leave so that I can get up and change.” Daddy then left their room and went and got dressed for work.

When the girls were dressed, they each made themselves a bowl of Lucky Charms cereal that they took with them and ate in the car. We then left and Daddy took the girls to school (7:58 a.m.). On the way, as we were entering the 168 from home, Daddy said to Kassidy, “Speed Round!” Kassidy then said “Skittles.” We each started naming the colors of Skittles. :) Kennedy played on the iPad while the girls ate their cereal. Daddy slowed down in traffic and Kassidy spilled some of her cereal on her. Daddy gave her a towel and she wiped up.

When we arrived at Harvest (8:21 a.m.), Daddy parked along the outside of the school near the front row. Kassidy got out first and got her things. Daddy gave her a hug goodbye. Daddy joked with her that she “patted” him on the back and gave him a “Halmonie” hug that wasn’t very warm. She replied that Halmonie doesn’t even pat. Kennedy then got out and got her things. She and Daddy shared a nice hug. The girls then walked together into the main entrance of school. Daddy watched until they got inside. Daddy then left. I cherish my sweet girls and the moments that we share together!!!

**April 12, 2019 Friday**

Today (4:25 p.m.), Daddy picked the girls up from the after school program, earlier than usual. Today is the beginning of their spring break. Kassidy came out first and gave Daddy a hug. She said that she had called him (while he was on his way) asking to be picked up early. With spring break starting, he figured that they might want to be picked up early. Kennedy then came out, carrying her GATE project. She gave Daddy a hug. Kennedy asked if she could make breakfast for us in the morning. Kassidy said, “I’m going to sleep in early!” She then corrected herself to mean that she wants to sleep in late. We laughed. We then walked out to the car. When we got to the car, Kennedy was excited to show Daddy the Breakfast Collection slime that Mommy had ordered for her online (Strawberry Banana Yogurt, Cracked Egg, Maple Bacon). Daddy thought it was neat (the yogurt smelled like yogurt but the eggs and bacon weren’t meant to smell like eggs and bacon). We then left Harvest. Daddy didn’t have the iPad so Kennedy read and Kassidy drew and relaxed. From Harvest, Daddy stopped and got gas (ARCO on Ashlan/Valentine). After getting gas, we continued on home. On the way, Kassidy asked Daddy when she will ever be able to sit in the front seat. Daddy jokingly replied, “I want to keep you little for as long as I can, alright?” :)

When we got home (around 5:20 p.m.), Kennedy and Kassidy got a Pop Tart (Chocolate Chip Cookie Dough flavor). Kassidy watched YouTube on T.V. in the living room. Kennedy played on the iPad in her bedroom. Daddy changed to go on his run. When Kassidy thought Daddy was leaving, she asked him for a hug before he left. He said that he wasn’t leaving yet. When he was getting ready to leave to go on his run, he went over to where Kassidy was, sitting in the big chair drawing while listening to music on YouTube, and gave her a kiss on the top of her head. As Daddy was walking out the garage door, Kassidy said, “Bye Dad, I love you!” :)Daddy told her that he loves her as the door closed behind him (5:35 p.m.).

When Daddy returned from his run (5:53 p.m.), he jokingly mocked the music that Kassidy was listening to. He then walked over to Kennedy’s bedroom door, which was cracked. He snorted through the crack and she snorted in return (as we do :). Daddy then made this entry in the journal before going and making himself dinner (Picante Chicken-flavoredRamen soup with peas and sautéed broccoli). Daddy ate in his bedroom while watching Survivor on his computer. He also put a pizza (DiGiorno’s Three Meat) in the oven for the girls.

A little later (7:25 p.m.), when the pizza was ready, the girls made themselves a flavored water (Kennedy: cherry, Kassidy: grape and cherry) and sat at the dining table to eat. Kennedy said grace (also asking God to “bless everyone we love.”), and then the girls ate while watching Thomas Sanders on YouTube on the T.V. A short time later, Kassidy wanted Daddy to make her some corn so he did.

After the girls finished eating (around 8 p.m.), Kennedy returned to her bedroom and played on the iPad. Kassidy watched YouTube videos in the living room. Daddy did some work in his bedroom on his computer.

Later (around 10:05 p.m.), Daddy went into the kitchen and saw that Kassidy was sitting in the big chair in the living room drawing while watching YouTube music videos of drawings. Daddy told her that he’s proud that she’s passionate about drawing. Daddy asked which she enjoys more, drawing or volleyball. She thought for a while, and then she said that they are about the same, but on vacation she would rather draw rather than play volleyball. After that, (around 10:10 p.m.), Daddy went and checked on Kennedy in her bedroom. She had fallen asleep with a book on her chest. Daddy went up to her and gave her several kisses on her “chocolate chip” and she woke up. She snorted at Daddy. Daddy then had her get up and brush her teeth. After brushing her teeth, she returned to her bedroom and read (“The Last Kids on Earth: Zombie Parade”). Kassidy’s music was bothering her and she asked Kassidy to turn it down but Kassidy didn’t. Kennedy then went in and turned it down herself. Kassidy complained a little. Kennedy turned it up just slightly and the girls laughed. Kennedy then returned to her bedroom and Kassidy turned her music back up. Daddy then showed Kennedy an app that he uses on the iPad that plays nature and other noises to block out sound. She used that. Daddy then returned to his room and continued working on his computer.

Later (around 10:57 p.m.), Daddy checked on the girls and saw that Kassidy had fallen asleep in the big chair. He went and checked on Kennedy and she was still awake reading her book on her bed. Daddy had her move over and get under the covers to make room for Kassidy. Daddy then woke Kassidy up and had her go brush her teeth. She then got her sketch book and went to her bedroom and got in bed with Kennedy. Daddy went in a short time later (around 11:10 p.m.) to say goodnight. Kennedy was awake watching a video on the iPad but Kassidy was already asleep. Daddy went over and gave Kassidy a kiss on the cheek. Daddy then went and gave Kennedy a kiss on her “chocolate chip.” Daddy said “Just in case you are asleep” when he comes back to check on her.

A few minutes later, Daddy heard someone snoring a little. Daddy went and peaked in on the girls and saw that Kennedy had also fallen asleep (with the video on the iPad still playing). Daddy took the iPad and turned on the girls’ night light and turned off their bedroom light. Kennedy woke up as Daddy was getting ready to walk out. As Daddy walked out, Kennedy called out, “Hugs.” Daddy returned and gave Kennedy a hug goodnight. She asked if he would check on her and Daddy said that he would. Kennedy gave Daddy a kiss on his right cheek and his forehead. Daddy told her that she forgot to kiss his left cheek, and she did. Kennedy then rolled over and snuggled up with sleeping Kassidy. :) Daddy told Kennedy that he loves her as he left her bedroom, and she told Daddy that she loves him in return. I treasure these sweet moments with my sweet girls!!!

**April 13, 2019 Saturday**

This morning (around 7 a.m.), Daddy got up and went to the girls’ bedroom to give put the iPad next to the bed for Kennedy so that she would have it when she wakes up (if it’s not there, she goes to Daddy’s room and wakes him up to get it :). Kennedy was underneath the covers and looked up when she heard Daddy. Daddy had placed the iPad on the stand next to her bed. She looked over and saw it as Daddy was leaving her bedroom. Kassidy then woke up. The girls went back to sleep for a little while.

After a while (8:22 a.m.), Kassidy came into Daddy’s bedroom while he was resting. Daddy looked up and Kassidy walked over and touched him on the nose. She then left and went into the living room. She turned the T.V. on and watched YouTube on T.V. She also made herself a bowl of Lucky Charms cereal for breakfast. Kennedy was in the bedroom using the iPad.

Later (around 11:15 p.m.), Daddy got changed to go on his run. When he went into the kitchen, Kassidy was in the big chair watching YouTube on T.V. and Kennedy was at the dining table watching a video on the iPad and eating a bowl of Lucky Charms cereal. Daddy gave Kennedy the book that Mrs. O’Daniel let her use to study for her upcoming goat test. He talked and joked with the girls for a little while. He then left to go on his run (around 11:40 a.m.). When Daddy returned from his run (12 p.m.), Kennedy said “Hi Daddy” as he walked in. She was sitting at the dining table, playing with her slime. She also skimmed the goat study guide trying to recall what she will need to know. Daddy then started making himself some oatmeal. While it was cooking, he made this entry in the journal. Kennedy went to her bedroom to read and Kassidy continued watching music videos on YouTube on the T.V. while drawing in her sketchbook. When Daddy’s oatmeal was ready (around 12:25 p.m.), he went to his bedroom and ate while watching “Survivor” on his computer. After eating, Daddy did some work on his computer.

Later (3:10) p.m., after asking the girls what they wanted from the store, Daddy walked to Walmart for his exercise to get some groceries. (Daddy wanted the girls to get some exercise also so he gave them a choice. He asked if they would rather walk to the store with him or walk to the park later. They chose to walk to the park later.) As Daddy was walking out of the garage door, Kassidy ran over and stopped him and gave him a hug goodbye. Kassidy stood in the doorway jokingly waving while Daddy let the garage down. We waved at each other until the garage was all the way down. :) Daddy then walked to the store, bought some groceries and then walked back.

When Daddy returned (4 p.m.), Kassidy was drawing in the big chair while listening to music on YouTube on the T.V. She was excited to show Daddy what she was drawing. Daddy told her it looked good. She had just started so Daddy said that he wanted to see it when it was finished. (Kassidy has become very good at drawing and really enjoys it.)

After a while (around 4:25p.m.), Kennedy came out from her room and made herself a peanut butter and jelly sandwich. She said that she had finished her book. She sat at the dining table and ate while watching something on the iPad. After eating, she went and changed for when we go on our walk later. Kassidy was still drawing in the big chair.

Later (5:35 p.m.) Daddy went and started making dinner for the girl (Kennedy: Stouffer’s Meat Lover’s Lasagna, Kassidy: Stouffer’s Spaghetti with Meat Balls, and Daddy made her some corn, Daddy also made the girls some seasoned fries). When dinner was ready (6:10 p.m.), Daddy had the girls wash up. After they washed up, the girls went into the refrigerator and got the “Truly” sparkling drinks that Daddy offered them earlier. (Daddy brought the drinks back from his class in the Bay Area for them last weekend. They were fruit drinks that he thought the girls might like. The girls sat at the dining table preparing to say grace. Kennedy took a taste of the “Truly” (pomegranate-flavored) drink and said, “Daddy, this tastes bitter.” Daddy then tried it and agreed. He thought that maybe it was old or spoiled, but when he looked on the front of the container, it read that the drink had 5% alcohol. Daddy told Kennedy and she went to the bathroom and washed her mouth out. We laughed. Kennedy said, “Now I know what alcohol tastes like!” Daddy told them that it hardly had any alcohol in it. Kassidy put the drink up to her mouth and said that she wanted to try it (she hadn’t opened her drink yet) but Daddy wouldn’t let her. We all chuckled about that. The girls then went and made themselves a flavored water (Cherry Blackberry). Kassidy said grace and then the girls ate. Kassidy had Thomas Sanders playing on the T.V. and Kennedy watched a video on the iPad. Daddy made himself dinner (corn with turkey chili) and went to his room and ate while he watched “The Carter Effect” documentary ( about Vince Carter with the Toronto Raptors) on Netflix.

After a while, Daddy had Kassidy change out of her bed clothes so that we could go on our walk. We then left (7:20 p.m.) to go on our walk through Dry Creek Park. On our walk, there were a lot of annoying groups of little flying bugs. We decided to cut across and walk along Clovis Avenue instead of through the park. There were fewer flying bugs on our path. We joked and laughed on our walk, which was a little shorter by not going through the park. On our way back, once we crossed the street to walk along the apartments, Kennedy held Daddy’s hand. Daddy thanked her for being his baby and kissed her hand. Kennedy said, “Let me rub that in.” When we got home, Kassidy called the iPad and was going to the girls’ bedroom to get it. Kennedy told Kassidy, “Don’t mess with my stuffed animals. They’re taking a nap.” :) Kassidy played on the iPad in her bedroom and Kennedy watched T.V. in the living room. Daddy did some work on his computer in his bedroom.

A little later, (9:12 p.m.), we all gathered in the living room and watched a movie. We settled on “Christopher Robin.” Daddy had made chocolate pudding layered with whipped topping for the girls. Kassidy went and looked in the freezer and discovered it and the girls ate their pudding as we began the movie. After eating their pudding, the girls got some Salt and Vinegar potato chips that Kassidy had requested that Daddy get when he walked to the store this afternoon. We all also had some dry Cocoa Puffs a little later during the movie. The movie was cute, and we enjoyed watching it together. After the movie ended (around 11:10 p.m.), Daddy had the girls brush their teeth in case they fell asleep. Kennedy then choreographed a handshake and she and Kassidy did it and joked together briefly. Kassidy then went to their bedroom and watched videos on the iPad while Kennedy played with her slime at the dining table. After a short while, Kennedy watched a “Barbie Dreamhouse Adventures” show on Netflix while she continued playing with her slime. Daddy worked on his computer in his bedroom.

Later (12:02 a.m.), Kassidy was getting sleepy and suggested out loud that it was time for her and Kennedy to go to bed. Daddy had Kennedy finish playing with her slime and she then joined Kassidy in bed. Daddy then went in to tell the girls goodnight. Kassidy was in bed with her eyes closed. Kennedy was playing on the iPad. Daddy went over and gave Kassidy a kiss on her left cheek. She kept her eyes closed. Kennedy wanted us to do our hearts, so Daddy stood at the foot of the bed. Kennedy sat up so Kassidy opened her eyes and sat up in bed also. Daddy then said, “Show me your hearts!” Daddy and the girls did “hearts” together. Kennedy then continued playing on the iPad and Daddy said that he would return to check on her. Daddy then told the girls goodnight and left their bedroom.

A short while later (around 12:25 a.m.), Daddy went in and checked on the girls. Kennedy had fallen asleep with the iPad. She was also holding Kassidy’s hand. :) When Daddy walked over and took the iPad, Kennedy woke up. Daddy gave her a kiss on her “chocolate chip.” As Daddy started to walk out of the room, Kennedy stopped him and pointed to her forehead. Daddy walked back over and gave Kennedy a kiss on the forehead. Kennedy then grabbed Kassidy’s hand and rolled over toward her. Daddy told her goodnight and left their bedroom. Daddy later returned to turn their might light on and their bedroom light off. I will miss these sweet days together!!! THANKFUL!

**April 14, 2019 Sunday**

This morning (around 8:10 a.m.), Daddy went into the girls’ bedroom to take the iPad to them. Kennedy, and then Kassidy, looked up as Daddy was setting the iPad down on the stand next to Kennedy. Daddy then walked out.

A little later (9:39 a.m.), Kassidy went into Daddy’s room. She punched a punch balloon at him, telling him to wake up. Daddy had been awake for a while and was lying down and just resting. She kept punching the balloon at his face. She then left and she and Kennedy played together with the balloon for a short while. The girls then each made themselves a bowl of cereal for breakfast. Kassidy watched Thomas Sanders on YouTube on the T.V. while drawing. Kennedy watched the cartoon “Gumball” on the iPad while sitting at the dining table and playing with her slime. Daddy talked to the girl about screen time and asked them to choose a time that they would turn all screens off for 2 hours and do something else. They agreed on 1-3 p.m. Kassidy then listened to some music on YouTube and then some videos about the game character “Bendy.” Daddy folded towels, made the girls’ bed, and then changed into his running clothes. Daddy did a little work on his computer and then he went on his run (11:40 a.m.). As he was leaving, Kassidy gave him a hug goodbye and then made herself a peanut butter and jelly sandwich.

When Daddy returned from his run (12 p.m.), Kassidy was watching music videos on YouTube on the T.V. Daddy said hi to Kassidy and then went in and checked on Kennedy who was using the iPad in her bedroom. She said that she has been coughing a lot. Daddy had offered to give her medicine. She said that she would take some cough medicine close to bedtime. She then asked Daddy to get the 4-H study sheet (from the 4-H website) so that she would know what to study for her goat test on Tuesday. Daddy found the study material. He then went and made himself some oatmeal and relaxed and ate in his bedroom while eating.

A little later (around 1 p.m.), Kennedy went and took a shower and Daddy had the girls turn the screens off from 1-3 p.m. Kassidy went into Daddy’s room and drew while he worked on his computer. She asked him what she should draw and he told her a self-portrait. She briefly tried but decided not to. She just did some free drawing. When Kennedy got out of the shower, Daddy made an exception to screen time and let Kennedy study for her upcoming 4-H written test by looking over the study guide that Daddy put on the iPad for her. Kennedy studied for about an hour and then read for a short while. Kassidy drew in Daddy’s bedroom the whole time.

At 3 p.m., Daddy said that the girls did a good job and could have some screen time. The girls played “volleyball” together (with balloons left over from Kennedy’s birthday) for a short time. Kennedy made up some rules and they played and laughed together. After that, Kassidy returned to Daddy’s bedroom and used the iPad while Daddy worked. Kennedy watched the cartoon “Home” on Netflix on the T.V. while sitting at the dining table and playing with her slime.

Later (around 4:20 p.m.), Kassidy moved to her bedroom and watched videos on the iPad. (Daddy always tells the girls to only watch appropriate things. He asked Kassidy if he has her permission to later check what she was doing on the iPad and she gave him permission.) After a little while (around 4:35 p.m.), Kassidy started using the iPad to change what Kennedy was watching on the T.V. Kennedy complained. Kassidy went into Daddy’s bedroom to jokingly hide. Daddy told Kassidy to stop but reminded Kennedy that she has done the same thing to Kassidy. Kennedy came into Daddy’s bedroom laughing. She playfully grabbed Kassidy, semi-hugging her from behind. The girls laughed. Daddy told Kassidy to tell Kennedy, “I love you sister.” Kassidy said it. Kennedy then took the iPad out of Kassidy’s hands and set it down next to Daddy (Daddy was sitting at his work area working on his computer). Kassidy and Kennedy jokingly then shared a sweet hug. Kassidy then returned to her room with the iPad and Kennedy returned to the dining table to play with her slime and watch “Home” on Netflix on the T.V.

After a while (around 5:45 p.m.), Daddy started making dinner for the girls (Kassidy: Marie Callender’s Meat Loaf with corn and mashed potatoes, Kennedy: Marie Callender’s Chicken Pot Pie). When dinner was ready (around 6:10 p.m.), the girls made themselves flavored water (Cherry Blackberry) and then sat at the dining table. Kassidy said grace and then the girls ate. Kennedy watched “Dope or Nope” on YouTube on the T.V. and Kassidy watched YouTube on the iPad of a guy imitating famous singers. Daddy then made dinner for himself (sautéed broccoli and Picante Chicken-flavored Ramen with peas that Daddy added).

After the girls finished eating (around 6:35 p.m.), Kassidy went to her bedroom with the iPad and Kennedy relaxed on the couch and watched “Dope or Nope“ on YouTube (they were trying out various toys for pets, etc.). Daddy ate his dinner in his bedroom and finished watching the Vince Carter video (“The Carter Effect) on Netflix.

A little later (around 7:15 p.m.), Daddy served the girls some dessert. He had made some banana Jello pudding earlier. He layered it with whipped topping and sprinkled some finely crushed Graham Crackers on top. Kennedy thought that it looked so nice that she asked him to take a picture of the dessert that he served on small glass containers. Daddy went and got the iPad from Kassidy in order to take a picture. She followed back into the kitchen. Daddy took a picture and then Kassidy took her dessert into her bedroom and Daddy gave her hers on the couch. Daddy then got some for himself and ate in his bedroom while watching a little of Survivor.

After a short while (around 8:05 p.m.), Kennedy called Daddy to watch a nature movie that he had mentioned to he yesterday. Kennedy called Kassidy in also and we watched a few minutes of a National Geographic special called “Hostile Planet.” It was entertaining but had some violence in it, so after about 10 minutes Kennedy wanted to watch the other nature movie that Daddy mentioned. It was a newly released movie on Netflix called “Our Planet.” We watched about 20 minutes of it, and then took a break (around 8:35 p.m.) so that Daddy could quiz Kennedy on her goat test she’s been studying for. Kennedy took about 30 minutes to review (Kassidy drew, while sitting on the floor in front of the big chair with her feet on the ottoman). After she had a chance to review, Daddy then quizzed her on her (39) vocabulary words and the cuts of meat. She got everything right. :) Daddy then had the girls go wash up for bed. Kennedy then changed into her pajamas (Kassidy remained in her pajamas today) and Daddy gave her some Nyquil for her cough. Daddy and Kennedy then (9:35 p.m.) concluded watching the final 30 minutes of the first episode of the “Our Planet” documentary series. Kassidy decided to go to her room with the iPad.

After the nature show was over, Kennedy went to the bathroom and then got into bed (around 10:15 p.m.). Kassidy then went to the bathroom. While Kassidy was in the bathroom, Daddy jokingly did ASMR to Kennedy saying that in order to save the planet we needed to smooth out her eyebrows and clean out her ears, Kennedy laughed. When Kassidy came in and got into bed, Daddy did the same “ASMR” to Kassidy. She laughed. Daddy then stood at the foot of the bed and the girls sat up in bed. Daddy then said, “Show me your hearts!” We then did our “hearts” routine together. Daddy then walked over, as Kennedy was sitting up on the edge of the bed, and gave Kennedy a kiss goodnight on her “chocolate chip.” He then walked around to Kassidy’s side and gave Kassidy a kiss on her forehead. Daddy then said to Kassidy, “Gimme them toes!” while jokingly trying to grab at Kassidy’s toes. Kassidy laughed. Daddy told the girls goodnight and then walked out. Kassidy followed him, asking him to stop as she grabbed at his toes saying, “Gimme them toes.” :) The girls then got back into bed. After a short while, Kassidy got up and turned on the air condition. She then went back to her room. Daddy went and turned it off and told Kassidy that he would turn on the fan in their room first, and if they still were hot, he would turn on the air. When Daddy turned it on, Kassidy said that the air felt good. Daddy was then getting ready to leave when Kennedy asked for a kiss. Daddy went over and gave her another kiss on her “chocolate chip.” She said that she was done with the iPad so Daddy took it. He then walked around to Kassidy’s side. She was lying on her stomach. Daddy grabbed her toe and Kassidy rolled over. Daddy then gave her a kiss on the forehead. When Daddy again reached for her toes, Kassidy mimicked what Kennedy used to say when Daddy would try to kiss Kennedy’s feet when she was little, “Their dutty! Their dutty from the kitchen.” :) Daddy then joked with Kassidy by saying, “Uh, uh, uh. Bad Daddy!”, something Kassidy would say to Daddy if he told her that she couldn’t do something. :) Daddy told the girls that he loves them as he left the room. Kennedy said it back. When Daddy got to the hallway, he stopped and said, “Kassidy, I said I love you!” Kassidy then said it back in a tired voice, followed by, “So enthusiastic, huh?” Daddy chuckled. : ) A short time later, the girls were both asleep. Daddy later went in and turned on the girls’ night light and turned off their bedroom light. I simply treasure these moments and these times with my girls!!! JUST BLESSED!

**April 15, 2019 Monday**

Early this morning (around 6:30 a.m.), Kennedy got up to go to the bathroom. She called out to Daddy, telling him that she loves him. He was asleep, and what she said didn’t quite register. Kennedy then stepped into Daddy’s bedroom and called out, “Daddy, I love you!” :) This time Daddy heard and understood. He responded that he loves her. After going to the bathroom, Kennedy returned to her bedroom and went back to sleep.

Later this morning (around 8:40 a.m.), after getting dressed for work, Daddy went in and told the girls that he was leaving to go to work (the girls are on spring break). He gave them each a kiss goodbye. They both were still semi-asleep but they told him bye. Daddy then left.

Later (around 10:45 a.m.), Daddy returned home from work to take Kassidy and Kennedy to the bank (EECU in Clovis on Pollasky). (Kennedy still wasn’t feeling well but she went.) Daddy opened an account for Kassidy, and both Kassidy and Kennedy deposited a $50 check from Grammy and Papa (from Kennedy’s birthday). :)

When we returned home (around 11:45 a.m.), Daddy gave Kassidy a choice. He offered for her to have 2 hours of no screen time now or this evening. Kassidy chose to have some quiet time now, so she sat at the dining table and drew. Kennedy went and lay down for a short while. Kassidy made herself a peanut butter and jelly sandwich and ate while drawing at the dining table. Daddy made some oatmeal for himself and the girls. When the oatmeal was ready, Daddy called Kennedy and she came in from bed and sat at the dining table. She said that the oatmeal was too hot so she went and lay down on the couch until her oatmeal cooled off. After a few minutes, Kennedy returned to the dining table and she and Kassidy ate their oatmeal. Daddy then went to his bedroom and ate his oatmeal while doing a little work.

After Kennedy finished her oatmeal, she went back and lay down. Kassidy continued drawing at the dining table. Daddy worked in his bedroom. After a while (around 1:55 p.m.), Daddy needed to return to work so he said goodbye to the girls. He told Kassidy that the 2 hours of quiet (no screen) time was over. She had drawn the whole time and Daddy told her that she did well for the 2 hours. Daddy then went in and told Kennedy that he was leaving. She was asleep and she woke up. Daddy placed the iPad next to her bed. She decided to play on the iPad while continuing to relax in her bed. Daddy then went in and gave Kassidy a hug goodbye as she was cleaning up her drawing things from the dining table. Daddy said that he was going to go by the store on the way home from work and asked the girls to add anything that they needed to the shopping list that they had made yesterday. Kassidy added “Poop Toots” to the list, and Kennedy asked for Honey Vanilla cough drops and floss. Daddy also said that he would get the girls a treat, so Kennedy asked for Jelly Belly candy and Kassidy wrote down Tootsie Rolls. Daddy then left to return to work (around 2 p.m.).

Later (around 5:30 p.m.), Daddy left work a little late and went by Winco (Ashlan/Peach) to get some groceries. Daddy was worried that the girls might be concerned that he hadn’t gotten home yet, but when he arrived home (7:01 p.m.), they both seemed unconcerned. Kassidy was in the big chair watching YouTube on T.V. and Kennedy was in her bedroom using the iPad. Daddy said hi to Kassidy as he brought the groceries in, and he apologized for being late. Kassidy said, “That’s O.K.” Daddy then went and checked on Kennedy and she was doing fine relaxing in bed with the iPad. (She took a nap and mostly rested throughout the day.) Kassidy walked up and gave Daddy a hug. She said, “You smell like nickels.” Daddy chuckled. Daddy then went and changed into his running clothes. While Daddy changed, Kassidy put the groceries away. When Daddy returned to the kitchen and noticed that the groceries were put away, he thanked Kassidy for being so sweet. The girls said that they weren’t really hungry at the moment so Daddy went on his run before he prepared their dinner (7:25p.m.).

When Daddy returned from his run (7:46 p.m.), he started preparing dinner for the girls. While the food was cooking, he went to his room and sat at his work area and saw a folded piece of paper (8.5 x 11) from Kassidy which read “To: My Dad To My Dad” on the outside, and on the inside it read, “Thank You”. The letters on the inside were artful. She did it just because. While Daddy was out running, she sneaked and placed it on his work area where he would find it. It was incredibly touching to Daddy and he immediately got up and went into the living room to where Kassidy was. She was watching T.V. sitting in the big chair. He hugged and thanked her, telling her sincerely how much that means to Daddy. Daddy then told her that she left something off. She guessed that she didn’t put the date on it and he said that she’s right. Kassidy then got up and got a pen and wrote the date on the paper while saying, “I love my dad.” :)

Daddy continued preparing dinner (Kassidy: Stouffer’s Spaghetti with Meat Balls, Kennedy: Stouffer’s Backyard Barbecue ribs-shaped meat with mashed potatoes, Daddy also made the girls some corn). Daddy made himself some sautéed broccoli.

When dinner was ready (around 8:10 p.m.), Kassidy went and made herself a flavored water (Cherry Blackberry) and Kennedy made herself some instant Hershey’s chocolate milk. The girls sat at the dining table. Daddy said grace (also thanking God for how much Kassidy and Kennedy mean to him, and praying for Kassidy to know how much the paper/drawing that she gave to Daddy means to him). The girls then ate while watching YouTube videos. Daddy took his broccoli to his room and ate.

After the girls finished eating (around 8:45 p.m.), Kennedy went to her bedroom and used the iPad. Kassidy got some of the Tootsie Rolls that Daddy had bought for her at the store and she shared some with Kennedy. (Kennedy had asked Daddy to get her some Jelly Belly candy, but WinCo didn’t have what she normally gets so Daddy asked Kassidy to share some of her Tootsie rolls with Kennedy.) Kassidy then listened to music on YouTube in the big chair in the living room.

After a while (around 10 p.m.), Kennedy’s iPad went dead so she moved to the couch in the living room and watched YouTube with while the iPad charged. A little while later (10:40 p.m.), Kennedy went into Daddy’s bedroom, she said, just to give him a hug.:) (So sweet!) She then returned to the couch and continued watching YouTube (about the game character “Bendy”) with Kassidy.

A little later (11:08 p.m.), Daddy went and quizzed Kennedy on her vocabulary words for her goat test tomorrow. Daddy then had the girl get ready for bed. While they were brushing their teeth, Kennedy said to Kassidy, “I love you Sissy!” Kassidy replied, “I love you too.” :) After the girls washed up, Kennedy changed into her pajamas (Kassidy had already changed into her pajamas when Daddy got home from work). The girls then got into bed and Daddy went in to tell them goodnight (11:41 p.m.). We laughed and joked for a short while. Daddy then said, “Show me your …” and the girls said “hearts!” and put their fingers up. Daddy told the girls that they have to wait until he says “hearts.” Daddy joked a few more time without saying “hearts.” Daddy jokingly said that it’s like the game “Mother May I.” The girls had never of that. Kassidy said, “You mean ‘Simon Says.’” Daddy laughed and said that they are similar. Daddy finally said, “Show me your hearts!” and we did our hearts together. Daddy thanked Kassidy again for her sweet note. He walked over and gave her a kiss on her forehead. Daddy then went over and held Kennedy’s head down while giving her a kiss on her “chocolate chip.” Daddy then told the girls goodnight and left their room. They stayed up talking and interacting (I think it’s sweet when Kennedy calls Kassidy “Sissy”) for a short while before falling asleep. Daddy later went in and turned on their night light and turned off their bedroom light. Wonderful days with my babies!!! THANKFUL!

(I like how when Kennedy has done something well and I put my hand up to give her a high-five, she will poke my finger with her index finger instead of returning my high-five. That’s so Kennedy. :)

**April 16, 2019 Tuesday**

This morning Daddy slept in a little. He was up until 3 a.m. doing some work. He got up (8:45 a.m.), Daddy went in to take the iPad to the girls. They were both awake talking and laughing together. Daddy then returned to his room and rested for a little longer.

A little while later (9:35 a.m.), Kassidy went into Daddy’s bedroom, he had his head under the cover resting. She poked his forehead through the blanket and he looked up. She joked with him briefly before going and making herself a bowl of Cocoa Puffs cereal and watching T.V. Kennedy played on the iPad in her bedroom. At around 10:15 a.m., the power went out for about 5 minute and then came back on. A short time after that, Kennedy called out and asked Daddy if she could download a game onto the iPad and he said that she could. A short time later, Kassidy made herself a turkey sandwich and listened to music on YouTube while she drew. Kennedy rested in bed all morning. Daddy did some work from home.

Around 12 p.m., Daddy made himself and Kassidy some oatmeal. Daddy offered to make some for Kennedy but she didn’t want any. Kassidy ate her oatmeal while watching Sanders Sides on YouTube. Daddy ate his oatmeal while doing some work in his bedroom.

Kennedy got up and changed out of her pajamas and washed up (around 12:30 p.m.). She let the iPad change while she went into the living room and watched YouTube (about the game character “Bendy”) with Kassidy. Daddy reminded Kennedy to study for her goat test which is tonight (she needs to better learn the body parts but she knows her vocabulary, breeds, and meat cuts). Daddy got his things together and told the girls goodbye as he was leaving to go to work (1:08 p.m.). As he was walking out the garage door, Kennedy stopped him and gave him a hug. Kassidy ran over and gave Dad a hug and kiss on the left cheek. :) He then left and went to work (1:08 p.m.).

When Daddy returned home from work (around 4:45 p.m.), Kassidy heard the garage open and was standing in the doorway shaking her head at Daddy. She said, “You weren’t exactly quiet.” Daddy jokingly asked her if she was ready for her goat test. She replied, “that’s Kennedy.” Daddy then said, “Oh, it’s the other sister.” Daddy then went in and Kennedy said that she has been studying on and off. Kassidy said that Kennedy was telling her to turn the volume down “when it was on 10.!” Daddy told Kennedy that he can quiz her. Kennedy said that she is nervous about her test. Daddy told her that she will do fine. Daddy then went and changed into his running clothes. After je changed, Daddy asked Kassidy to draw the picture of a goat that Kennedy was studying, but he asked her to remove the labeled body parts. Kassidy gladly did it. (She is becoming so talented at drawing.) Daddy then left to go on his run (5:05 p.m.).

When Daddy returned from his run (around 5:23 p.m.), Kassidy had done a nice job on the drawing. Kennedy had just made herself a peanut butter and jelly sandwich. She sat at the dining table and ate. Kassidy and Kennedy played with the balloons (from Kennedy’s birthday) for a short while and shared a sweet hug. Kennedy then went and got changed for her test. When she was dressed, she practiced answering the body parts of the goat by labeling the drawing that Kassidy made. Kennedy then asked Daddy to quiz her on her vocabulary words one more time. Daddy and Kennedy then left for Daddy to take her to Mrs. O’Daniel’s to take her goat written test (6:10 p.m.). (Daddy let Kassidy stay at home.)

When we arrived at Mrs. O’Daniel’s house (6:27 p.m.), Daddy walked Kennedy inside. (On our way, Daddy pointed out the baby goats to Kennedy and she said that she wants to get one of those from Mrs. O’Daniel.) When we got inside, there was a dairy-goat girl taking her test at the bar area. Mrs. O’Daniel greeted Kennedy warmly. She could tell that Kennedy was a little apprehensive. She told her that she was scared last year and got gold. Kennedy smiled and then sat down at the dining table and began her test. Daddy went and waited outside in her car until Kennedy was finished. About 15 minutes later, Mrs. O’Daniel’s with 2 other kids and Kennedy, walked by and went to where the baby goats were. They were there just briefly, but Kennedy was able to identify a goat that she wants this year. When Kennedy returned to the car, Daddy got out and talked to Mrs. O’Daniel briefly. Mrs. O’Daniel told Daddy that Kennedy saw a goat that she thinks she wants. Daddy told her that Kennedy mentioned that to him as we were walking in. After Daddy and Mrs. O’Daniel told Daddy that she would text everyone about the next meeting (the Achievement Test in Reedley). Kennedy and Daddy then got into the car. Kennedy was excited about choosing a goat. She said that Mrs. O’Daniel gave her the second pick. Micah, another kid in her group, already chose his. Kennedy said that the one that she likes is cute. She said it’s a boy goat with a brown head. She said that she will name him S’mores. Daddy jokingly said, “When did you decide to name him Purple Brows?” (That was a joke name that Daddy, Kassidy, and Kennedy would say last year). Kennedy chuckled and ignored what Daddy said. We then left (around 7 p.m.).

On the way home, Daddy took Kennedy by Walmart to get her a treat for studying and finishing her test. (As we were pulling into the parking lot, Daddy made in inside joke about Kennedy being “scurd”, a play on one of her goat vocabulary words, “scurs.” Daddy had told Kennedy to think of being “scurd” because she kept forgetting the word “scurs.” Kennedy said, “Daddy, I like our inside jokes when we say something that not even Kassidy would know!”) At Walmart, Kennedy chose her traditional bag of Jelly Belly candy for her treat. Daddy also bought some oatmeal. We then left and went home. When we got home (around 7:40 p.m.), Daddy let Kennedy out at the front of the apartment so that she could knock on the front door to surprise Kassidy. Daddy then drove around and into the garage. When Daddy drove in, Kassidy was jokingly shaking her head at him. She said that when someone knocked on the door, she looked out (through the peephole) and when she saw her shirt (Kennedy was wearing Kassidy’s Peanuts shirt) she opened the door to scare Kennedy. Daddy then went inside and started making dinner for the girls (Kassidy: Marie Callender’s Salisbury Steak, Kennedy: Stouffer’s Meat Lasagna).

When dinner was ready (around 8:05 p.m.), the girls sat at the dining table. Kassidy said grace and then the girls ate while watching what Kassidy had on YouTube on T.V. After the girls finished eating, Kennedy went to her bedroom and played on the iPad, and Kassidy watched Thomas Sanders on YouTube on T.V. in the living room.

Earlier, the girls had each asked Daddy if we could watch a movie tonight, so we gathered in the living room and watched “The Spiderwick Chronicles” on Netflix (8:45 p.m.). Kassidy and Kennedy had seen the movie a few years ago (Kassidy said, when she was about 7). It came out in 2008. Kennedy said that it’s not as scary as when they were younger. We all enjoyed watching it together. The girls laughed and joked through it (like Mystery Science 3000 :), but the time together was enjoyable.

After the movie ended (around 10:15 p.m.), Kennedy went to her bedroom and used the iPad. Kassidy watched YouTube on the T.V. in the living room. Daddy made this journal entry and then did some work on his computer. Daddy told the girls that they could stay up until 11 p.m.

Later (11:02 p.m.), Daddy had the girls brush their teeth and get ready for bed. They then went and got into bed. A short time later, Daddy went in to tell them goodnight. Daddy did ASMR (Antony Super Macho Ross :) on Kassidy’s eyebrows and hairline (she enjoys and laughs when Daddy does his ASMR :). Daddy then did ASMR to Kennedy but she kept being silly and Daddy couldn’t do it very well. When Daddy finished, he stood at attention at the foot of the bed to do our “hearts”. Kassidy sat up in bed Kennedy continued lying down but eventually sat up. Daddy then said, “Show me your hearts!” We then did our “hearts” together. Kennedy then said that she wanted some medicine. Daddy went and got the cherry Nyquil. He filled the cap pretty high and it spilled on the bed spread and Kennedy’s “doggy” blanket (a really soft throw with puppies on it). Daddy went and got a towel and a bottle of water for Kennedy (she doesn’t like the taste of the cough syrup and she went to the bathroom and washed her mouth out). Kennedy asked Daddy if he would wash her “doggy” blanket and he said that he would. When Daddy returned, he tried to wipe off the bed spread but the red cough syrup wasn’t coming out easily, so he said that he would wash later. He was able to use the towel to clean Kennedy’s “doggy” blanket. Daddy then told the girls goodnight and that he loved them. Kennedy told Daddy that she loves him, but Kassidy just gave Daddy a thumbs up with her eyes closed. Daddy waited, and again told Kassidy that he loves them. This time, Kassidy and Kennedy replied that they love Daddy. :) Daddy then left their bedroom. The girls fell asleep a short time later and Daddy went in and turned on their night light and turned off their bedroom light. Sweet times together!!!

**April 17, 2019 Wednesday**

This morning, Daddy woke up and his throat was bothering him like Kennedy. He started feeling a little bad yesterday during his run and it has gotten a little worse. He was trying to rest a little as he has some important meetings tomorrow that he has to prepare for, but some kids were yelling to each other outside and it woke Daddy up (8:20 a.m.). Daddy got up and took the iPad to the girls. They both were semi-awake. Kennedy agreed that the kids outside were kind of loud. Daddy then returned to his bedroom to rest.

Later (9:25 a.m.), Daddy went and checked on the girls. They were watching a video together on the iPad. Daddy returned to hos room. A short time later (9:50 a.m.), Kassidy washed up and then went into Daddy’s room. Daddy was lying down but awake and he turned toward her. She poked Daddy’s forehead with her index finger (like she often does in the morning for some reason). She then left Daddy’s room and went to make herself a bowl of Cocoa Puffs cereal. She ate while sitting on the ottoman in front of the T.V. and watched YouTube videos. Kennedy was in her bedroom using the iPad.

After a while (around 11:15 a.m.), Daddy asked the girls if they would like some oatmeal and they said that they would. Daddy then made them some oatmeal. When it was ready (around 11:45 a.m.), Kennedy came in and ate at the dining table. Kassidy ate while sitting in the big chair and watching YouTube on the T.V. After Kennedy finished eating, she returned to her bedroom and used the iPad. Daddy ate his oatmeal in his room at his desk area and then got dressed to go to work. He went in to Kennedy’s room and gave her a kiss goodbye on the forehead. He then went over to Kassidy, who was sitting in the big chair in front of the T.V., and gave her a kiss goodbye on the forehead. As Daddy was walking toward the door to leave, Kassidy followed him and poked his forehead with her index finger. :) Daddy then left out the garage door to go to work (12:32 p.m.). Kassidy opened the door and waved at Daddy as he backed out of the garage until the garage door closed.

Earlier (around 2 p.m.), Mommy called Daddy and said that she wasn’t feeling well and that her stomach was bothering her. She asked Daddy if he would drop the girls off to her so that she didn’t have to leave the house – and she could stay close to a bathroom. Daddy agreed that he would.

Later (around 4:05 p.m.), Daddy returned home. Kassidy was sitting in the big chair drawing and watching YouTube (about the game “Bendy”). Kennedy was in her bedroom relaxing in bed with the iPad. Daddy had the girls get their things together so that he could take them to Mom. Kassidy was still in her pajamas and Kennedy was asking her to get ready, but Kassidy insisted on going to Mom’s in her pajamas. Kennedy kept telling Kassidy that she needs to change. Daddy called Kennedy in to his room and told her to let Kassidy go in her pajamas since they probably aren’t going to go anywhere. Kennedy replied, “Yeah, but you never know what could happen.” Daddy thanked her for being so responsible and he told her that he likes her personality. Kennedy said, Thanks Daddy” as she walked out of his bedroom to finish doing her hair. When the girls were ready to go, Daddy offered for them to take one of Kennedy’s punch balloons that they’ve been playing with together. Kennedy chose not to but Kassidy wanted to take one of the balloons. At first, Kennedy didn’t want her to, but she eventually yielded and Kassidy took the green punch balloon with her. We then left for Daddy to take the girls to Mommy (4:50 p.m.).

On our way, Daddy wished the girls a Happy Easter, letting them know that he wouldn’t see them again until Monday. Daddy asked them if they know what Easter is about. They both said that it is when God came back from the dead. Daddy said, “Yes, it’s when Jesus was resurrected from the dead.”

When we arrived at Mommy’s (around 5:06 p.m.), Daddy called to let her know that we were outside and Mommy came out and met the girls at the gate. Kennedy gave Daddy a hug goodbye and a kiss on his left cheek (Daddy remained sitting in the car). Daddy handed her two Hershey’s Kisses in Easter-colored wrapping (that he had gotten from work). Kassidy then walked around to Daddy’s side of the car and also gave Daddy a hug goodbye. Daddy gave her two Hershey’s kisses as well. The girls then walked to the gate where Mommy was standing. Daddy and Mommy waved goodbye and then Daddy left. Treasured days and times with my babies!!! God is good! HAPPY EASTER!

**April 22, 2019 Monday**

Today (around 1 p.m.), Kassidy called Daddy to let him know that she was having a bad period and asked if she could stay with Mom. Daddy said that she could. Daddy still was to pick up Kennedy later. Kennedy is attending animal ethics training tonight from 6-7 p.m. She has to go through the training in order to show her goat at the fair in October.

Later (5 p.m.), Daddy picked Kennedy up from Mom’s. Mom walked Kennedy out to the gate. Kassidy came out behind them. Kassidy and Kennedy then hugged goodbye. Mommy waved at Daddy. Daddy was parked across the street. Daddy called Kassidy over to him to give him a hug. Kassidy walked across the street with Kennedy. Kassidy and Daddy hugged. Daddy asked Kassidy what she had been eating. She said “Calamari.” Daddy then asked why her mouth was blue. She replied that she had been eating candy. Kassidy then walked back across the street and went back inside. Daddy and Mommy spoke briefly. Kennedy and Daddy then got into the car and we left.

On the way to take Kennedy to her animal ethics training at the fairgrounds , Kennedy played on the iPad. While Daddy was driving, Kennedy periodically started conversations with him. She said to Daddy, “I can’t wait until I’m an adult. That way I can buy myself a turtle and a puppy!” :) A short time later she asked Daddy what his favorite color is. Daddy responded, “Koko. Is Koko a color?” She said no. Daddy then asked her, “What is your favorite color? Pink or purple?” Kennedy replied, "Sparkles!” :) Kennedy mentioned to Daddy that she is choosing not to have a birthday party. Daddy was a little confused. He told her that her birthday had already passed. She said she knows but she chose not to have a birthday party. Daddy asked her why she didn’t have one (Mommy had mentioned to Daddy about Kennedy having her party a week before her birthday). Daddy assumed that she had one with her friends. Kennedy said that the weather was unpredictable at the time. Daddy felt bad for her. Kennedy continued, “Plus, no one comes to my party.” That almost made Daddy cry. He asked her what she means. She said that only one person came to her party last year, and he was sick and only showed up to give her a gift. She added that she wanted to have her party at the zoo and that it would probably have been to far for her friends. Daddy was a little sad (and was brainstorming something big to do for her next birthday).

When we arrived at the fairgrounds (around 5:30 p.m.), Daddy parked on Chance, across the street from the fairgrounds. Daddy saw that a gate was open so he got out of the car (Kennedy remained in the car and played on the iPad) and walked across the street and went through the gate into the fairgrounds. He looked around until he found the building where Kennedy’s event was being held (Gem and Mineral Building). Daddy then walked back to the car. He mentioned to Kennedy that maybe we should drive in. Kennedy wanted to walk in. She said, “You’re not breaking me, you’re making me.” (That’s something Daddy always says when he parks far away from something and he and the girls have to walk a ways to get to where we’re going. :) Daddy told her that he was concerned that if the gate is closed when the event is over we may have a very long walk to get back to the car. We then drove inside. We sat for about 15 minutes before going in a little early (around 5:55 p.m.)

Several kids with parents attended. The lady leader taught them about taking care of farm animals. It lasted for about 45 minutes. When it ended, as we were walking back to the car, Kennedy asked Daddy, “Can we go on a walk?” Daddy said that we could. He asked her why she wants to go on a walk. “Do you want to get exercise?” She replied, “Yeah, that and I want to spend time with you.” :) Daddy said that he wants to spend time with her too. Kennedy got into the car and played on the iPad while Daddy made a business call outside of the car (regarding his teaching at Stanford this Thursday and Friday). After Daddy’s call, we left the fairgrounds and headed home.

On the way, Kennedy said, “I can’t wait until I can drink so that I can tell my friend that I don’t drink!” Kennedy jokingly said, “Well, I’ve already had a drink.” (Referring to when she accidentally had a drink of something that Daddy brought back from his one of his classes for Kassidy and Kennedy, thinking that it was a fruit drink. It had 5% alcohol.)

When we got home (around 7:25 p.m.), Daddy changed and made an entry in this journal. while Kennedy watched Netflix on T.V. on the couch. Daddy then went on his run (8:05 p.m.). When Daddy returned from his run (around 8:30 p.m.), Daddy started preparing Kennedy’s dinner (Marie Callender’s Meat Loaf dinner, Daddy also made Kennedy some seasoned fries). Kennedy told Daddy that she’s glad that he’s safe. A short time later, Kennedy said “Daddy I love you! How was your day?” Daddy replied, “Pretty good actually.” Kennedy then said, “Actually’s not my name.” Daddy laughed!

When Kennedy’s dinner was ready, Kennedy made herself some Hershey’s chocolate milk. She then sat at the dining table and said grace (adding, “ And bless everyone we love”). Kennedy then ate while watching the cartoon “Pinky Widinky” on Netflix on the T.V. after she finished her meatloaf, Daddy brought her seasoned fries. Daddy had made himself some oatmeal. He went to his room and ate while watching “Survivor” on his computer.

After Kennedy finished eating, she relaxed on the couch and watched different shows on Netflix. After about 3o minutes. Daddy served Kennedy some chocolate Jello pudding that he had made (with layers of whipped topping, and 4 slices of banana, more whipped topping, and crushed Graham Crackers on top).

A little later (around 10:10 p.m.), Daddy went in and washed dishes. Kennedy was comfortable lounging on the couch. Daddy asked her to change into her bed clothes in case she fell asleep. Daddy then went to his bedroom to do some work. After Kennedy changed, she asked Daddy, “So how was your day?” Daddy said, It depends what part of the day. It’s prefect, now that I’m with you!” Daddy then asked Kennedy how her day was. She replied, “Better, after I got with you.” :) As Kennedy walking back to the couch, Daddy reminded her to brush her teeth. After brushing her teeth and washing her face, she returned to the couch and continued watching “Barbie” on Netflix on the T.V.

A little while later (11:33 p.m.), Daddy went and checked on Kennedy and she had fallen asleep on the couch with the T.V. on. Daddy gently woke her up. Kennedy walked to her bedroom and got straight into bed with the lights off, and she fell back to sleep. Daddy stayed up doing some work.

Later (around 1:05 a.m.), Daddy went in and turned Kennedy’s night light on. Shortly after that, Kennedy called out to Daddy and told him that she loves him. Daddy asked if she was comfortable or if she wants the fan on. She asked for him to turn her fan on. When he went in to turn the fan on, she asked for a bottle of water. Daddy went and got her a bottle of water. She nearly drank the whole thing. Daddy left the water on her nightstand next to her bed. Kennedy said, “We didn’t get to do our hearts!” Daddy did hearts with his fingers and then kissed her on the side of the head as she was falling back asleep. Kennedy asked Daddy if he could turn her bedroom light on. Daddy started to, but Kennedy seemed like she was falling back asleep so he told her that he was going to leave it off because he was going to bed shortly and he didn’t want to leave it on all night (her night light was on). Daddy then left and Kennedy quickly fell back to sleep. A nice day with my Koko Poco. Such a sweet, sweet girl! I THANK GOD FOR HER (AND KASSY MAE)!

**April 23, 2019 Tuesday**

This morning (around 7 a.m.), Kennedy came into Daddy’s bedroom and woke him up. He knew why she was there… he handed her the iPad. :) She told Daddy that she loves him as she returned to her bedroom. Daddy was sleeping a little longer to do some work from home today.

Later (10:04 a.m.), Kennedy got up to go to the bathroom and she called out and told Daddy that she loves him. Daddy replied that he loves her.

A little later (around 11 a.m.), Daddy was in the bathroom washing up. Kennedy went into his room and knocked on the bathroom door. She asked him if she could download an app and he said that she could. She then returned to her bedroom.

Later (around 11:45 a.m.), Daddy went on his run. When he returned, he snorted to Kennedy through her cracked door and she snorted back. (That’s an inside something that Daddy and Kennedy do, ever since Kennedy got her goat last year :). Daddy then made oatmeal for himself and Kennedy. Kennedy came in from her bedroom with the iPad (12:42 p.m.). She sat at the dining table and ate while watching a video on the iPad. After she finished eating, she returned to her bedroom while Daddy washed the dishes. Daddy then went to his bedroom and ate his oatmeal while watching a little of “Survivor.” Daddy then got dressed for a meeting he has at Fresno State.

A little later (1:38 p.m.), Daddy went in to Kennedy’s bedroom and told her that he was leaving for his meeting. He gave her a kiss on the top of her head. He left a short time later.

Later (6:01 p.m.) Daddy returned home. He had gotten some groceries. He unpacked some of them but he had a business call on his computer to get to so Kennedy made herself a shrimp Ramen soup and Daddy went into his bedroom for the call. Kennedy later got herself a Pop Tart.

Daddy’s meeting went long (until around 8:10 p.m.). He came out and apologized to Kennedy that he was held up for so long (around an hour and a half on a business call). He then started making dinner for Kennedy (Marie Callender’s Country Fried Pork dinner). When Kennedy’s dinner was ready (around 8:30 p.m.), she got the fizzy water that Daddy surprised her with (Black Cherry) out of the freezer. (She was excited and said that she and Kassidy used to always get them when we were at Papas’. She said that she probably hasn’t had one since we were in Las Vegas.) Kennedy then sat at the dining table and said grace (adding, God “allow Daddy to get his work done and not to be too tired in the morning, and bless everyone we love including Grammy and Papa, and Mommy and Kassidy, and that I can do my 4-H thing and Mommy is able to take me. In Your holy name we pray. Amen.”). Kennedy then ate while watching YouTube on T.V.

After Kennedy finished eating, she sat on the couch and watched “Collins Key” on YouTube for a short while before getting her Jelly Belly candy and continuing to watch T.V. Daddy ate in his bedroom while watching a little of “Survivor.” He then did some work on his computer.

A little later (around 9:15 p.m.), Daddy served Kennedy some of the remaining chocolate pudding (with whipped topping). She ate it on the couch while watching a ”Barbie” cartoon on Netflix. As Daddy was After eating, Daddy washed the dishes. Daddy told Kennedy, “I’m so lucky to have you.” Kennedy replied, “I’m so luck to have you!” :)

A little later, Kennedy came into Daddy’s bedroom because she said that she heard something in the dryer and it scared her. Daddy jokingly said that there is nothing in the dryer… except a dead body. Kennedy chuckled. Daddy followed her over toward the dryer but Daddy stopped halfway and hid. When she noticed that Daddy wasn’t behind her she backtracked and saw that Daddy was hiding so that he could jump out and surprise her. Daddy then walked over by the dryer. He looked in the freezer and said that it was probably the icemaker. He had cleaned it out earlier and it was making some fresh ice. Kennedy was relieved. She resumed watching T.V. and Daddy returned to his work. A little later, Kennedy went back into Daddy’s room and gave him a hug. She said that she just wanted to give him a hug. :) She then returned to watching T.V.

After a little while (around 11:40 p.m.), Kennedy came in to Daddy’s bedroom where he was working and told Daddy that she was ready to go to bed. She went and brushed her teeth. She then returned to Daddy’s bedroom. Daddy was finishing some work and said that he would be right there. Kennedy got the iPad that Daddy was charging in his bedroom and went to her bedroom with it. A short time later (11:57 p.m.), Daddy went into Kennedy’s room to tell her goodnight. Kennedy was lying in bed watching a video on the iPad. She asked Daddy to turn the ceiling fan on for her. Daddy turned on the fan and then walked over to her and asked, “How did I get so lucky to have you?!” He then gave her a kiss on the “chocolate chip.” Daddy and Kennedy then did “hearts” together. Daddy told her goodnight and then left her bedroom. In less than 5 minutes, Kennedy had fallen asleep. Later, Daddy returned to her room and turned on her night light and turned off her bedroom light. She is such an amazingly wonderful little kid!! SO BLESSED!

**April 24, 2019 Wednesday**

Last night, Daddy had stayed up until 5:30 a.m. doing some work so he slept in a little this morning. Daddy got up (9:32 a.m.) to take the iPad to Kennedy and as he was turning the corner from his bedroom to go to Kennedy’s bedroom, she was entering his room to get the iPad from him and we scared each other. :) Kennedy then took the iPad to her bedroom.

A little later (around 10:40 a.m.), Kennedy went and sat at the dining table and had a bowl of Lucky Charms cereal while watching a video on the iPad. Daddy went in and put his head really close to hers to be playful. She leaned away and made a funny face. He then returned to his bedroom to work. After Kennedy finished eating breakfast, she came into Daddy’s bedroom and got him into a playful headlock. She then left and went to her bedroom saying, “I love you” as she walked out.

Mommy called re picking Kennedy up early because she has track practice later. Mom called to let Daddy know that she had arrived (12:50 p.m.). Kennedy got her things together. Daddy took a picture of her next to her “Salem Witch” project board that he had in his trunk. She and Daddy then walked out to where Mommy was with Daddy carried her large project board out for her. Mommy was parked across the street. Daddy gave Kennedy a hug in the street and Kennedy walked on to Mom’s car carrying her project. Kennedy put her project into Mommy’s trunk. Daddy waved goodbye and then walked back inside. I miss my baby already. These are such treasured times together, even if we’re doing nothing!!

**April 27, 2019 Saturday**

Today, Daddy was returning from working in the Bay Area. He arrived home at around 9 30 p.m. A little later (around 10:15 p.m.) Mommy dropped the girls off to him. Kassidy greeted Dad with a hug. When we got inside, Kennedy asked Daddy for a hug and they shared a nice hug together. Kennedy was excited to show Daddy the bag that she made at her 4-H sewing meeting this afternoon (Daddy mistakenly told Mommy that Kennedy’s sewing meeting began at 12 p.m., but it actually ended at 12 p.m. and began at 10 a.m. However, the grandmother of the kids whose house was hosting the event offered to stay and help Kennedy. So, Kennedy got 2 hours of one-on-one sewing lessons and she really enjoyed it.) Kennedy’s decorative bag came out really well. The main part has some cute material with dogs wearing shades. The top of the bag has some tan matching trim that Kennedy sewed on. Kennedy also picked out a couple of decorative hearts to hang from the bag. It’s very nice.

After the girls got settled, Kennedy relaxed on the couch and watched YouTube on the T.V. Kassidy sat at the dining table and drew for a while. Daddy warmed up some pizza for the girls (pepperoni/sausage/mushrooms that he had left over from an event on Thursday). While the pizza was in the oven, Kassidy asked Daddy to do the Fortnite dance “Orange Justice” and he did. She laughed. When the pizza was ready (around 10:45 p.m.), the girls each made themselves a grape-flavored water. (As she was reaching into the refrigerator to get a bottle of water, Kassidy was being silly. She said to Daddy, “I get my silliness from you and Mom.” Daddy jokingly replied that she was lucky.) The girls then sat at the dining table and ate their pizza together. Kassidy played on the iPad while eating and Kennedy continued watching YouTube. After the girls finished eating, Kennedy returned to the couch and watched YouTube. Kassidy continued playing on the iPad at the dining table.

A little later (around 11:10 p.m.), Daddy had the girls wash up for bed. (Kassidy has a volleyball tournament in the morning and the girls need to wake up at 6 a.m.) After washing up, Kassidy stood in Daddy’s doorway where he was working at his work area, and spanked her bottom with a straight face. She and Daddy laughed! :) The girls then went to their bedroom and got into bed. They talked and laughed together for a short while until Daddy came in to say goodnight. Daddy gave the girls each a kiss on the head goodnight. He then said, “Show me your hearts!” The girls sat up in bed and put up their “heart” fingers. They joked and interacted together while Daddy took some pictures. Daddy and the girls then did their “hearts” bedtime routine. Kassidy then got up to go to the bathroom. Kennedy asked Daddy for another kiss and he went over and gave her a kiss on the forehead. When Kassidy returned, she got back into bed. Daddy and the girls laughed and joked briefly. Daddy then told the girls goodnight and left their bedroom. They talked for a short while before falling asleep. Daddy later went in and turned on their night light and turned off their bedroom light. Great times together as always!!!

**April 28, 2019 Sunday**

This morning (6:03 a.m.), Daddy woke the girls up for Kassidy’s volleyball tournament. After the girls were dressed, Kennedy made herself a bowl of Luck Charms cereal and sat at the dining table and ate. Kassidy wasn’t hungry and chose not to eat. After Kennedy finished eating, we then left (around 6:50 p.m.) to go to Kassidy’s volleyball tournament at Granite Ridge Intermediate school (Clovis Unified).

Kassidy’s team lost their first match, refed, and then won their second match. They then got a break During the break, Daddy and Kennedy had some barbecued tri-tip and shredded beef that one of the parents prepared (the families paid $8 per plate in advance). Daddy and Kennedy also had some yogurt with fruit (Daddy also added some granola to his).

After their break, Kassidy’s team won their next match (against Tsunami). They then played in the championship game against CenCal (Rhonda Brown coaches the team). Mommy had just arrived. She was helping to take care of someone this morning and then her stomach was upset so she and didn’t arrive until Kassidy’s final match. Kassidy’s team lost in the championship match (2-0) but in a nail-biter second game (23-25).

After the tournament, Daddy and the girls left and went home. On the way, Daddy offered to take the girls to the store to get a treat. Kassidy said that she wanted to go home first, and wanted to walk to the store after resting for a little while. When we got home (around 3:20 p.m.) Kassidy relaxed and watched YouTube on T.V. Kennedy made herself a shrimp-flavored Ramen soup and practiced her hand sewing at the dining table. (Daddy found some thread and a needle for Kennedy, and he gave her some of his old sweat pants and let her cut them up as practice material.) When Kennedy’s soup was ready she ate at the dining table. A short time later, Kassidy also made herself a shrimp-flavored Ramen soup. She sat on the ottoman and ate. After the girls finished eating, Kennedy practiced hand stitching some more. Kassidy got a Chocolate Pop Tart and sat in the big chair and continued watching YouTube on T.V. After a little while of practicing, Kennedy got a Diet Pepsi (that Daddy had put in the freezer for himself, but he let Kennedy have) and the iPad, and she went to her bedroom and relaxed (around 4:30 p.m.).

Later (5:43 p.m.), Kassidy came into Daddy’s bedroom and let him know that she had fallen asleep for about 20 minutes. She said that she was going to take a shower and then rest on the couch for a short while. After taking her shower (around 5:50 p.m.), Kassidy went into Daddy’s bedroom and asked if she could show him how she writes with her left hand (she said that she had just written on the mirror in her bathroom with her left hand). She showed Daddy and he said that it looks like how she wrote when she was in 4th grade. Kassidy corrected him and said that it was how she wrote in Kindergarten. She then asked Daddy to try writing with his left hand and Daddy’s wasn’t very good. She chuckled at his handwriting. She then went and relaxed in the living room for a little while, watching YouTube on T.V.

A little later (around 7 p.m.), Daddy went on his run. When he returned (around 7:25 p.m.), he talked to Kassidy about getting her cheer things together for tomorrow (she needs to wear her cheer outfit to school tomorrow to welcome the kids back from spring break). Daddy called and spoke to Mom about dropping Kassidy’s cheer shoes off at school for Kassidy tomorrow morning. Mom said that she would. The girls wanted some more of the left-over pizza, so Daddy warmed up 2 slices for each of them (peperoni/sausage/mushrooms). They decided to wait and get a treat tomorrow, so we didn’t walk to the store. While the pizza was warming up, Kassidy had a video on of the Jackson 5 singing “ABC” on American Bandstand. Marlon Jackson was dancing and periodically kicking his leg out like Kennedy did when we stopped for gas and she got out to stretch on our way back from one of our Las Vegas trips. We all laughed! :) When the pizza was ready, the girls each made themselves a grape-flavored water. They then sat at the dining table. Kassidy said grace and the girls then ate around 8:05 p.m.). After Kennedy finished her pizza, she got her things together to take a shower. Kassidy didn’t really eat much of her pizza so Daddy offered to make her a bowl of corn and she said that she wanted some. While Daddy was washing dishes, she walked up and said that she wanted a hug. She and Daddy then shared a nice hug. Kassidy walked away briefly and then told Daddy that she wants another hug and Daddy shared another hug with her, telling her that he loves her hugs. Daddy warmed up some corn for Kassidy and went to his bedroom until it was ready. Kassidy sat in the big chair and drew while also watching YouTube on T.V. Before going into the bathroom to take her shower, Kennedy snorted at Daddy and he snorted back. Daddy was sitting at his work area in his bedroom. Kennedy then called out to Daddy and he looked up. Kennedy was spanking her bottom with a straight face -- something that Daddy and the girls do as an inside joke with each other because it looks funny. :) Kennedy and Daddy laughed! Kennedy then took her shower. When Kassidy’s corn was ready, Daddy served it to her and she sat at the dining table and ate while drawing and watching YouTube on T.V. After Kennedy finished her shower, she got her left-over Jelly Belly candy and relaxed on the couch and watched YouTube videos with Kassidy. Daddy went to his bedroom and watched some of “Survivor” on his computer. A short time later, Daddy offered the iPad to Kennedy and she used it while sitting on the couch.

A short time later (8:58 p.m.), Kassidy stood in Daddy’s doorway mimicking something from a “Vine.” She was going to show Dad on his computer but he was watching “Survivor.” She gave him a kiss on the side of his head instead. Daddy thanked her and told her that he loves how sweet she is. :)

A little later (9:30 p.m.), Daddy went into the living room and asked the girls to wash up for bed. They each asked to finish the end of a video that they were watching, and Daddy gave them about 5 more minutes. Kennedy asked Daddy if he would do ASMR (“Antony Super Macho Ross” :). Daddy said that he wants them to get a good-night’s rest since they are returning to school tomorrow and that we can do it tomorrow night. A short time later, the girls then got up and got ready for bed. After washing up, Kassidy got into bed with her drawing book. After Kennedy washed up, she again asked Daddy to do ASMR as she walked to her bedroom (around 9:48 p.m.). Daddy followed her in and said that we can do it perhaps tomorrow and that he wants the girls to be rested in the morning. Kennedy then got into bed with Kassidy. Daddy walked over and gave Kennedy a kiss on the forehead and thanked the girls for how sweet they both have been to (and with) each other lately. :) Daddy then went around and gave Kassidy a kiss on her forehead. He then went and stood at the foot of the bed and said, “Show me your hearts!” The girls sat up in bed and did their “heart” fingers. We then did our “hearts” routine. Daddy told the girls goodnight and then left their room. The girls stayed up talking and interacting for a short while. When Daddy went in to check on the girls, Kennedy had fallen asleep, but Kassidy had her eyes closed but was still awake snuggling with her Picachu stuffed animal. When she heard Daddy come in (10:33 p.m.) she opened her eyes and told him that she can’t go to sleep yet. Daddy told her to just rest and that she will fall asleep shortly. Daddy then left the room. About 15 minutes later, Daddy went and checked on Kassidy. He looked into the room and Kassidy’s eyes were closed but she had her fingers up to Kennedy’s lips trying to stop her from breathing loudly, and Kassidy was laughing to herself at what she was doing. :) Daddy chuckled to himself and tip-toed away. Daddy later returned again and Kassidy was finally asleep. Daddy turned on their night light and turned off their bedroom light. A sweet time together today!!!

**April 29, 2019 Monday**

This morning (6:50 a.m.), Kassidy came into Daddy’s bedroom to poke his forehead and Daddy heard her as she was approaching. Daddy was already awake. Kassidy and Kennedy then started getting dressed for school. After they were dressed (Kassidy had to wear her cheer outfit to school today), Kennedy made herself a bowl of Lucky Charms cereal. Kassidy didn’t want anything and said that she would eat something at school during break. Kennedy took her bowl of cereal to eat in the car. We then left for Daddy to take the girls to school (7:46 a.m.).

Kassidy played on the iPad on the way to school and Kennedy watched while she ate her cereal. When we arrived at Harvest (8:13 a.m.), Daddy parked in the front row. Daddy and the girls got out. Daddy gave Kennedy and then Kassidy a hug goodbye and watched as they walked into the main school entrance. Daddy then left.

Later (5:15 p.m.), Daddy returned and picked the girl up from school. Kennedy came out first. She and Daddy talked until Kassidy came out a short time later. We all walked to the car. Kennedy called the iPad. We then left and Daddy took the girls by Walmart to get their treat and some groceries. On the way, Kennedy played on the iPad while Kassidy challenged Daddy to play “Speed Round.” Daddy and Kassidy had fun. Daddy won each time and jokingly kept telling Kassidy to say, “Daddy, you beat me again!” We had fun!

At Walmart (Clovis/Herndon), we went inside and got some groceries and dinners for the girls. Daddy let the girls get a treat. Kassidy got a (large) bag of Hershey’s Chocolate Nuggets with almonds. Kennedy got some Sweet Tarts Mini Chewy candy . Daddy let Kennedy get another small bag of candy (Air Heads Sourfuls) that she saw in the checkout line since Kassidy had gotten such a big bag of candy. Once we paid for our groceries, we left the store and went home.

When we got home (around 6:15 p. .), Kassidy relaxed in the big chair and watched YouTube on the T.V. Kennedy relaxed in her bedroom and played on the iPad. Daddy unpacked the groceries, made this entry in the journal and then changed and went on his run (6:40 p.m.). When Daddy returned from his run, he started preparing dinner for the girls. He also made himself some sautéed broccoli and some Picante Chicken Ramen soup with to which he added peas and carrots. When dinner was ready, Daddy had the girls wash their hands. They then each got a bottle of water and sat at the dining table. Kennedy said grace (adding that God bless “everyone we love”). The girls then ate while watching YouTube on T.V. Daddy took his dinner to his bedroom and ate while watching the HBO show “Game of Thrones” on his computer.

After Kennedy finished eating, she got some of her Sweet Tarts candy and went to her bedroom and played on the iPad. A short time later, Kassidy finished eating and got her Hershey’s Nuggets candy. She sat in the big chair and continued watching YouTube videos (she is really getting into music; she says her favorite genre right now is alternative rock and her favorite group is “Panic at the Disco”).

After a while (around 9:15 p.m.), Daddy had the girls try on several dress shoes that Grammy had sent over for the girls. After that, Kennedy sat in the living room and watched YouTube with Kassidy. A little later (around 9:50 p.m.), Kennedy decided to take a shower. After Kennedy’s shower, Kassidy took one. Kennedy then went into Daddy’s bedroom and practiced doing pushups and the sit-and-reach test. She has P.E. testing tomorrow. After her shower, Kassidy joined Kennedy in Daddy’s room and demonstrated pushups for her. Daddy then had the girls go wash up for bed (around 10:15 p.m.). After they washed up, they went to their bedroom and Kassidy helped Kennedy do correct pushups in their bedroom. (While in their bedroom, Daddy overheard Kennedy say, “Does God give up on us?” Kassidy replied, “Well I’m not God.” :) After practicing for a short while, the girls got into bed. Daddy then went in to tell them goodnight. He gave them each a kiss on the forehead. He then stood at the foot of the bed and said, “Show me your hearts!” The girls sat up in bed and we did our “hearts” bedtime routine. Kassidy asked Daddy to tell her something to say in a cartoon voice (of some character named Ashketchum). Daddy told her to say, “Ooh, put those down. Those are my dirty underwear!” Kassidy said it and we all laughed! (Daddy told her to say something similar during dinner time and Kassidy couldn’t get through the sentence without laughing. :) Daddy then told the girls goodnight and to love each other. He then left their bedroom (10:44 p.m.). The girls talked and laughed together for a while. They were singing together when Daddy ran in as if he thought an ambulance was outside of their window. They laughed! Daddy laughed, dance and joked with them for a short while. He then left again. The girls eventually fell asleep. Daddy later went in and turned on their night light and turned off their bedroom light. Such treasured and blessed days together!!! I’m gonna miss this!

**April 30, 2019 Tuesday**

This morning (6 a.m.), Daddy went and woke the girls up. They both got up pretty quickly and got dressed for school. After they got dressed, they each made themselves a bowl of Lucky Charms cereal. They took their things and their cereal to the car and we left for Daddy to take the girls to school (7:55 a.m.). Kassidy played on the iPad on the way and Kennedy watched.

Traffic was kind of bad this morning, so it took us longer than normal for Daddy to get the girls to school. When we arrived at Harvest (8:27 a.m.), Daddy parked behind the cars in the second row so that he could drop the girls off close to the front of school (school starts at 8:30 a.m.). Daddy and the girls got out. Daddy walked around and gave Kassidy a hug goodbye (she was in a hurry) and she walked on up to school. Daddy then gave Kennedy a kiss on her “chocolate chip” and a hug goodbye. She then hustled up a little behind Kassidy. Daddy watched as the girls walked through the main entrance of school. He then left.

Later (5:15 p.m.), Daddy returned and picked the girls up from Harvest, at their after school program. Kennedy came out first and then Kassidy. While we walked to the car, Kennedy said that she had passed her pushups and one other of her P.E. tests. (Yay Kennedy!) She still has the sit-and-reach to do. From Harvest, we went to El Capitan for Kassidy’s club volleyball practice. Kassidy played on the iPad on the way. When we arrived (around 5:30 p.m.), we all sat in the car. Daddy helped Kennedy with her math homework while Kassidy continued playing on the iPad. At around 5:40 p.m., Kassidy went and changed for practice. Kennedy went with her to go to the bathroom. After changing, Kassidy went on to practice but Kennedy returned to the car where Daddy was waiting. Kennedy sat in the backseat and finished her math homework. Daddy and Kennedy then walked to the gym where Kassidy’s practice was. In the gym, Daddy and Kennedy climbed up into the folded bleachers. Daddy ate (homemade turkey sandwiches and some Jello chocolate pudding with whipped topping) while working on his computer. Kennedy played on the iPad while she ate some of her Air Head candy that she got yesterday. After a while, she put the iPad away and started reading her school book (“The Rats of Nihm”).

Kassidy had a good practice today (spiking and blocking). After her practice ended (8:35 p.m.), we went home. When we got home (around 9 p.m.), the girls took a shower and Daddy changed and went on his run (9:10 p.m.). (When Daddy told the girls that he was leaving to go run, Kassidy exclaimed, “I love you!” from the bathroom and Daddy said it back. :)

When Daddy returned from his run (9:31 p.m.), the girls were in the living room (Kassidy in the big chair and Kennedy on the couch) watching YouTube on T.V. Daddy began preparing dinner for the girls (Kassidy: Stouffer’s Meat Loaf dinner with mashed potatoes, Kennedy: Marie Callender’s Sweet and Sour Chicken with mixed vegetables). When dinner was ready (around 9:50 p.m.), the girls each got a bottle of water and sat at the dining table. Kassidy said grace and then the girls ate while watching YouTube on T.V.

After the girls finished eating, Kassidy got a few of her Hershey’s Nuggets chocolate candy and relaxed in the big chair. Kennedy asked Daddy if she could have some of her remaining candy but he told her that she had enough candy during Kassidy’s volleyball practice. Kennedy relaxed on the couch and the girls watched Thomas Sanders on YouTube together. A short time later (10:20 p.m.), Daddy had the girls wash up for bed. Daddy signed a permission slip for Kennedy to go on a field trip to the tech museum in San Jose next week. The girls then got into bed. Daddy went in a short time later to tell the girls goodnight. Kassidy was lying on her stomach with her eyes closed. Daddy walked over to her side of the bed and put his hands on her back and she said, “Aqua massage! Aqua massage!” (That’s an inside joke from one of our trips to Las Vegas. ) Daddy pushed on her back and we laughed! Daddy then gave her a kiss on the side of her head. Daddy went around and gave Kennedy a kiss on her forehead. He then was getting ready to walk out when Kassidy sat up on the edge of the bed. Daddy asked why she sat up and she replied “hearts.” Daddy exclaimed, “I almost forgot!” Kennedy sat up in bed. Daddy then said, “Show me your hearts!” and we did our bedtime “hearts” routine. Daddy the told the girls goodnight and left their room. They talked together for a short time before falling asleep. Daddy later returned and turned on their night light, and turned off their bedroom light. Goodnight Daddy’s babies!! So sweet and so wonderful!!!

**May 1, 2019 Wednesday**

This morning (7:02 a.m.), Daddy went and woke the girls up. Kassidy got up pretty quickly, as she usually does and went to the bathroom to wash up. Kennedy got up a short time after. Daddy got dressed for work. While Daddy was getting dressed he could hear the girls in the bathroom together in a disagreement. He continued getting dressed, trying to let them resolve it between themselves. After about 5 minutes of going back and forth, Kennedy started crying. After a short while, she stopped but the girls continued in their disagreement. Kassidy was now in their bedroom and Kennedy was in the bathroom. After Daddy was dressed, he went and asked Kennedy to go into their bedroom where Kassidy was. Kassidy sat on the chest at the foot of their bed and Kennedy sat on the side of the bed. Kennedy started crying. Daddy got her to stop crying. Daddy told them that someone has to be mature enough to walk away. He said that he thinks that it’s disrespectful when they carry on arguing around Daddy like that. He told them the he and Aunt Angela would argue whispering because Grammy felt that it was disrespectful for them to argue around her. (Daddy noticed that the bed was made and asked who made it. Kennedy said that she had. Daddy said that she gets a point. :) Daddy concluded the conversation by having the girls hug and they did. Things were back to normal. We were running a little late so Daddy had the girls hustle to get their things together. They then each made themselves a bowl of Lucky Charms cereal and took it to the car to eat. We then left (8 a.m.).

On the way to school, Kassidy helped Kennedy do her hair in the car. That was very sweet of Kassidy and made Daddy happy to see the girls bounce back and “love each other.” Traffic was pretty bad on the way, and Daddy was a little concerned about getting the girls to school on time. (On the way, Daddy told the girls that it is May 1st. He recalled that he and Mommy picked up Mocha on May 5th, 2000 – 19 years ago -- when she was just 7 weeks old. :) When we arrived at Harvest (8:29 a.m.), Daddy parked near the front of the school behind the cars in the second row. Kassidy got out first. Daddy hustled around and gave her a quick hug goodbye and she walked on toward the main entrance. Kennedy put her backpack on and Daddy opened the trunk so that she could get her trumpet out. Daddy gave her a kiss on the cheek and a quick hug goodbye. Kennedy then walked on into school a short ways behind Kassidy. Daddy watched until the girls entered the main school entrance. He then left. I treasure these days with my babies!!!

**May 5, 2019 Sunday** Cinco de Mayo **(19 years ago today, Mom and Dad picked up 7 week-old Mocha)**

Today, Kassidy has a volleyball tournament in Lemoore. Daddy met Mom, Kassidy and Kennedy at the tournament (2:15 p.m.). Dad had Kassidy’s volleyball bag with her ankle braces in it in his trunk and he took her bag to her. As Dad was walking from the parking lot toward the gym, Kennedy saw him (before he saw her) and she walked up to him and gave him a big hug. Mom, Dad and Kennedy walked to the entrance to the gym. Mom and Kennedy decided not to go in yet as Kassidy didn’t play until 3 p.m. Dad wanted to go in to get a seat. As Dad was getting ready to go in, Kennedy walked up to him and put her mouth to his ear. She hesitated, and then she whispered “scrimps in the screet.” Daddy laughed! (That’s Daddy and Kennedy’s inside joke. One time, Daddy jokingly called shrimps “scrimps” and Kennedy thought that was funny. Daddy then, one time, said “screet” for street. Daddy and Kennedy then started saying “scrimps in the screet.”:) Daddy went inside the gym and got a seat next to the court where Kassidy was to play. Mommy and Kennedy came in a little later and sat a ways over from Dad near Kassidy’s friend Ai-lani’s mom. (Daddy called Kennedy over and let her use the iPad. He also gave her some Twizzler bites candy. Kennedy went and sat down near mom and played on the iPad with Ai-Lani’s sister.

Kassidy played well today. Her team lost the first match, won their second and lost their third. Kassidy served well and played really well on the back row. After Kassidy’s tournament, Mom and Kennedy walked out to the car in the parking lot. Daddy waited for Kassidy while she had her team meeting. After her meeting, Kassidy walked up to Dad and he congratulated her and gave her a hug as they were walking side-by-side toward the parking lot. As Dad was releasing his hug, Kassidy semi-jokingly asked if I could keep hugging her while we walked. Daddy said of course he’ll hug his “Sweetie Peety!” Dad and Kassidy continued walking for a short while with Dad squeezing her with one arm. We met Mom and Kennedy in the parking lot. Kassidy gave Dad a hug goodbye. Kennedy walked up and gave Daddy a hug goodbye. The girls then walked with Mom to her car which was parked nearby Dad’s car. Kassidy had left her cheer bag in Dad’s car and Dad drove to where Mom was and handed it to her in case Kassidy needed it. Mom wished Dad “safe travels.” He wished her the same and then left. It’s always great to be with my girls.

**May 7, 2019 Tuesday**

Today, Kennedy goes on a field trip to the Tech Museum in San Jose. Mommy dropped her off at school at 6:30 a.m. and she will return at 7 p.m. when Daddy will pick her up. (Have fun Koko!)

This afternoon (5:15 p.m.), Daddy picked Kassidy up from the after school program (5:15 p.m.). When she walked out, she gave Daddy a h-five and the asked where Kennedy was. She then exclaimed, “Oh yeah!,” recalling that Kennedy was on a field trip. From Harvest, Daddy took Kassidy to El Cap for her volleyball practice. (On the way, Kassidy asked Daddy, “How can you tell if someone likes you?” Daddy said that it depends, but often by the way that they act around you. She told Daddy that a boy that she likes (Anthony) told her about some other boy that likes her.) When we arrived at El Cap (around 5:30 p.m.), we sat in the car and Kassidy played on the iPad until 5:40 p.m. when she left to change into her practice clothes. She returned to the car to drop off her clothes and then she walked to the gym for practice. Daddy sat in the parking lot for a little while and did some work on his computer. He then left (around 6:20 p.m.) to return to Harvest to get Kennedy from her field trip.

At Harvest, Daddy parked in the parking lot and waited for Kennedy’s group to return from the field trip. They were scheduled to arrive at 7 p.m. Daddy sat in the car and ate his dinner (home-made turkey sandwiches and a strawberry Pop Tart) while playing “Word Cookies” on the iPad. A short time later (around 6:45 p.m.), Kennedy’s bus arrived. Kennedy was holding her things and a soft , stuffed, black and yellow bee that she named “Cheerios.” She and Daddy hugged. Daddy then waved to let her teacher know that he was taking her. Daddy and Kennedy then walked to the car, Kennedy showed Daddy a pretty crystal that she had purchased for a friend who couldn’t go to the field trip because she didn’t turn in her permission slip on time (So thoughtful and sweet :). As we were pulling out of the parking lot, Kennedy recalled that she left her lunch under the bus. Daddy stopped and Kennedy got out and walked back to the bus and got her lunch. We then left and went to El Cap.

At El Cap (around 7 p.m.), we sat in the car and Kennedy played on the iPad for a short while. Daddy got out and went to the bathroom. When he returned to the car, Kennedy was reading a book “The Last Kids on Earth and the Nightmare King.” Daddy did some work on his computer and we remained in the car. After Kennedy finished her book (8:02 p.m.), she played on the iPad until Kassidy came out from her practice (around 8:40 p.m.). We then left and went home. On the way home, Kassidy played “Speed Round” with Dad.

When we got home (9 p.m.), Kassidy sat in the big chair and watched YouTube on the T.V. Kennedy went to her bedroom and studied for her goat achievement test that is on Saturday in Reedley. Daddy did a little work on his computer and then prepared dinner for the girls (Kassidy: Stouffer’s Meat Loaf with mashed potatoes dinner, Kennedy: Marie Callender’s Sweet and Sour Chicken dinner with mixed vegetables, Daddy also served the girls some chocolate Jello pudding with whipped topping that he had made). When dinner was ready (around 9:50 p.m.), Kassidy went into the kitchen and made herself a grape-flavored water. Then Kennedy came into the living room, on her way to the kitchen, and Kassidy stopped her and asked for a hug. They playfully hugged and then Kennedy went into the kitchen and made herself a grape-flavored water. (They each put their pudding into the freezer for later.) Kassidy, and then Kennedy, sat at the dining table. They were each waiting for the other to say grace when Kassidy finally blessed the food. The girls then ate. Kassidy watched YouTube on T.V. and Kennedy watched a video on the iPad while they ate.

After Kennedy finished eating, she returned to her room and studied some more for a short time. Kassidy got her pudding and sat in the big chair and continued watching YouTube. A short time later, Kennedy came in and got her pudding from the freezer and sat on the couch and watched T.V. with Kassidy. After they finished eating their dessert, they took their shower (around 10:20 p.m.). After taking their shower, Kennedy went into Daddy’s room where he was working and did a Trump impression. She and Daddy laughed. Kassidy went to the girls’ room and got her school clothes out. She thanked Daddy for washing their clothes. (Thoughtful. :) She then got into bed. Kennedy got her school clothes out and then also got into bed. Kassidy was sketching a Fresno State pennant while in bed and Kennedy was talking to her. A little while later (around 11:12 p.m.), Daddy went in to check on the girls and Kassidy had fallen asleep with a pen in her hand and her sketch pad on her lap. Kennedy had also fallen asleep, close to Kassidy, holding her stuffed dog with the big eyes. :) Daddy gave Kassidy a kiss on the top of her head and gave Kennedy a kiss on her left cheek. He then turned on their night light and turned off the light in their bedroom. Sweet, blessed days together!!!

**May 8, 2019 Wednesday**

This morning (6:55 a.m.), Daddy woke the girls up to get ready for school. Daddy then went and got dressed for work. The girls laughed and joked together in the bathroom this morning and it was sweet to see Kassidy doing the back of Kennedy’s hair for her. When the girls were dressed, they got their things together (Kennedy packed of her goat book to study for her achievement test) and then made a bowl of Lucky Charms cereal. They took their cereal and ate in the car. We then left (7:57 a.m.) and Daddy took the girls to school.

On the way to school, Kennedy was playing on the iPad and Kassidy was singing wildly and we were laughing. Daddy asked Kennedy to take Kassidy’s temperature to see if she was O.K. and the girls laughed. When we arrived at Harvest (around 8:20 a.m.), Kassidy said that she had to go poop. Daddy asked why she didn’t go at home and she said it was because she didn’t want to be late. Daddy then jokingly said, “Mmmm poop.” And the girls laughed. Daddy and the girls got out. Daddy gave Kassidy a hug and a loud “Mwaaahhh” kiss. Kassidy looked a little startled/embarrassed that it was so loud. Daddy laughed. Kassidy hustled up into school. Daddy then gave Kennedy a hug and a big “Mwaaahhh” kiss and Kennedy was a little embarrassed. She then walked toward school. Daddy kept saying things to her as she walked away (e.g., “How come you’re so wonderful!?”, “So sweet!”. “So beautiful!”. Kennedy kept stopping and looking back at Daddy like she was embarrassed. :) Daddy watched until the girls walked through the main entrance to school. Daddy then left. Such sweet days together!!!

**May 10, 2019 Friday**

Today (around 4 p.m.), Daddy went to Harvest to pick up Kennedy and to have Kassidy sign a card for Mother’s day for Grammy.(Daddy is taking Kennedy to her 4-H Achievement Test in Reedley tomorrow and Mom and taking Kassidy to San Mateo tonight for her volleyball tournament over the weekend.)

At the after school program, Kennedy came out first. She mentioned to Daddy that she was excited but a little nervous about her goat achievement test tomorrow. Kassidy came out a little bit later. Daddy gave her the card for Grammy and she took it over to the stage in the multi-purpose room and signed the card. She returned the card to Daddy. Daddy wished her well at her tournament tomorrow and told her that he and Kennedy would be up there on Saturday evening. She gave Daddy a hug goodbye. She returned to the after-school program for Mom to pick her up. Kennedy and Daddy then left.

From Harvest, we stopped by Papa’s so that Daddy could pick up something from him. Kennedy stayed in the car and played on the iPad. Daddy visited and talked with Papa for a short while (about 15 minutes). Daddy then returned to the car and we left. From Papa’s, Daddy went by ARCO (Ashlan/Valentine) to get gas. We then went home.

At home (around 5:30 p.m.), Kennedy relaxed in her room with the iPad. Daddy looked online for some study materials for Kennedy (goat equipment and judging). He then prepared dinner for Kennedy (Stouffer’s Salisbury Steak dinner, seasoned fries, and Daddy also served Kennedy a double fudge cookie that he had left over from an event he had last night at Fresno State). When dinner was ready (6:45 p.m.), Kennedy came into the kitchen to get a drink. She chose a blackberry-flavored sparkling water that Daddy had left over from his event. She added some grape flavoring to it. Kennedy then sat at the dining table and said grace (also asking for God to help her do well on her goat test tomorrow, handling the goats). Kennedy then ate while watching using the iPad.

After Kennedy finished eating, she signed Grammy’s Mother’s Day card. Daddy then helped her find resources to review the judging and equipment part of her goat achievement test tomorrow. He put them on the iPad for her so that she could study. Kennedy went to her bedroom with the iPad.

A little later (8:44 p.m.), Daddy left and went by the bank. He then went and put Grammy’s cards (from him and the girls) in her mailbox. He then returned (around 9:15 p.m.). While Daddy was gone, Kennedy was unable to find her equipment list to study. Daddy went into Kennedy’s bedroom and showed Kennedy where it was. Daddy and Kennedy got into a conversation about different things and Kennedy expressed how she wishes that Mommy would communicate with Daddy (Mommy took Kennedy to her final shot yesterday and hadn’t told Daddy). Kennedy thanked Daddy for sacrificing and taking her to her 4-H event (Daddy had to reschedule his teaching in Fremont in order for Kennedy to participate in her achievement test tomorrow). After the conversation, Kennedy then went and sat at the dining table and studied her equipment list. She then moved to her bed. After she started getting tired, Daddy had her go wash up and change for bed. Kennedy then returned to her bedroom and Daddy helped to quiz her on her feedstuffs in her study book. Kennedy then got her 4-H shirt out that she wants to wear tomorrow. After that, Daddy was going to give her a hug goodnight, but Kennedy stepped back a few steps and then ran and jumped into Daddy’s arms. Daddy and Kennedy then hugged. Kennedy requested that we do our “hearts,” so Daddy said, “Show me your hearts!” We then did our “hearts” and Kennedy got into bed. Daddy walked over and gave her a kiss on her right cheek and he told her that he loves her very much. Daddy then left her bedroom (around 12:10 a.m.). Kennedy fell asleep a short time later. Daddy went in and turned on her night light and turned off her bedroom light. All of these moments with Koko are just so sweet!!

**May 11, 2019 Saturday**

This morning (6:32 a.m.), Kennedy woke up and went to Daddy’s bedroom to get the iPad from him so that she could study for her goat test today. Daddy was awake and heard her come in. He handed her the iPad and she returned to her bedroom and studied. (So proud of her great habits! :) A little later (around 7:15 a.m.), Daddy went in to Kennedy’s bedroom to check on her. She asked Daddy to quiz her on her feedstuffs and he did. Kennedy then got up and started getting dressed. After she was dressed, she made herself a bowl of Lucky Charms cereal. She commented how she was making herself a bowl of Lucky Charms and her goat’s name last year was Lucky Charms. :) Kennedy then took her backpack and bowl of cereal to the car. Kennedy thanked Daddy for changing his schedule in order to take her to her achievement test. Daddy told her that he would do it again one thousand times. Kennedy jokingly said that he couldn’t because she would be dead after one thousand times, as Daddy was returning inside to get something. We then left (8:14 a.m.) to go to Reedley College for Kennedy’s Achievement test.

When we arrived at Reedley College (around 8:44 p.m.), Daddy parked kind of far away in a staff parking spot. We then walked over to register Kennedy. Kennedy was a little nervous and was concerned that she wasn’t going to do well. Daddy told her that she has prepared as well as she could have and that all that matters is that she does her best. We waited in line for Kennedy to register and saw some of her fellow goat group, and talked with them a little while waiting. When Kennedy registered, Daddy also bought her an “Achievement” t-shirt. We then waited for the achievement test to begin (9:30 a.m.).

When the test began, Kennedy could freely roam from station to station. She started at the “equipment” station. Parents can’t be with the kids so Daddy walked back to the car and moved it closer to the main area where Kennedy’s test was. He then returned. Kennedy had finished half of the test (equipment, feedstuffs, and judging). Daddy waited with her whole she waited to do the “management” station. Three of her fellow goat club members were in line with her (Sloan, Micah and Trinity). When it was Kennedy’s turn she was first asked a series of questions. Daddy watched from a little ways away and could tell that Kennedy had mouthed “I don’t know” on one question, and looked like she was thinking hard and was unsure and a couple of others. When she was finished, she walked up to Daddy and said, “I failed!” Daddy comforted her and asked her what she was asked. She said that she was asked several veterinary questions that she didn’t know the answer to, like at what age is a goat disbudded, etc.

Kennedy then waited for the “showmanship” station. When it was her turn, she was asked to chose a goat and enter the ring (Trinity and another person was in her group). They were directed to lead their goats to one side of the ring. A short time later, Kennedy’s goat got out of its chain and one of the other girls helped her catch it. After that, Kennedy did pretty well using her experience with “Lucky Charms.” When she came out of the ring, she walked up to Daddy and said, “Well, I blew that!” Daddy again comforted Kennedy. He told her that I wasn’t her fault that the goat got out of the chain. She wasn’t the one who put the chain on the goat. Daddy told Kennedy that he thought that she pretty did well. Kennedy then went to the last station, “identifying breeds.” Afterwards, she said that she felt that she did alright on that part. Kennedy was relieved that everything was over (around 10:45 a.m.).

Daddy and Kennedy then briefly looked around at the crafts and club booths. (It was announced that there was an area where you can make a wreath or something for free and Kennedy was considering making something for Mommy for Mother’s Day but we couldn’t find the booth.) We then saw the ice cream truck getting set up and Kennedy asked if she could have some ice cream. Daddy said that she could (even though Daddy had made her a turkey sandwich that was in the car and she didn’t want to eat). We then went and waited in line for the man to finish setting up. A few minutes later he was set up. There were 6 people in front of us, so we waited until it was Kennedy’s turn to order. She ordered a “Double” with cookies and cream and birthday cake flavors. We were going to sit out on some nearby benches (where the awards ceremony was to be held at 1 p.m.) but Kennedy decided that she wanted to just go to the car and relax (around 11:15 a.m.). We then walked to the car. We relaxed in the car and Daddy ate some turkey sandwiches that he had made while Kennedy ate her ice cream. Kennedy played on the iPad for a short while and then read some of her book (”The Rats of NIHM”). Kennedy couldn’t eat all of her ice cream so she gave Daddy the rest (mostly just the birthday cake flavor remained). Kennedy briefly took a nap, read some more, and then played on the iPad again.

Later (around 12:58 p.m.), Daddy and Kennedy walked over to where the awards ceremony was soon to be held. Kennedy was nervous that she wasn’t going to receive anything. They started the ceremony with the small animals (rabbits, chickens, etc.). Some of the good kids from Kennedy’s club had only gotten white ribbons (it goes white, red, blue ribbons, and then gold pin). Finally, after maybe 15-20 minutes, they reached Kennedy’s category (second year meat goats). When they called Kennedy’s name they said, “Kennedy Ross, gold!” Daddy was so proud and so was Kennedy. (The second year is a lot harder with much more to know!) Those who were called up also had the opportunity to choose an item from among t-shirts, hats, pencils, etc. (Before her name was called, Daddy suggested that, if she was called to go up, she could get a t-shirt for Mommy for Mother’s Day. Kennedy was concerned about getting the right size.) Kennedy chose a cute rubber bracelet that read “I (heart) 4-H.” It was perfect for Kennedy! :) Sloan’s dad went up and shook Daddy’s hand and congratulated him (and Kennedy). A short time later, Daddy noticed that Sloan had also gotten a gold. Daddy then walked over to Sloan and his dad and shook Sloan’s hand and congratulated them. Daddy talked to them briefly. Daddy then walked back over to Kennedy. As Daddy and Kennedy were walking away to go to the car to leave. Trinity’s Mom called out, “God job Kennedy!” Mrs. O’Daniel then walked up to Kennedy and jokingly commented that isn’t it nice to have such a good leader that Kennedy got a gold medal. She partially hugged Kennedy as she was joking. Daddy reminded her that we have her goat book that Kennedy had used to study. Daddy told her that he had it in the car. She said that she would walk to the car with us. Daddy told her that she didn’t need to walk all the way to our car and he jogged up and got the book out of the trunk while Kennedy and Mrs. O’Daniel walked behind. Daddy gave her the boom and she and Daddy briefly talked about the cost of Kennedy’s goat and the feed. She then walked to her car and Daddy and Kennedy got in the car and started heading out. Just as we were exiting the college, Daddy realized that he hadn’t taken a picture of Kennedy with her medal, so he turned around and went back into the campus. He parked on the side in a parking lot and took a picture of Kennedy holding her medal. We then left. Kassidy then called. She said that they had won all 3 of their games, beating Cen Cal (Rhonda Brown’s team), a tough team for them to beat throughout the season. Daddy congratulated Kassidy and asked her about her play. He asked how she served and played at the net, and how she played in the back row. She said that she had a few good kills. She also said that she saved her team a few times. Mommy said that Kassidy really served well. Mommy then asked to speak with Kennedy. She asked Kennedy how she did on her achievement test. Kennedy told Mommy that she wanted to surprise her but that she didn’t do that well. They talked for a little while longer. Kassidy then asked to get back on with Daddy and she told Daddy that she decided to go to 6th grade camp and that she will be going on Monday to Sonora. Daddy told her that that was a good choice. He said that he went to Camp Sonora when he was in 6th grade and that he has fond memories of it. He said that it will be a memorable part of her childhood. Just as Daddy and Kassidy were getting off of the phone. Kassidy told Daddy, “I love you!” She then said, “I love you Koko!” She then hung up. :) Daddy and Kennedy then continued out Residence Inn in Redwood City to eat with the team at a catered event.

On our way, Kennedy read some and played on the iPad some. Daddy stopped in Los Banos at a Starbucks to use his iPad to make sure that he knew how to get to the hotel. We then went to McDonald’s across the street. Kennedy first went to the bathroom. When she came out she ordered a blue Slush drink they were promoting. Daddy got a Diet Coke and we left. As we were leaving McDonald’s, Kennedy told Daddy that a worker walked in on her while she was in the bathroom. She said it was because she only partially closed the stall. Daddy joked that Kennedy should have said, “This stall is only for one, but if you would like to sit on my lap, perhaps I will make an exception.” Kennedy laughed mildly because she was distracted playing on the iPad. We then continued on to Redwood City. Kennedy took a nap on the way.

When we arrived at the hotel where the team was, Daddy called to let Mommy know and she said that they were in the lobby. Daddy and Kennedy changed their shirts (Kennedy inside of the car and Daddy at the trunk) and then went inside. The parents had catered The Spaghetti Factory. Mommy gave Kennedy and Daddy each a plate and had a table for all of us to sit. Daddy and Kennedy made a plate and as we were walking to sit at the table Kassidy walked by. Daddy waved at her and she hardly acknowledged that Daddy and Kennedy had arrived. Mommy walked over to where Kassidy sat down with her friends and semi-lectured her for not speaking. She then returned to Daddy and Kennedy and said that Kassidy is going through “that” age. Daddy said that he understands and remembers being that way. Daddy Mommy and Kennedy sat at a table and ate and talked together. Kennedy jokingly told Mommy that she had gotten “white,” and then admitted that she actually had gotten gold. Mommy said that she was proud. Kennedy and Daddy told her all about it. Kennedy and Daddy went up and got seconds and then returned to the table. Kassidy came over and Kennedy asked for a hug and Kassidy hugged her. Kassidy then gave Daddy a hug and kiss on the cheek.

A little later, the kids got together and surprised coach Tina with a nice “thank you” sentiment with most girls saying something. Kassidy was one of the few who didn’t speak. They then presented Coach Tina and her assistant with a card (with a gift card inside). They each read their card out loud (Kassidy thanked Coach Tina for such an “awesome year”). (One girl had written the message for the assistant coach on Coach Tina’s card and it was funny because the note mentioned the assistant’s boyfriend). Daddy videotaped all of it. Shortly after that, Daddy and Kennedy shared a big hug goodbye (Kennedy is going to stay with Mommy and Kassidy in the hotel). Daddy high-fived Mommy and then walked over and gave Kassidy a hug and kiss on her right cheek goodbye. Daddy then left. A wonderful time with sweet Koko helping her to prepare for and get through her second-year achievement test. So proud of both of my babies. They both had a very successful and enjoyable day! THANKFUL!!!

**May 12, 2019 Sunday Happy Mother’s Day!**

This morning, Kassidy has the second day of her volleyball tournament at the San Mateo Events Center. (Her team won all 3 of their games yesterday, so they will have a chance at the championship today.) Kassidy has to arrive by 7:15 a.m. this morning. Daddy arrived early (6:50 a.m.). He parked in the parking lot of the events center and waited in his car for a short while. He then stood at the gate (around 7 a.m.), and a short time later the gates were opened for the crowd to enter. Daddy walked to court 2 where the team was to play at 8 a.m. Coach Tina and many of the parents arrived just behind Daddy. Kassidy’s teammate Ai-Lani’s mom had a flat so Mommy dropped Kassidy off in the parking lot and Kassidy went inside on her own. Daddy greeted Kassidy as she hustled in (around 7:10 a.m.). She looked a little stressed and Daddy told her that she has time and it’s O.K. Kassidy shook her head in agreement like everything was O.K. She then went and joined her team to hit the ball around.

Later (around 8 a.m.), Mommy and Kennedy arrived just before the start of Kassidy’s first match. Daddy was sitting close to the net across from the tea. Mommy and Kennedy sat by many of the other team parents closer to the baseline of the court. Ai-Lani’s mom arrived a short time later. Kennedy played some with Ai-Lani’s sister who is also in 5th grade with Kennedy.

Kassidy’s team played a pretty good team (Aspire) in the first match and won in 3 games. Daddy videotaped. They then were off for the next match. (Daddy let Kennedy use the iPad during the break.) The girls and some parents got a little something g to eat (or drink; there was a Starbucks inside the facility). Kassidy’s team then refed the next match (Kassidy sat at the scorer’s table for the first game and then watched the lines during the second game.).

Kassidy’s team then played their next match. Daddy videotaped portions of it but his iPad battery was almost dead from Kennedy playing on it during the break and during part of the game. They beat the team fairly well in the first game (by maybe 5 points). The Silver team sat and watched/cheered during the first game. Kassidy’s team was then blown out (by like 10 or 11 points) in the second game. In the third game, it looked like they might lose but they came back and won by maybe 4 points or so. They parents were so relieved, and the team and Coach Tina were really excited because now they were in the championship game.

Kassidy’s team played Synergy for the championship. (During the championship game, Daddy couldn’t videotape because the iPad battery was at 4% and he was saving it for pictures after the match.) The girls started off strong and won the first game by maybe 5 points. Synergy had a talented team, especially 2 or 3 specific players. In the second game, Kassidy’s team was up by like 11 points when they had 23, but the team came back and made it exciting. Kassidy’s team ended up winning, I believe, 25-20. After the team celebrated, they ran along the perimeter of the court passing by the parents and slapping their hand. Daddy tried to videotape but his battery went dead as the girls started running by. After the match, Coach Tina spoke to the team and choked up a little. She said this is her first ever 1st place/championship and this really means a lot to her. She announced that the MVP yesterday was the blonde girl (I forgot her name). Today’s MVP was Ai-Lani. The tournament MVP was given to Kassy Mae! Daddy and Mommy were very proud. (Kennedy gave Kassidy several hugs (throughout the day) and I’m so proud that Kennedy is supportive and not jealous.) After the team meeting, Daddy was talking to Ai-Lani’s mother and complimented her on how well Ai-Lani played today. She responded that Kassidy served extremely well, especially yesterday. She said that Kassidy’s serves were straight and dropped just over the net (making it difficult to return). A short time later, as Daddy was walking by one of the parents (Brooklyn’s dad), he said to Daddy, “Your daughter’s amazing!” He then told Daddy that this was his daughters first year playing and that the girls can be really good if they keep playing together. He and Daddy had a brief but nice conversation.

After a little mingling, as the players started to leave to go home, Daddy had Mommy take a picture of him with Kassidy. Daddy then used Mom’s phone to take a picture of Kassidy in her uniform by the net. After that, Mommy and Kennedy went to the bathroom. Daddy watched Mom’s things for her. Mommy then came out and got her things, and walked over and started talking to some parents. Daddy then called Kassidy over. He gave her some money to take with her on her 6th-grade camp tomorrow (14 ones that he had in his pocket). She put the money in her backpack and then gave Daddy a hug and a kiss on his left cheek. She then went to the bathroom. Kassidy came out and then a short time later Kennedy came out. Kennedy told Daddy a story about how she was in the stall and shrieked when saw a spider. She then flushed it down the toilet and said “Die”. She said that people probably thought that she was mentally ill because you couldn’t see the spider. Daddy jokingly said, “Maybe they thought you were talking to your poop!” Kennedy laughed! Kassidy commented that on her 6th-grade trip, Ai-Lani doesn’t know it but she is getting the top bunk. (Ai-Lani is apparently going to be Kassidy’s bunk mate.) Kennedy responded, “She might fall on top of you.” Kassidy then said, “She always falls on me!” Before we all left, Daddy had Mommy take a picture of the girls together as they both had a “gold” weekend. Mommy then asked Daddy to take a picture of her with the girls for Mother’s Day. Daddy tried to get the girls to give Mommy a kiss on the cheek at the same time, but Kennedy was being silly and wouldn’t cooperate. Daddy then gave Kassidy a hug and kiss on the cheek goodbye (Kassidy leaves for 6th-grade camp tomorrow at 6:30 a.m. and returns Wednesday at 4 p.m.). Daddy then gave Kennedy a hug and kiss on the cheek goodbye. Kennedy told Daddy that she would see him tomorrow (when he picks her up from school). Daddy then walked out of the center with Mommy and the girls a little behind him. Once we got outside to the parking lot, the girls saw Daddy again and called out to him as he was walking to his car and Mommy and the girls were walking to Mommy’s car. Daddy exclaimed to them, “Gold weekend!” Daddy then got into his car and left. An incredibly great weekend for Kennedy and Kassidy! SO PROUD!! Love all of our time together, always!!! (On the way home, Daddy called Papa and told him about Kassidy’s tournament and how she was named the MVP. He asked Papa to tell Grammy and to wish her a happy Mother’s Day.)

**May 14, 2019 Tuesday** (Today is the 12th anniversary since Daddy had been running everyday! :)

(Daddy didn’t pick the girls up on Monday because Kassidy went to 6th-grade camp and Mommy asked to pick up Kennedy in order to help her work on her GATE report that’s due soon.)

Today (5:15 p.m.), Daddy arrived at Harvest to pick Kennedy up from the after school program (Kassidy is at her 6th-grade camp). Kennedy was walking into the multipurpose room as Daddy was arriving. She walked over to Daddy and set her backpack and trumpet case down next to Daddy and gave him a big hug.. She said that she needed to go put her Chromebook away. Kennedy left and put away her Chromebook. She then returned to Daddy and they walked to the car with Daddy carrying her backpack and trumpet case for her. As we walked to the car, Kennedy jokingly said to Daddy, “Kassidy’s not here, yay!” Daddy told Kennedy that he was going to tell Kassidy what she said. Kennedy chuckled. We then got into the car. Kennedy played on the iPad. We then left Harvest.

On the way home, Daddy stopped by WinCo (Peach/Ashlan). Daddy got some broccoli, turkey lunch meat, and chili cheese Fritos. Kennedy got some Reisen’s candy for a treat (Daddy told her that she could have a treat because of how well she did at her 4-H achievement test), and a chicken Marie Callender’s Pot Pie. We then left and went home.

When we got home (around 6:15 p.m.), Kennedy relaxed in her bedroom with the iPad and Daddy went to his bedroom and watched some of” Game of Thrones” on his computer. A little later, Daddy sterted making dinner. Kennedy wanted some broccoli, so Daddy made her a Stouffer’s Spaghetti with Meat Balls dinner along with some sautéed broccoli.

When dinner was ready (around 7:15 p.m.), Kennedy came into the kitchen and made herself a small glass of Hershey’s chocolate milk. She the sat at the dining table and said grace (also asking God to bless Kassidy at her 6th-grade camp and everyone else there, bless Mommy, and bless herself in band). She then ate while watching a video on the iPad (she moved and sat where Daddy normally sits so that she could have the iPad plugged into the wall while she watched and ate). Daddy took his dinner (a plate of sautéed broccoli and a bowl of chicken-flavored Top Ramen soup with peas and turkey lunch meat added) to his room and watched some of “Game of Thrones” on his computer.

A short time later, Kennedy went to the bathroom. On her way out, back to finish eating, she noticed the Carbon Monoxide alarm outside of the bathroom and asked Daddy “What’s Carbon Monoxide?”. Daddy told her that it is an odorless gas that can kill you. Kennedy was curious about that. She then returned to the dining table and resumed eating. A short time later, when Daddy walked through the kitchen to get some more water, Kennedy asked Daddy if he has noticed that a superhero’s power is based off of an animal’s powers. Daddy jokingly asked her, “What’s a goat’s super power?” Kennedy responded, “Being weird and eating everything, just like Kassidy.” :) Daddy chuckled. Daddy then returned to his bedroom with his bottle of water.

After Kennedy finished eating (7:35 p.m.), she returned to her bedroom with the iPad. A little after that (8:05 p.m.), Kennedy took a shower. After her shower, she got her Reisen’s candy and went to her bedroom with the iPad (8:15 p.m.). Daddy went and washed the dishes and cleaned the kitchen.

A little later (9:27 p.m.), Kennedy started practicing her trumpet. She played well. She practiced about 9 or 10 songs. After she finished practicing (around 9:55 p.m.), Daddy said that he would have her go to bed in about 30 minutes. She responded. “Aww.” She then relaxed in bed with the iPad.

After a little while (10:31 p.m.), Daddy had Kennedy get bready for bed. She had dozed off. She got up and washed up. She then got her school clothes out. She got into bed and Daddy went and gave her a kiss on her “chocolate chip” telling her, “I’m so thankful for you.” Daddy then went and stood at the foot of the bed and Kennedy sat up at attention, anticipating what was coming next. Daddy then said, Show me your hearts!” Kennedy and Daddy then did their “hearts” together. Daddy snorted as he left the room, but it wasn’t very good. Kennedy snorted back but told Daddy that he didn’t do it right. Daddy returned and stood at attention, and saluted, saying, “Mr. Snorter, reporting for duty Sir!” Daddy then snorted and Kennedy snorted back. Kennedy got out a book to read (“Word of Mouse” that Grammy had given to her). Daddy then left the bedroom. Daddy later returned after Kennedy had fallen asleep. He turned on her night light and turned off her bedroom light. Such a sweet girl and such sweet times!!! THANKFUL!

**May 14, 2019 Wednesday**

This morning (7:05 a.m.), Daddy went and woke Kennedy up to get ready for school. Daddy then returned to his room while Kennedy got up. A short time later, Kennedy sneaked into Daddy’s room and surprised him while he was brushing his teeth. : ) She then finished getting ready for school. After Kennedy was dressed, she made herself a bowl of Lucky Charms cereal. Daddy carried her trumpet case out to the car for her (and put it in the trunk) and Kennedy carried her backpack, her bowl of cereal and a bottle of water to the car. We then got into the car and left for Daddy to take Kennedy to school (7:47 a.m.). On the way to school, Kennedy ate her bowl of cereal. After eating, she chose to read her book (“Word of Mouse”) rather than play on the iPad. (I love her ways! :)

When we arrived at Harvest (8:18 a.m.), Daddy parked in the second row near the front of the school. Daddy got out of the car and got Kennedy’s trumpet case out of the trunk for her. Kennedy then got out and got her things together. She untied her light jacket from her waist and put it on as it was cool this morning. Daddy then gave Kennedy a hug goodbye and she walked into school. Daddy said, “Scrimps on the screet” to Kennedy as she was walking away. She smiled. Daddy watched as Kennedy crossed the crosswalk (her 2nd grade teacher was there helping students cross and she spoke to Kennedy). He continued watching until Kennedy walked through the main entrance to school. Daddy then left. A sweet time with my Koko!! (Kassidy returns from her 6th-grade camp at 4 p.m. today!)

**May 20, 2019 Monday**

This morning (6:40 a.m.), Mommy called Daddy and told him that Kennedy had started her period on Friday but was unsure what it was, so she didn’t tell Mommy until Saturday morning. On Saturday, Daddy had gone to Fremont to teach so Mommy was going to take Kennedy to a 4-H baking meeting. Because Kennedy was a little anxious about having started her period, she ended up not going to the baking event.

Daddy will see the girls at their GATE open house tonight (6-7 p.m.). Mommy has a track event tonight, so she won’t be able to make it. After the GATE event, Daddy won’t be keeping the girls. He will be leaving early in the morning to go teach at Stanford, so he will be dropping the girls off to Mommy at her event (At Dante’s).

Daddy arrived at Harvest (5:40 p.m.) and signed the girls out from their after school program (at the main entrance). Kennedy came out first. She called out for Daddy when she saw him. She and Daddy shared a big hug. Kassidy then came out and she also shared a big hug with Daddy. We then went into the multi-purpose room and walked around looking at the various reports. Daddy took some pictures and video of the girls with their poster board reports. We set our things down, reserving chairs for when the speaker started. Kassidy wanted some food from one of the vendors so Daddy and the girls went outside to order something. On our way to order the food, Kassidy told Daddy how she told her friend Ai-Lani how Daddy at bedtime once said to Kassidy and Kennedy, “Goodnight my little African Americans.” She said that Ai-Lani laughed (President Trump once said to a black guy in his audience, “Look at my African American over here!” Kassidy often jokes about that.) Daddy ordered the girls each a cheese quesadilla and some Asada Fries (fries with meat and cheese) to share. While we waited for the order, Daddy went over to speak with Kassidy’s teacher who happened to be leaving. When the order was ready, Kennedy went and got it while Daddy finished talking to Kassidy’s teacher with Kassidy. Daddy then offered to get the girls some Kona Ice but they said that they wanted to eat and that they could get Kona later. Daddy warned them that it might be gone later. We then went back inside and sat down. A Fresno coroner was speaking to the kids and parents. The girls ate while the guy spoke, (After Kennedy finished eating, she sweetly rested her head on Kassidy’s left shoulder.)

After the coroner finished speaking, Daddy went up and thanked him and told him that he enjoyed his presentation. Daddy and the girls then went around t 4 classrooms trying to solve a mystery. Actual hair, fingerprints, bite impressions from 4 students. The mystery was to guess which student (hypothetically) vandalized the school. Hair, finger prints, etc. Kennedy’s class, then Kassidy’s (Daddy looked at and took pictures of the girl’s work. Earlier, Daddy saw Kassidy’s teacher Ms. Christiansen, and Kennedy’s teacher Mrs. Ham and he had spoken with each of them about getting a chance seeing the girls’ work since he has an event at Fresno State on Thursday and won’t be able to attend Open House. It worked out that he was able to see their work tonight.) We then went to 2 other classrooms for clues and for the girls to examine evidence. After the girls finished analyzing the evidence and made their guess at whom they thought committed the vandalism (Kassidy guessed Anna and Kennedy guessed Tony. Daddy commented that it’s like Daddy and his sister’s names, Angela and Tony :) we left. Daddy was going to get the girls Kona Ice but the truck had left by the time we got back outside.

(All night, Kassidy was very close and sweet to Daddy, and Kassidy and Kennedy were very affectionate throughout the night. That made Daddy very happy and pleased. (I’m so so pleased that Kassidy and Kennedy share a close bond together! :) Daddy enjoyed looking at the girls’ work and being with them while they attempted to solve the mystery.)

We then left and Daddy took the girls to where Mommy was, at a place called Dante’s (near Herndon and 99) where she was having a track awards banquet. (As we were leaving Harvest, Daddy asked Kassidy how she enjoyed her 6th-grade camp. She seems to have enjoyed it fairly well.) When we arrived at Dante’s (around 7:45 p.m.), Daddy called Mommy and she came out and met the girls. The girls went back inside with Mommy and Daddy left. Such a rewarding and sweet time with my girls!!! :)

**May 24, 2019 Friday**

Today (4:40 p.m.), Daddy picked the girls up from their after school program. Today is the beginning of the Memorial Holiday weekend. signed the girls out and Kassidy came out first. She thanked Daddy for arriving early, telling him that none of her friends stayed after school. (On Monday, Daddy had asked the girls if they would like for him to pick them up early on Friday and Kassidy said that she would like for him to come at his normal time (5:15 p.m.). Daddy told her that a lot of people will leave early because of the Memorial Day weekend.) Kassidy and Daddy shared a big hug, and then she put her flute case and backpack down next to Daddy and went to the bathroom. Kennedy then came out. When she saw Daddy, she smiled, set her trumpet case and backpack down, and then gave Daddy a big hug. Once Kassidy returned from the bathroom, we all walked to the car together. Kennedy asked if we could cook together this weekend and make something from her Princess cookbook (that she had gotten as a gift for her birthday). Daddy said of course. The girls put their things in the trunk and we then left to go home. On the way home,, Kennedy excitedly said that she enjoys being with Daddy . Kassidy agreed. :) While we drove, Kassidy played “MadLibs” on the iPad and asked Daddy for the different nouns, adjectives and adverbs. We laughed.

When we arrived home (around 5:10 p.m.), the girls went inside and put their things down. Kassidy sat at the dining table and showed Daddy her many drawings in her sketch book. Kennedy went to her bedroom and relaxed and used the iPad. Kassidy then relaxed in the big chair in the living room and watched YouTube on the T.V. Daddy went to his bedroom and did a little work on his computer. A short time later, Kassidy went into Daddy’s bedroom where he was, and talked and joked with him a little. She then said, “Sometimes, I can’t believe that your my dad!” Daddy sarcastically said, “Thanks,” Kassidy continued, “In a good way!” :) Kassidy joked with Daddy for little longer and then returned to the living room to watch YouTube.

A little later (around 6:30 p.m.), Daddy made dinner for the girls (Kennedy: Marie Callender’s Chicken Pot Pie, Kassidy: Marie Callender’s Salisbury Steak dinner, Daddy also made the girls some sautéed broccoli at Kennedy’s request). When dinner was ready (7 p.m.), the girls came in to the kitchen. Kassidy made herself a grape-flavored water. Kennedy had a blackberry-flavored Bubly sparkling water that Daddy had leftover from and event he hosted at Fresno State. The girls then sat at the dining table. Kassidy said grace. The girls then ate. Kassidy watched YouTube videos on T.V. while they ate and Kennedy watched videos on the iPad. While the girls were eating, Kennedy said to Daddy, “Thank you for dinner.” Kassidy then also said, “Thank you Dad.” Daddy then made the girls some chocolate pudding.

A little later, as the girls were finishing eating dinner, Daddy was cleaning the kitchen. Kennedy brought her took to Daddy and said, “Thank you for washing dishes, Dad.” After dinner (around 7:30 p.m.), Kassidy got what remained of her bag of Hershey’s Nuggets chocolate candy from a week ago. She then went and sat in the big chair and continued watching YouTube on T.V. Kennedy went to her bedroom with the iPad. Daddy went to his bedroom and ate his dinner (sautéed broccoli and turkey sandwiches) while watching “Game of Thrones” on his computer. After Daddy finished eating, he put some pudding layered with whipped topping into small glasses for the girls. He then placed them into the freezer per Kassidy’s request. Kennedy then came into the kitchen and got her remaining gummi candy and returned to her bedroom. Daddy went to his bedroom and alternated doing some work with watching “Game of Thrones” on the computer.

Later (around 9:30 p.m.), Kassidy, and then Kennedy went and got her pudding from the refrigerator (Daddy had moved them from the freezer to the refrigerator). Kassidy ate hers while sitting the big chair and watching YouTube. Kennedy sat at the dining table and ate hers while watching videos on the iPad. After eating their dessert, the girls joked and were being silly together dancing to a song that Kassidy was playing on YouTube. Kassidy called Daddy in and he watched them being silly and laughing. :) Kennedy then returned to her bedroom with the iPad and Kassidy continued watching YouTube videos in the big chair.

A little later (around 10:35 p.m.), Daddy asked the girls to brush their and get ready for bed at 11 p.m. After a little while (11:04 p.m.), when Daddy realized that the girls hadn’t gotten up to brush their teeth, he went and saw that Kassidy had fallen asleep in the big chair. Daddy tickled her feet to wake her up. She then went and got ready for bed. Daddy then went into the girls’ bedroom and saw that Kennedy had also fallen asleep. She had the iPad in her hand with a video still playing (and the dim controls on the screen). Daddy woke her up and she went and got ready for bed. Daddy went into the kitchen to put cereal and bowls out for the girls’ breakfast in the morning. After Kassidy was dressed for bed, she went to the bathroom in Daddy’s bathroom (Kennedy was using theirs). When she came out, she went into the kitchen and gave Daddy a big, sweet hug goodnight. She then went to her bedroom. A short time later, after Kennedy had changed for bed, she went into the kitchen and also gave Daddy a big hug goodnight. (I love the close and loving relationship the three of us share. THANKFUL!) Kennedy then reminded Daddy, “Hearts!” Daddy then followed Kennedy to the girls’ bedroom. Daddy, Kassidy and Kennedy then did our traditional “hearts” together. Daddy told the girls goodnight and left their bedroom. They talked and interacted for a short while before falling asleep. Daddy later went in and turned on their night light and turned off their bedroom light. A really peaceful, sweet, evening together. Sweet days together!!! BLESSED!

**May 25, 2019 Saturday**

This morning (7:20 a.m.), Kennedy woke up and went into Daddy’s room. Daddy was still in bed. She snorted at Daddy when she came in. Daddy knew why she was there. He told her that she could take the iPad. Kennedy took the iPad and then returned to her bedroom.

Later (around 11:25 a.m.), Kennedy turned on the bedroom light and it bothered Kassidy a little because she was still resting. Kennedy said that she wanted to practice her trumpet and couldn’t see the keys. Daddy told her that she can practice later and to let Kassidy rest. Kennedy replied that she had been reading for a while because the iPad’s battery was low. Kennedy turned the bedroom light off and then went to the bathroom. After going to the bathroom, Kennedy went in to have some cereal (Cocoa Krispies). A few minutes later (around 11:30 a.m.), Kassidy got up. Daddy and Kennedy were in the dining area. (Kennedy was eating cereal and Daddy was getting some water up from the carpet from the recent rain.) Kassidy walked in and gave Daddy a hug. She then went and washed up. Kassidy returned and sat at the dining table with Kennedy and had a bowl of Cocoa Krispies cereal. The girls talked together while they ate. After eating, Kassidy went to the big chair and watched a little YouTube on T.V. Kennedy went to her bedroom with the iPad. A short time later, Daddy went on his run (12:45 p.mWhen Daddy returned from his run (around 1:25 p.m.), he made himself some oatmeal. He ate while watching “Game of Thrones” on his computer.

A little later, Daddy asked Kassidy what she wanted to do today. He offered to take the girls to a movie, or skating, or bowling. Kassidy said that she would like to go bowling. After a while, Daddy (followed by Kassidy) went into the bedroom where Kennedy was and asked her if she wanted to go bowling. She said, “No thank you.” Daddy asked why and Kennedy didn’t really give an answer. Kassidy said that she thinks that she knows why (Kennedy recently started her period). Daddy then said that we could go tomorrow or another time. The girls then agreed that they would like to play a board game or watch a movie at home this evening. Daddy asked them to choose a movie, sometime today, for us to watch. Daddy then left the bedroom and Kassidy returned to the living room. She said that just wants to relax today. She said that she was stressed over the last 2 days because she had to sit next to her crush (“Marco”). After a while, Kassidy went and changed out of her bed clothes because we were planning to walk to Walmart a little bit later.

Later (around 2:30 p.m.), Kassidy had a chocolate Pop Tart while she watched YouTube videos on T.V. and drew on her sketch book . A little later (around 3 p.m.), Kennedy got up and made herself a bowl of Ramen soup for lunch. She sat at the dining table and ate while watching a video on the iPad (she ate the noodles and then drank the broth with a straw :). Daddy made himself a salad and ate it in his bedroom while watching “Game of Thrones.” Kassidy came in and gave him a big hug. She then went to the bathroom, and then returned to the living room.

A short time later, Kennedy went into Daddy’s bedroom. She was being silly and gave him a hug. She then noticed that the seat was up in his bathroom. She jokingly commented that Daddy leaves the seat up in case he needs to go to the bathroom. Daddy then lifted his hands up and said “Raise the roof!” Kennedy replied, “They say to be thankful to have a roof over your head, but then at a party they say ‘raise the roof!’ They’re being ungrateful.” :) Kennedy then returned to her bedroom with the iPad. Kassidy was watching YouTube in the big chair in the living room (she had another Pop Tart – strawberry). After a short while, Kennedy started practicing her trumpet in her bedroom. (I love her good habits! :)

After Kennedy finished practicing her trumpet, she took a shower. After her shower, she went into the living room with Kassidy and they laughed together watching a video on YouTube of a guy singing hard rock. Kennedy then went and relaxed in her bedroom (around 5:30 p.m.) and Kassidy watched videos of “The Voice” auditions.

A little later (7:15 p.m.), Daddy and the girls walked to Walmart. At Walmart Daddy bought a few groceries and some hamburger patties, cheddar cheese, hamburger buns and Thousand Island dressing to make hamburgers for dinner. Daddy let the girls get a treat (Kassidy: Milk Duds, Kennedy: mini Tootsie Rolls). When we got back home (around 8 p.m.), we all relaxed for a short while. Kassidy watched YouTube from her big chair. Kennedy played on the iPad in her bedroom. After about 30 minutes, Daddy started making the hamburger patties. Kennedy helped (she cut the cheese :), the pickles and helped some with the patties). Kennedy also put the seasoned fries out on the sheet to cook. When the patties were ready, the girls sat at the dining table. Daddy put the patties on the table with the condiments, etc. (tomatoes, pickles, lettuce, ketchup, Thousand Island dressing). Kassidy said grace. The girls then made their hamburgers and ate while watching videos on YouTube. Daddy then put the fries in the oven.

After the girls finished eating (around 8:50 p.m.), Kassidy went and relaxed in her big chair and continued watching YouTube videos. Kennedy went and relaxed in her bedroom with the iPad. Daddy ate his hamburgers in his bedroom while watching “Game of Thrones” on his computer. The fries were done about 20 minutes after the burgers. Kassidy didn’t want any fries. She chose to eat her Milk Duds instead. Kennedy came in (8:10 p.m.). and Daddy helped her put some fries on a small plate. She put some ketchup on the side. Kennedy sat at the dining table and ate while watching what Kassidy had on YouTube (“Sander’s Sides”). After finishing her fries, Kennedy returned to her bedroom.

Later (around 10 p.m.), we all decided to watch a movie (“Goosebumps 2”). Kennedy ate some of her mini Tootsie Rolls and some soda can candy during the movie. Kassidy had some more of her Milk Duds. Kassidy watched from the big chair. Kennedy watched from the couch. Daddy watched in his black work chair. We all felt that the movie was just O.K. Kennedy fell asleep toward the end.

When the movie ended (around 11:25 p.m.), Daddy tickled Kennedy’s feet to wake her up. The girls then went and washed up for bed. The girls then went to their room and Daddy went in. Daddy asked Kennedy to put her trumpet case and back pack out of the walk way next to her bed so that she doesn’t trip over them if she needs to get up to go to the bathroom. Kassidy made a comment that if they put it somewhere else then Dad might also et mad. Daddy sked her not to become disrespectful. Kassidy got a little bit of an attitude. Daddy told the girls how he would never be disrespectful to his parents and how it’s so hard for him to see Kassidy be disrespectful. He told Kassidy that if they are going to go to church then that should guide their behavior. Kassidy commented that they don’t really go to church anymore. Daddy recalled to the girls how when he attended church growing up, they would always sing, “They shall know we are Christians by our love.” Kennedy was tired and dozing off. Daddy ended the conversation and went and gave Kennedy a kiss on her right cheek. He then walked around and gave Kassidy a kiss on the forehead. Daddy told the girls goodnight and then left their bedroom. Kassidy said, “We didn’t do our hearts!” Daddy then returned and we did our “hearts” together. He then told the girls that he loves them and he left and went to clean the kitchen some. Kassidy called out and apologized for her behavior. Daddy thought that he heard something. He returned to the girls and asked if they said something. Kassidy said that she was sorry for her behavior. Daddy told the girls that he’s not upset and he said to Kassidy that he knows her heart and that she always apologizes and is kind. Daddy then left their room. Tne girls talked together for a short while before falling asleep. Daddy later went in and turned the girsl’ night light on and their bedroom light off. Treasured days with my girls!!!

**May 26, 2019 Sunday**

This morning (around 7:30 a.m.), Daddy got up and took the iPad to the girls’ room so that Kennedy could have it when she wakes up. It was raining this morning. The girls were still asleep. Daddy set it on the stand next to Kennedy. Daddy then returned to his bedroom and got back into bed to rest. A short time later (around 7:50 a.m.), Kassidy and Kennedy came into Daddy’s bedroom. They joked and talked to Daddy for a short while. Kennedy asked about the iPad and Daddy told her that he put it next to her bed. Daddy asked the girls if they wanted to do something today. Kennedy said that she didn’t really want to. She said that she’d like to cook something from her recipe book. Kassidy went and used Daddy’s bathroom. While Kassidy was in the bathroom, Kennedy stretched out and lay across Daddy on his bed. When Kassidy returned from the bathroom, the girls left and returned to their bedroom.

A little later (around 9:30 a.m.), the girls called out to Daddy and said, at the same time, “Dad, scrimps on the screet!” Daddy chuckled and replied, “Scrimps on the screet!” (That’s something that Daddy jokingly said once to Kennedy and she thought was so funny. :) A short time later, Kassidy called out, “Dad, from one to ten, how black are you!?” Daddy thought that it was humorous but he didn’t really respond. A little after that, the girls got up. Kassidy went into Daddy’s bedroom and shook her hair wildly like she was a rock star. Daddy laughed. Kassidy then went and washed up before sitting at the dining table and having some Lucky Charms cereal while watching some black guy’s channel on YouTube. She then moved to the big chair. Kennedy also had washed up. A short time later, she went in and sat at the dining table and had some Lucky Charms cereal while watching a video on the iPad. After eating, she returned to her bedroom.

After a little while, Daddy needed to use the iPad (he was doing some work this morning), so Kennedy relaxed in bed and read one of her books while Daddy had the iPad. A short time later (12:10 p.m.), after Daddy used the iPad, he left to go on his run. It had stopped raining. (The iPad battery was really low and Daddy needed to plug it in to charge, so Kennedy continued reading her book.) After Daddy returned from his run (around 12:30 p.m.), Kennedy got in the shower. Daddy made some oatmeal. Kassidy also wanted some. He served her some in a bowl and saved some for Kennedy when she got out of the bath. Daddy then went and relaxed in his bedroom and ate his oatmeal while watching “Game of Thrones” on his computer.

After Kassidy finished her oatmeal, she went and sat in the big chair and watched YouTube videos while she drew in her sketch book. After Kennedy finished bathing, she said that she wanted to make herself a soup and didn’t want oatmeal. She went into the kitchen to prepare her soup. Kassidy started doing an “original” dance and we laughed. Daddy Called it the “wobble.” Kennedy said, “I’m disturbed after seeing that!” Kennedy then asked Daddy if her hair looked bad in the back. She said that Kassidy did it. Daddy asked if she means, “Bad meaning bad or bad meaning good?” Daddy and Kassidy laughed and hi-fived.

After Kennedy’s soup was ready, she set it on the dining table and let it cool off while she went to her bedroom and relaxed with the iPad. She returned a little while later and ate at the dining table. After eating, she returned to her bedroom.

A while later (around 3:15 p.m.), Kennedy practiced her trumpet in her room (so disciplined :). Kassidy got up and closed the door to the bedroom while Kennedy practiced.

Later (around 5 p.m.), Daddy went to Walmart to get some things (along with what Kassidy requested: Limon Lays chips, Salt and Vinegar Lays chips, Strawberry Pop Tarts). When Daddy returned, Kassidy was still in her big chair sketching and watching YouTube videos. Kennedy was in her bedroom using the iPad.

After a short while (around 5:15 p.m.), Daddy asked the girls what they wanted for dinner. Kassidy chose a Marie Callender’s Salisbury Steak dinner and asked Daddy to make some sautéed broccoli. Kennedy came out and selected a Marie Callender’s Sweet and Sour Chicken dinner. She also wanted some sautéed broccoli. The girls then started doing a silly dance together and Daddy videotaped them. :) Kennedy then returned to her room. Daddy made some chocolate pudding for the girls.

A short time later (around 5:30 p.m.), Daddy was in the kitchen making himself a salad. He commented on Kassidy’s music. Saying that she likes Alternative Rock. He and Kassidy joked how white people like Rock music. Daddy said to Kassidy that she should give her “Black Card” back. Kassidy then tore off a piece of her sketch paper and wrote Black Card on it and gave it to Daddy. She and Daddy laughed. Kassidy said that she is also part white. Daddy said that she is mostly black. She then said that she is also Korean. Daddy replied that she should either like R&B music or K-pop music, but she likes neither. She and Daddy joked and laughed together. :) Daddy the went to his bedroom and ate his salad while doing some work and also watching a little of “Game of Thrones” on his computer.

Later (around 7 p.m.), Daddy started preparing dinner for the girls. When dinner was ready, Kassidy made herself a cherry flavored-water. Kennedy got one or Daddy’s lime-flavored sparkling waters (left over from one of his meetings) and added cherry flavoring to it. The girls sat at the dining table. Kennedy said grace (also praying for “everyone we love” and that Mommy’s safe until she and Kassidy return). The girls then ate while. Kassidy continued watching YouTube and Kennedy watched videos on the iPad. Daddy went to his room and ate (broccoli and turkey sandwiches) while watching “Game of Thrones” on his computer.

After the girls ate, Kassidy returned to her big chair and continued watching YouTube. Kennedy returned to her bedroom with the iPad. Daddy went in and cleaned the kitchen. He then put the chocolate pudding, layered with whipped topping, into small glasses, and put them into the freezer for dessert for the girls. In her bedroom, Kennedy looked on Netflix on the iPad for a movie for us to watch. She and Kassidy agreed on a movie called “Bunks.” A short time later (8:29 p.m.), Kennedy asked Daddy if we could have some popcorn with the movie and he said, “We don’t have M&Ms but we can have popcorn.” (We often mix in peanut M&Ms with our popcorn. :)

After a short while, Daddy went and asked Kassidy and the Kennedy if we could start the movie a little later so that he could finish some work that he was doing. The girls agreed.(Kassidy was on the couch in the living room watching YouTube. She almost always is in the big chair. Kennedy was in her bedroom playing a game on the iPad. She told Daddy that she really likes the game that she was playing and had recently downloaded. It was a cute game of puppies racing. Daddy pinched her cheek and said, “I hope you stay sweet forever.” :) Daddy then returned to his bedroom to do his work. (A short time later, Kennedy went into the living room where Kassidy was and sat on the floor next to the wall so that she could use the iPad while it charged. They talked and interacted. Daddy overheard Kennedy ask, “Kassidy, are you going to take a bath today? It’s been like three days!” :) Kennedy frequently keeps tabs on Kassidy. Kassidy seems to rarely be bothered. I’m so glad that they are close. :) Kennedy went and got her trumpet and practiced playing a song while Kassidy watched YouTube on T.V. A short time later, Kassidy ran into Daddy’s bedroom and gave him a hug while he was working. She then ran out. :)

Later, Kennedy asked Kassidy if she was going to practice her flute because their concert is coming up. Kassidy said that she would practice tomorrow. Kennedy then suggested that maybe they could practice some of the duets together tomorrow. Kassidy, responded, “Sure.” Kennedy then said, “I’m going to go potty.” She then left to go to the bathroom. (Kassidy commented a couple of days ago how Kennedy says “potty.” :)

Later (around 10 p.m.), shortly before we watched the movie, Daddy made some popcorn. Kennedy put the movie on and the girls made themselves a bowl of popcorn (with white cheddar seasoning and brown sugar). Kassidy had some Salk and Vinegar chips and Kennedy had the rest of her mini Tootsie Rolls while we watched the movie. Midway through the movie, Daddy and the girls had the pudding. We all enjoyed the movie (PG about camp kids and counselors and zombies). We had fun laughing at the actors acting and walking like zombies.

After the movie ended (around 11:25 p.m.), the girls went and washed up for bed while Daddy straightened up the kitchen. The girls then went into their room. They were being silly. Daddy went in a short time after. Daddy gave Kennedy (who was sitting in bed) a kiss on the right cheek and then walked over and gave Kassidy (who was standing getting ready to get into bed) a kiss on her right cheek. Daddy then told the girls goodnight and left.

After Daddy left their room, Kassidy and Kennedy were laughing and singing songs together. They were singing, “Oops I Did it Again” and other songs. They then started singing “Twinkle Twinkle Little Star.” Daddy went in and remined them how he used to sing that to them when they were babies. Kassidy remembered a little. She sang with Daddy: “Goodnight goodnight little Kass., sleepy time is here at last. Goodnight Mom and Goodnight Dad. Goodnight to the times we’ve had. Goodnight goodnight little Kass, sleepy time is here at last.” (Kassidy got out of bed and was being silly and moving her feet really fast dancing while singing with Daddy. :) Daddy and Kassidy then sang: “Let’s spell Kassidy, my oh my. Go ahead and give it a try. You can do it Pizza Pie. K.A.S.S.I.D.Y!” :) Daddy then told them goodnight and to love each other as we left their bedroom. A short time later, Kennedy told Kassidy, “I love you.” Kassidy replied, “I love you too.” Kennedy then said, “Promise you’ll practice your flute tomorrow?” Before Kennedy could finish her sentence, Kassidy replied, “Yes!” The girls then dozed off a short time later. :) Daddy later went in and turned on their night light and turned off their bedroom light. A truly treasured time together today with my sweet sweet babies!!! We all laughed a lot today! So much fun! I’m gonna miss this!

**May 27, 2019 Monday Memorial Day**

This morning (around 9:30 a.m.), Kennedy got up and went into Daddy’s bedroom to get the iPad from him. Daddy was awake but still in bed. He let her take the iPad. Kennedy returned to her bedroom.

A little later (around 10:15 a.m.), Kennedy got up and went and sat at the dining table with the iPad and had some Lucky Charms cereal for breakfast. Daddy went in to get some water and he and Kennedy talked briefly. Daddy then returned to his room to do some work on his computer. After eating, Kennedy returned to her bedroom. Kassidy was still in bed.

Later (around 12:15 p.m.), Kassidy got up and went to the bathroom to wash up as Dad was leaving to go on his run. Daddy then went running. When Daddy returned (around 12:35 p.m.), Kassidy was sitting at the dining table eating a bowl of Lucky Charms cereal and re-watching the movie that we had watched last night. Kennedy got in the shower and Daddy made himself some oatmeal. Daddy ate his oatmeal in his bedroom while watching “Game of Thrones.” He then worked most of the afternoon.

Later (around 3 p.m.), Kennedy practiced her trumpet. After Kennedy finished playing, Kassidy then practiced her flute. (They both play very well). After practicing her trumpet, Kennedy played on the iPad. After a little while, she wanted to charge the iPad, but she couldn’t get it to work. Daddy took it and got it to charge for her. While it was charging, Kennedy read in her bedroom. After Kassidy practiced her flute, she watched YouTube in the big chair in the living room. (Kassidy periodically would run into Daddy’s room and give him a big hug while he was working. :)

A little later (4:58 p.m.), Kennedy came out of her bedroom and mockingly put her hands on her hips announcing, “I just finished another book!” She then went into the living room with Kassidy and watched You Tube with her for a short while. She then made herself a peanut butter and jelly sandwich and ate it at the dining table. (Kennedy asked Kassidy if she had practiced her flute. Kassidy said that she had. Kennedy then asked if she had practiced for 30 minutes because she didn’t have the iPad to time herself.) They laughed together while watching YouTube. After eating, Kennedy took the iPad and went to her bedroom.

Later (6:59 p.m.), Daddy, Kassidy and Kennedy went on a walk through Dry Creek Park. We had fun singing and laughing together. There were a lot of little bugs flying in the air along the path, so we cut across the grass and walked along Clovis avenue. We picked up walking sticks and enjoyed our walk together. When we returned (around 7:45 p.m.), Kassidy got into the shower, Kennedy watched YouTube on the couch and Daddy briefly did a little work and then started making dinner for the girls.

Daddy made hamburgers and seasoned fries for the girls (around 8:30 p.m.). When dinner was ready the girls got up and came into the kitchen and they each got a lime-flavored Bubly sparkling water. Daddy placed the patties, toasted buns, lettuce, and pickles on the table. The girls sat at the dining table and Kassidy said grace (also thanking God for the fun time that we’ve had together over the Memorial Day weekend). The girls then made their hamburgers. Kassidy had a hamburger with only ketchup on it. She also had a whole dill pickle with her hamburger, and she didn’t want any of the seasoned fries. Kennedy put ketchup, Thousand Island dressing, lettuce and pickles on her hamburger, and she had some seasoned fries. During dinner they watched animated “Ever After High” on YouTube.

After eating (around 9 p.m.), Daddy let Kassidy have a couple of pieces of his left-over red licorice (from one of his meetings). She then went and sat in the big chair. After Kennedy finished eating (around 9:05 p.m.), she also asked Daddy if she could have a piece of licorice. He said that she could. She got just 1 piece. She asked Daddy if she could get another piece and he said yes. He then told her that she could get 3 pieces because she made the bed – 1 piece for each day. The girls then spent the rest of the evening watching “Ever After High” and then various videos on YouTube (they thought that Michael and Janet Jackson’s “Scream” music video was funny).

A little while later (10:04 p.m.), Daddy had the girls go wash up for bed. They went into the bathroom together and joked and laughed while washing up. They then went into their bedroom and joked and laughed while putting their school clothes out. (Kassidy asked Kennedy what day she started her period. She then was telling Kennedy how long a period should last.) The continued laughing and joking. Kennedy said, “Kassidy, guess what? I love you.” :) Kennedy called out to Daddy, “Daddy, I love you!” Daddy replied, “I love you too!” The girls continued joking and laughing. . (They’ve been so close throughout the weekend. :)

A short time later (10:20 p.m.), Daddy went in to tell the girls goodnight. They were snuggling up to each other in bed and laughing. Daddy had them hug each other for having such a fun weekend together. Daddy took pictures. We then did our “hearts” together. (Daddy took pictures of the girls doing “hearts.”) Daddy then told the girls goodnight and that he loves them. Kennedy said, “I love you. I love me too!” The girls continued laughing and joking for a while. (Kassidy said to Kennedy, “ ‘I love you’ before you die!”) A little later Kassidy said, “I love you, but I also love sleeping.” :) They fell asleep a few minutes later. Daddy went in and turned on their night light and turned off their bedroom light, A truly treasured time together throughout this whole long weekend!!! BLESSED!

**May 28, 2019 Tuesday Mocha passed away 4 years ago today. :(**

This morning (7:05 a.m.), Daddy went and woke the girls up to get ready for school. Kassidy was already partially awake. She got right up. Kennedy got up a short time after. Daddy then left to go put gas in the car. When he returned (7:31 a.m.), the girls were dressed but Kennedy was in the bathroom doing her hair. Kassidy surprised Dad and went and made the bed. Daddy was very pleased and told her that she gets a point and that we’re going by the store later. Kennedy then went into Daddy’s room where he was and asked if she could use the iPad to check the weather. Daddy told Kennedy that it’s overcast and that she probably wants a jacket. He told her to look outside. She did. She then went and got a jacket while Kassidy sat on Daddy’s bed and checked the weather on the iPad. She told Kennedy that there was zero percent chance of rain.

Kassidy went and got her flute and backpack and also carried Kennedy’s trumpet case to the living room. Kassidy took her things to the car and then the girls made themselves a bowl of Cocoa Krispies cereal. Kennedy poured milk over Kassidy’s cereal for her. When there was enough milk, Kassidy said, “That’s good.” Kennedy replied, “Sistering!” :) Kassidy then went to the car with her bowl of cereal. Kassidy put her backpack on and Daddy carried her trumpet case for her. She then went to the car with her bowl of cereal and Daddy put her trumpet case in the trunk of the car. We then left (around 7:50 a.m.) for Daddy to take the girls to school.

On the way to school, the girls ate their cereal and Kassidy watched Kennedy play her new puppy game on the iPad. Kassidy said, “That’s cute.” A short time later she again said, “Actually, that’s really cute.” The girls continued where they left off from the weekend with laughing and joking and being kind and close with one another.

When we got to Harvest (around 8:15 a.m.), Daddy drove up near the from and stopped behind the cars in the second row. Daddy and the girls got out of the car. Kassidy got her things and then walked around and gave Daddy a hug goodbye. She then walked toward the school entrance. Kennedy got her backpack. Daddy opened the trunk and Kennedy got her trumpet case out. Kennedy and Daddy then hugged goodbye, and Kennedy walked toward the school entrance, a little behind Kassidy. Daddy watched until the girls both were inside the multi-purpose entrance. Daddy then left.

Later (5:15 p.m.), Daddy returned and picked the girls up from their after school program. Kassidy came out first and walked through a couple of parents to give Daddy a hug while he was signing them out. Kennedy then came out and she and Dad hugged. We all walked to the car. Kassidy mentioned to Daddy that no one likes her (like a girlfriend). (Daddy recalled to himself how no one really liked him in 6th grade). We then left Harvest.

From Harvest, we went by WinCo (Ashlan/Peach). (On the way, Kennedy used the iPad for part of the way and Kassidy used it until we got to the store.) At WinCo we got some groceries (body wash for the girls, hand soap, broccoli, Cookie Crisp cereal etc.). Daddy let the girls get a treat. He said that Kassidy could choose the treat because she made the bed this morning. Kennedy said that she had made it the previous 2 or 3 days. Daddy said that they could both share a treat. They chose some Double Brownie ice cream. From WinCo, we went home.

When we got home (around 6:50 p.m.), Daddy took the groceries in and then brought in some things that he picked up from Grammy today for the girls (e.g., clothes, an ice note encouraging Kennedy to practice her cursive writing and for her and Grammy to write each other).

Daddy then made dinner for the girls (Kassidy: Marie Callender’s Steak and Potatoes dinner, Kennedy: Marie Callenders’ Fettuccine Alfredo, the girls also asked Daddy to make some sautéed broccoli for them).

When dinner was ready (around 7:15 p.m.), the girls sat at the dining table. Kennedy said grace (also asking God to “bless everyone we love.”). The girls then ate. While they ate, Kassidy watched YouTube videos and Kennedy watched videos on the iPad. After Kennedy finished eating (around 7:35 p.m.), she returned to her room with the iPad. Kassidy finished eating a short time after. She went and relaxed in the big chair and watched YouTube videos (about Bendy and the Ink Machine).

A little later (around 8:45 p.m.), Daddy let Kassidy have some of the Double Brownie ice cream. A short time later, Daddy asked Kassidy to take Kennedy a bowl of ice cream (since she had been practicing her trumpet so dutifully) and the iPad. Daddy had Kassidy tell Kennedy that she loves her as she entered the room and she did. Kennedy was surprised and pleased.

Later (around 9:50 p.m.) Daddy had the girls take a shower (at Kennedy’s suggestion; she gave Kassidy the speech that “you can still smell even if you put deodorant on because of the bacteria.”). The girls took a shower together and brushed their teeth (at Kassidy’s suggestion :). After their shower, Kassidy went into the living room and watched Thomas Sanders on YouTube. Kennedy went to her bedroom with the iPad. (Daddy said that the girls could stay up until 10:30 because they took their shower right away.)

A little later, at 10:29 p.m., Kassidy turned the T.V. off and went into Daddy’s bedroom. He said that she was right on time turning the T.V. off. She gave Daddy a big hug while holding her Pikachu stuffed animal. :) Kennedy and Kassidy went to the bathroom and then got into bed. When Daddy walked in, Kennedy was lying across Kassidy, and they were snuggled up. Kassidy said, “I love you” to Kennedy. (That always makes Daddy happy when they’re close. :) Daddy then walked over and gave Kennedy a kiss on her forehead. He then walked around and gave Kassidy a kiss on her forehead. She wiped off Daddy’s kiss. Daddy asked, “Did you wipe off my kiss!? You know the rules!” Daddy then briefly tickled her. (When they were little, Daddy would always tickle the girls if they wiped off his kiss. They began wiping off his kisses to get him to tickle them. :) Daddy the stood at the foot of the bed. The girls were smiling in anticipation of doing our “hearts.” Daddy told the girls that they had to stop smiling before we could do our “hearts.” We had fun with them trying not to smile. Daddy then said, “Show me your hearts!” and the girls sat up in bed and we did our “hearts” ending with “full on!” Daddy the told the girls goodnight and that he loves them. Kassidy asked Daddy if he would leave the light on (all night). He told her that she’s been watching too much Bendy (a scary videogame character that Kassidy watches YouTube videos about). She also said that it’s too quiet. Daddy told her that he stays awake until they are asleep. Before leaving the room, Daddy turned and bowed to the girls, and then blew them a kiss. He then told them to “love each other” as he left their bedroom. Sweet sweet times together. The girls are very close, and I feel very close to both of them. Treasured times!!! BLESSED!

**May 29, 2019 Wednesday**

This morning (5:52 a.m.), Kassidy got up and went into Daddy’s bedroom. He was awake but in bed. She said that she couldn’t sleep. He said that if she is scared for her to turn on the light. She said that she isn’t scared but that she just wasn’t able to sleep. She leaned down and gave Daddy a hug and rested her head on his chest. :) Daddy told her, “You’re so sweet and I love you so much!” Daddy then offered Kassidy the iPad. She took it and returned to her bedroom.

A little later in the morning (6:48 a.m.), Kennedy got up and went into Daddy’s bedroom. She told him that she accidentally peed the bed. She said that she was thinking that she needed to go to the bathroom. Daddy told her that he did that when he was her age. The girls then went and got dressed for school. They were in the bathroom together laughing and joking together. (They’ve been so close and have gotten along so well lately. :) A short time later, Daddy went in to the girls’ bedroom to take the bedding and wash it. (Kassidy was in the room putting her shoes on.) After the girls were dressed, they went and sat at the dining table and each had a bowl of Cookie Crisp cereal. They talked and laughed while they ate breakfast. (Daddy went in and asked Kassidy to hand him the milk so that he could put it away. She started to hand it to him with her right hand and then switched to her left. Daddy made a comment and Kassidy said that Kennedy had challenged her to only use her left hand that’s what she was doing. :) After the girls finished eating, Kennedy went to the bathroom. Kassidy went and used Daddy’s bathroom. When she came out, Kassidy gave Daddy a hug. He was sitting at his work table. Daddy told Kassidy to get their things so that we could go. She went and checked on Kennedy and announced, “Kennedy had to poop!” Kennedy called out from the bathroom, laughing, “He didn’t need to know that!” We chuckled. After the girls were ready, we left (7:47 a.m.) and Daddy took them to school. Kennedy used the iPad on the way, and Kassidy was singing, laughing and being silly. The girls laughed a lot on the way to school. :)

When we arrived at Harvest (8:16 a.m.), Daddy drove up close to the front of the school and stopped behind the cars in the second row. Daddy and the girls got out of the car. Kassidy got her things and walked around to Daddy’s side of the car. She and Daddy shared a nice hug goodbye. Kassidy walked on into school. Kennedy put her backpack on and then got her trumpet case out of the trunk of the car. She and Daddy hugged goodbye and then she walked into school shortly behind Kassidy Daddy watched until Kennedy got inside the main entrance. Daddy then left. A genuinely wonderful several days shared with my babies!!! THANKFUL!

**June 3, 2019 Monday**

Today (5:15 p.m.), Daddy picked the girls up from their after school program. Kassidy came out first. She walked up to Daddy and he gave her a kiss on the cheek. She walked out to the car and put her backpack and trumpet into the trunk. She then started walking back up to the school where Daddy was but Kennedy came out. Daddy took Kennedy’s backpack and trumpet and carried it for her. He, Kennedy and Kassidy walked to the car together. Kassidy asked Daddy to sign her permission slip to go to the water park on Thursday for the 6th graders. We then left and went home. Kassidy played on the iPad on the way. Kassidy mentioned that her best male friend (Anthony) said that he will be going to Glacier Point next year (he was going to go to Ahwahnee). Daddy talked to the girls about possibly not going way out to Central schools next year because of the distance and because they live close to good school. They both were mature and understanding. Daddy said that he would talk to Mom about things.

When we got home (around 5:45 p.m.), there were several fans blowing in the house to dry the carpet because the water heater had leaked. Kassidy first showed Daddy a shirt the Mom had bought for her for her concert tomorrow (she and Kennedy have a school concert tomorrow night). Daddy got a hanger and hung her white collared shirt up. While Kassidy was sitting on the bench at the foot of their bed taking off her shoes, she said, “Daddy, I don’t think I gave you a hug!” Daddy leaned down and gave her a hug. She said “wait!” and that she wanted to do a proper one. She finished taking her shoes off and then stood up and gave Daddy a big hug! :) She then went and took a shower (it was warm today) while Kennedy relaxed in her bedroom with the iPad. After her shower, Kassidy relaxed in the big chair and watched YouTube on T.V. After a short while, Kennedy started practicing her trumpet (for their concert tomorrow night).

A short time later (around 6:30 p.m.), Daddy washed his hair. He then made dinner for the girls (Kassidy: Marie Callender’s Spaghetti and Daddy made her a bowl of corn, Kennedy: Marie Callender’s Chicken Pot Pie). Kassidy requested some banana pudding and got the O.K. from Kennedy so Daddy made the girls some pudding for dessert. When dinner was ready (around 7:30 p.m.), the girls got a bottle of water out of the refrigerator and sat at the dining table. Kassidy said grace and the girls ate while Kassidy had YouTube videos on.

After dinner, Kennedy took a shower and Kassidy watched a little YouTube. Kassidy then got her flute and practiced in the living room. Kennedy relaxed on the couch for a short while (because Daddy was charging the iPad and Kennedy wanted it to time her practicing). After a short while, Daddy let Kennedy have the iPad and she went to her bedroom and finished practicing her trumpet. After practicing, Kennedy asked Daddy to sign a sheet indicating how long she practiced. Daddy signed her sheet and then prepared the pudding for the girls. He put it in small glasses, layering the pudding with whipped topping. After practicing for 46 minutes (she said that she wanted to do a really good one since it was her last time practicing). Kassidy then had Daddy sign her practice sheet. Kennedy went into the living room with Kassidy. Daddy asked them to do a duet for Daddy to film sometime before they go to bed. The girls discussed a song that they could play. Kennedy then went and got her dessert out of the freezer (Kassidy said that she didn’t want hers until after they did their duet) and relaxed on the couch and watched YouTube videos with Kassidy (around 8:50 p.m.). Kassidy ended up getting her pudding also. She sat in the big chair and ate her dessert with Kennedy while they laughed at YouTube videos. :)

A little later (9:29 p.m.), Daddy went in to have the girls get ready for bed. Kennedy had fallen asleep on the couch. Daddy went over and gave her a kiss on her “chocolate chip” and she woke up. The girls then went and washed up for bed. After washing up. Kennedy tried on one of the pairs of dress shoes that Grammy had gotten for her. She then got her clothes out for school and the concert tomorrow. (Kassidy had already put her clothes out.) The girls then sat on their bed and Daddy videotaped them playing a duet together. After that, Daddy got Kennedy some cold medicine (she said that she was feeling like she was getting sick today). After taking her medicine, Daddy went to the kitchen to put the medicine away. Kennedy called out and reminded Daddy that we need to do our “hearts.” Daddy put cereal and bowls out for the girls for breakfast. He then returned to their bedroom and we did our “hearts” together. Daddy then walked over and gave Kennedy a kiss on the forehead. He then walked around to Kassidy’s side and complimented her on being so neat (She always puts the remotes back where they belong and she previously had neatly stacked up the toilet paper under the sink and filled the hand soap dispenser). Daddy gave her a kiss on the forehead. He then joked with her like she was visiting Las Vegas and was at the place to get an Aqua Massage. He then pushed her forehead down repeatedly and she laughed. Kennedy wanted the same, so he walked around and did the same to Kennedy. The girls laughed! Daddy then told the girls goodnight and to love each other as he left their bedroom. They briefly talked and interacted together before falling asleep. We are all so close, especially lately. This is wonderful!!! BLESSED!

**June 4, 2019 Tuesday**

This morning (7 a.m.), Daddy went to go wake the girls up. Kassidy had just walked into the bathroom. Daddy went and woke up Kennedy. She got right up. She went and knocked on the bathroom door and she and Kassidy got ready for school together. Daddy went and took a shower.

A short while later, Kassidy went and knocked on Daddy’s bedroom door to let him know that she was ready for school. (She really likes the white collared shirt that she is wearing to school today for her concert. Last night she told Daddy that she wants to wear it the on the first day of middle school. :) She and Kennedy will play this morning at 9 a.m. for the school and again tonight at 6 p.m. for the parents.)

Kassidy said that she didn’t want to eat breakfast. She took her flute case and backpack out to the car and put them into the trunk. She told Kennedy that if she brings her trumpet she will put it in the “trunket.” Daddy looked at her and smiled. Kennedy got her things and then sat at the dining table and made herself a bowl of Cookie Crisp cereal. Kassidy seemed anxious to get to school. She sat out in the car while Kennedy ate.

After Kennedy finished eating and Daddy straightened out some things in the house (the guy is coming to remove the fans that were drying out the carpet and he said that he would vacuum the carpets throughout the house, so Daddy was getting things off of the ground), we then left for Daddy to take the girls to school (around 7:51 a.m.).

On the way to school, Daddy told the girls that they both looked very cute and that he likes their choice of clothes (Kassidy wore black jeans and a nice white blouse, Kennedy wore black tights and a long black and white flannel shirt). Traffic was backed up briefly because of an accident. Kassidy asked if we could get into a different lane. She again seemed like she really wanted to get to school this morning. The rest of the way to school, the girls just talked and laughed together with Daddy. :)

When we arrived at Harvest (8:20 a.m.), Daddy parked in the first row but toward the end away from the school. Daddy and the girls got out. Kassidy got her things and she and Daddy hugged goodbye. She said that she would wait for Kennedy. Kenney got her things out of the trunk. She and Daddy hugged goodbye. She and Kassidy walked through the parking lot up to school. Daddy watched and thought that it was cute with the girls walking together with backpacks on and one carrying a flute case and the other carrying a trumpet case. Daddy hustled to get the iPad from the car to take a picture. He took a few pictures but the girls were far away walking up to the main entrance. It was very cute. Daddy then left.

A little later (around 11:30 a.m.), Daddy recalled that Kassidy had asked for some money for a field trip. He was near the Starbucks by Harvest. He got money from the ATM their and then went to the school. He went into the front office and they called Kassidy up. When she got to the front office, Daddy asked her what her field trip was today and she said that it was going wall climbing (she had also previously mentioned a water park field trip). Daddy asked if she needed money. She said that she might. Daddy gave her $20. She gave Daddy a hug. Daddy told her to spend it only if she needs to. She said O.K. and then returned to class. Daddy then left.

Later (5:30 p.m.), Daddy returned to Harvest. He signed the girls out from their after school program. They then went to get prepared for their concert. Daddy went and found a seat near the front of the stage and waited for the concert to start. Mommy arrived shortly before the concert started. Kennedy went first (Beginning Band). She played the trumpet and was in the back row. Daddy videotaped and took some pictures. She did very well. After a short break, Kassidy went next (Intermediate Band). She played the flute and was front and center. She also did very well. Mommy and Daddy were very proud of both Kennedy and Kassidy. After the concert, Mommy and Daddy took pictures of the girls and with the girls. We all walked out together. The girls went to the car with Daddy. In the car, Kassidy told Daddy that she wants us to start cooking. Daddy said that we would.

When we left Harvest, Kassidy Kassidy suggested going to Baskin Robbins. Daddy offered to take them to Menchie’s and they agreed that they would prefer to go to Menchie’s. On the way, Daddy and Kassidy played “Speed Round.” Daddy suggested instruments. Daddy and Kassidy went for a long time with Daddy barely outlasting her with mandolin. Kennedy then said bongo. We had fun. We then arrived at Menchie’s (Willow/Herndon).

At Menchie’s, Kassidy had Cake Batter and Iced Coffee flavors with several toppings, bjt primarily Gummi Worms. Kennedy had S’mores and Cheese Cake flavors with cookie dough, a brownie, and whipped cream. The girls ate half of their frozen yogurt inside Menchie’s. We then went home.

When we got home (around 7:50 p.m.), Kassidy went in first and noticed that the carpet had been cleaned and everything was nice and put back. She said, “Nice!” The girls got into the shower. After their shower, Kassidy put her towel and dirty clothes on top of the washer. Daddy was cleaning the kitchen. Kassidy went over and gave Daddy a hug before relaxing in the big chair and watching YouTube videos. A short time later (8:10 p.m.), Daddy left to go on his run. As Daddy went out the garage door, Kassidy called out and said, “Bye Dad, I love you!” :) After Daddy returned from his run, Kassidy relaxing in the big chair and Kennedy was in her bedroom using the iPad. Daddy then prepared dinner for the girls (Kassidy: Marie Callender’s Meat Loaf dinner, Kennedy: Marie Callender’s Chicken Pot Pie). When dinner was ready (around 8:50 p.m.), the girls came into the kitchen. Kassidy got a bottle of water and sat at the dining table. Kennedy got a bottle of milk mixed with Hershey’s Chocolate that had been in the refrigerator for about a week. She took a small taste and went over to the sink to spit it out, saying that it was sour. She then almost threw up. She then got a bottle of Bubly lime-flavored sparkling water out of the refrigerator. She then sat at the dining table with Kassidy. Kennedy said grace (also praying that she gets over being sick from a cold). Daddy thanked God that the girls worked so hard and did well in their concert this evening. The girls then ate while watching YouTube videos that Kassidy was playing about scary or strange events. After eating, Kassidy got the rest of her frozen yogurt and returned to her big chair. Kennedy finished her Pot Pie and then went to the bathroom. When she returned, she got the rest of her frozen yogurt and relaxed on the couch and watched ”strange” videos with Kassidy (around 9:25 p.m.).

After a little while (around 9:50 p.m.), Daddy and Kennedy briefly looked on the iPad at the document explaining how to do Kennedy’s 4-H Record Book. Daddy and Kennedy will work on it together tomorrow. Kennedy then took the iPad and relaxed in her bedroom.

A little later 10:15 p.m.), Daddy had the girls wash up for bed. After Kassidy washed up, she went into Daddy’s bedroom. He was working on his computer (beginning to watch a video on Artificial Intelligence). Daddy challenged her to a bottle flipping contest. A short time later, Kennedy walked in. It was close but Kassidy won in the end. We then had a contest with all three of us participating. We had fun. It was close. We each got one last throw and incredibly we all landed the bottle. Daddy called it a tie! We then jumped in the air and high-fived each other at the same time with Kennedy to Daddy’s right and Kassidy to Kennedy’s right and Daddy to Kassidy’s right. We enjoyed it!

Daddy then had the girls go to their bedroom. As they were leaving Kennedy asked Daddy to do ASMR. Last night, he said that he would do it after their concert. Kassidy went to the bathroom and Kennedy got into bed. Daddy started off doing ASMR for Kennedy. She kept smiling and laughing. Daddy jokingly said, “No teeth during ASMR!” Kennedy did her best not to laugh when Daddy had an effeminate voice acting like he was putting makeup on Kennedy for a dance. He concluded by acting like he was putting “sparkles” on Kennedy’s face. Kassidy had come into the bedroom and gotten into bed with Kennedy. She asked Daddy to do ASMR for her. Daddy walked around and did the same to Kassidy and she laughed! Daddy then stood at the foot of the bed to do our “hearts.” Kassidy kept moving her toes. Daddy joked that she was going to do “hearts” with her toes. She then tried and we all laughed! :) We then did our traditional “hearts.” We continued laughing and joking. For a short while. Daddy said that he was going to have a YouTube channel as “The Gay Dad.” Kassidy said, “Gay Ga.” She then came up with “Rainbow Recruits” and “Sparkle Squad.” We all laughed and joked. Kennedy said that Kennedy would come in grunting like a football player and then have puppies and unicorns in the background and be wearing a tutu. We had a good time during tonight bedtime routine. Daddy then told the girls that he was proud of their concert performance tonight. He told them to love each other. He the told them that he loves them a s he left their room, and they said it in return. A wonderful time together and a really wonderful end to the evening! THANKFUL!!!

**June 5, 2019 Wednesday**

This morning (7:04 a.m.), Daddy woke the girls up. Kassidy got right up. Kennedy got up a short time later. Kassidy wore the shirt (“Metalmark”) that she bought at her climbing field trip yesterday. She was excited about wearing it. She got an extra large and had to tie it on the side so that it fit. Kennedy was running a little late so Kassidy sweetly made a bowl of cereal for her. She asked Kennedy which kind she wanted (“Cookie Crisp or Chocolate Lucky Charms”). Kennedy chose the Lucky Charms. When she was dressed her bowl of cereal with milk was waiting for her on the dining table. The girls got their things and we went to the car. We then left (7:54 a.m.). Kennedy ate her cereal in the car on the way to school.

When we got to Harvest (7:20 a.m.), Daddy stopped behind the cars in the second row near the front of school. Daddy and the girls got out. Daddy gave Kassidy a hug goodbye. Kennedy got her backpack out of the trunk . Daddy then gave Kennedy a hug goodbye. The girls then walked into school together. Daddy took a picture as they walked. Daddy waited until they got into school. Daddy then left.

Later (2 p.m.), Daddy returned and picked Kennedy up early from the after school program (on Wednesday’s the girls get out at 1:35 p.m.). Daddy was trying to hide by standing up against the wall next to the door but Kennedy said that she had already seen him. Daddy gave Kennedy a kiss on the cheek. Daddy carried her backpack as we walked to the car. (Daddy picked Kennedy up early so that he could help her to do her Record Book for her 4-H activities. Mommy will pick up Kassidy at around 5 p.m.) We then left and went home. Kennedy played on the iPad on the way.

When we got home (around 2:30 p.m.), Kennedy relaxed in her bedroom with the iPad and Daddy did some work on his computer in his bedroom. A little later (around 3:40 p.m.), Daddy helped Kennedy to start her Record Book. She read through the Record Book Manual for Juniors. We then let the iPad charge while Daddy read through the Record Book Manual for Adults and Kennedy read in her bedroom (around 4:15 p.m.).

A little later (around 5:45 p.m.), Daddy and Kennedy worked on entering her sewing activity into he Record Book. We were unsure how to enter the information for her goat activity so we will ask Mrs. O’Daniel when we see her at a meeting tomorrow. After Kennedy finished entering the sewing activity information, she took the iPad to her bedroom and relaxed. Daddy then went on his run (7:42 p.m.). After Daddy returned, he relaxed in his room for a while and the did some work. After a while, Daddy prepared some seasoned fries for Kennedy and she came in and made her self a shrimp-flavored Ramen soup. While Kennedy’s was making herself a soup (around 8:30 p.m.), Daddy called Mommy. Kassidy answered. Daddy greeted Kassidy and then asked to speak with Mom. Daddy and Mom agreed that Daddy would drop Kennedy off to her at her apartment after Kennedy ate. Daddy then helped Kennedy get her soup out of the microwave. She had forgotten to put a bowl under it and it had boiled over. Daddy asked Kennedy to straighten up her bedroom while he was getting her soup. Daddy then called out and told Kennedy that he would finished straightening her bedroom and for her to come on and eat. Kennedy then sat at the dining table and waited for Daddy so that she could say grace. Daddy didn’t realize that she was waiting on him until she told him. Daddy then hustled over to the dining table and put his hand on Kennedy’s back while she said grace. She blessed the food and afterwards said, “  
It was too short.” Daddy said that it wasn’t. “God knows your heart.” Kennedy then ate while Daddy straightened up her bedroom. Daddy then did some work in his bedroom.

After Kennedy had eaten, she got her things together and we left for Daddy to rake her to Mommy’s (around 9:15 p.m.). As we were leaving, Daddy thanked Kenendy for always being by his side. HE called her his “Mocha” because Mocha was always by his side. Kennedy appreciated the comparison. She said that she was always excited to go through the gate at Grammy’s because Mocha would be there. As we were turning from Clovis Ave. to Nees, we saw fireworks going off. Daddy said that it must be Buchanan’s graduation. Daddy told Kennedy that he also had graduated on June 5th (1981). Kennedy asked Daddy if a student doesn’t attend graduation, will they still graduate. Daddy said that they would. He told Kennedy that if she didn’t attend school any more thus year, she still will have completed 5th grade because all of her work is done. Daddy was also thinking how nice it would be if Kennedy and Kassidy could graduate from Buchanan. :)

When we arrived at Mommy’s (9:30 p.m.), Daddy called and Kassidy answered. Daddy told her that we were outside. Kassidy said that she would be right out. Kassidy came out to the gate as Daddy and Kennedy were getting out of the car. Kennedy made some comment to Kassidy about her shorts being too short. Daddy and Kennedy then hugged goodbye. Mommy then arrived at the gate and waved to Daddy. Kennedy then walked up and met Mommy and Kassidy at the gate. Daddy said goodbye to “Sid” as Kennedy approached them. They then turned and walked toward Mommy’s apartment, and Daddy drove away. A sweet time with my Koko. TREASURED TIMES!!

**June 6, 2019 Thursday**

Today (6:07 p.m.), Mommy dropped Kennedy off at Daddy’s apartment. (Kennedy has a goat meeting tonight. Her first of the year.) Daddy walked out and met Kennedy by the side gate. Mommy and Kennedy were outside of the car and hugged goodbye. Daddy and Kassidy waved to each other. Kennedy the walked up to Daddy at the gate and she and Daddy went inside of the apartment briefly. Kennedy went to the bathroom and then we left to go to Mrs. O’Daniel’s house.

Kennedy played on the iPad on the way. Daddy briefly got turned around and thought that we had missed our turn and turned around before realizing that we hadn’t gone far enough. When we arrived at Mrs. O’Daniel’s house, she, Micha’s mom, and a new parent (Ava’s dad, Tim) were walking toward the gate to go over to the pens where the animals were. Daddy (and others) bought a bag of food today and Micah emptied the bags into their container into the (new) feed room. Mrs. O’Daniel talked to Kennedy and Micah about how much to feed the goats. (They will now start feeding and handling their goats. Mrs. O’Daniel will be going out of town for a week from Sunday to the following Saturday evening.) Mrs. O’Daniel then disbudded the goats (cut and burned down whatever horn was remaining). After that, Kennedy and Micah fed the goats (there are 5 this year) and then helped Mrs. O’Danilel move the sheep to a dry pen. Daddy had a nice time talking with Micah’s mom (Amanda) and Time (Ava’s dad. Ava is a new girl whom we haven’t met yet. She had a dance recital tonight and her dad showed up for her. He’s a very nice guy.) Daddy asked Mrs. O’Daniel to sign Kennedy’s Record Book. We stayed a short time longer (Mrs. O’Daniel told Daddy about a DNA test that she had done that showed that she is 22% American Indian. Her mother was adopted and they didn’t know much about her background. It was a nice conversation about Mrs. O’Daniel’s background.) We then left (around 8 p.m.).

Daddy took Kennedy to Mommy at her apartment. Kennedy played on the iPad on the way. As we were turning the corner to go to Mommy’s apartment, Daddy was yelling out of the window, “I love my baby!”, embarrassing Kennedy. She plugged her ears and told Daddy to stop while smiling. : ) As we approached Mommy’s apartment (around 8:15 p.m.), Daddy called Mommy and Kassidy answered. Daddy told her that we were arriving. Mommy was standing at the gate as we arrived. Daddy stopped the car at the gate. Kennedy and Daddy got out and hugged goodbye. Kennedy announced to Mommy that she got to handle her goat today. :) Kennedy then walked up to the gate where Mommy was. Daddy and Mommy spoke briefly about the plan for this weekend. Daddy the left. Times with Koko are always so sweet!! SO THANKFUL!

**June 9, 2019 Sunday**

Today (11:57 a.m.), Daddy arrived outside of Mommy’s apartment to pick the girls up. He called and Kassidy answered, “Hello Father” in a funny voice. Daddy replied, “Hey baby baby. I’m outside.” Kennedy came out to the car first with Kassidy shortly behind her. Daddy waved to Mommy and then we left and went to Daddy’s.

At Daddy’s, when we walked in, Kassidy and Kennedy showed Daddy their handshake and chest bump routine. Daddy though that it was funny and cute. :) Daddy then made some oatmeal and Kassidy talked to him while he cooked. She then turned the T.V. on and watched some YouTube videos. Kennedy got the iPad from Daddy’s bedroom and was in her bedroom relaxing. Kennedy asked Daddy if she could have some oatmeal. Kennedy also wanted some. So, when the oatmeal was ready, Daddy served some to the girls. They sat at the dining table and ate together with Kassidy’s YouTube video on. Kennedy watched a video on the iPad. Daddy ate his oatmeal in his bedroom while watching a little of “Game of Thrones.” After Kennedy finished eating, she returned to her bedroom with the iPad. Kassidy continued eating at the dining table. After she finished eating, she relaxed in the big chair and watched/listened to some music mixes of popular songs on YouTube. She then watched other videos. After Daddy finished eating, he washed the dishes and then began organizing Kennedy’s Record Book so that she could work on it (1:25 p.m.). Later on, Kennedy had her end-of-year 4-H party. While Daddy was in his bedroom working on Kennedy’s Record Book, Kassidy went into Daddy’s bedroom a couple of times and gave him a hug. She then left.

Later (around 3 p.m.), Daddy and Kennedy worked on putting her meetings and activities into her Record Book for her 2018 projects (Boer Goat, Sewing). After Daddy and Kennedy finished, they got dressed to go to Kennedy’s 4-H party. Daddy let Kassidy stay home. As Daddy and Kennedy were leaving, Kassidy gave them each a big hug goodbye.

Before going to the party, Daddy stopped by his office at Principal and printed out the cover and title pages of Kennedy’s Record Book. We then went to the party out in Clovis near Shaw/McCall (a place called Colin’s Country). At the party, Kennedy was a little bashful and stayed with Daddy. Daddy was talking to one of her goat friends (Sloan) about movies. One of the parents got Kennedy to sit down near the kids. When the meeting started, Daddy stood with Sloan’s dad. At one part of the meeting, they had the kids come up who participated in the Livestock Achievement Test at Reedley College. Kennedy went up and said her name and that she had gotten a gold at the event. Sloan’s dad later commented how Kennedy went up. After the meeting, Daddy and Kennedy went and got in line to eat. Kennedy got some pasta with meat sauce and a hamburger. Daddy got the same thing. Daddy and Kennedy each also got a brownie. We went and sat and ate together. Daddy let Kennedy have his brownie (he had her break off a corner). After we ate, Daddy and Kennedy left. On our way out, 2 girls stopped Daddy and Kennedy, asking if Kennedy was doing goats again this year (they knew who she was). Daddy said that she was. They asked Daddy to write his number down because they were planning a surprise party for Mrs. O’Daniel in a few weeks. Daddy did. We then left (around 7:10 p.m.). On the way home, Daddy stopped and got some gas (Von’s on Herndon near Armstrong). We then continued on home.

When we got home (around 7:30 p.m.), Kassidy was lounging in the big chair eating a bowl of cereal (Cookie Crisp) while watching YouTube on T.V. Kennedy briefly told Kassidy about the party. Kennedy relaxed on the couch and watched YouTube videos with Kassidy (Daddy needed to charge the iPad).

A little later (8:30 p.m.), Daddy had the girls take a shower while he warmed up some pizza for them (leftover from his class in Fremont yesterday). The girls took their showers together and laugh and joked the whole time. When the girls got out of the shower, Kennedy relaxed on the couch and Kassidy relaxed in the big chair. They watched YouTube videos while Daddy served their pizza. They let their pizza cool off for a short while. They then both sat at the dining table. Kassidy said grace. They then ate their pizza while continuing to watch YouTube videos.

A short time after eating (around 9:25 p.m.), while they were watching YouTube videos together (Kassidy in the big chair and Kennedy on the couch), Kassidy asked Daddy if they could have some ice cream (Producers Chocolate x 2 Brownie left over from before). He said that they could. They each got a bowl. Kassidy returned to her big chair and ate. Kennedy sat on the floor in front of the couch (not wanting to get chocolate on the light couch) and ate.

A little later (10:05 p.m.), Daddy was getting ready to go into the living room to have the girls get ready for bed when Daddy heard Kassidy say, “Kennedy, wake up.” Daddy then went in. Kassidy had turned the T.V. off. Kennedy had just woken up and the girls were standing. Daddy had them go wash up. They then went to their bedroom and got into bed. Daddy went in to say goodnight. He reminded the girls to put their clothes out for school tomorrow. They got up and put their school clothes out as well as a change of clothes for their Field Day tomorrow because they will be playing in the water. The girls got back into bed. Daddy returned to say goodnight (around 10:30 p.m.). They wanted him to do ASMR. It was late so Daddy agreed to do a short version. Daddy acted like he was talking on his YouTube channel. He said, “Hello Sparkle Squad!” Kennedy responded, “Gay gay!” (The girls also recalled that Daddy had said “Rainbow Recruits” last time :) Daddy acted like he was trying to “fix” Kassidy’s eyebrows. She laughed! Daddy finished with a swipe under her neck. Daddy then went around and joked with Kennedy a little but she kept him from touching her eyebrows. He then swiped under her neck. Daddy and the girls had fun! Daddy the walked to the foot of the bed. He said, “Show me your hearts!” The girls sat up and we did our “hearts” routine. Kennedy finished “full on” like Kassidy with her head underneath her hands. Daddy was walking out of the girls bedroom when Kassidy said, “We didn’t get our kiss on the forehead!” Daddy returned and gave Kassidy and then Kennedy a kiss on the forehead. As Daddy was leaving the girls’ bedroom, Kassidy said, “I wiped off your kiss!” Daddy then walked over and tickled Kassidy a little. He then held her hands and briefly had Kennedy try to tickle her. We had fun! Daddy then told the girls that he loves them as he left their bedroom. They continued laughing and joking together for a short while before starting to fall asleep. (They continue to be close and get along well together! :) A short time later, Kennedy got up and stood in the hallway. Daddy was working on his computer at his work area across in line with the hallway. Daddy asked Kennedy what was wrong. She looked up and replied, “How quickly does the carbon monoxide detector work?” Daddy said, “Instantly.” Kennedy jokingly replied, “That’s what they want you to think.” Daddy laughed. He then tried to recall if the oven was on from earlier. He got up and went into the kitchen and saw that be hadn’t! He then turned the oven off. When he turned around, Kennedy was standing in the doorway of the living room watching Daddy. It scared him! (**That was strange**, that Kennedy would get up concerned about carbon monoxide out of nowhere, and that the oven had actually been left on. God is good!) Daddy asked Kennedy to go back to bed. She said, “Not before I get a hug!” Daddy and Kennedy hugged. Kennedy then gave Daddy a kiss on his right cheek. Daddy gave Kennedy a kiss on her right cheek in return. Kennedy then said, “Don’t die!” as she returned to her bedroom. Daddy replied, “You don’t die either!” After getting back into bed, Kennedy called out again asking about the carbon monoxide detector. Daddy told her that we don’t have anything on that would be a concern. (Daddy was relieved that Kennedy had inspired him to check the oven.) Kassidy was already asleep. Kennedy fell asleep a short time after getting back in bed. A little later, Daddy went in and turned on the girls’ night light and turned off their bedroom light. So much fun together!!! BLESSED and THANKFUL!

**June 10, 2019 Monday ( Last week of school for the girls)**

This morning (6:57 a.m.), Daddy went in and woke the girls up to get ready for school. Kennedy got up first and the girls washed up in the bathroom together. Daddy went to get ready for work. He could hear the girls arguing a little. Kassidy complained about how long it took Kennedy to go to the bathroom. Daddy didn’t like that they were arguing but he let them work it out. Daddy the got into the shower. When he got out, he could hear the girls laughing and joking together. (I love the girls’ relationship and how close they seem to be. It comforts me and makes me smile! :)

After Daddy was dressed for work (around 7:35 a.m.), he told the girls that we need to get going. The girls were both still in the bathroom doing their hair and laughing. Kassidy came out first, ready to go. She said that she didn’t want to eat breakfast. Daddy walked out to put something into the trunk of the car and Kassidy walked out behind him. Kennedy then came out and stood in the doorway leading to the garage and said, “I guess I won’t eat breakfast.” Daddy told her that she could make a bowl of cereal take with her but that we needed to go. Daddy stood in the doorway and held the door open while she started pouring her cereal. Kassidy then said, “Let me pour it, I can do it faster!” Kassidy then went in and helped Kennedy. Kassidy poured milk on Kennedy’s cereal and Kennedy walked out to the car with her bowl while Kassidy put the milk away. Daddy walked back inside to turn off all of the lights. We then left (7:51 a.m.) and Daddy took the girls to school. Kassidy was laughing and singing and joking. She was extra silly this morning. A short time later, Daddy asked the girls if they wanted to hear a strange or scary story like the ones Kassidy watched on YouTube. Kassidy said yes. Daddy then told them about how, after Kassidy had fallen asleep, Kennedy got up and stood in the hallway looking up at the carbon monoxide detector. Daddy told them how Kennedy expressed her concern about carbon monoxide which made Daddy curious about whether he had turned the oven off. When he went and checked, it was till on. Daddy said that that was strange. The girls were fascinated. Kennedy said, “We almost died last night!?” Daddy told her that it probably would have been O.K. People cook turkeys for Thanksgiving and leave the oven on for hours and even overnight. Kassidy and Kennedy each said that they were going to tell their friends at school what happened. A short time later, Kennedy asked to use the iPad. She played games the rest of the way to school. When we exited from Highway 99 onto Shaw, Kassidy commented that it is usually 7:12 a.m. when we get to this point. She looked at the clock again and corrected herself to say 8:12 a.m. (which was the actual time). As we approached Harvest, a few blocks away, Kassidy was talking about the 6th grade tunnel on the last day of school to send the 6th graders off. Daddy asked if she would cry on the last day. She said that it was a 50/50 chance.

When we arrived at Harvest (8:16 a.m.), Daddy parked in the second row. Daddy and the girls got out of the car. Daddy hugged Kennedy first wishing her “Happy last Monday!” Kennedy responded, “Oh, that’s right!” Daddy then went and hugged Kassidy, also wishing her a “Happy last Monday!” Daddy then got the iPad from the car and told the girls that he was going to take a picture of them while they walked into school. Kennedy grabbed Kassidy’s arm and started running away. She said, “Come on Kassidy. He wants to take a picture!” Daddy took a picture anyway but they were a little too far away to get a good one. Daddy watched until the girls got inside the main entrance. He then left.

Later (4:40 p.m.), Daddy arrived at Harvest to get the girls from their after school program. Kassidy had asked Daddy to pick them up a little earlier than normal. The girls came out at the same time. Kennedy greeted Daddy with her traditional, “Daddy!” She and Daddy hugged. Daddy and Kassidy then hugged and we all walked to the car. Kennedy asked Daddy if she could use the iPad. Kassidy looked at Daddy like, “Aw, I forgot to ask for it.” Daddy chuckled. As we walked, Kennedy asked Daddy if she could hold his hand. He said, “Of course!” Kennedy then held Daddy’s hand. He lifted Kennedy’s hand and gave it a kiss and continued holding it. When we got to the car, the girls put their things in the trunk and then we left. Kennedy played on the iPad and Kassidy was being silly and laughing. Daddy stopped by WinCo (Peach/Ashlan) on the way home. As we drove in, Kassidy joked with Daddy about the big 24 hour sign. She joked that maybe we should hurry because they might close. Daddy laughed. Daddy had said that one evening when we were at the WinCo near Papa’s apartment. When we went into WinCo, Daddy let the girls get a treat. Kassidy got some Flamin’ Hot Funyons and Kennedy chose to get some Riesen’s chocolate candy and a chocolate Moon Pie. Daddy bought some broccoli, turkey and other groceries (some Diet Cokes and red licorice for his Data Science meeting at Fresno State on Thursday). We then left and went home.

When we drove through the gates at Daddy’s apartment (around 5:55 p.m.), Kassidy asked to be let out. She got her backpack out of the trunk and wanted to wait at the front door. After Daddy and Kennedy parked in the garage and had gone inside, Kennedy let Kassidy in. Daddy brought the groceries. Daddy had the girls make their bed (they left it unmade when they went to school this morning). While Daddy changed, Kassidy thoughtfully put the groceries away. :) When Daddy walked into the kitchen, Kassidy was sneaking some of her Funyons. :) The girls then relaxed and watched YouTube on T.V. together (Daddy was charging the iPad). Kassidy relaxed in the big chair and Kennedy relaxed on the couch. Daddy worked on his computer for a short while. He then went on his run (6:45 p.m.). (It was still hot outside. The high was supposed to be about 96 degrees today.) After Daddy returned from his run (7:07 p.m.), he relaxed for a short while in his bedroom and did a little work. We then left (7:45 p.m.) to go out to feed Kennedy’s goat (for the first time this year :). On the way, Kassidy made a comment regarding Daddy’s driving saying, You’re going to run into the car”. Daddy joking replied, “Girls, hurry up and hide. Run into the car!” Daddy laughed! The girls thought it was funny and also laughed. Especially Kennedy. :) (She also laughed about it on our way back home.)

When we arrived at Mrs. O’Daniel’s road (around 8 p.m.), we drove down the dirt road and approached her house (Mrs. O’Daniel is out of town for the week). We saw that the gate to her property was closed. Daddy recalled seeing a message that she sent out mentioning the gate code. Daddy tried the code 125 several times but it didn’t work. That’s what he recalled seeing. One of the hog people was leaving and the gate opened for them to leave. Daddy asked the mother if the code was 125. She told him that it was1125. Daddy thanked her. When they drove out, Daddy then drove in and we parked. We then walked over to the animals. Daddy helped Kennedy catch her goat. Kennedy then loved on her goat. Kassidy played with the littlest (baby) goat. After Kennedy rubbed and comforted her goat, she fed the goats. Daddy helped Kennedy scoop out the goat’s dirty water and then she refilled the water tub (container). We then left (around 8:45 p.m.).

When we returned home (around 9 p.m.), the girls got into the shower and Daddy called and talked to Papa about the girls trying on the clothes that Grammy had sent for them. He also talked to Papa about the plan for Father’s Day this Sunday. After talking to Papa, Daddy prepared dinner for the girls (Kassidy: Marie Callender’s Steak and Roasted Potatoes dinner, Kennedy: Marie Callender’s Chicken Pot Pie, Daddy also made the girls some sautéed broccoli that they really enjoy. Kassidy had 2 servings, along with the green beans that came with her dinner). When dinner was ready, Kassidy went into the kitchen and got a bottle of water. Kennedy got a can of lime-flavored Bubly sparkling water that Daddy had in the refrigerator. The girls sat at the dining table. Kennedy said grace (also asking God to bless everyone we love and to keep us safe from carbon monoxide :). The girls then ate while Kassidy watched YouTube videos and Kennedy played her puppy game on the iPad.

After dinner, Kassidy relaxed in the big chair and Kennedy relaxed on the couch. Kassidy was selecting YouTube videos. While preparing the girls’ dinner, Daddy had made some chocolate pudding. Kassidy went to the refrigerator to get some and licked the top of the Tupperware container. Kennedy complained and told Daddy. Daddy asked Kassidy not to do that. She asked where the small glasses are that Daddy usually serves the pudding in. Daddy got them for her and she started serving herself. Daddy told her that he would put together their pudding for them. (Daddy wanted to show his appreciation for Kassidy putting the groceries away earlier, especially since she didn’t get anything sweet from the store today) . Daddy asked Kennedy if she wanted her Moon Pie or pudding. He said that he had made pudding because Kassidy didn’t get anything sweet from the store. He also mentioned that Kassidy had put the groceries away. Kennedy replied, “I saved us!” :) (She was referring to mentioning to Daddy last night about the carbon monoxide detector which made him think to check the oven which had been left on.) Daddy then served pudding in the small glasses layered with whipped cream. The girls came into the kitchen and got their pudding. They were appreciative. Daddy washed dishes and cleaned kitchen. After a short while, Kennedy got the iPad and watched some videos. Daddy told the girls that they had 18 minutes before bedtime (10:12 p.m.). Daddy then went into his bedroom and did some work on his computer.

Daddy was going to tell the girls that it was time to get ready for bed (10:33 p.m.) but he heard Kassidy call out to Kennedy, “Wake up!” Kennedy said that she was awake. Kassidy (responsibly) turned the T.V. off and the girls then went and washed up. After washing up, the girls got their school clothes out and then got into bed. Daddy went in and gave them each a kiss on the forehead. He then stood at the foot of the bed and we did our “hearts” together. Kassidy and Kennedy both ended with the “full on” hands above their head. Kassidy commented that Kennedy came up with the second phase of hands across the chest. Daddy said that Kassidy came up with the third “full on” phase. Daddy then told the girls that he loves them as he walked out of their bedroom. Within a minute or two, the girls had fallen asleep. A short time later, Daddy went in and turned on their night light and turned off their bedroom light. Sweet, treasured times together!!! SO WONDERFUL! SO BLESSED!

**June 11, 2019 Tuesday**

This morning (7:05 a.m.), Daddy went and woke the girls up. They both got up fairly quickly. Kassidy went into the bathroom first. Kennedy joined her a short time later. Daddy went and got dressed. After the girls were dressed. Kassidy sat at the dining table and had a bowl of Cookie Crisp cereal. Kennedy came in a little after Kassidy and made herself a bowl of Cookie Crisp cereal. Daddy said that we needed to leave, so Kassidy and Kennedy took their cereal and ate in the car. We then left (around 7:50 a.m.), and Daddy took the girls to school.

When we arrived at Harvest (8:13 a.m.), Daddy and the girls got out. Daddy hugged Kassidy and wished her a “happy last Tuesday!” Daddy then hugged Kennedy. The girls then walked into school together. Daddy took some pictures as they walked away. He then sat in his car and waited for a short while before going into the multi-purpose room for Kennedy’s awards ceremony this morning, which starts at 9 a.m.

At Kennedy’s award ceremony, Daddy was very proud of her. She was recognized with several honors (she received all As and a B+ in math). Daddy videotaped when she went up to the stage. Daddy also took pictures of her after the ceremony. Daddy and Kennedy hugged (twice) and then Daddy left. Ai0Lani’s dad asked to speak with Daddy and they stood outside and talked for a little over an hour.)

Later (2 p.m.), Daddy returned to Harvest to attend Kassidy’s award ceremony which began at 2:15 p.m. Kassidy was recognized for several honors when she was called up onto the stage (she received all As and a B+ in reading). Daddy was very proud of her. After the ceremony, Daddy took pictures of Kassidy with her certificate, her friend Ai-lani, and with her teacher Mrs. Christiansen. Kassidy gave Daddy 2 hugs after the event. Daddy then went out and waited in the car until the girls got out of school. After school (around 3:10 p.m.), the girls came straight out and met Daddy in front of the school. Daddy waved to them from the parking lot near the cross walk. We then left and went home.

When we got home (3:44 p.m.), Kassidy relaxed in the big chair and watched YouTube videos. The iPad needed to be charged so Kennedy relaxed on the couch and watched videos with Kassidy. Kassidy ate some of her Flamin’ Hot Funyons and Kennedy made herself a peanut butter and jelly sandwich. Daddy relaxed in his bedroom and watched a little of “Game of Thrones” on his computer. He then did some work on his computer.

A little later (around 5:15 p.m.), Kennedy came and got the iPad from Daddy’s bedroom and took it and relaxed in her bedroom. Later (around 6:45 p.m.), Daddy went on his run. When he returned from his run, he made dinner for the girls (Kassidy: Marie Callenders Spaghetti with Meat Sauce, Kennedy: Marie Callender’s , the girls also requested some sautéed broccoli so Daddy made some for them). When dinner was ready (7:42 p.m.), the girls sat at the dining table. Daddy first took some pictures of the girls seated with their food (their last time eating with Daddy before Kassidy is a 7th grader and Kennedy is a 6th grader :( Kassidy then said grace and the girls ate while watching YouTube videos. Daddy ate in his bedroom while watching “Game of Thrones.”

After eating, Kennedy went and sat on the couch and watched whatever videos that Kassidy put on. After Kassidy finished eating, she went and sat in the big chair. A little later, Kennedy asked Daddy if she could have her Moon Pie and he said that she could. The wrapper suggested microwaving the Moon Pie for 5-15 seconds. Kennedy microwaved it on and off 5-10 second spurts for a total of 30 seconds. The marshmallow was bubbling up a little. Daddy had Kennedy give Kassidy a bite. After Kennedy finished her Moon Pie, she returned to the couch. Daddy went in and asked her how she would rate it. Kennedy gave it a 7 and said that she would get it again. The girls continued watching YouTube videos and Daddy did some work in his bedroom on his computer.

Later (9:33 p.m.), Daddy had the girls try on the many bags of clothes (and bags/purses, watches, etc.) that Grammy had sent for them that they hadn’t fully gone through. They each had about 10 outfits. Kennedy said to Daddy, “We’re spoiled!” :) They liked just about everything that Grammy had gotten for them. While they were changing, Daddy overheard Kennedy say, “I love Grammy.” They each selected a top that they really liked and will wear to school tomorrow. After trying on the clothes and straightening out their bedroom (around 10:10 p.m.), Daddy let the girls relax for a while. They watched YouTube videos in the living room while eating the chocolate bunny that Grammy had gotten for each of them for Easter.

A little while later (10:50 p.m.), Kassidy turned the T.V. off on her own just before Daddy was going to have them go to bed. Daddy had the girls wash up for bed. Daddy told the girls that they need to go right to sleep because it was late (Daddy sometimes will playfully do ASMR with them). Kassidy replied, “We still need to do our hearts!” :)

After washing up, the girls got into bed. A short time later Daddy went in. He took a few pictures of them interacting together and then doing their “hearts. After that, Daddy stood at the foot of the bed and did “hearts” with the girls. He then walked over and kissed Kennedy goodnight on her forehead. He walked over to Kassidy’s side of the bed and kissed her goodnight on the forehead. He then told the girls to love each other as he walked out of their bedroom. Kassidy told Kennedy that she loves her. Kennedy jokingly responded that she doesn’t love her as Kenendy playfully reached over to Kassidy. The girls quickly fell asleep. Daddy went in and turned on the girls’ night light and when he turned off their bedroom light Kennedy opened her eyes. She wanted Daddy to leave the light on. Daddy turned the bedroom light back on and left the room. He went and put some clothes in the dryer and put the girls’ bowl and cereal out for breakfast. Daddy then returned to the girls’ bedroom (about 5 minutes later) and turned off their bedroom light. The girls remained asleep. Daddy then left their room. These are wonderfully treasured days together!!!

**June 12, 2019 Wednesday**

This morning (6:59 a.m.), Daddy went in to wake the girls up. Kassidy was wiggling her feet a little so Daddy could tell that she was already awake. Daddy told the girls that it was time to get up and he turned on their bedroom light. Kassidy looked up and made a funny face. Daddy chuckled. The girls then got up. Kassidy went to the bathroom and Kennedy followed behind her as Kassidy was shutting the door. The girls are very pleasant together this morning. :)

The girls were dressed pretty quickly. Kassidy was wearing a cute orange shirt from the items that Grammy had sent for them. She decided to change out of it and save it for middle school because it was a crop top and she thought that it might be a little short. She changed into her tie-dyed Las Vegas shirt. Kennedy was wearing and all new outfit (blueish t-shirt with words and a design on the front along with comfy grey bottoms) from Grammy. Kennedy asked Daddy if she could call Mommy to remind her that Kennedy has to go out to her goat tonight. Daddy called and Kennedy left a message for Mommy.

The girls both sat at the dining table and ate some Cookie Crisp cereal. Daddy noticed that the girls’ bed was straightened up. He thanked them for straightening the bed. Kassidy said that Kennedy did it. Daddy thanked Kennedy and told her to remember that she gets a point the next time we go to the store. Kennedy asked Daddy if she has to finish her cereal. He said that she doesn’t. She gave Daddy her bowl and he poured out her remaining cereal. Daddy then took some pictures of the girls together by the garage door before we walked out. (It’s Daddy’s last day taking them to the same school together for a while.) As we got into the car, Kennedy asked to play with the iPad but Daddy told her that he was going to let Kassidy since it is one of her last days in elementary school and Kennedy so often is the one who gets to use it. We then left (around 7:54 a.m.) and Daddy took the girls to school.

On the way to school, Kassidy played on the iPad and Kennedy watched. Daddy told the girls that we will call Grammy on the weekend and thank her for the clothes. Kassidy responded that she remembers Grammy helping her get dressed for Halloween and now she is going into middle school. :) The girls’ last day of school is tomorrow and the 6th graders will be sent off by walking through the lined-up parents and students in the other grades. Kassidy said that she remembers where she was in the 4th grade and 5th grade when the 6th graders were being sent off. She said that she doesn’t remember the 3rd grade.

As we got closer to school, Kennedy said that when they were younger, she didn’t know what day it was. She only knew that they didn’t have to go to Day Care for two days during the week. Kassidy agreed. Kennedy also said that she remembers when she didn’t know how old she was. :)

When we arrived at Harvest (8:17 a.m.), Daddy parked in the second row. Daddy and the girls got out of the car. Daddy gave Kassidy and then Kennedy a hug and told them “happy last Wednesday!” Daddy then asked to take some pictures of the girls and they patiently cooperated. He had them stand against the back of Daddy’s car telling them that we won’t have this car and we will remember it. The girls then walked into school together and Daddy took some pictures of them walking away in elementary school together for the last time. :( Daddy watched until the girls walked through the main entrance into school. He blew them a kiss and then he left. Sweet times with my babies!!! I’m gonna miss this!

**June 13, 2019 Thursday**

Today is the last day of school for the girls. Daddy went out to Harvest (around 12:50 p.m.) for the walk that the school does to send the 6th graders off. Mommy also attended. The parents and all of the other students in the school lined up and the 6th graders walked through everyone receiving cheers and hand slaps. Daddy was standing about half-way through the walk. He videotaped as Kassidy walked past with her friend Ai-lani. Daddy cheered and called out as Kassidy walked by and she turned around. Daddy was proud of her. Mommy was at the end where the students finished. After the students finished. Kennedy and a friend was walking over to where Kassidy was and Kennedy said hi to Daddy and they hugged. Daddy and Kennedy then located Kassidy and Mommy. Daddy congratulated and hugged Kassidy. He then took pictures and some video of Kassidy with her friend Ai-lani. He also took some pictures of Kassidy with Kennedy. He took some pictures of Kassidy by herself. And then when he was trying to take a selfie with Kassidy and Kennedy, a woman walking by and offered to take the picture. Daddy thanked her, and she took a picture of Daddy with the girls. Kassidy hugged Daddy twice. Daddy also gave Kenned a hug and then he left. A bittersweet day (my babies are growing up) and a proud day. Congratulations Kassy Mae for successfully making it through elementary school. You’re a 7th – grader! (And congratulations Koko, you’re now a 6th grader!) Treasured times!!!

**June 15, 2019 Saturday**

Today (8 p.m.), Daddy picked the girls up from Mommy at her apartment. Kassidy played in a beach volleyball tournament with her friend Zayla from her club team, and they took second place. We left and went to Daddy’s. At Daddy’s, Kassidy mentioned that some kids from Central have gone to good colleges. Daddy then discussed with the girls how he isn’t against Central. He just wants to give them the best education that they can receive and that he would like for them to go to school near where either he or Mom lives (which means Clovis West or Buchanan high school). Daddy has had to drive about 76 miles each day he takes the girls to school and returns to pick them up (it’s 19 miles away).

A little later (9:07 p.m.), Kennedy went to her bedroom and played on the iPad. Kassidy watched YouTube videos on the T.V. and Daddy went and did work on his computer in his bedroom. A little later (around 9:45 p.m.), Kassidy asked Daddy if she could have some chocolate pudding that Daddy had made. Daddy said that there is ice cream in there. Kassidy told Kennedy about the ice cream and then went and made herself a bowl and resumed watching T.V. Kennedy chose to have her Reisen’s candy that she didn’t eat from last time and then returned to her bedroom with the iPad.

A short time later, Kassidy went into the hallway and asked Daddy what the noise in the kitchen area was. He told her that it was the ice machine in the freezer. Daddy had emptied out the ice and it was now making more. Kassidy thought that it was coming from the garage. She was a little scared and turned on all of the lights in the kitchen, dining room and living room areas.

Later (around 10:30 p.m.), Kassidy went into Daddy’s bedroom and hugged and snuggled up to him from behind while he was coding. :) He had Kassidy type in some code and then run her “first line of code”. She said that now she can code Zelda (a popular game). She hugged Daddy a couple of more time and then used his bathroom before returning to watch YouTube on the T.V. A short time later, Daddy walked to the kitchen to get himself some chocolate pudding (and eat it with the Graham Cracker topping/crust that he had made to go with the pudding ). As he walked by Kassidy, who was sitting in the big chair watching YouTube videos on the T.V., he said, “I love you Sid” and Kassidy replied that she loves him. Shortly after, Kennedy called out, “Daddy, I love you” and Daddy relied, “I love you too baby.” A little after that, Kennedy walked to the kitchen to throw her candy bag away and as she returned to her bedroom she said, “I love you Daddy. I love you Kassidy!” (Daddy was working in his bedroom and Kassidy was in the living room.) Kennedy always tells Daddy and Kassidy that she loves them. So sweet! :)

Later (around 11:40 p.m.), Daddy went and checked on Kennedy and she had fallen asleep in bed with the iPad. Daddy took the iPad and let her rest for a little while. A short time later (around 11:45 p.m.), Kassidy went and washed up. Daddy asked her to have Kennedy get up and brush her teeth but Kennedy didn’t get up. Daddy the went in and had Kennedy get up and wash up for bed and change into her bed clothes. Kennedy was tired but she eventually got up and went to the bathroom. She then returned to her bed room and lay down briefly, but Daddy called out and asked her to change into her bed clothes, and she did. After she was changed, she went and lay on the couch in the living room with Kassidy. Daddy asked her why she was lying on the couch to go to sleep. He asked if she didn’t want to be in her room without Kassidy. She got up and said that she didn’t mind being in the room. She then walked to go to her bedroom. Daddy called her back and she and Daddy walked to the living room and Daddy told the girls that today is the anniversary of us moving into Daddy’s apartment. (Daddy moved in on Friday June 15th, 2018 and surprised the girls the day next day, the day before Father’s Day, on Saturday June 16th.) Kennedy said, “Oh yeah.” Daddy then hugged Kennedy goodnight and gave her a kiss on her right cheek. Kennedy then went to bed. Daddy walked over to Kassidy, who was lying on her back between the big chair and the ottoman, and he gave her a kiss on her forehead. She jokingly said to Daddy that he reminds her of the Beluga whale in the movie “Dory”. She joked that Daddy has a big forehead like the whale. Daddy replied, “Big Brain the rapper!” Daddy then returned to do work on his computer in his bedroom.

Later (around 12:30 p.m.), Kassidy turned off the T.V. and told daddy goodnight. She went and got into bed. Daddy went in shortly after and told her goodnight. As Daddy was walking out, Kassidy asked Daddy to do “hearts.” Daddy and Kassidy tried to wake up Kennedy but she wouldn’t wake up. Daddy and Kassidy did “hearts” together. Kassidy kept moving her elbow, making Kennedy’s head move. She thought it was funny. She asked Daddy to ask Kennedy a question. Daddy asked, “Are your underwear still dirty?” Kassidy used her elbow to move Kennedy’s head to say no. She asked Daddy to ask Kennedy another question. He did. Kassidy then asked him to aske one more. He asked sleeping Kennedy, “Is Kassidy afraid of the ice?” Kassidy then used her hands to move Kennedy’s head to say yes. Daddy and Kassidy chuckled. Daddy told Kassidy goodnight and thanked her for doing “hearts” with him. She said “you’re welcome” as Daddy left. Kassidy fell asleep pretty quickly. Daddy went in and turned the girls night light on and their bedroom light off. So thankful and blessed to have my girls!!! GOD IS GOOD!

**June 16, 2019 Sunday Happy Father’s Day! :)**

This morning (8:47 a.m.), Daddy went into the girls’ bedroom to put the iPad by Kennedy’s bed. He then turned off the girls’ night light. As he was leaving their room, Kennedy woke up and said, “Hi Daddy.” She looked over and saw that Daddy had put the iPad next to her bed. Daddy then walked out. Kennedy called out, “Daddy? Happy Father’s Day!” Daddy replied, “Thank you baby.”

Later (around 11:50 a.m.), Daddy was in his bathroom cutting his hair with the door closed. Kenendy knocked on the door and said, “FBI. Open up.” Daddy chuckled. She aske Daddy what he was doing and he said that he was cutting his hair. She replied, “I thought you said that I could do it.” (Daddy told Kassidy and Kennedy that they could line the back of his head.) Daddy responded, “You can, right now if you want. Kennedy said, “O.K.” as Daddy opened the door. Kennedy then gave Daddy a line along the back of his head. He thanked her. She then went and sat at the dining table and had some cereal while watching a video on the iPad. Daddy walked by and saw the boxes of cereal that he had put out (“Cookie Crisp” and “Lucky Charms”), but he noticed that Kennedy had Cocoa Krispies in her bowl. He asked her about it and she replied that she tried pouring Lucky Charms but Cocoa Krispies came out of the box and she said, “I just worked with it.” :) She said that she thought that maybe Daddy put them in the box. He said that he hadn’t, that perhaps Kassidy did. Daddy then went to his bedroom and sat at his computer. After Kennedy finished eating, she went into Daddy’s bedroom and gave him a hug before quick-footing it to her bedroom with the iPad. She said, “O.K., I’m back.” (Kassidy was still in bed.)

Later (around 12:45 p.m.), Daddy made himself some oatmeal and then went and took a shower. After his shower, he was folding some towels on the ottoman in front of the big chair when Kennedy walked by. She had the shower running in her bathroom and was getting ready to get in. Daddy called her over to take the girls’ clothes to their bedroom that he had taken out of the dryer. While Daddy was picking them up to give to her, she was running in place. She asked Daddy, “Whoever evented running in place?” :) Daddy replied, “Maybe you did,” as he handed her their clothes. She responded, “I did not,” as she put their clothes into their bedroom and then went to take her shower (around 1:15 p.m.). (Kassidy is still in bed.)

Later (1:52 p.m.), Kassidy walked up next to Daddy, who was doing work at his table in his bedroom. She wished him a Happy Father’s Day and they shared a nice hug while Daddy told her that she is his first baby and that he loves her so much. Kennedy was still in their bathroom so Kassidy went and used Daddy’s. Kassidy then went and brushed her teeth in her bathroom. Kennedy left the bathroom and went into their bedroom with the iPad. After washing up, Kassidy went and ate some cereal at the dining table. Kassidy was eating some of the chocolate Lucky Charms. Daddy asked her about the Cocoa Krispies being in the Lucky Charms box. Kassidy admitted that she did that (during the school year) to make Kennedy think that there were some Lucky Charms in the box. Kassidy then went into the bedroom where Kennedy was, pointed at her and said, “You’ve been pranked.” :) Kassidy then returned to eat breakfast.

A short time later, Daddy had the girls sign a card for Papa. The y did a very good job. Kassidy recalled to Papa how even though he’s “handicapped”, he still makes an effort to support her like when he attended her pre-school graduation in 2012. :) Daddy called Kennedy into his room. He had Kennedy use a pot to hammer a nail into the wall so that Daddy could finally hand up the decorated wooden “D” that Kennedy had given to him for his last birthday. A short time later we left (around 3:30 p.m.) to go visit Papa for Father’s Day. Daddy was going to stop at El Pollo Loco to get dinner for Papa.

On the way to Papa’s, Kennedy told Daddy that she had made him something for Father’s Day. She asked if he wanted it now or later. He said that she could give it to him now if she like. (We were around Villa and Barstow near the skate (Letterman) park) She handed Daddy a nice red, yellow and white bracelet that she had made out of rubber band like things. Daddy liked it. Kennedy was going for USC colors. Daddy said that it’s Tarpey’s colors. Kassidy recalled Tarpey’s colors and we chuckled. When we arrived at El Pollo Loco (near Shaw/Clovis), the girls remained in the car while Daddy went inside and ordered. When he returned, we went to Papa’s.

At Papa’s (around 4 p.m.), Daddy and the girls talked to Papa (he was in bed). The girls went over and each gave him a hug. Kassidy handed him a card form the girls and one from Daddy. Papa read the cards and really liked them. He sincerely thanked Kassidy for recalling his support. He said that tears were almost coming to his eyes after reading Daddy’s card. Daddy took some pictures and videotaped some. The girls then went into the other rooms. Kennedy used the iPad in their former bedroom. Kassidy watched T.V. in the front room. Daddy helped Papa sit up and served him his dinner (Wing Lover’s with pinto beans and rice). With some Reunite wine. Daddy then served the girls a Wind Lover’s that they split (2 wings each, although Papa gave them another one each of his). They also had macaroni and cheese and mashed potatoes. Daddy let them have a soda. Kassidy had a Diet Pepsi and Kennedy had a mini Diet Dr. Pepper (Kassidy later went and got a regular-sized Diet Dr. Pepper). Daddy sat in the back with Papa and they enjoyed a nice conversation while the US Open gold was on (muted).

A little later, Papa called the girls into his bedroom where he and Daddy were. He asked the girls about their grades, extra-curricular activities, and the clothes that Grammy had gotten them. Kennedy asked Papa about the urine bag next to him. He explained that he couldn’t control things below a certain part of his body and also that he couldn’t feel his legs. They asked Papa if he could feel when they touched his leg. He said that he couldn’t. Kassidy then squeezed harder and tried to pinch his leg. Kennedy asked f they could see his legs. He said that they could and they pulled the blanket back. Papa said that he’s glad that they are curious and that he will answer any question that they have, and if it’s too personal he will say so. Kennedy then asked Papa if he had ever been arrested. He said that he had once when he was coming back from Reno, Nevada. He said that he had some unpaid speeding tickets that had turned to warrants and when he was stopped because he turn signal or something was out, the officer saw the warrant and arrested him. He said that he was just held in a holding cell and was soon bailed out by a friend. Papa and the girls had a nice conversation. They then took pictures with Papa. Afterwards, they each gave him a hug and then left the room. Daddy then helped Papa get settled for bed. After Papa was settled, Daddy gave Papa a hug and kiss on the top of his head goodbye. We then left.

Daddy took the girls by Menchie’s and we had a nice outing there. While we were in line to sample the froyo, a lady and her daughter were in front of us. She saw Kassidy and Kennedy sampling turned around and looked at me and said “beautiful!” :) (Kennedy later commented as to why the lady said that and Daddy told her that they are beautiful girls.) We sat down inside and the girls enjoyed their froyo. Daddy didn’t get one. We laughed and joked and had a nice outing together. As we were leaving, Kassidy said to Daddy, “Push in your chair.” Daddy joked that she said, “Pushing your chair.” He joked that she was telling us what she was doing. As we walked out to the parking lot, Daddy said, “Walking to the car.” He then said, “Taking a step.” We laughed together! We then got into the car and Daddy took the girls to Mommy’s apartment.

As we arrived at Mommy’s (7:31 p.m.), Daddy called her and she said that she would be out. Daddy and the girls got out of the car. Daddy gave Kassidy a big hug and thank you goodbye, and a kiss on the cheek. He then hugged Kennedy goodbye and gave her a kiss on the cheek goodbye. As the girls walked up to the gate, Daddy called out and again thanked Kennedy for the bracelet. Mommy then came out and met the girls at the gate. The girls again told Daddy goodbye. Daddy then left. So happy to have spent today with my dad, and with my daughters. CHERISHED! I feel so honored and blessed to be their Daddy!!! THANKFUL!

**June 17, 2019 Monday**

Today (5:55 p.m.), Daddy picked Kennedy up from Mommy’s and to take her to her 4-H goat meeting, and to feed the goats. Kennedy thanked Daddy for taking her to her meeting. Daddy told her that she is so passionate and committed and that he will always make sure that she gets to where she needs to be. On the way to her meeting, Kennedy was playing on the iPad in the backseat when she happened to catch a very small black flying bug. She said, “Daddy! I just caught a bug and named him Gerald!” :) The bug flew away out of the window and happened to land on the outside windshield. Daddy pointed at the bug to show Kennedy where it had landed. Kennedy said, “Hi Gerald!” :) (I’m so gonna miss this! :)

When we arrived at Mrs. O’Daniel’s (6:27 p.m.), she was there talking to Micah and his mother. After most everyone had arrived, we had a meeting about the fair and the feeding schedule. (Kennedy will feed Monday, Tuesday, Wednesday, and Friday evenings.) After the meeting ended, Daddy and Kennedy (and a few of the kids) walked over to where the goats were and fed them. Kennedy handled her goat and “loved” on him while Daddy got the feed. Daddy handed Kennedy the bucket of feed and she poured it among the three different feeders in their pen. Kennedy called Daddy over telling that something was wrong. She told Daddy that her goat’s horns were bleeding and had flies on them. Daddy went and told Mrs. O’Daniel who was inside her house. Mrs. O’Daniel walked out to where the goats were and put some spray on Kennedy’s goat’s horns. We stood around and talked with Mrs. O’Daniel and others around for a short time. Mrs. O’Daniel commented that she hadn’t seen Kennedy’s hair so informal (it was down and not in pig tails or anything like that) and that she liked it. Shortly after that, we left (around 7:37 p.m.).

On the way to take Kennedy back to Mommy’s, we stopped by Daddy’s (around 8 p.m.). Daddy got some things together to go to the Bay Area (he teaches at Stanford in the morning and is leaving tonight) while Kennedy made herself a peanut butter and jelly sandwich, and played on the iPad. After Daddy was packed (around 8:45 p.m.), we left and Daddy took Kennedy to Mommy’s.

When we arrived at Mommy’s (around 9:07 p.m.), Daddy called to let her know that we were outside. She came out and met Kennedy at the gate. Kennedy and Daddy shared a hug goodbye. Kennedy then walked to the gate where Mommy was. Daddy then left. So sweet! So Blessed!!

**June 25, 2019 Tuesday**

Today, Daddy went and picked the girls up from Mom (12 p.m.). Kassidy came out first with Kennedy behind her. As Kassidy got into the backseat of the car, she jokingly said, “Hello Father.” Daddy put his right hand out over his shoulder and Kassidy slapped him five. Kennedy then also got into the car and we left. Daddy offered to take the girls by Barnes and Noble if they wanted to get a book. They did, so Daddy stopped by Barned and Noble near Mom’s apartment. In Barnes and Noble, the girls looked around. Kassidy told Kennedy that she loves her. :) After looking around for a short time, Kennedy chose the book, “Number othe Stars.” (A book about the Halocaust.) Kassidy selected the first book in the Percy Jackson series. When we got to the register to pay for the books, the lady helping us said that the whole 5-book Percy Jackson series is on sale for $20 (Kassidy’s single book was $7.99). Daddy thanked her and said that he would get the series then. She went and got it for us and Daddy bought it for Kassidy. When we got back into the car. Kassidy thanked Daddy and said that it will get her reading more. Daddy said, “Kennedy did you hear that?” We all chuckled.

We then headed toward Daddy’s and Daddy ended up stopping by Walmart (Shaw/Villa). At Walmart, Daddy bought some groceries and let the girls each get a treat (Kennedy: Juicy Drops candy, Kassidy: Hershey’s Chocolate Nuggets) and a fizzy water. As we were purchasing the groceries, Daddy told the girls the story of how he recently lost his cash back (when Daddy was at this Walmart about a month ago, it was crowded and Daddy was trying to hurry and purchase his groceries (the next morning was to be his first day teaching at Stanford). Daddy had requested cash back as he paid for his groceries, but he was so hurrying that he forgot to retrieve his $40 from the machine. He realized his mistake as soon as he got home. He immediately returned to the store but there was nothing that they could do at the time. The store later contacted Daddy about his request regarding the event. The girl said that the video showed a guy, who walked up after Daddy left, consider giving to Daddy but he ended up keeping it.)

From Walmart, Daddy went by to wash his car (“The Original $1 Car Wash” on Gettysburg/Peach). After washing the car, we went home. On the way home, Kennedy mentioned that they had read something this morning and they called it their Bible study. Daddy replied that it’s not what you read or where you go, but how you act that matters. He reminded them of the son that Daddy used to frequently sing in church when he was their age (“They Shall Know We are Christians by Our Love”). He told them that people should know that you are a Christian by your behavior, without you ever having to tell them. He then jokingly said, “Remember, ABC. Always Be Kind!” We laughed (because kind doesn’t begin with a “C”).

As we arrived home (around 2 p.m.) and Daddy approached the garage, Kassidy was singing the “ABC” song. As she sang “A B C D” Daddy jokingly interjected “singing off key.” Kassidy chuckled. Kennedy then said, “A, B… quiet” and Daddy laughed. :) When we got inside, Daddy went and got the groceries out of the car. Kassidy relaxed in the living room in the big chair and watched YouTube on T.V. while she drew. Kennedy too the iPad and went to her bedroom. Daddy then went to his bedroom and did some work.

Kassidy ate 4 Uncrustables within an hour while she was sketching and watching YouTube. After the iPad’s battery started running low, Kennedy had Daddy charge it and she read her new book in her bedroom for a while. A little later (around 5 p.m.), she joined Kassidy in the living room. She relaxed on the couch and they watched YouTube together.

A little later (around 5:50 p.m.), Daddy went on his run. After he returned, he made dinner for the girls (Kassidy: Marie Callender’s Meat Loaf dinner, Kennedy: Marie Callender’s Chicken Pot Pie). When dinner was ready, the girls got their fizzy water () and sat at the dining table. Kassidy said grace and then the girls ate (6:32 p.m.). Kassidy watched YouTube and Kennedy watched videos on the iPad while eating. Daddy went to his bedroom and ate while watching “Game of Thrones.”

After Kassidy finished eating, she went into Daddy’s bedroom and gave him a hug. She then returned to the living room and resumed watching YouTube on T.V.

A little later (around 7:30 p.m.), we left to take Kennedy to train her goat. On the way, Daddy stopped by Tractor Supply Hardware (near Herndon/Clovis). We picked up a small piece for Kennedy’s chain for her goat, and we got some tubing for the chain so that it would be more comfortable for Kennedy to hold while training her goat. We then continued on out to Mrs. O’Daniel’s. On the way, Kassidy asked Daddy if we could watch a movie later. Daddy said that he has to go to work in the morning. Kassidy replied, “Who cares about the morning!” Daddy added, “Let the morning take care of itself! Tonight we celebrate!” Kassidy laughed!

When we arrived at Mrs. O’Daniel’s (around 8 p.m.), she was outside with the animals when we arrived. Daddy helped Kennedy put the chain on her goat. Mrs. O’Daniel joked with Kassidy because she hadn’t seen her since last year when Kennedy first started in 4-H. While Kennedy handled her goat, Daddy went and got some feed and changed the water for the goats. Mrs. O’Daniel asked Kassidy what she has been doing over the summer and Kassidy said that she has been watching YouTube. Mrs. O’Daniel told Kassidy how she has started watching YouTube. We joked and laughed for a short while together. Daddy, Kassidy and Kennedy then left and we went home. On the way home, the girls asked Daddy if we could watch a movie together. Daddy said that he has to go to work in the morning so he may not be able to watch a movie with them tonight, but he said that they could watch a movie together. Kennedy said, “yes, sister time!”

When we got home (8:44 p.m.), the girls relaxed in the living room and watched YouTube together. Kassidy had her Hershey’s Nuggets and a short time later, Kennedy had her Juicy Drops. A short time later (around 9:20 p.m.), they picked a movie (“Malibu Recue”) and watched it together in the living room (Kassidy in the big chair and Kennedy on the couch). Daddy needs to go to work in the morning, so he didn’t watch the movie with them this time. He did some work on his computer. After finishing their treat, Kennedy had some chocolate truffle Breyer’s ice cream that Daddy had in the freezer (they used to always had it when we lived at Papa’s).

After the movie was over (10:28 p.m.), the girls went into Daddy’s bedroom to tell him that the movie was “amazing.” It was turned into a series. They said that it was like a Disney movie and they enjoyed it. Kassidy hugged Daddy and kept her head on his chest. She then gave him a kiss on the cheek, and the girls walked out together holding each other. Daddy said, “I’m glad you two are close.” Kassidy replied, “A little too close right now!” The girls then returned to the living room and watched a little of the Malibu Rescue series. Kassidy then turned on YouTube and Kennedy got the iPad from Daddy. Kennedy used the iPad on the couch in the living room with Kassidy. Kassidy got herself some of the chocolate ice truffle cream. Kennedy went to her bedroom and relaxed with the iPad.

Later (around 12 a.m.), Kassidy went into Daddy’s bedroom. He was sitting at his work area watching (dozing off) “Game of Thrones” on his computer. Kassidy said that she heard some honking and got a little scared. Kennedy was also still awake (using the iPad in her bedroom). Daddy told the girls that he would give them 30 more minutes before they need to go to bed. They both replied “O.K.”

A little later (a2:30 a.m.), Daddy had the girls go wash up for bed. They washed up while laughing and joking together. They then got into bed and Daddy went in to say goodnight. He stood at the foot of the bed. The girls were talking and he quickly said, “Show me your hearts!” Kennedy sat up first, and then Kassidy. We did our “hearts” together, ending with “full on!” Daddy then walked over and gave Kennedy a kiss on her forehead. She asked Daddy to do ASMR but he said that it was to late tonight. He then walked over and gave Kassidy a kiss on her forehead. Daddy told the girls goodnight and to love each other. He then left their bedroom. They interacted and talked together for a short while before falling asleep. Daddy later went in and turned on their night light and turned off their bedroom light. These are wonderful days together!!! WONDERFUL!

**June 26, 2019 Wednesday**

This morning (around 3:20 a.m.), Kassidy called out to Daddy and walked into his bedroom. She was fretful and told him that she can’t sleep and that she is a little “paranoid” (scared). She was really upset. She said that she doesn’t feel comfortable. She said that she had watched something on YouTube around 2 p.m. that was scary but she stopped watching it and thought that she’d be O.K. She asked Daddy if she could turn on all of the lights. Daddy said that she could. She turned all the lights on throughout the apartment and then returned to bed. Daddy went in and comforted her, giving her a kiss on the forehead while she was sitting up in bed. She said that she was going to read her Percy Jackson book. Kassidy kept all of the lights on all night.

A little later (4:17 a.m.), Kassidy and Kennedy came into Daddy’s bedroom. Kassidy said that she can’t sleep. She said that she had read 3 chapters in her book. Kennedy also seemed a little scared or apprehensive. The girls stayed close to each other and went into the bathroom together before returning to their bedroom. They both eventually fell asleep and were able to sleep through the rest of the night.

This morning, Daddy decided to work from home to be close to Kassidy and Kennedy since they didn’t seem to sleep much over the night. They both slept through the morning.

Later in the morning (around 11:30 a.m.), Kennedy went into to Daddy’s bedroom where he was working. She gave his head a big hug and Daddy gave her a kiss on her left cheek. She then asked Daddy for the iPad and returned to her bedroom with it. Kassidy is still asleep.

A little later (around 12:30 p.m.), Kassidy got up and went into Dad’s bedroom where he was working at his work area. She gave Daddy a hug and they spoke for a short while. Kassidy warned Daddy that when she gets scared like that it usually happens again the next night. Daddy told her that it’s O.K. He told her to just call out. She asked Daddy why he is always awake and he told her that it’s not that he is awake but that he is a light sleeper and he will hear her. He told her that she can turn all of the lights on if she needs to. She and Daddy talked for a little longer. She asked if Mom is a light sleeper. Daddy told Kassidy that Mom is not as light a sleeper as Dad is but that she is probably not a deep sleeper. Kassidy confessed that she (Kassidy) is a deep sleeper. :) Kassidy then went into the living room and watched (non-scary) YouTube.

A short time later (around 1 p.m.), Daddy went on his run. When he returned (around 1:30 p.m.), Kennedy had eaten Lucky Charms for breakfast and Kassidy was making herself a bowl of Lucky Charms. Daddy offered to make lunch but Kassidy wanted cereal. The iPad battery was getting low so Kennedy asked Daddy if he would charge it. She then went and read her book in her bedroom. Kassidy watched YouTube videos while she ate. Daddy made himself lunch (a large salad and 2 hot dogs) and then went to his bedroom and watched “Game of Thrones” while he ate. After Kassidy finished eating, she relaxed in the big chair and practiced drawing while watching YouTube on T.V.

Later (3:25 p.m.), Daddy got dressed to briefly go by the apartment management office. Kennedy went to his bedroom and knocked on the door. She showed Daddy that she finished the book that he got for her. Daddy was proud of her. He gave her the iPad to use as a reward. She took it and went to her bedroom. Before leaving, Daddy went into Kennedy’s bedroom and gave her a kiss on the hand. He called her his “reader” and told her that he was proud of her for finishing her book (so quickly).

When Dad returned (around 4 p.m.), Kassidy got up and made herself a Ramen soup and had an Uncrustable. A short time later, Kennedy went in and also made herself a Ramen soup. After eating, Kennedy got into the shower. Kassidy got her Percy Jackson book and read some in the big chair with YouTube on. Kassidy went to the bathroom, where Kennedy was taking a shower, and she came out laughing because Kennedy was watching the iPad while in the bathtub. Kassidy said, “She’s so dedicated to the iPad!” When Kassidy came from the bathroom, she returned to the big chair and her book. Daddy gave her the option of taking some quiet time and reading now or later tonight. Kassidy turned the T.V. off and read her book in the big chair in quiet (around 4:5 0p.m.). Kennedy is still in the shower with the iPad.

A little later (around 5:10 p.m.), Kennedy got out of the shower. She gave Daddy the iPad to charge and she went and read 9”Diary of a Wimpy Kid”) in her bedroom. She and Kassidy were both having quiet time and reading. Daddy was doing some work on his computer in his bedroom.

A short time later (5:23 p.m.), Kassidy went to Daddy’s bedroom doorway and announced that she finished a chapter (she is now up to chapter 5). Daddy had her slap him five! :) She went and closed Kennedy’s bedroom door, where Kennedy was reading, and returned to the living room to watch YouTube and draw.

Later(around 6:40 p.m.), Daddy made the girls each a hotdog on a bun. They both went and got dressed for us to go out to rs. O’Daniel’s for Kennedy to feed her goat. When they were dressed, they each went into the dining area and put their own condiments on their hotdog. They sat at the dining table together and ate.. After they finished eating, we left and went out to Mrs. O’Daniel’s (around 7:35 p.m.).

At Mrs. O’Daniel’s, Daddy had Kennedy catch her goat and she take off its chain. While Kennedy “loved on” her goat, Daddy went and weighed out the feed. Kennedy then fed the goats. While she changed the goats’ water, Daddy worked on putting the tubing (to provide comfort for Kennedy when she’s holding it) over the chain. The small clamp that fastens the chain together had fallen off. Kenendy was a little concerned. Mrs. O’Daniel came out to feed the geese and we all talked for a short time. W then looked for the fastener for the chain. Kassidy found it on the ground in between the goats’ pen and the feed shed. Kassidy then went out and threw some rocks in the front area. After a short while she returned. We straightened everything up and then left. Kassidy threw a few more rocks and Mrs. O’Daniel commented on how Kassidy throws like a girl, like she does. We all laughed. We then left and went home.

When we returned home (8:42 p.m., the girls found a movie (“Monster High”) to watch. They asked Daddy if they could have some of the banana pudding that he had made earlier. He said that they could and that he would be there shortly. Daddy was composing an email for his students. After a short while, Daddy went in and took the pudding and whipped topping out. The girls ended up wanting to serve the pudding for themselves. Kassidy just had some banana pudding in a bowl. Kennedy had some banana pudding, some whipped topping, and she crushed up a Graham Cracker on top. Daddy got the remaining pudding. He also added some whipped topping, some of the remaining chocolate pudding from yesterday, and he crushed a Graham Cracker on top. Daddy went to his bedroom and finished composing an email to his students for a class (Data Science Boot Camp) that he teaches at Fresno State tomorrow. Daddy then had his pudding while watching “Game of Thrones” on his computer.

After the movie that the girls were watching ended (around 10:15 p.m.), Kassidy went into Daddy’s bedroom where Daddy was. As she entered, she exclaimed “hug!,” wanting a hug from Daddy. She gave Daddy a hug at his work area. When she left to return to the living room, where Kennedy was, she did a silly “Indian” dance while shaking her hands. She and Daddy laughed! :) Daddy then could hear her ask Kennedy for a hug. She and Kennedy laughed and joked together for a short while. Kennedy then went into Daddy’s bedroom and asked to get the iPad. She took the iPad and went to her bedroom. Kassidy relaxed in the living room and watched YouTube on T.V.

A little later (11:30 p.m.), Kassidy went into Daddy’s bedroom. He was watching “Game of Thrones.” She asked him if he was happy that they didn’t watch Teletubbies when they were younger. She said that she always shakes her head whenever her cousin Anderson watches it. Daddy said that he has never really seen Teletubbies. Kassidy then left and said that she was going to go brush her teeth, but that she wasn’t going to bed yet. Daddy had her ask Kennedy (who was using the iPad in their bedroom) to also brush her teeth in case she falls asleep. The girls washed up together. Kassidy then returned to the living room and resumed watching YouTube, and Kennedy returned to her bedroom to use the iPad.

A little later (12:04 a.m.), Daddy had the girls go to bed. When Daddy went int their bedroom. Kennedy ran and jumped into Daddy’s arms. She said that he didn’t catch her so she did it again, and he caught her. :) Daddy told Kassidy good job for the reading that she did during the day. Daddy thanked Kennedy for making the bed today. Kassidy jokingly commented on how someone could mess it up so badly now. The girls then got into bed. Daddy thanked Kassidy for “keeping our team together” by going out to Kennedy’s goat thing with us. After that, Daddy surprised the girls, and quickly said, “Show me your hearts!” Kennedy sat up quickly, followed by Kassidy. We then did our “hearts” and Kennedy did “full-on” with Kassidy. Kassidy told her good job (for doing full on). Daddy then told the girls goodnight, and to love each other as he left their bedroom. The girls stayed up talking, blackmailing each other about who likes who. Daddy overheard them. Kassidy asked if he could hear them blackmailing each other. Daddy replied to Kassidy, “I thought you liked a Mexican. Why did you say ‘black male?’ “ Kassidy chuckled and corrected herself to say “Mexican male.” After a while, the girls fell asleep. Another wonderful day together!!!

**June 27, 2019 Thursday**

This morning (around 8:40 a.m.), Daddy went into the girls’ bedroom and put the iPad on the nightstand next to Kennedy. As Daddy was walking out, Kennedy said, “Bye Dad.” Daddy said bye in return. Kassidy then called out saying, “Dad. Dad, I love you!” Daddy replied, “Thanks Baby! I love you too! That made my day.” So sweet! Kennedy also told Daddy that she loves him. :)

A little later (around 9:35 a.m.), Kassidy went into Daddy’s bedroom and gave him a hug. She teased him about his iPhone and how it should be in a museum (it’s 10 years old). She then went and sat at the dining table and had a bowl of Lucky Charms while watching YouTube on the T.V. Kennedy remained in her bedroom. She announced to Daddy that she finished her book (“Diary of a Wimpy Kid”). She is now using the iPad.

Later (11:33 a.m.), Kennedy went into the dining area and ate breakfast. Kassidy commented to her that she was having breakfast at “11:33” and they talked and joked together briefly. Kassidy was watching YouTube videos from her big chair. After Kennedy finished eating she returned to her bedroom with the iPad. A short time later (around 12 p.m.), she took the iPad to Daddy to charge. She then returned to her bedroom to read.

A little later, after completing some of his work, Daddy went on his run (12:25 p.m.). When Daddy returned (around 12:55 p.m.), and Kennedy heard him enter, she stepped into the living room and told Daddy that she had flooded the bathroom. She said that she had left the water running, while doing something else, and the tub overflowed. (It also apparently flowed into Daddy’s bathroom under the wall and Daddy later had to clean the water up from his bathroom.) Kassidy was so kind. While Kennedy took a bath, she patiently helped clean up the water. Kennedy gave her a hug and thanked her. :)

Daddy needed to go meet Papa at the doctor’s office to help him get from his van to the office, so after Kennedy finished her bath, Daddy had the girls get dressed. We then left (around 1:20 p.m.) and met Papa at the Urology Dr.’s office (Fresno/Bullard).

When we arrived (around 1:37 p.m.), we went and greeted Papa at his van. Papa said that he didn’t recognize us walking up because the girls are so tall. Papa asked Daddy to take some pictures of the girls using Papa’s phone. Daddy did. We then helped Papa across the complex parking lot to the Dr.’s office.

It was very crowded in the office. After Papa signed in, an assistant directed us to a waiting room across the way from the Dr.’s office, and we waited in there. While we waited, the girls talked and interacted with Papa. Papa asked us, “How far away is the moon?” Kassidy looked it up on his phone using Siri. It directed us to Wikipedia. We didn’t find the distance, but we found the mass and other information. We waited for about 30 minutes before they called Papa. Daddy went in the back with him while Kassidy and Kennedy sat outside in front of the doctor’s office until Daddy and Papa returned (about 15-20 minutes later).

After Papa’s appointment, we helped him back to his van. The girls hugged Papa goodbye. We then left (around 3:02 p.m.). Mom was to meet us at Daddy’s apartment at 3:15 p.m. (She called and changed it to closer to 3:30 p.m.) When we got home, Kennedy had one of her Chobani yogurts (that included pretzels for dipping). Kassidy had had 2 Uncrustables earlier in the day but Daddy said that she could have the last Uncrustable and that he would get more. (In two days, Kassidy had eaten 9 of the 10 Uncrustables we had purchased on Tuesday, and Kennedy had just one).

When Mom arrived (3:28 p.m.), she called Dad to let her know that she was outside. Daddy had the girls get whatever they wanted to take with them. (Their friend Drayden was coming into town and they were going to go to Island Water Park with him tomorrow.) Kassidy and then Kennedy each gave Daddy a hug goodbye. Daddy then walked them out to the gate and they got into Mom’s car. Daddy then went back inside. Sweet times together!!!

**July 1, 2019 Monday**

Today (5 p.m.), Daddy picked the girls up from Mommy’s apartment. Kennedy came out first. She stood at the gate and called out, “Hi, Dad!” Daddy said hi back. Kennedy then walked across the street to where Daddy was parked and Kassidy walked out just behind her. The girls got into the car. Mom called out to ask Dad something but they couldn’t hear each other very well so Dad told Mom that he would call her later. We then left. Dad offered to take Kennedy to the book store to get another book since she finished her last one. She excitedly said that she wanted to go. We then drove over to Barnes and Noble near Mom’s. On the way in through the entrance, Daddy saw some summer books where the girls could review school material and prepare for their next grade. Kassidy wanted one, but Kennedy didn’t. She said that she wants to read, so we went on inside. Once we got inside, the girls went and looked for a book for Kennedy while Daddy skimmed a book about Michael Jackson. A short time later the girls returned. Kassidy showed Daddy the cover of a book with a girl that Kassidy thought looks like her. Kennedy chose the book “The War I Finally Won.“ It is a popular sequel to another book that Kennedy had read (“The War that Saved My Life “). Kassidy needed to go to the bathroom, so she went and took her book back, and then she went to the bathroom. Daddy asked a kind girl who works at the information desk if they have the book in paperback (Kennedy had gotten the hardback version). She didn’t think that it was out in a paperback version yet, but when she checked she saw that they have it in paperback. She went to go get it for us. While we waited, Kennedy went and got the previous book that this book was a sequel to (). She showed it to Daddy and he recalled her reading and enjoying it. Kennedy said that she would give the book a 10 or 9 and a half. When the girls returned with the paperback version of Kennedy’s book, Kennedy went and put the other book back while Daddy got in line to pay for Kennedy’s book. By the time the line moved enough for Daddy to get to a register, Kassidy walked up and stood with him. Daddy bought the book and then Kennedy joined us. We all then walked out of the bookstore. On our way out, Kassidy asked about getting the summer preparation book that was on display. Daddy said that we will get it when we return (to get more books). We then walked out to the car and left.

From the bookstore, Daddy went to WinCo near Grammy’s (Ashlan/Peach). We bought some groceries and Daddy let the girls each get a treat (Kennedy: Sour Patch Kids candy, Kassidy: Haribo Starmix gummi candy). He also let then each get a strawberry Moon Pie that they wanted. After getting our groceries, we left and went home.

When we arrived at Daddy’s (around 7 p.m.), Kassidy helped Daddy bring the groceries in. Kennedy helped Daddy unpack the groceries. Kennedy then asked Daddy for the iPad. She took it and went to her bedroom. She then called out and asked Daddy if she could download an app. He said that she could but that he wanted to start deleting apps that they don’t use. Daddy then went to his bedroom and Kassidy followed him and talked with him briefly before going into the living room and relaxing in the big chair. She watched YouTube videos. Daddy sat at his work area in his bedroom.

A little later (7:24 p.m.), we got ready to go out to Mrs. O’Daniel’s so that Kennedy could feed the goats. The girls were in the bathroom together, laughing and joking. :) Kenneyd then went to her bedroom to finish getting ready. Kassidy was in the bathroom singing. Daddy called out to her from his bedroom (sitting at his work area), “Kassidy, is the bathroom broken?” Kassidy innocently replied that it wasn’t and that she was coming out right now. Daddy asked, “Then what is that terrible noise?!” Kassidy stood in the hallway smirking at Daddy. She and Daddy laughed! :) When they were ready, we left (7:32 p.m.). On our way, Kassidy was talking about languages. She had previously asked if English was difficult to learn and Daddy told her that it is. Today, to demonstrate how difficult English can be Daddy asked Kassidy, “What does T. O. W. N. spell?” Kassidy first said “tone” and then corrected herself and said “town.” Daddy then asked, “If you remove the “T”, what does it spell?” She was thrown off before she said “own.” Daddy then asked, “What does T.O.N.E. spell?” Kassidy replied, “Tone.” Daddy then asked, “If you remove the “T”, what does it spell?” The girls eventually said “one” and we chuckled.

As we drove up Mrs. O’Daniel’s dirt road, Kennedy and Kassidy were joking together and Kennedy said to Kassidy, “I’m lighter than you because after Mommy had you she was running out of ink!” We all laughed. At Mrs. O’Daniel’s, Kennedy “loved” on her goat while Daddy changed the water. Kassidy joked and talked with Kennedy. Mrs. O’Daniel was out feeding the other animals and we talked with her briefly. Daddy and Kennedy then weighed out the feed and Kennedy put the feed in the goat feeders. Shortly before we left, one of the boys arrived who has a pig out there. We told Mrs. O’Danile goodnight and then left (around 8:10 p.m.). On the way out of Mrs. O’Daniel’s, as we drove down the dirt road, Daddy commented to the girls, “Oh, they’re getting rid of their garage.” Kennedy laughed and then Kassidy. Daddy was referring to a “Garage for Sale” sign. :) We then went on home.

When we got home (around 8:35 p.m.), Daddy prepared dinner for the girls (Kassidy: Marie Callender’s Salisbury Steak dinner with macaroni and cheese and potatoes, Kennedy: Stouffer’s Fettuccini Alfredo). When dinner was ready, the girls came in and made themselves a flavored water and then sat at the dining table. Kassidy said grace (9:01 p.m.). Kennedy got up and went to the bathroom. Kassidy ate while watching YouTube. When Kennedy returned from the bathroom, she ate while watching a video on the iPad.

After dinner, Kennedy asked Kassidy to choose a movie to watch later. They used the iPad and chose a movie from Netflix (“Monster High - Scaris”). Kassidy then relaxed in her big chair and ate her Haribo gummies while watching YouTube on T.V. Kennedy went to her bedroom and relaxed with the iPad. Daddy worked on his computer in his bedroom.

A little later (10:10 p.m.), Kassidy ran into Daddy’s bedroom where he was working and gave him a hug. She smelled his armpit and said that he smells good. She then left back out to the living room

Later (around 10:25 p.m.), Daddy made the girls some popcorn for their movie (Daddy was going to continue working while they watched the movie). A short time later (10:38 p.m.), Kennedy came in and she and Kassidy each made themselves a bowl of popcorn (with brown sugar and white cheddar seasoning). They then started the movie (with Kassidy in her big chair and Kennedy on the couch). After her popcorn, Kennedy had her Sour Patch Kids while watching the movie.

Later (around 11:45 p.m.) after the movie was over, Kennedy asked Daddy if she could use the iPad (it was charging in Daddy’s bedroom). He said that she could. She took the iPad and went to her bedroom. Kassidy remained in the living room and watched YouTube on the T.V.

After a while (12:23 a.m.), Daddy went and checked on the girls. They both were awake and wanted to stay up a little longer. Kennedy asked for 30 minutes and Daddy said that it was O.K.

A little later (12:58 a.m.), Daddy went to check on the girls. Kassidy was still awake, but Kennedy had fallen asleep in bed with the iPad still playing a video about an iguana. :) Kennedy woke up when Daddy took the iPad from her. Daddy had the girls wash up for bed. After washing up, Kassidy went into the kitchen where Daddy was straightening up, and gave him a hug around his waist from behind. She then went to her bedroom. She and Kennedy got into bed. Daddy then went in and while they were talking he quickly said, “Show me your hearts!” They both sat up with their “heart” fingers. We then finished and Daddy said, “Full on.” He complimented them both for doing “full on” (Kennedy sometimes puts her head above rather than under her hands in the “full on” position :). Daddy then went and gave Kennedy a kiss on the forehead. He walked over and then gave Kassidy a kiss on the forehead. He thanked her for being his daughter. She replied that it was kind of his choice. Daddy chatted with the girls briefly before leaving their bedroom. They talked together for a short while before falling asleep. Sweet and treasured days together!!!

**July 2, 2019 Tuesday**

This morning (around 10 a.m.)

Daddy asked Kennedy for a kiss on the cheek in exchange for the iPad. She gave him a kiss and Daddy gave her the iPad. Daddy commented on Kennedy’s hair being a little messy. She laughingly joked that it’s how her hair looks when she gets out of bed. Daddy jokingly replied, “It looks Prom-ready.” She laughed and said that they would think that she looks homeless or like Chubaca.

Later (around 11:30 a.m.), Kassidy got up and washed up. She joked with Daddy some. She was singing the song “Y’all gone make me lose my mind, up in here, up in here.” Daddy told that that was the first song that the D.J. played and Mommy and Daddy’s wedding. She laughed saying that she though that Daddy meant that the song was played while Mommy and Daddy walked down the aisle. We laughed. Kassidy then went into the dining area. Kennedy was sitting at the dining table getting a bowl of cereal. Kassidy joined her and they ate together. A short time later, Kassidy went into Daddy’s bedroom, where he was working on his computer, and she gave him a hug. She smelled him and said that he must not have gone on his run yet because he doesn’t smell like nickels. Daddy laughed and said that he will probably smell like nickels shortly because he is getting ready to go on his run.

The girls joked together. Kennedy taped Kassidy’s mouth shut and then Kassidy put take on Kennedy’s mouth and nose. Daddy took some pictures of the girls being silly together. Daddy then had the girls take some quiet time and read (around 1 p.m.). Kassidy read in her big chair and Kennedy read in her bedroom. A little later (1:25 p.m.), Kassidy announced that she had “finished another chapter!” She was now on chapter 6 in her Percy Jackson book. Daddy told her that she could take a break but to keep the T.V. down. Kennedy was still reading.

Later (2:12 p.m.), Kennedy came out of her room and announced that she was on chapter 10 in her new book! She then went into the kitchen and warmed up a frozen burrito for lunch. She sat at the dining table and ate while Kassidy watched YouTube on T.V. After Kennedy finished eating, she relaxed on the couch and watched YouTube videos with Kassidy. Kassidy then got up and made herself a Ramen soup (she had an Uncrustable a little earlier). She sat at the dining table and ate while she and Kennedy continued watching YouTube. A little later (around 3 p.m.), Kennedy got into the bath.

After Daddy finished some work that he was doing, he finally went on his run (3:35 p.m.). When he returned from his run (around 4 p.m.), Kennedy was out of the bathtub and sitting at the dining table eating a Ramen soup. Daddy prepared himself some tuna. While he was in the kitchen/dining area, he was acting like he had long hair like he used to do when the girls were small. They chuckled. Kassidy commented about her taste in music and Daddy said that he’s glad that she likes music like he and Papa do. Kennedy said that she’s not that into music. Daddy replied that she’s a lot like Grammy in that Grammy isn’t into music that much. Before taking his food to his bedroom to do some work, Daddy started dancing to the music that Kassidy was playing on YouTube. Kassidy and Kennedy covered their eyes. Kassidy said, “That’s some PG-13 stuff.” Daddy laughed. :) After eating (around 4:15 p.m.), Kennedy got the iPad from Daddy’s bedroom and went into her bedroom to relax. Kassidy sat in the big chair and practiced drawing in her sketchbook while listening to music on YouTube.

Later (5:57 p.m.), Daddy started preparing dinner for the girls (Kassidy: Marie Callender’s Beef Pot Roast dinner, Kennedy: Marie Callender’s Sweet and Sour Chicken dinner). Kassidy drew and joked with Daddy while he was in the kitchen preparing dinner. When dinner was ready the girls sat at the dining tbale. Kennedy said grace (also praying for” everyone we love including Grammy and Papa”, and praying for when she goes out to feed the goats this evening and also praying that she has a good 4th of July). As Daddy walked away from the dining table to finish some work in his bedroom, Kassidy said, “Dad, I love you.” Daddy told her that he loves her too. After the girls finished eating (around 6:45 p.m.), Kennedy relaxed with the iPad in her bedroom. Kassidy drew in the big chair while watching music videos on YouTube.

A little later, we all got dressed to go out to Mrs. O’Daniel’s house so that Kennedy could feed the goats. After getting changed, Kennedy announced to Daddy that she had made the bed. Daddy thanked her. :) We then left (7:30 p.m.) to go out to Mrs. O’Daniel’s

When we arrived, Kassidy pushed in the numbers to open the gate. Once we got out there, one of the sheep girls was out there cleaning the pen area and the boy who is raising a pig was out there. A short time later, Mrs. O’Daniel came over to where we were to feed the other animals and we talked briefly. While Kennedy interacted with her goat, Daddy got the feed for the goats and Kassidy refilled the water bucket (a team effort tonight :). We then left (Tonight was one of our briefest nights out there.) When we left, the gate wouldn’t open for us so Kassidy got out and pushed in the numbers for the gate to open. We then left. As we were turning out of her dirt road onto Bullard, Kassidy asked what would happen if Dad died (while driving). We joked that one would just sit in the dead person’s lap and drive the car. We then joked that one would throw the dead person out and say, “What difference does it make? He doesn’t know what happened!” We all laughed (especially Kennedy)! The girls were joking and being silly together all the way home. (Daddy, over the last couple of days, had complimented them on how close they are and how well they get along! :)

When we got home (8:23 p.m.), Kassidy was being silly and making Daddy laugh about how she fell when she chipped her tooth and didn’t try to break her fall. :) We all changed into our bed clothes. The girls then relaxed in the living room. Kassidy was in the big chair and Kennedy was on the couch. They watched funny YouTube videos together and laughed while eating the leftover Easter chocolate that Grammy had gotten for them. While they enjoyed themselves together, Daddy made them some popcorn for the movie that they were planning to watch. A short time later they decided to do their own thing for a little while before watching the movie. Kassidy watched YouTube in the living room while practicing her drawing, and Kennedy got the iPad from Daddy’s room and went to her bedroom (8:42 p.m.). Kassidy asked Daddy if she could have her “Moon Cake.” She corrected herself to say, “Moon Pie.” She and Daddy laughed. Daddy said that she could.

A little later (around 9:25 p.m.), Daddy served pudding into glasses (with some homemade Graham cracker crust on the bottom and whipped cream on top). He then placed them into the freezer for the girls to have when they watch their movie. Kassidy wanted some pudding but Daddy said that he wanted it to be perfect for her and didn’t let her have any yet. Kassidy went and sprawled on the ground. Daddy walked up behind her as she sat up and said, “Close your eyes and open your mouth!” He then stuffed a large spoonful of pudding in her mouth. She couldn’t keep it all in and some fell on the ground and on her face. She went into the bathroom and looked at herself and said, “I’m blacker than normal!” Daddy and Kassidy laughed! Kassidy then resumed watching YouTube videos and drawing. Daddy returned to his bedroom and did some work (while also watching the first episode of the final season of “Game of Thrones”).

A little later (Around 10 p.m.), Kennedy went into the living room and she and Kassidy watched their movie (“Monster High – Freaky Fusion”). (Kassidy had tried to warm up her Moon Pie but she put it in for 1 minute and it burned. Daddy ended up throwing it away.) The girls both had some of the popcorn that Daddy made for them (they added brown sugar and white cheddar seasoning) while they watched the movie (Kassidy in the big chair and Kennedy on the couch). They also had the pudding that Daddy prepared for them (Kassidy didn’t care much for the Graham cracker bottom that Daddy had added. Daddy loves it). The girls laughed together and had a goodtime watching the movie.:)

When the movie was over (around 11:11 p.m.), Kennedy went and got the iPad from Daddy. It was charging in his bedroom. She then went to her bedroom with it. Kassidy watched YouTube videos in the living room. A short time later, Kassidy went into Daddy’s bedroom. She said, “You’re watching Game of Thrones.” She then leaned down and gave Daddy a hug and a kiss on the cheek. She then shuffled out doing a silly dance. :) Daddy laughed.

A little later (11:48 p.m.), Daddy went and checked on the girls. Kassidy was still drawing while watching YouTube in the living room in her big chair. Daddy went to check on Kennedy in her bedroom and she was falling asleep. He got the iPad from her and had her wash up for bed. She talked Kassidy into going to bed with her. Daddy told Kassidy that we could do our “hearts” together. The girls then went into the bathroom together and washed up. After washing up, the girls went and got into bed. Daddy then went in (12 a.m.) and we did our “hearts” together. The girls both ended “full on.” :) Daddy then did Kassidy’s “Indian” dance and the girls laughed. Daddy then tried to do Kassidy’s “Wobble” dance but the girls told him that he is doing it too slow. He then did it faster and they laughed at him. :) Daddy then told the girls to love each other before leaving their bedroom. They joked and laughed together for a short while before falling asleep. Simply wonderful times!!!

**July 3, 2019 Wednesday**

This morning (around 8:45 a.m.), Kennedy went into Daddy’s bedroom while he was brushing his teeth getting ready for work. She asked if she could have the iPad. He said that she could. She went and got the iPad off of Daddy’s night stand and then told to have a good day at work as she left his bedroom. After Daddy was dressed, he went into the girls’ bedroom. Kennedy was using the iPad and Kassidy was partly awake. Daddy told them that he was leaving to go to work. He asked them if they wanted him to bring anything back for them. (He gave Kennedy a kiss on the forehead and she told him to have a good day at work. He said that he would be back at around noon.) Kassidy jokingly replied, “A Moon Cake.” Daddy corrected her (“Moon Pie”) not realizing that she was joking. Kennedy said that Kassidy was referring to what she said yesterday when she had accidentally called it a “Moon Cake.” Daddy chuckled. He then went and gave Kassidy a kiss on the forehead. Daddy told the girls goodbye and that he loves them as he left their bedroom. They both told Daddy that they love him. Daddy then left (around 9:05 a.m.).

Later (12:10 p.m.), Daddy returned home. Kassidy was relaxing in her big chair watching YouTube videos in the living room. Daddy walked to his bedroom and said “hi” toward Kennedy’s bedroom to let her know that he was home. She didn’t reply so Daddy though that maybe she was using the iPad and didn’t hear him. When he walked into his bedroom she was hiding in his closet and she stepped out and scared him. She then gave Daddy a hug (such a sweet girl! :). Kennedy then went to the bathroom. While she was in the bathroom Daddy called to her and offered that she could choose a recipe for us to cook over the 4th-of-July weekend from either the cookie book that she had gotten Daddy for his birthday 2 years ago or from her Disney Princess cook book that she received for her past birthday. She chose to select something from Daddy’s cookie book. She made herself a Ramen soup and while it was cooling off she looked through the cookie book for something for all of us to make. She found a pizza cookie recipe that she and Kassidy agreed on. After Kennedy finished her soup, she and Kassidy joked and were silly together for a short while. Kennedy then went into Daddy’s bedroom walking in a silly way (with her hands on her hips, kind of like a bird). Daddy chuckled. She then left and said, I’ love you Daddy!” Daddy replied, “I love you too…very much!” Kennedy then announced that she will be reading as she closed her bedroom door (12:47 p.m.). Kassidy drew and watching music videos on YouTube.

A short time later (1:10 p.m.), Daddy went on his run. When he returned he made himself some (steel cut) oatmeal and asked the girls if they wanted some. They said that they did, so he made enough for everyone. (Daddy told Kassidy that he would like for her to have some quiet time and read at 2 p.m. She agreed.) When the oatmeal was ready he served it I bowls and the girls came in to get some. Kennedy came in and announced that she was on chapter 10 in her book but she is now on chapter 30. Daddy and Kassidy were impressed. Daddy added some brown sugar to the girls’ oatmeal and he offered to add cinnamon. Only Kennedy wanted cinnamon so Daddy added a little to hers. The girls then sat at the dining table together and ate (Kassidy sat in “Daddy’s” chair, the one that faces the T.V. The girls watched YouTube while they ate. After eating (around 2 p.m.), Kennedy returned to her room and read. Kassidy turned the T.V. off and went and got her book. She went to the bathroom and then she went into her bedroom and asked Kennedy to get up so that she could make the bed. Kennedy got up and went into the living room and hid around the corner waiting for Kassidy. Daddy was cleaning the kitchen. After about 3 minutes of waiting, Daddy went and looked in the bedroom and Kassidy was on the bed reading. He told Kennedy and she decided to go into the bedroom. She and Kassidy interacted for a short while but Daddy asked Kennedy to let Kassidy read because she has not read today. Kennedy left out and went and got the iPad from Dad (Kassidy and Kennedy both jokingly say, “Hello Father” when they greet Daddy sometimes). She then went into the living room and relaxed on the couch with it. A short time later (2:43 p.m.), she asked Daddy if she could have her Moon Pie and he said that she could. Kennedy then warmed up her Moon Pie (for 10 seconds and then Daddy helped her do it for another 10 seconds). Kennedy was amazed at how the marshmallow raised up like a bubble. She said that the previous Moon Pie that she had (banana) suggested microwaving it but this one didn’t have anything about microwaving it on the wrapper. Daddy had her go give Kassidy a forkful since Kassidy over-microwaved hers last night. She did, and Kassidy frowned initially. She then thought it was O.K.). Kennedy sat at the dining table and enjoyed her microwaved strawberry Moon Pie while watching a video on the iPad.

A short time later (2:52 p.m.), Kassidy came out of her bedroom and said “Done!” to Daddy. She said that she was on chapter 7 and had just read a chapter. She went into the living room and turned on YouTube. Kennedy finished eating and then took the iPad to her bedroom.

Later (around 4 p.m.), Kennedy had a chcolate hazelnut Uncrustable and then went and took a bath. After Kennedy finished her bath, she and Kassidy got changed and joked around for a little bit. Kassidy had a strawberry Uncrustable. Daddy did a little more of his work and then he changed for us to go on a walk through the park. As we were getting ready to leave, Kassidy announced to Daddy that she had made the bed. Kassidy briefly objected, but Daddy said that Kassidy made the bed this morning and Kennedy remade the bed. :) We then left and went on our walk (around 5:35 p.m.).

On our walk, we had fun joking and talking. Daddy found a large branch that he used for a walking stick on part of the walk. A man walking by us (with an Asian lady) as we were nearing our half-way mark (at Nees), commented about Daddy’s stick being from a fruit tree. (Not sure what he meant. :) Daddy chuckled, and Kassidy chuckled a little also. We enjoyed our walk together. Shortly after we crossed Clovis Ave. at Alluvial, Mom called and let Daddy know that she was outside. When we got back, we went inside and the girls each got a bottle of water. Kennedy gave Daddy a hug goodbye and they wished each other a Happy 4th of July. Kassidy went to the bathroom. Daddy walked Kennedy through the garage and told her that he would see her on Friday. Kennedy then walked out to Mom’s car which was parked by the side gate. When Kassidy came out of the bathroom, she and Daddy hugged goodbye. Daddy told her that he would see her on Friday. He then walked her out to the side gate, and Kassidy went to Mom’s car. Daddy then went back inside. Mom was going straight out to take Kennedy to feed the goats. Treasure times together!!!

**July 5, 2019 Friday**

Today (around 6:30 p.m.), Mommy dropped Kassidy and Kennedy off to Daddy at his apartment. The girls entered through the side gate. Kassidy walked up to Daddy first with Kennedy behind her. The girls walked through the garage and on inside. Kassidy was wearing a midriff t-shirt that she said her friend Ai-Lani’s mom had given to her. She was dressed kind of like a middle schooler for the first time. :( (Kassidy had chipped her tooth a little yesterday, 4th of July, but it’s not that bad. She will go in and get it fixed. She said that she doesn’t care if it gets fixed.) We are going to go out to Kennedy’s goat today, but the girls want to relax for a little while before we go. We agreed to leave at 7:30 p.m. Kassidy relaxed in the big chair and drew while watching YouTube. Kennedy took the iPad and relaxed in her bedroom. The girls said that they could eat dinner now, so Daddy started preparing their dinner (Kennedy: Marie Callender’s Sweet and Sour Chicken dinner, Kassidy; Marie Callender’s Slow Roasted beef dinner). When dinner was ready, the girls sat at the dining table and Kassidy said grace. The girls then ate while Kassidy resumed her YouTube video and Kennedy watched a video on the iPad. Kennedy said, “Thanks, Dad!” as he walked to his bedroom to do some work before we had to leave. Daddy replied, “You’re welcome sweet babies!”

After the girls finished easting, Daddy went in and he was pleasantly surprised that Kassidy had shown the initiative to wash her dishes. HE was proud of her and told her that she wil get a big treat. Kennedy was just finishing eating but she hadn’t eaten all of her vegetables (mixed broccoli and carrots). She said that she had eaten most of her broccoli but didn’t like the ends. Daddy then pointed out that she didn’t eat her carrots. She then replied that she doesn’t like “sweaty broccoli!” Kassidy, who was drawing in her big chair, cracked up and though that was so funny. Daddy took Kennedy’s dishes and straightened up the kitchen. A short while later the girls did their hair and put their shoes on and we then left to go out to Mrs. O’Daniel’s to feed the goats (7:38 p.m.).

When we arrived at Mrs. O’Daniel’s, the boy who is raising a pig was leaving (his mom was putting his bike in her SUV; he sometimes rides home on his bike). No one else was out there. Kennedy rubbed her goat to help him get used to her while Daddy weighed out and got the feed. Kassidy refilled the water. We were there fairly briefly as Kennedy is not yet walking/training her goat. From there, we left to head home. On the way out, the gate wouldn’t open so Kassidy got out and punched in the code. We then left. On the way home. Daddy stopped at Walmart (Clovis/Herndon) to get a few items (milk, mayo, water flavoring, chocolate pudding mix, etc.). He let the girls get a treat (Kassidy: Hershey’s Chocolate Nuggets candy, Kennedy: Air Head Bites candy) The girls also chose some cereal (Drumsticks cereal like the ice cream). We then left and went home.

When we arrived home (8:55 p.m.), the girls were silly together for a short while (they showed Daddy some dance-like move from a movie and they laughed). They then took a quick shower together (they went swimming with friend Drayden today and they needed to wash the chlorine out of their hair). After showering (9:20 p.m.), Kassidy relaxed in the living room watching YouTube while eating her chocolate. Kennedy went got the iPad from Daddy (it was charging in his bedroom where he was working). She then went and relaxed in her bedroom. Daddy did some work on his computer in his bedroom.

A short time later (10:05 p.m.), Daddy went and made some chocolate pudding. Kennedy then called out for him. When he went to her bedroom to see what she wanted, she asked if he would make some popcorn for when she and Kassidy watch a movie in a little bit. He did. While he was in the kitchen, Kassidy was watching animations dancing to Russian music. :) Daddy asked if she and Kennedy had picked out a movie. She said that they had. Exasperatedly she said that Kennedy chose another Monster High movie. Daddy asked why she watched chooses those if she doesn’t like them. She said that she really doesn’t care and just goes along with Kennedy. She hesitated and then said, “Also, I kind of enjoy the. I’ve been watching them since I was 7.”

A little later (10:37 p.m.), went into Daddy’s bedroom and hugged his head while he worked. She told Daddy that she wants to make her own Halloween costume this year. He asked her what she would be. She said maybe a YouTube character or something. HE asked, “What about a Babushka?” She said that she’s not Russian but that she is part Irish, American Indian, etc. Kennedy then walked in. Daddy jokingly told her that they may not be any of those things. He jokingly said that they may be 100% Jamaican. We then started joking like we had a wand and pointed it at the person saying, “Ya Black!” We all laughed! The girls then went into the living room. Kennedy got some of the popcorn (she added brown sugar and white cheddar seasoning) that Daddy made. She and Kassidy then watched their movie (“Monster High – Scarier Reef”). Kassidy drew and looked up periodically to watch the movie. She was in the big chair and Kennedy was on the couch. Kennedy also had her Air Heads candy while watching the movie. She shared some with Kassidy (I love their bond! :)

Later (around 11:55 p.m.) when the movie was over, Kennedy got the iPad and went to her bedroom. Kassidy watched YouTube videos while continuing to draw. A short time later, Kassidy went into Daddy’s bedroom and gave him a hug saying, “You have to learn I’m not going to leave you alone.” She then went into their bedroom and told Kennedy to give her a hug before she would leave. Kenney yielded and they hugged. : ) Kassidy then went to the bathroom before returning to the living room to draw and listen to music on YouTube.

Later (1:01 a.m.) Daddy told Kassidy that it was time to go to bed. Daddy then went to check on While the girls washed up, Daddy went into the kitchen to straighten things up. Kassidy came in and gave Daddy a hug goodnight. Daddy then put out bowls and spoons along with the Drumstick cereal for the girls’ breakfast in the morning. Daddy then went into the girls room as they were getting into bed. He then said, “Show me your hearts!” Kassidy quickly sat up first today barely beating a sleepy Kennedy. When then did our “hearts” but Kennedy was too ready for bed to go “full on!” :) While the girls were lying in bed, Kassidy asked for a hug and Kennedy let her hug her. Kassidy then said that she wanted to stay there (lying on Kennedy’s shoulder). Kennedy replied, “We have pillows for a reason.” Kassidy then responded, “But I need you!” Daddy then told them goodnight and left their room. They hardly talked tonight before falling right asleep. Sweet days together!!!! THANKFUL!

**July 6, 2019 Saturday**

This morning (7:48 a.m.), Kassidy woke up and went into Daddy’s bedroom and he woke up. She stood next to his bed and jokingly said that she is going to watch him sleep. She poked his forehead and then returned to her bedroom. A little later (8:39 a.m.), Kennedy got up and went into Daddy’s bedroom and got the iPad for him. Daddy was still resting but he gave her the iPad.

Later (11:30 a.m.), Kennedy was washing up and came out of the bathroom. She saw Daddy sitting at his work area in his bedroom and said hi as she went to go eat breakfast. She sat at the dining table with the iPad and had some of their Drumstick cereal. A short time later (11:47 a.m.), Kassidy got up and went into Daddy’s bedroom where he was working and greeted him. She then went and washed up. Kennedy returned to her bedroom with the iPad. Kassidy then went into the dining area to have some of their Drumstick cereal. She called out to Kennedy and sked if it was good and Kennedy replied, “Kind of.” Kassidy then sat at the dining table and ate. She couldn’t get YouTube to work. After she finished eating, she continued trying but it couldn’t connect. She mentioned it to Dad. Daddy joked with her, “You know what never goes out?” She replied, “What?” Dad said, “Books!” Kassidy and Dad chuckled. He identified that something was wrong with the T.V. apps’ internet connection. He tried using Xfinity’s (non-T.V.) app to get to Netflix and it worked, so Kassidy tried watching something on Netflix. A little after that, the iPad’s batter was running low, so Kennedy took the iPad to Daddy and asked him to charge it. She then said that she was going to read for a while, and she went to her bedroom and closed the door. A short while later, Kassidy checked, and her prized YouTube app was now working so she was able to watch music videos and listen to music while drawing. :)

A short time later, Kassidy went in to where Daddy was working to show him a drawing that she had been working on. (Last night as she was putting things away to go to bed she mentioned that she felt good about her drawing.) Daddy told her that it was very good. It was a one guy pointing at another. The other guy was rolling his eyes with his arms crossed. Kassidy told Daddy that she had to cross her arms and look down to see how crossed arms look. She said that it took her about 2 hours to do the drawing. Daddy told her that she’s very good and that it’s good to get lost in something. She seemed proud of herself. She then returned to the living room to draw some more while listening to music on YouTube. A little after that, Daddy took a break and went on his run (1:50 p.m.). After he returned, he made himself some steel cut oatmeal. As he was walking through the living room to eat his oatmeal in his bedroom, Kassidy said, “I have ideas.” Daddy asked what she was talking about. She replied, “For a YouTube channel.” Daddy told her to just let him know and he will help her do it. She continued, “Some things are missing!” Daddy continued on to his bedroom to eat his oatmeal while watching Netflix on his computer.

This afternoon, we’re going to go by Papa’s so that Daddy can take him some food and briefly help him with something. So, after reading (around 2:30 p.m.), Kennedy went and took a bath. After her bath, she and Kassidy changed clothes. Kassidy announced to Dad that she had made the bed and he thanked her. Kennedy then went into the kitchen and, while Kassidy was in the bathroom finishing getting dresses, she called out to let Kassidy know that she would make her a peanut butter and jelly sandwich. Kassidy said her traditional “whatever,” and Dad told her to respond nicely. When Kennedy finished making Kassidy’s sandwich, Kassidy told her thank you. Kennedy then made herself a Ramen soup. She forgot to put something under it so it boiled over in the microwave. Kassidy kindly went and cleaned up the spill in the microwave for Kennedy. Kennedy thanked her and the girls sat at the dining table and ate together with Kassidy’s YouTube music videos playing. After the girls finished eating, we then left (3:40 p.m.) and went by Papa’s.

On the way to Papa’s, we stopped by El Pollo Loco on to get him something to eat (Wing Lover’s with pinto beans, rice, a flour tortilla, and salsas on the side). When we arrived at Papa’s, Dad helped him change the dressing on a pressure sore. Daddy and Papa the talked for about another 30 minutes or so. Kassidy was drawing at the counter with the T.V. on. Kennedy was playing on the iPad in the bedroom. Before we left, Papa asked to see the girls. They went in and gave Papa a hug goodbye. We then left. We went by WinCo (Peach/Ashlan) on the way home to get some items to make a recipe (Loaded Baked Potato and Chicken Casserole) that Kennedy has been wanting to make that we had made once before and Kennedy loved. However, we didn’t have internet connection for Dad to get the recipe off of the iPad so we just got a few dinners for the girls and a few other grocery items. We then went home.

When we arrived home (around 7:30 p.m.), we took in the groceries. Daddy checked the recipe on the iPad and wrote the items down. Dad then talked to the girls (a little heart to heart) and he cried talking about how much he loves his parents and how he hopes that the girls will feel the same way for their parents. The girls were sitting on the couch. Kennedy got up and gave Daddy a comforting hug (so sweet!). A short while after, Kassidy told Daddy that she wants him to let her hug him rather than leaning away when he’s working. She said that she likes hugs. Daddy said that he would do that. :) After our conversation (which was nice and open, and the girls also shared some of their feelings), we then left (around 8:15 p.m.) and went to Walmart( Clovis/Herndon). We got the items for Kennedy’s recipe. The girls also decided that they wanted Daddy to make some cookies (cookie dough), so we also bought those grocery items. When we returned home (8:59 p.m.), Daddy made this entry. He then started making dinner for the girls (Homemade Teriyaki Chicken with sautéed broccoli and white rice). Kassidy drew in her big chair while watching animation/music videos on YouTube, and Kennedy read in her bedroom while the iPad was charging.

When dinner was ready (around 10:20 p.m.), the girls came in. Kennedy showed Daddy that she had almost finished her book. She said that she would finish it by tomorrow. She and Kassidy then sat at the dining room table. They were impressed with the meal. Kennedy said grace. She then went to the bathroom. When she returned she made herself some chocolate milk (with Hershey’s syrup). Kassidy started eating. She then got up and made herself a cherry Kool Aid-flavored water. The girls ate and enjoyed the meal (Kennedy especially loved the sauce). Kassidy saw that Kennedy had chocolate milk and made herself some.

After the girls finished eating (around 10:50 p.m.), they went and changed into their bed clothes. Kassidy briefly (10-20 seconds) microwaved the strawberry Moon Pie bought for her today. Kennedy got some of the Breyer’s Light Rocky Road ice cream. The girls then watched their movie (“Monster High – Frights, Camera, Action”) in the living room while eating. Kassidy was in the big chair and Kennedy was on the couch. While the girls were watching the movie, about halfway through it, Kennedy said, “I love you Kassidy.” Kassidy replied, “I love you too.” :)

After the movie was over (12:18 a.m.), Kassidy went to the bathroom. As she walked by Dad’s room, where he was doing work, she said, “I love you Dad.” Kennedy then came into Daddy’s bedroom and hugged his head while he worked. She then asked for the iPad. As she took it and walked to her bedroom, she said, “I love you Kassidy, I love you Dad.” She then went into her bedroom. Kassidy returned to the living room and her big chair, and watched YouTube music videos.

Later (12:53 a.m.), Kassidy went to the bathroom. While she was up, Daddy had Kassidy tell Kennedy to brush her teeth because Kennedy fell asleep last night and Daddy had to wake her up to go brush her teeth. Kassidy told Kennedy, who was in their bedroom, and the girls both brushed their teeth for bed. They asked to stay up for another 45 minutes and Daddy said that they could. They then resumed what they were doing (Kassidy watching YouTube while drawing in the living room, and Kennedy playing on the iPad in their bedroom). Daddy was working in his bedroom on material for a class that he will teach at Stanford on Tuesday.

A little later (1:34 a.m.), Daddy went and checked on Kennedy and she had fallen asleep. Daddy then had the girls go to bed. Kennedy got up and the girls both went to the bathroom. They then went and got into bed. Daddy went in and we did our “hearts” together. Daddy then gave Kennedy a kiss on the forehead and then Kassidy. He told the girls that he loves them and to love each other. He then left their bedroom. Kassidy was being silly and singing the Titanic song “My Heart Will Go On,” keeping Kennedy awake. Kennedy got up and went to the bathroom. Kassidy got up and was singing and holding onto the bathroom door. The girls then got back into bed and almost immediately fell asleep. Another treasured day together!!!

**July 7, 2019 Sunday**

This morning (8:52 a.m.), Kennedy went into Daddy’s bedroom and woke him up by saying, Hey!” and hitting him on both legs. Daddy woke up and gave her the iPad. Kennedy then returned to her bedroom. A short time later, Kennedy called out from her bedroom asking Daddy if she could download a game. He said that she could. He asked her to keep her voice down so that she doesn’t wake up Kassidy. Kassidy responded, “She already woke me up.”

After a while (around 10:25 a.m.), the girls were both awake being silly and wrestling with each other because Kassidy was singing a song (”If I die young…”) and Kennedy wanted her to stop . Kennedy got up and washed up in the bathroom. Kassidy kept singing the song, wanting Kennedy to come back in and try to make her stop singing. They were giggling and playing together. Kennedy went into Daddy’s bedroom to give him the iPad to charge. Kassidy came in behind her and they continued being silly together. They walked out of Daddy’s bedroom arm in arm to go eat cereal together. :) They sat at the dining table and ate their Drumstick cereal while watching YouTube together. (Thankful for their bond!)

A little later (around 11:20 a.m.), Kennedy knocked on Daddy’s door (he had closed his door to block out the noise of the T.V.). He said that she could come in. Kennedy asked Daddy if she could make “Ooblek” because she still had some cornstarch left over. He said that she could and asked her not to make a mess. She replied, “I won’t” as she left to go into the kitchen area to make it .

Later (around 12:25 p.m.), Daddy went into the kitchen and straightened up behind Kennedy a little. Kassidy was drawing and watching YouTube music videos that showcased animation. Kennedy came in a short time later and announced, “I finished my book!” Daddy told her good job and that he would get her another book. (Last night Kassidy had asked Daddy about getting the summer activity book for those entering 7th grade. He said that he would the next time he picks them up from Mom when we’re by Barnes and Noble.) Kennedy then asked Daddy if she could use the iPad. He wondered if it was charged enough. Kennedy went and checked and returned with it telling Daddy that it was at 88% , so Daddy let her take it. As Kennedy left the dining area to go to her bedroom with the iPad, she exclaimed, “Oh my gosh, that was such a good book!” :)

A later while later (around 2 p.m.), Kassidy went and made herself a turkey sandwich for lunch. Shortly after that, Daddy took a break to go on his run as Kennedy was in the kitchen making herself a turkey sandwich. Kennedy sat at the dining table and ate as Daddy left and went on his run (2:19 p.m.). hen Daddy returned, Kassidy was watching scary videos on YouTube and Kennedy was in her bedroom. Daddy rested briefly and then went and made himself some tuna for breakfast/lunch (2:44 p.m.). While he was making his sandwich he said to Kassidy, who was watching scary YouTube videos, “Si, I love you.” She replied, “I love you too.” After Daddy finished making his tuna, on the way to his bedroom to eat, he went to Kennedy’s bedroom and said, Koko Poco, I love you.” Kennedy replied, “I love you too.” :)

Daddy asked the girls to get ready so that we could walk to the store to get some eggs yesterday (we were going to make cookie dough last night but we didn’t have any eggs). While Daddy was working, Kennedy had folded and put away all of their clothes that were in their clothes basket. Daddy went in with he rto look. He gave her a big hug and told her that she can get whatever she wants when we go to the store. A short time later, we left (around 5:10 p.m.).

At the store, Daddy got some bread and eggs, he let Kassidy get a large box of chocolate hazelnut Uncrustables, and he also let the girls get a treat (Kennedy: Mini Sweet Tarts candy and a small bag of Riesen’s chocolate candy, Kassidy: a bag of Haribo Snakes). We then walked back home.

When we returned home (around 5:40 p.m.), as we were walking to the side gate, Kassidy told Kennedy, “If you step on my shoe, I’ll step on your face!” Kennedy responded, “Now, how would that look.” Daddy chuckled and we then all went through garage and inside. Once we were inside, the girls sat at the dining table for a short time and played with Kennedy’s Oobleck (homemade slime). Kassidy then got her Percy Jackson book and had some quiet time reading in her big chair. (Daddy earlier had asked Kassidy to read after we come back from the store, and without being told she was responsible enough to do it.) After Kennedy cleaned up her Ooblek, she got the iPad and went to her bedroom.

A little later, After A little later (around 6:30 p.m.), Daddy started making the Loaded Baked Potato and Chicken Casserole that Kennedy has been wanting to make. While Daddy was in the kitchen, Kassidy finished a chapter in her book and announced, “Done.” As she took her book to her room, she said that she was on chapter 8. She said that she would be on chapter 9, but that she didn’t read yesterday.

Daddy cubed the chicken and Kennedy came in and mixed the seasoning ingredients for the casserole. Kassidy and Kennedy then both shared peeling and cutting the potatoes and shredding the cheese. It was just us cooking together with no T.V. or anything on. Daddy then mixed the chicken and potatoes with the seasoning and put the casserole in the oven. While it was cooking, Kennedy went to her bedroom for a short while and Kassidy drew in the big chair. After a short while, Kassidy turned the T.V. on and watched YouTube. A short while later, Kennedy went into the living room and relaxed on the couch and watched YouTube with Kassidy (while the iPad charged). Daddy did a little work (preparing for a Stanford class he will teach on Tuesday) in between stirring the casserole every 20 minutes (for an hour).

When the casserole was ready (around 8:20 p.m.) Daddy let Kassidy crumbled the crispy bacon over the casserole. Kennedy came in and took a small piece of bacon. Daddy told her to get out of there. She responded, “I’m trying to see if it’s bacon… Yep, that’s bacon!” Kassidy then took her own a small piece and said, “Yep, that’s definitely bacon!” We all laughed! :)

After we all finished eating (around 9 p.m.), Daddy started making the cookie dough (Oatmeal Chocolate Chip) while the girls started their movie (“Monster High – Thirteen Wishes“). After the cookie dough was ready. Daddy let the girls each get a large spoonful. He then went to his bedroom to do some work (around 9:30 p.m.)

The girls seemed to have enjoyed the movie, somewhat. When it ended (around 10:20 p.m.), Kassidy went into Daddy’s bedroom and gave him a hug. Kennedy came in behind Kassidy. Kassidy asked her for a hug and they hugged. Kassidy walked out saying, “I love hugs.” Kennedy then asked Daddy, for the iPad, which was charging, and she told Daddy that she loves him as she left and went to her bedroom. Kassidy turned on YouTube videos in the living room. Daddy continued working in his bedroom.

Daddy let the girls stay up because he had to stay up a littler to work. After Daddy finished his work, he had the girls go to bed (1:10 a.m.). Kassidy had already washed up, but she went to the bathroom while Kennedy washed up. The girls then went and got into bed. Daddy went in and we did our “hearts” together with all of us ending “full on!” :) Daddy then went a gave Kennedy a kiss on her forehead. He then walked around to Kassidy’s side of the bed and gave her a kiss on the forehead and told her that he loves her. As Daddy was leaving, Kennedy got up to go to the bathroom and she gave Daddy a hug before going. Daddy then left their room as Kennedy went to the bathroom. After going to the bathroom, Kennedy returned to their room and she and Kassidy talked and interacted for a short while before falling asleep. A nice time and dinner shared together today!!! BLESSED!

**July 8, 2019 Monday**

This morning (around 8:30 a.m.), Daddy went in to leave the iPad for Kennedy. As he was setting the iPad down on her nightstand, Kassidy rolled over and put her arm over Kennedy to snuggle with her. (So sweet!) Daddy took a picture. Daddy then left and went to work.

Later (around 11:45 a.m.), Daddy returned home and checked on the girls. Kennedy said hi from her bedroom as Daddy walked through the living room. Daddy went into the girls’ bedroom. Kassidy was moving but her eyes were closed. Daddy leaned down and told Kennedy that they were going to give Kassidy a kiss on the count of three. Daddy then counted, and he and Kennedy each gave Kassidy a kiss on the cheek (Daddy on her right cheek and Kennedy on her left cheek as Kassidy lay on her back). Daddy then went to change out of his work clothes. Kennedy got up and went to have some cereal for breakfast. Kassidy got up shortly after and joined her at the dining table (around 12 p.m.). The both had a bowl of their Drumstick cereal.

A little later (12:34 p.m.), Daddy went on his run. As he was leaving, Kassidy was still eating at the dining table. Daddy stopped and slapped Kassidy’s hand and then gave her a fist bump. She then showed Daddy one of the handshakes that she does with her friend Ai-Lani. Daddy laughed and then went on his run. After he returned, Kassidy was relaxing in the big chair, watching YouTube videos about animation, with music. Daddy relaxed in his bedroom and worked on his computer. Kennedy took him the iPad to charge. She then went and warmed up some of the casserole from last night. She at the dining table and ate while watching videos with Kassidy. After eating, Kennedy went to her bedroom and read. A little later, Kennedy burst out of her bedroom and went into Daddy’s bedroom telling him that she just finished another book (one of the “Diary of a Wimpy Kid” books). Daddy told her good job, and that he will get her another book. Kennedy then went into the living room and wrestled with Kassidy. They laughed together! :) Kennedy then went to her bedroom and drew on the girls’ whiteboard for a while. A short time later (around 3:30 p.m.), Daddy went into the kitchen to get some cookie dough. He asked Kassidy when she would like to take some quiet time (she was still in her big chair watching YouTube). She said in “30 minutes.” Daddy then returned to his bedroom to work.

A little later, Kennedy got up and went to the bathroom. When she came out, her hair was styled wildly on top of her head. Kassidy said that she looks like the singer The Weeknd. Kassidy and Kennedy laughed. Daddy took some pictures of Kennedy with her hairstyle. Kennedy then got the iPad from Daddy and went to her bedroom. Daddy went into the kitchen and got a large spoonful of cookie dough. He took it off of the spoon and walked over to Kassidy, who was in her big chair, and told her to “close your eyes and open your mouth!” Kassidy did, and Daddy put a big pule of cookie dough in her mouth. She enjoyed it. Daddy then went into the girls’ bedroom and did the same to Kennedy. Kennedy replied, “You almost made me choke!” But she also enjoyed the cookie dough. Daddy then returned to his bedroom to work.

A little later (around 4 p.m.), Kassidy took some quiet time to read. She read in the living room in he rbig chair until she finished another chapter (she’s now on chapter 9). After reading (around 4:50 p.m.), she turned on YouTube. Kennedy was still in her bedroom using the iPad. A little later (sround 5:25 p.m), Daddy reminded Kassidy that it is her “month day” (the 8th of the month for Kassidy). He said that we didn’t get to do anything special. Kassidy was content watching YouTube.

Later (around 6:30 p.m.), Daddy started preparing dinner for the girls (Kassidy: Stouffer’s Meatloaf with mashed potatoes dinner and Daddy made her some frozen corn that she wanted, Kennedy: Marie Callender’s Fetticcini Alfredo dinner). When dinner was ready, the girls came and sat at the dining table. Kennedy said grace (adding to “bless everyone we love, and bless me to have a good time at the farm” :). The girls then ate. After the girls finished eating, we left (7:35 p.m.)for Kenendy to go our to Mrs. O’Daniel’s farm to work with her goat.

When we arrived at Mrs. O’Daniel’s, she was out by the animals and we all spoke. While Kennedy was interacting with her goat, Daddy got the feed (but Kenendy didn’t give it to the goats right away) and Kassidy refilled the water. Kennedy asked Mrs. O’Daniel if she could start walking her goat and Mrs. O’Daniel said that she could, so Kennedy took her goat walking for the first time. She took him out to the field and let him run abck but he didn’t really run back as much as he ran away from Kennedy and Kassidy but not back through the gate. He stayed out in the field. Kassidy helped Kennedy get him to run back through te gates back toward his pen. Daddy then helped Kennedy catch him and Kenendy walked him back out agaain had him run back. She then put him away and nfed the goats and we gave them their water. We then left.

On the way home, Daddy stopped and got gas at at the Von’s gas station (near Herndon/Fowler). We then went home. Kennedy played on the iPad in her bedroom and Kasssidy watxhed YouTube in the living Room in the big chair while Daddy packed to go to the Bay Area tonight to teach at Stanford tomorrow morning. We then left (8:44 p.m.) and Daddy took the girls to Mommy at her apartment. On the way, Kassidy saw an ARCO gas station and said “ARCO” as we passed by. Daddy replied “Polo” and the girls laughed.

Daddy called Mom as we arrived and she came out to the gate. Daddy parked across the street from Mom’s gate. Kassidy told Daddy bye and gave hima kiss on his rightb cheek from the back seat. Kenendy leaned up and also gave him a kiss goodbye, but on his left cheek.The girls got out amd met Mom at the gate. As Kassidy was crossing the street, “ARCO” and Kassidy replied, “Polo.” She explained to Mom what that meant and Mom laughed. Once the girls were with Mom, Daddy then left (around 9:57 p.m.) on his way to the Bay Area. Fun times with my girls!!!

**July 15, 2019 Monday**

Today (4:50 p.m.), Daddy picked the girls up from Mommy at her apartment (Daddy arrived at 4:29 p.m. and let Mommy know that he had arrived early and was outside. The girls got their things together and then went out to Daddy.) As we were leaving, Kassidy asked to go by Barnes and Noble to get a summer study book (for a 6th going into 7th grader). Daddy then took the girls to Barnes and Noble. Kassidy got her book, but Kennedy commented that Kassidy hasn’t even read the books that Daddy had already gotten her. Daddy reconsidered and told Kassidy that he would like for her to read over the next couple of days and then he will get the book for her next time when he picks the girls up from Mommy. She had a good attitude and agreed. Kennedy went and picked out a book (she had finished every book that Daddy has gotten for her.) Kennedy chose the book “The Last Kids on Earth and the Cosmic Beyond.” Daddy went up to the register and purchased the book while the girls continued looking at books. After Daddy purchased the book, he went and got the girls and we left. As we were walking out, Kassidy asked if we had purchased the book (Kennedy had it in her hand and was walking out with it). Dadd jokingly said that we were just going to leave without paying. Kassidy looked at Daddy and Kennedy. Daddy then told her that he had already paid for it and he pointed to the receipt sticking out of the book. We then left. From the bookstore, we went home.

When we arrived at Daddy’s (around 5:30 p.m.), Kassidy got an Uncrustable and relaxed in the big chair and turned on YouTube videos. Kennedy went to her bedroom and relaxed with the iPad. A short time later, Kassidy made herself a flavored water and returned to watching YouTube videos in her chair. A little later we got ready to leave to go out to Kennedy’s goat activity. Kennedy got an Uncrustable and we left (6:25 p.m.). On the way, Daddy had some Goldfish Extra Cheddar snacks that he shared with the girls.

When we arrived at Mrs. O’Daniel’s (6:41 p.m.), Trinity’s parents were putting her goat into their vehicle. Micah and his mom were there with Mrs. O’Daniel, finishing up registering his goat for the fair. Kennedy and Kassidy walked her goat and had it run while Daddy signed papers with Mrs. O’Daniel for Kennedy’s goat entry into the fair in October. Daddy then went over to the girls as they were finishing exercising Kennedy’s goat. Kennedy measured out feed for her goat while Daddy cleaned out the water bucket. Kennedy then gave the goats some hay. We talked some to Mrs. O’Daniel as she fed her animals. (The boy who is raising a pig was also out there.) We then left.

When we got home (8 p.m.), Daddy made dinner for the girls (Kassidy: Marie Callender’s Meat Loaf dinner, Kennedy: Marie Callender’s Chicken Pot Pie). Kassidy drew in the big chair while watching a guy’s YouTube channel where he showcases individual’s drawing animated to music. Kennedy went to her bedroom and used the iPad. When dinner was ready (8:31 p.m.), the girls sat at the dining table. Kassidy said grace, and the girls ate while watching what Kassidy had on YouTube (individual’s animations put to music). Kennedy asked Kassidy about watching a movie and Kassidy suggested a Marvel movie. Kennedy said that she didn’t want to. Daddy told Kennedy to let Kassidy choose because Kassidy let Kennedy choose all of last week. Kennedy said that Kassidy agreed to watch those movies. Daddy then said, “You guys work it out.” Kassidy then got down on the ground and started doing pushups. Daddy wondered what she was doing and she said, “You said to work it out!” Daddy grinned and said that if he had done that (they would have thought it was silly). After eating, Kassidy got her left-over Hershey’s Nuggets chocolates and relaxed in the big chair while watching YouTube. Kennedy finished eating and went to her bedroom with the iPad. Daddy then left to go on his run (8:50 p.m.). After Daddy returned form his run, Kassidy was drawing in the big chair and watching animation videos to music. Kennedy was in her bedroom with the iPad.

Later (10:33 p.m.), the girls watched a movie together in the living room (Kassidy in the big chair and Kennedy on the couch). Daddy had made the girls some popcorn and Kennedy had some while watching the movie (Monster High – Haunted). The girls also enjoyed the candy that they hadn’t eaten from last time that we went to the store (Kassidy: Gummi Snakes, Kennedy: Riesen candy and chewy Life Savers). During the movie, Kassidy went into Daddy’s bedroom where he was working (preparing a talk on AI that he will give at Stanford on Friday), and she asked him to “close your eyes and open your mouth!” Daddy did, and she put an orange gummi snake into his mouth. (She said that she was looking for a yellow one, but she couldn’t find it.) It was pretty good. Kassidy then returned to watching the movie with Kennedy.

After the movie ended (11:47 p.m.), Kassidy remained in the living room and watched YouTube while Kennedy went to her bedroom and played on the iPad. Daddy let the girls stay up a little while longer to enjoy some personal time. A little while later (12:19 a.m.), Daddy had the girls brush their teeth and get ready for bed. Kennedy washed up and returned to her room. As Kassidy was putting her sketch book away to go wash up, she said, “I love drawing! I’ve been making books since I was three!” :) She then went to wash up for bed.

After the girls were in bed, Kassidy called out and said, “We’re settled.” Daddy then went in to do our bedtime routine and the girls were acting like they were asleep. Daddy initially thought that they had fallen asleep, but then Kassidy smiled followed by Kennedy. Daddy said that he thought that they were really sleeping. Kassidy commented that that’s why she’s in acting. Daddy then said, “Show me your hearts!” and the girls sat up with their “heart” fingers. They were anticipating what Daddy would say next and were flinching, trying to be the first to move. We then did our “hearts” together and Daddy told them goodnight and then left their room. They joked and interacted together for a short while before falling asleep. Daddy later returned and turned on the girls’ night light and turned off their bedroom light. Another wonderful day together!!! SO BLESSED!!

**July 16, 2019 Tuesday**

This morning (around 9:30 a.m.), the girls came into Daddy’s bedroom. Kennedy entered first and tried to hide from her in Daddy’s closet. Kassidy came in and Kennedy stepped out of the open closet. Daddy handed Kennedy the iPad and the girls returned to their bedroom. Kennedy played on the iPad and Kassidy tried to go back to sleep.

A little later, when Daddy was dressed to go to work, he went into the girls’ room to give them each a kiss goodbye. He leaned down to Kennedy but couldn’t reach and asked her to lift up her forehead to his mouth. She did. Kassidy. Whose eyes had been closed, looked up and saw Daddy. Daddy then went around to give Kassidy a kiss and he asked her to lift up her forehead. She quickly did, and almost hit Daddy in the mouth with her forehead. She said, “You didn’t say with how much force!” She and Daddy chuckled. Daddy then left to go to work.

Later (around 1:25 p.m.), Daddy returned home to check on the girls. As he was parking in the garage, Kassidy opened the door leading to the garage and announced, “Kennedy is trying to hide from you!” Daddy then went inside (Kassidy had her YouTube videos playing). As he entered his bedroom, Kennedy was hiding in his open closet. She said, “Boo!” as he walked in. She and Daddy then hugged. Shortly after that, Kassidy told Daddy that she finished the drawing (that she started last night) of herself as a character. Daddy asked to see it. He walked over to the big chair, across which Kassidy was reclining. She showed Daddy her drawing and he saw several of her other drawings. Daddy told Kassidy that she is very good and that she may soon get paid for drawing. Kassidy had just warmed up a Ramen soup. She went and got her soup as Daddy left to change out of his work clothes and into his running clothes. Kennedy sat at the dining table and played on the iPad. She warmed up a Ramen soup and ate at the dining table.

A little later (2:02 p.m.), Daddy went on his run. When he returned, Kassidy was in her big chair watching a cartoon, and Kennedy was in the bathroom. Daddy put some fries into the oven for the girls and made himself some lunch (baked potatoes with bacon bits). He then went to his bedroom to relax and eat. After eating (3 p.m.), Daddy took the fries out of the oven. Kassidy started her “quiet time” reading. She said that she didn’t want any fries. Kennedy came in from her bedroom and got some fries. She put some ketchup on her fries and then sat at the dining table and ate while watching a video on the iPad. Kassidy wanted her to keep the volume down (Kassidy was in the big chair in the living room reading) and she did. Daddy went to his bedroom and did some work on his computer. After eating, Kennedy went to her bedroom and also had some quiet time and read (she said that she had read 3 or 4 chapters earlier) . Kassidy got tired while reading. Daddy went in and she was relaxing with her eyes closed. She said that she has nine more pages to read to finish the chapter. Daddy told her to rest for a while and to finish a little later. She rested on her side with her head on the ottoman and the book near her chest. A short time later, Kassidy woke up to finish reading the chapter in her (Percy Jackson) book. After she finished reading (3:30 p.m.), she relaxed in her big chair and watched YouTube while she practiced drawing. Kennedy continued reading in her bedroom. (Kassidy later had a chocolate hazelnut Uncrustable and some of the left-over fries from what Daddy made earlier.) After Kennedy finished her reading (around 5:05 p.m.), she took a bath.

Later (around 6 p.m.), Kassidy got up and got dressed. We were considering walking to Walmart to get some groceries but decided to just drive to the store on our way out to Kennedy’s goat activity. Kassidy practiced drawing while she watched YouTube videos. Kennedy resumed reading in her bedroom after she took her bath. (Daddy had the girls add items that they wanted from the store to a shopping list.) A little later (7:02 p.m.), we left and went to Kennedy’s goat activity.

When we arrived, the boy raising a pig and his mother were out there. Kennedy just loved on her goat today while Daddy got the feed and Kassidy refilled the water. We were there for a relatively short time this evening. From there, we went by Walmart (Clovis/Herndon) to get some groceries.

As we were on our way to the grocery store (on Herndon), Kassidy and Kennedy were wrestling a little in the back seat when Kassidy joked that Kennedy has crusty elbows. Kassidy then said, “That’s why they made Uncrustables.” We all laughed. At the store, we got several groceries and then left and went home. As we were entering the complex, Kassidy was joking about eating poop. Kennedy replied, “It’s actually pretty good, but a little stringy.” Kassidy then sang, “Stringy the Pooh, Stringy the Pooh.” We all laughed! :)

After we arrived home (8:30 p.m.), we brought the groceries in and Daddy then started making dinner for the girls (Kassidy: Stouffer’s Spaghetti and Meatballs dinner, Kennedy: Marie Callender’s Fettuccini Alfredo with Chicken and Broccoli). It then occurred to Daddy that we had forgotten to get milk, which is the main reason we were going to walk to the store earlier. Kassidy showed Daddy where she had written it on the shopping list. Daddy overlooked it. We chuckled. While Daddy was preparing dinner, Kassidy drew in the big chair with the mechanical pencils that Daddy just bought for her at Walmart. Kennedy read in her bedroom and came out a short time later announcing that she just finished another book. When dinner was ready, the girls came in and made themselves a (Kook-Aid) flavored water (Kennedy added flavoring to a carbonated water that Daddy had for his classes). The girls Ate at the dining table and Kennedy said grace (also asking that God bless everyone we love and that we have a good rest of today and tomorrow). The girls then ate. While eating, Kassidy had her animation drawings video on (with some Russian music) and Kennedy watched videos on the iPad. After the girls finished eating, Kassidy relaxed in her big chair and drew with YouTube on. Kennedy went to her bedroom with the iPad.

Later (around 10 p.m.), Kennedy called out from her bedroom to Daddy who was working in his bedroom. She asked Daddy if he would make some popcorn (for the movie that they were going to watch a little later) or if they should eat what was left over from yesterday. She asked Kassidy, who was drawing in her big chair in the living room, and Kassidy requested that Daddy make new popcorn, so Daddy made fresh popcorn for the girls. A short time later (10:35 p.m.), Kennedy came out and the girls made themselves a bowl of popcorn (with white cheddar seasoning and peanut M&Ms) and then watched a movie (“Welcome to Monster High”) together. They watched a little of the movie and decided that they didn’t like this one. Kassidy put on a different Monster High movie. Kennedy didn’t like that one either but Kassidy kept it on for a little while. Eventually, they agreed to put on a different movie (). Kassidy went in to where Daddy was working in his bedroom and gave him a hug from and licked his forehead. She then licked his ear as she left to return to the living room and watch the movie with Kennedy (around 11:25 p.m.).

Later (around 12:30 a.m.), the girls stopped watching their movie because Kennedy was falling asleep. Kennedy got up and went to their bedroom and used the iPad. Kassidy watched YouTube animation videos in her big chair while she practiced drawing. Daddy went and cleaned up the kitchen. A short time later (12:55 a.m.), Daddy had the girls wash up for bed. Kennedy had fallen asleep in bed. Kassidy woke her up and had her get up and brush her teeth. After washing up, the girls got into bed. Daddy went in and we did our “hearts” together. Daddy gave Kennedy, and then Kassidy, a kiss goodnight on the forehead. He told them that he loves them as he left their bedroom. They laughed and talked together for a little while before falling asleep. Daddy later went in and turned their night light on and their bedroom light off. Sweet days together!!!

**July 17, 2019 Wednesday**

This morning (10:15 a.m.), Daddy looked in on the girls and they were both in bed with their eyes closed. Kennedy was moving a little. Daddy then left to go to Walmart to get some milk for the girls to have for breakfast. He also purchased a pair of earbuds for the girls. Daddy then returned home.

A little later (around 11 a.m.), Kennedy got up and went into Daddy’s bedroom to get the iPad. Daddy told her that he needed it for a short while for some work that he was doing. Daddy told Kennedy that she could have cereal. She replied that we forgot to get milk yesterday. Daddy acted surprised that we had forgotten to get milk. Kennedy looked in the refrigerator and exclaimed “Dad!” when she saw that he had tricked her. Kassidy got up about 10 minutes later. Daddy tried to trick her also, but she said that she heard him leave to go to the store. The girls sat at the dining table and ate cereal together. The girls also joked, wrestled and laughed a lot together this morning. :) (Daddy was doing some work for a class that he has to teach at Fresno State tomorrow and he needed to use the iPad, so Kennedy and Kassidy entertained themselves.) After Daddy finished using the iPad (around 12:40 p.m.), he let Kennedy have it. Kennedy took it to her bedroom. Kassidy watched YouTube animations to music in the big chair while practicing drawing. Daddy then went on his run. When Daddy returned (around 1:15 p.m.), he made himself some steel cut oatmeal and ate in his bedroom (while watching some of the Netflix documentary “Amy”).

Later (around 3 p.m.), Kennedy asked Daddy if she could download an app onto the iPad. He said that she could. A little later she excitedly went into Daddy’s bedroom where he was working and showed him that she was creating a character in an animation app. She said that she was so excited that she had to show Daddy right now even though she wasn’t finished creating her character. She showed Kassidy and then returned to her bedroom and created with the app.

A little later (around 3:15 p.m.), Kassidy went into Daddy’s bedroom and showed him a drawing that she had just completed. She told him that she would like to do animation and have her own YouTube channel doing it. Daddy said that he thinks that’s great and that he will support her. She said that she would commit to learning the software for animation. Daddy said that he is proud that she has found her passion.

A little while later (around 3:45 p.m.), Daddy asked the girls if they were hungry and he offered to make them something. They both wanted a peanut butter and jelly sandwich so he made them each one and took it to them (Kennedy in her bedroom, Kassidy in her big chair drawing). Kennedy spent the whole afternoon creating characters on the app (herself, Kassidy, Daddy, Mommy, and some of her friends) and Kassidy spent most of the afternoon drawing.

Later (around 6:50 p.m.), Daddy started preparing dinner for the girls (Kassidy: Marie Callender’s Meat Loaf dinner, Kennedy: Marie Callender’s Chicken Pot Pie). Kassidy went and changed and Kennedy took a quick shower. The girls then came in and made themselves a flavored water (7:18 p.m.). They then sat at the dining table and Kassidy said grace. The girls then ate together. After they finished eating we left and went out to Mrs. O’Daniel’s for Kennedy’s goat activity (7:40 p.m.).

Shortly after we arrived at Mrs. O’Daniel’s, the boy raising the pig and his mom arrived. Kennedy rubbed and interacted with her goat while Kassidy refilled the water. Daddy remained in the car for a short while to leave a message to someone for his teaching. He then went out and got the feed. Kennedy fed the goats, rubbed her goat a little more, and then we left.

When we got back home (8:25 p.m.), Kennedy sat on Daddy’s bed, while he worked on his computer, and downloaded an animation app that she was looking forward to using (KineMaster). Kassidy relaxed in the living room while we waited for Mom to arrive to pick the girls up. When Mom arrived (around 8:50 p.m.), Daddy hugged Kassidy and then Kennedy goodbye. He then walked the girls out through the garage and they went to Mom’s car (Mom was parked by the side gate near Daddy’s garage). Dad and Mom spoke briefly. Daddy then went back inside, and the girls left with Mom. (Daddy won’t pick the girls up again until Monday because he has to teach at Stanford on Friday and in Fremont on Saturday. Also, Kassidy has her club volleyball swim party on Sunday and Mom will take her. The team will get their championship t-shirts! :) I miss my babies already! Sweet days together!!!

**July 29, 2019 Monday**

Today (around 3:10 p.m.), the girls and Mom were returning from L.A. and Mom dropped the girls off to Dad at his apartment. The girls walked in through the side gate. Dad was walking out through the garage. He met the girls at the garage and gave Kassidy and then Kennedy a hug. The girls then went inside. When they entered, Kennedy commented that it smelled clean. Daddy had recently bought some air fragrances that plug into the outlet. Daddy had bought some Yasso frozen yogurt bars and he offered some to the girls (Daddy used to always buy the Cookie Dough ones when we lived at Papa’s). Kassidy got Coffee Chip flavor and Kennedy got Cookie Dough flavor. The girls then relaxed. Kennedy got the iPad from Daddy’s bedroom and went to her room and relaxed. Kassidy talked to Dad for a while in the kitchen (sitting on the counter as she often does). She then went to her big chair and watched YouTube videos. Daddy went to his bedroom and worked on his computer.

A short time later, Daddy mentioned to the girls that Kassidy’s friend Ai-lani’s dad had asked Daddy about the girls going over today. Ai-lani’s dad also mentioned that Ai-lani was going to be at the skating rink a little later (United Skates, formerly Roller Town when Daddy was a kid) so the girls decided to meet and spend time with her (and her sister Ariah) skating. We decided to go skating before needing to go out for Kennedy to train her goat. After a little while, the girls got changed.

A little later (5:37 p.m.), we left and Daddy took the girls to United Skates. We arrived just before 6 p.m. The line was a little long but we arrived before Ai-lani and her family. When we got inside (around 6:10 p.m.), Daddy went and got a table while the girls got some skates. Kassidy got some in-line skates and Kennedy got roller skates. Kassidy waited for Kennedy who was a little hesitant to skate but the girls eventually went to skate. Kennedy skated only briefly and never went around the whole rink. She returned and sat with Daddy at the table. She said that she was scared to fall. A short time later, Ai-Lani, her sister Ariah, her dad Robert and her oldest brother arrived. Daddy got Kassidy’s attention on the rink and let her know that Ai-lani had arrived (she had been skating with another girl that she knew from when she attended Ai-lani’s church). Ariah wasn’t skating so she sat with Kennedy and they played on the iPad together while Kassidy and Ai-lani skated and hung together. Kennedy apologized to Daddy for him spending the money and her not skating. She said that she started skating but then realized that she hadn’t skated in about 4 years. She said that it’s different when you fall and you’re smaller because you don’t have as far to fall as she would now. :) Shortly before we needed to leave, Kassidy, Ai-lani and her dad sat at the table with Daddy, Kennedy and Ariah. We laughed and joked. Daddy mentioned that we needed to go out to train Kennedy’s goat. Ai-lani’s dad told us about how he’s eaten goat, deer and alligator. A short time later (around 7:45 p.m.), we left and went out to Mrs. O’Daniel’s so that Kennedy could work with her goat.

On the way to Mrs. O’Daniel’s, Kassidy was being silly and singing loudly. Kennedy jokingly said to her, “I don’t like the music that you listen to, you sometimes sing off key and you often get the lyrics wrong, so bite me!” Daddy chuckled.

When we got to Mrs. O’Daniel’s (around 8:10 p.m.), the pig boy was out there (with his mom and a younger child). The sun was setting but it wasn’t dark and it was a lot cooler. (It has been in the 100s lately.) After getting out of the car, we saw Mrs. O’Daniel out front with a different breed of goat helping another girl. Daddy waved as we headed in to where the goats were. Daddy cleaned out the water bucket and Kassidy refilled the water while Kennedy interacted with her goat. Daddy also got the feed for the goats. Kennedy then walked her goat around, outside of the pen around the ring area, trying to get him used to being led. She does a good job. She then put him away and fed the goats. We then left.

When we got home (8:59 p.m.), Daddy made dinner for the girls (Kassidy: Stouffer’s Lasagna with Meat and Sauce, Kennedy: Marie Callender’s Steak and Roasted Potatoes). When dinner was ready, the girls came in and made themselves a flavored water (Kassidy made grape and Kennedy made iced tea). They then sat at the dining table and Kassidy said grace. The girls then ate. Kassidy watched animation to music videos on YouTube on the T.V. and Kennedy watched videos on the iPad. After the girls finished eating, they each relaxed on their own for a short while (Kassidy had a Coffee Chocolate Chip Yasso bar and watched YouTube in the big chair while drawing, and Kennedy used the iPad in her bedroom).

Later (around 10:25 p.m.), the girls watched a movie together. Kassidy was in the big chair and Kenney was on the couch. As they were getting ready to select the movie, Daddy noticed that the ottoman was slightly leaning. He discovered that the girls had broken one of its legs previously but failed to tell Daddy. Daddy told the girls to let him know when something gets broken. The girls apologized. They then selected their movie (“Monster High: Skull Shores”) and watched it together. During the movie, Kassidy had the rest of the Dreyer’s Rocky Road the had been in the freezer and Kennedy had some of the Blue Bunny Cherry Cheese Cake ice cream that we had. Kassidy also had a Cookie Dough Yasso bar. During the movie, Kassidy went and stood in the hallway and was being silly with the ice cream bar stick in her moth telling Daddy that she had another tooth. (Daddy wa in his bedroom working on his computer.) She then said, “You created me. Well, technically God created me, but you had something to do with it.” :) She then went and threw the stick away and then returned to watching the movie with Kennedy.

After their movie ended (around 11:20 p.m.), Kennedy went into Daddy’s room and put her head on top of his and startled him. Daddy was dozing off watching Los Angeles Charger interviews on his computer with earbuds in. Daddy gave Kennedy a kiss on the cheek and asked the girls if they were ready to go to bed. They asked for 30 more minutes. He said that bedtime would be at 11:55 p.m. and they agreed. Kennedy went to her bedroom and used the iPad and Kassidy watched videos on YouTube in the big chair while drawing.

A little later (11:55 p.m.), Daddy sked the girls to wash up for bed. Kassidy said that her video ends in 1 minute so Daddy let her finish it. Daddy went and checked on Kennedy and saw that she had fallen asleep in bed with the iPad. Daddy woke her up and had her wash up for bed. After she and Kassidy brushed their teeth and washed up, they went to their bedroom. Daddy went in and quietly (because Kennedy was still sleepy) said, “Show me your hearts.” The girls sat up and we did our “hearts” together, but the girls didn’t finish with a good full on so Daddy did it again. He said, “Show me your hearts!” and we did our “hearts” routine together. Daddy then went over and gave Kassidy a kiss on her forehead. He then walked around and gave Kennedy a kiss on her “chocolate chip.” Daddy told the girls goodnight and that he loves them, and he told them to “love each other” as he left their bedroom. The girls fell asleep pretty quickly. Daddy later returned and turned on their night light and turned off their bedroom light. Sweet sweet days together!!!

**July 30, 2019 Tuesday**

This morning (around 6:30 a.m.) Daddy had gotten up to get dressed and run an errand. Shortly after Daddy woke up, Kassidy came in. She had gotten up early. Daddy gave her the iPad to use. Kassidy then went to the bathroom. Shortly after that, Kennedy got up and went into Daddy’s bedroom. She asked for the iPad but Daddy told her that he had already given it to Kassidy. Kennedy then walked to the cracked bathroom door and said to Kassidy, “Now what am I supposed to do?” The girls got back in to bed and Kassidy played on the iPad while Kennedy fell back asleep. Once Daddy was dressed, he went in and gave Kassidy a kiss on the forehead goodbye. He then went over to give Kennedy a kiss good bye. As he was kissing her “chocolate chip” she was startled awake. Daddy then told the girls goodbye and left.

Later (around 1:40 p.m.), Daddy returned. Kassidy was in the big chair drawing while watching YouTube on T.V. She told Daddy that she had read while he was gone. She said that she had read a chapter (although she frequently dozed off while reading). Daddy told her to look out the window. A big bus and several people from the T.V. show “Extreme Home makeovers” were shooting an episode in our complex. Daddy had Kassidy then go and look out of our garage and she could see the cameras and people mingling around. Daddy then went to check on Kennedy. Her bedroom door was shut so Daddy knocked. When she said ”come in” Daddy went in and Kennedy was watching videos on the iPad with her earbuds. She told Daddy that she had read 2 chapters while he was gone. Daddy had her look out the front window and then the garage to see the people shooting the makeover show. Kennedy sheepishly looked out the garage and then came back inside and returned to her bedroom.

A short time later, Daddy then went and made the girls a snack. He asked Kassidy, “What’s 12 time 12?” Kassidy answered “144.” Daddy then gave her a plate of cheddar cheese and turkey lunch meat that the girls like. Daddy then went to Kennedy and asked her, “What is 9 times 9?” Kennedy answered “81.” Daddy gave her a plate of cheddar cheese and turkey. She thanked Daddy. Daddy then went and changed to go running. He first did a little work on his computer in his bedroom. He then went on his run (2:30 p.m.).

When Daddy returned from his run, he had a business call (through Xoom on his computer) regarding his teaching at Stanford. (Before going to his call, he was in the kitchen getting a little peanut butter. Kassidy stood in front of the refrigerator and jumped backwards, without looking or using her hands, and sat on the counter. It was funny. Daddy laughed and said that she should post that on YouTube and make it a meme. :) It was) After his call (around 4:10 p.m.), he then went and made himself some oatmeal. He ate his oatmeal while watching something on Netflix on his computer. After Daddy ate a bowl of oatmeal, he went to get the oatmeal that was remaining in the pot. He noticed that he accidentally had set the hot pot on the counter without anything under it. He was concerned that the counter might have burned. He felt the counter and it was room temperature if not cooler. He felt the bottom of the pot and it was still very warm. Daddy was so amazed that he called Kassidy into the kitchen. He had her touch the counter and then the bottom of the pot. That was strange. Daddy then offered if Kassidy wanted any oatmeal and she said that she did. Daddy looked at her with a surprised, disappointed look. She said, “Why did you offer it to me then?” Daddy then replied, “You know that I love you if I give you the last of my oatmeal.” Kassidy then took the oatmeal to her big chair and ate it while watching (scary) music videos on YouTube.

A short time later, Kennedy ran into Daddy’s bedroom to give him a hug and she accidentally knocked over his bottle of water, but it had a cap on it. Daddy said, “Thanks.” Daddy and Kennedy laughed! :) A little after that, Kennedy went and took a bath (around 5:10 p.m.) Daddy asked the girls if they wanted to walk to the store to the some a little later to get some things. They both agreed that they would.

A little later (around 6:30 p.m.), Daddy and the girls walked to Walmart (Clovis/Herndon). As we were approaching the store, Kassidy asked Daddy if he brought a bag to take the groceries home in. Daddy had forgotten and joked with Kassidy that it was her job to remind him. At the store, Daddy bought some milk, bread, Uncrustables, Coco Puffs cereal and a few other items. Daddy also let the girls each get a treat (Kassidy: Haribo Cherries gummi candy, Kennedy: Werther’s Original Chewy Caramels). We then walked back home. We joked and laughed about how ghetto we must look to be carrying a gallon of milk and loaf of bread walking down the street. :) Daddy asked the girls which looks more ghetto: walking down the street holding a gallon of milk or pushing a T.V. down the street (like we did when we first moved in)? Kennedy emphatically said the T.V. is worse! :)

When we got home we relaxed briefly (15 minutes or so). We then left (around 7:20 p.m.) and went to Tractor Supply to get a longer chain for Kennedy’s goat before going out to Mrs, O’Daniel’s for Kennedy to work with her goat. At Mrs. O’Daniel’s (8:04 p.m.), we were the only ones out there. We briefly saw Mrs. O’Daniel watering the grass. Kassidy refilled the water while Daddy helped Kennedy put the new chain on her goat. Daddy then watched as Kennedy took her goat out around the show area and practiced leading her goat around. After Kennedy finished, Daddy got feed for the goats. Kennedy then fed the goats and we left (8:28 p.m.).

On the way home, as we were on Clovis Ave. approaching our complex, Daddy and Kassidy were joking about how people say “uhh,uhh,uhh” to communicate “I don’t know,” and how they say “uh huh” to communicate agreement. Kassidy said, “What if we communicated by making sounds?” Kennedy humorously replied, “We do!” We all laughed! :)

When we got home (around 8:40 p.m.), the girls relaxed (Kassidy watching YouTube in her big chair and Kenendy with the iPad in her bedroom). Daddy started making dinner for the girls (Kassidy: Stouffer’s Meat Loaf dinner and Daddy made her a bowl of corn, Kennedy: Marie Callender’s Fettuccini with Chicken and Broccoli). When dinner was ready (around 9:10 p.m.), the girls came in and made themselves a flavored water (Kassidy Kool Aid , Kennedy: Sweet Tea). The girls then sat at the dining table and Kennedy said grace (also asking God to “bless everyone we love” :). The girls then ate. Kassidy watched animation videos to music on YouTube on the T.V. and Kennedy watched videos on the iPad using the earbuds that Daddy had recently bought for her.

After the girls finished eating, Kennedy relaxed in her bedroom with the iPad (looking for some slime; Daddy said that he would buy her some because she has consistently made her bed). Kassidy relaxed watching YouTube for a little while. Daddy walked through the living room to the kitchen and commented about a heavy metal rock song that was on. He said, “Oh, that’s a nice and wholesome song.” Kassidy cracked up and thought that was really funny!. A little after thtt, Kassidy went and took a shower (earlier Daddy had asked her to).

After Kassidy took her shower, the girls relaxed for about another 30 minutes and then we gathered at the dining table (10:55 p.m.) and to play board games. Kennedy sat down and her chair was on Kassidy’s foot. Kassidy exclaimed, “My foot, my foot, my foot!” Kennedy replied, “I thought my chair was a little elevated.” The girls laughed! :)

We had a lot of fun playing “Trouble.” The girls ate their candy while we played. We joked and laughed throughout. While contemplating what move to make, Kennedy said, “Choices, choices” (instead of saying “Decisions, decisions” and we laughed. When it was Kassidy’s turn, she started to say “options, options.” She then commented, “We’re all using different “Homophobes.” She and Kennedy started laughing because Kassidy meant to say “Homonyms” :) We had a great time! Kennedy won the first game.

Kassidy was being silly and laughing and her chair fell over and she fell onto the floor. Kennedy commented, “Daddy, look was you gave birth to. Kassidy started laughing even more because Daddy didn’t give birth to her. Kennedy then corrected herself and said, “What you contributed to.” Kassidy sat back up in the chair. She started doing the popper (to roll the die) using her foot. Daddy ended up winning the second game. We really had a lot of fun. It was almost midnight so we stopped after 2 games.

Daddy had the girls go brush their teeth and wash up for bed. The girls then got into bed and Daddy went into their bedroom to say goodnight. We did our “hearts” together. Daddy then went and gave a light bite and then kiss on Kennedy’s right cheek. He walked around to the other side of the ed and gave Kassidy a light bite and then kiss on her right cheek. Kassidy said that she can still feel Dad’s bite. Daddy then bowed and told the girls that he loves them. He then started to leave the room. Kennedy jumped up and gave Daddy a hug. She then said that she has to go to the bathroom. She went to the bathroom and then returned to bed with Kassidy. She and Kassidy talked for a little while. Daddy told Kennedy that she could order some slime so she was excited. She described her choices to Kassidy and asked her which one she should get. Kassidy was tired and the girls fell asleep a short time later. Daddy then went in and turned on their night light and turned off their bedroom light. Fun and laugh-filled days together!!! SO BLESSED!

**July 31, 2019 Wednesday**

This morning (4:25 a.m.), Kassidy woke up and went into Daddy’s room. I think she was a little scared. She turned on the hallway light and her bedroom light. She then got back into bed and fell asleep.

Later (8:35 a.m.), Kennedy went into Daddy’s bedroom and asked him for the iPad. He gave it to her. Daddy was trying to sleep in for a short while. A little later (around 8:47 a.m.), Kennedy returned to Daddy’s bedroom and woke him up to tell him that she had changed her mind about which slime she wants to order. Daddy told her to save the page and that he will order it for her later. Kassidy was also up and walked into Daddy’s bedroom. She asked Daddy if he was going to work and he said that he was going to work from home on his computer. The girls then left. A short time later, Kennedy returned again and woke Daddy up to tell him that she had changed her mind again about which slime she wants. Daddy told her that he would order it a little later. (I love how she is so excited about things she enjoys! :) Kennedy then went and sat at the dining table and had some cereal for breakfast. Kassidy was in her big chair watching YouTube videos and drawing.

A short time later (around 9:30 a.m.), Daddy got up. Daddy went into the kitchen and noticed that Kassidy hadn’t eaten any cereal. He asked her about it. She said that milk upsets her stomach sometimes. Daddy asked her, “Since when?” She said since this past school year. Daddy then offered to make her some Chocolate Malt O Meal. She said, “Yeah!” Daddy then made Malt O Meal for the girls. Daddy asked Kassidy if it was O.K. if he put a little milk in it and she nodded that it was O.K. When it was ready, he aske Kennedy if she wanted some and she said that she did. The girls sat at the dining table together and Daddy served them their Malt O Meal. They laughed and joked together. Kennedy had finished eating and the girls were joking in the hallway and Kassidy screamed. She jokingly said, “That’s the highest I’ve ever scrammed!” After eating (Kassidy didn’t finish all of her Malt O Meal, she took what remained to Daddy who was working on his computer in his bedroom), Kennedy returned to her room with the iPad and Kassidy resumed watching YouTube videos and drawing. As Kennedy was going to her bedroom she asked Kassidy, “Do you want to read at “11 or 12?” Kassidy replied “12.” Kennedy then went on to her bedroom. Daddy went and cleaned up the kitchen. As he was returning to his bedroom

A little later Daddy decided that there were some things that he needed to get from his office. He then went to clean the kitchen. He told Kassidy that he would leave her remaining Malt O Meal on the counter in case Kennedy wants it. She asked, “You didn’t eat it!?” He replied, “I don’t like to eat before noon.” He then told Kassidy that he was going to work. She replied, “I thought you were going to stay here?” Daddy told her that he needs to copy some things so he will go to work for a little while. After cleaning the kitchen, Daddy was returning to his bedroom and Kassidy spontaneously said, “Dad, I love you.” Daddy replied, “I love you too baby!” (That meant a lot to Dad! :) Daddy then went and got dressed and went to work. When he left (11 a.m.), he gave the girls each a kiss on the forehead goodbye.

Later (around 1:10 p.m.), Daddy returned home. Kassidy was in the big chair drawing and watching YouTube music videos on YouTube. She told Daddy that she read earlier and finished another chapter. She said that she is now on chapter 15. She said that she has 7 chapters to go. Daddy asked her to finish her book before she returns to school in 2 weeks. Daddy went and checked in Kennedy who was in her bedroom with the iPad. She said that she read 2 chapters earlier. Daddy changed out of his work clothes and then went on his run.

When Daddy returned from his run, he did some work in his bedroom. Kassidy ended up eating the rest of her Malt O Meal that sat on the counter all morning. (Kassidy told Daddy that it was a little salty. Kennedy replied that she liked hers.) A little later (around 2:40 p.m.). Daddy and the girls joked a little. Daddy put the iPad on his head and asked the girls how far they thought he could walk without it falling off. Daddy was able to walk from his bedroom to the girls bedroom without the iPad falling off of his head. Kassidy made a comment about Daddy having a flat head. Kassidy then tried and was able to walk from Daddy’s bedroom to theirs, but Daddy kept faking like he was going to tickle her and she almost didn’t make it. Kennedy then tried but it kept sliding off of her hair. We laughed and had fun!

A short time later, Daddy asked Kassidy if she would like some cheese and turkey and she excitedly said yes. Daddy then made the girls each a small plate of cheddar cheese and turkey lunch meat that they enjoy. To get her plate, Daddy asked Kassidy what 144 divided by 12 was and she replied “12” with a look on her face like that was easy. Daddy gave Kassidy her plate. Daddy then went into Kennedy’s bedroom and asked her what 81 divided by 9 was. She quickly replied “9.” Daddy then surprised Kennedy with her plate. The girls relaxed throughout the afternoon. Daddy has a meeting later on. He called and talked to Mom (around 2 p.m.) to confirm that she would be able to get the girls by 5 p.m. She said that she would.

Later (around 4:30 P.M.), Kennedy went and took a bath before Mom was supposed to arrive. When Kennedy finished her bath, she and Daddy ordered the slime that she has been excited to order (“Rice Crispy Crunch Slime - scented” :). We ordered it off of Etsy.

A little later (around 5:07 p.m.), Mom called and asked Daddy if he would be dropping the girls off. There was a miscommunication because Mom typically picks the girls up from Daddy. Mom said that she thought that Daddy would be dropping them off. She said that she has a practice and won’t be able to get the girls until about 8:30 P.M. Daddy said that he would work it out. Kassidy went and changed her clothes. Daddy decided to go to his meeting (Mastermind group) early so that he could leave early to make sure that Kennedy made it out to her goat activity. A little later (around 6:15 p.m.), Daddy left for his meeting. He told the girls to be ready to leave at 7:45 p.m., when he returns from his meeting so that Kennedy can get out to her goat activity before it gets dark.

Later (7:40 p.m.), Daddy retuned from his meeting. The girls were mostly ready. We then left and went out to Mrs. O’Daniel’s (7:47 p.m.). When we approached Mrs. O’Daniel’s property, Kassidy was going to get out sooner than normal with the car moving slowly. There were two girls behind us riding on an ATV. When Kassidy saw them she decide not to get out and said, “Oh, I’m not going to die today. I have a lot of life to live. And, depending on your beliefs, maybe 4 more after that. (Kassidy’s so funny! :) When we got all the way up to Mrs. O’Daniel’s gate, Kassidy got out and entered the code for the gate to open. She then got back in the car and we drove on up to the property. We went on out to the goats. The pig boy and his mom were out there. Kassidy refilled the water. Kennedy got her goat and Daddy watched as she worked with him, walking him around the show area. The pig kid was walking his pig around the area also. Kennedy’s goat was stubborn today and actually jumped up, startling Kennedy. She’s anxious about not being ready for fair in October and about embarrassing herself when she meets with the other kids to do group training.

After Kennedy finished and put her goat away, Daddy got the feed, Kassidy put the water in the pen and then Kennedy gave them the feed. Daddy then handed Kennedy a flake of hay and she put it in the pen for the goats. We then left (8:31 p.m.).

As we approached home, Mom called (around 8:37 p.m.). She said that she was at Daddy’s, waiting in the car. Daddy told her that we were on our way there. When we got home (around 8:45 p.m.), the girls went in and quickly got their things. Daddy was still out in the garage. When they came back out, Daddy hugged Kassidy and then Kennedy goodbye. They then went out the side gate and got into Mommy’s car. Mom and the girls then left (around 8:50 p.m.). A great few days with my girls!!! Always great to be together!

**August 4, 2019 Sunday**

Today (12 p.m.), Daddy picked the girls up from Mom’s. Kennedy came out first and then Kassidy. Kassidy brought UNO cards for us to play. The girls got into the car and we left. Daddy was gpoing to go by Papa’s but we went by Walmart (near Shaw/99) first. At Walmart, we got some groceries and Daddy let the girls get M&M chocolate cookie ice cream sandwiches. From Walmart, we went to Papa’s. When we arrived at Papa’s (1 p.m.), Daddy went in the back to his bedroom to talk to him. Papa was in bed (he had Gall Bladder surgery tomorrow to remove his Gall Bladder). Kassidy followed a little behind Daddy. Daddy then called Kennedy in and the girls said hi to Papa and went over and they each gave him a hug. Papa talked to the girls for a short whil about their summer and returning to school. The girls said bye and the left the bedroom. Daddy and Papa then talked for a little while (about 15 minutes) and we then left.

From Papa’s we went home to Daddy’s (around 2:30 p.m.) and the girls relaxed for the afternoon. Kassidy drew in the big chair while watching YouTube videos. Kennedy used the iPad in her bedroom for a while (about an hour). Daddy was on a business call and then he needed to use the iPad (he used it to send an email to get the girls into a Stanford STEM workshop). While Daddy was using the iPad, Kennedy fell asleep on her bed. Daddy did work in his bedroom.

Later (around 5:58 p.m.), Daddy started preparing dinner for the girls. He cooked them some home made teriyaki chicken with broccoli. He also made them some rice. Kennedy woke up (around 6:15 p.m.), and came into the kitchen where Daddy was cooking. She was concerned that she had overslept and didn’t get to go out to Mrs. O’Daniel’s to work with her goat. (Earlier, she asked Daddy if we could go out there today so that she could work some more with her goat.) Daddy told her that it was too hot outside and that we would go out later when it’s cooler. He had her step outside (in the garage) to see how hot it was outside. She step into the garage and agreed that it was too hot. She then returned to her bedroom with the iPad. A short time later, Daddy finished cooking dinner and had the girls come and eat. They both sat at the dining table and Daddy served them. Kassidy said grace and the girls then ate. Kassidy continued watching YouTube music videos (referencing memes) and Kennedy watched videos on the iPad while they ate. Kassidy spontaneously called out, “Dad, I love you!” Daddy told her that he loves her, in return and thanked her. Just before je started to cook, Daddy had let Kassidy have some dry Lucky Charms (from a nearly empty box), so she didn’t eat all of her dinner. She had the rice and picked the broccoli out of the chicken. She finished eating before Kennedy (she usually eats very slowly, like Grammy, and finishes after Kennedy) and went to her big chair and watched her YouTube videos. After Kennedy finished eating (around 6:45 p.m.), she thanked Daddy (as she always does! :) Daddy cleaned the kitchen up some and then took the remaining food and went to his bedroom to eat and watch something on his computer. Daddy told the girls that we would leave at 7:30 p.m. to go out to Mrs. O’Daniel’s farm so that Kennedy could work with her goat.

A little later (7:29 p.m.), Kassidy walked into Daddy’s bedroom and gave him a hug. She then went to the bathroom. As she walked out of the bathroom, she exclaimed, “I love drawing! Embrace me art!” She and Daddy started laughing. :) She showed Daddy again what she did (how she was posing as she said it) as we again laughed. The girls then got dressed and we left (7:33 p.m.).

When we arrived at Mrs. O’Daniel’s, she was outside with a girl Trinity’s mom unloading some things. We spoke briefly. She told us that she had already fed the goats. Daddy responded that Kennedy we were there because Kennedy wanted to work with her goat some more. (Kennedy’s a little anxious that her goat might not do well when the group works together for the first time tomorrow.) We walked over to the goats and Kennedy worked with her goat. He did very well today and Kennedy seemed proud. We then left and returned home. On the way, Kennedy was playing the gymnastics game that the girls always play and she was laughing at what had happened. She replayed it. Kassidy told her to take a screen shot of it. She gave it to Kassidy to take a screenshot and told Kassidy to, “Re-replay it!” Daddy laughed. He asked, “Did you mean ‘replay it again’ or ‘re-replay it’?” We laughed,

When we got home (around 8:27 p.m.), the girls joked together briefly and then relaxed. Kassidy got an M&M chocolate cookie sandwich and relaxed in the big chair. She watched YouTube videos. Kennedy went to her bedroom and relaxed with the iPad. Daddy did some work in his bedroom.

A little later (around 9:10 p.m.), Kennedy went and took a bath. After she got out (around 9:35 p.m.), Daddy was straightening up the kitchen. She went and put her dirty clothes on the washer. She asked Daddy about playing games but he said that he still has some work to do (because he lost some time going out to Mrs. O’Daniel’s). Kennedy then asked Kassidy about watching a movie and Kassidy agreed to watch the movie “The Croods” in about an hour. Kennedy then asked Daddy if he would make some popcorn. She went to the bathroom and then returned to her bedroom.

Later (10:28 p.m.), Kassidy went and got Kennedy to start watching the Netflix movie (“The Croods,” which Daddy took them to see in the theaters about 4 years ago). Daddy started making popcorn for the girls. While they watched the very beginning of movie, Daddy went over and gave Kennedy, and then Kassidy, a kiss on the forehead. Daddy then returned to his bedroom. During the movie, the girls enjoyed their popcorn (with white cheddar seasoning and brown sugar). Kennedy also had one of their M&M chocolate cookie, chocolate ice cream sandwich (Kassidy had already eaten 2 earlier, before they started the movie).

Later (12:05 a.m.), the movie ended and Daddy had the girls wash up for bed. A short time later, after the girls were in their bedroom (around 12:25 a.m.), Daddy went in and we did our “hearts” together. Daddy then walked over and gave Kassidy a kiss goodnight on the forehead. He then walked around the bed and gave Kennedy a kiss goodnight on her forehead. Daddy told the girls that he loves them as he left their room. Daddy reminded Kennedy that she has her goat group (showmanship) training tomorrow. Kennedy said that she was nervous about it. After Daddy left their bedroom, Kennedy got up to go to the bathroom and tried to sneak into Daddy’s bedroom and hide while he was in his room setting his alarm on his phone. She jumped out and said “boo!” She asked Daddy if she scared him but he said that he had heard her walk in. She then left Daddy’s bedroom saying, “You and your man purse!” She and Daddy laughed. :) Kennedy went to the bathroom and then got back into bed with Kassidy. The girls talked and laughed for a little while before falling asleep. Another enjoyable day with my babies!!!

**August 5, 2019 Monday**

This morning (5:38 a.m.), Kassidy was awake and went into Daddy’s bedroom and woke him up. She told him that she woke up early and had been reading (out in the living room). She said that she’s used to getting up early for school. Daddy told her to try to get some rest. She stayed up a little longer and then got back into bed with Kennedy.

Later (around 8:45 a.m.), Kennedy went into Daddy’s bedroom. Daddy was listening to a podcast on the iPad with earbuds so he didn’t hear her. When he saw her, he took the earbuds out. Kennedy asked, “Did I scare you?” Daddy told her that he didn’t hear her because he was listening to something. Daddy knew that Kennedy wanted to use the iPad. What Daddy was listening to was almost over so Daddy told Kennedy that he would take the iPad to her shortly. About 5 minutes later, Daddy took the iPad to Kennedy in her bedroom. She was sitting on her bed reading. Kassidy was in bed asleep next to her. Daddy then left to take a shower and get ready to go to work. After Daddy was dressed (9:50 a.m.), he went in and gave Kennedy a kiss goodbye on the forehead (Kassidy was still sleeping). Daddy then left to go to work.

Later (around 12:10 p.m.), Daddy returned to check on the girls and to have lunch. The girls were both in bed. Kennedy was under the covers watching a video on the iPad. Daddy lifted the covers but Kennedy didn’t know that he was the one who did that so she tried pulling them back down and then noticed Daddy standing there and screamed. Kassidy looked up but was still trying to sleep. Daddy asked the girls if they were cold and Kassidy said yes. Daddy went to turn the air off and noticed that it was set to 66 degrees (Kassidy turned it down last night when we returned from Kennedy’s goat event). Daddy went and made himself some oatmeal. A short time later, Kassidy got up from bed. When she saw Daddy sitting at his computer in his work undershirt, she was a little surprised and amused, and commented. She said that she had never seen Daddy in a white shirt (t-shirt) and that this is the only time he will wear a fitted shirt. Kassidy then went to the bathroom. She then went into Daddy’s bedroom where he was working and eating his oatmeal, and said, “Hug!” She then gave Daddy a hug. She left Daddy’s room and went and sat at the dining table and had some Honey Nut Cheerios cereal. After she finished eating, she went and relaxed in her big chair and watched YouTube on T.V.

A little later (around 1:15 p.m.), Kennedy came out. She also was a little surprised and amused to see Daddy in his work undershirt. She mentioned that she didn’t do her 100 Jumping Jacks yesterday so she will need to do 200 today. Kennedy then went out into the living room and sat on the couch and watched YouTube with Kassidy. While watching, she got up and did 100 Jumping Jacks (great job Koko! :). A short while later, after Daddy finished a business call and walked out of his bedroom, he was so proud to see that Kassidy had the T.V. off and was reading. He said that he would get her a treat today. Kassidy tried to act cool and shrugged like the treat didn’t matter and that she was just reading. Daddy quickly said, “O.K., then we won’t worry about a treat…” Kassidy smiled, indicating that she would like a treat. :) Daddy then went and checked on Kennedy who was also reading. He told her that she could also get a treat today. She said that it was her suggestion that the girls have some quiet time and read. Daddy went back out and gave Kassidy a kiss goodbye on the forehead. Daddy then left a short time later (2:25 p.m.) to go back to work.

Later (4:45 p.m.), Daddy returned home rom work. From the garage, he could hear Kassidy and Kennedy laughing and joking together. When Daddy got inside, Kassidy was in the big chair drawing and watching YouTube videos and Kennedy was just walking into the bathroom. Daddy changed out of his work clothes and into his running clothes. He relaxed for a brief while in his bedroom and Kassidy went in because Daddy asked her about going to a new jumping place near where we live in Clovis called “Defy” that’s owned by “Sky Walk” (out in Madera) but several times larger. Kennedy then came out of the shower. She told Daddy that she found a strange bug in their bedroom, Daddy (jokingly) asked if she named it. She said that she named it “Popcorn” because it keeps making clicking sounds when she flicks it. : ) She then went and put her dirty clothes on the dryer. Daddy left to go on his run.

When Daddy returned from his run, he started preparing dinner for the girls (Kassidy: Stouffer’s Spaghetti with meat and sauce and Dad made her a corn on the cob, Kennedy: Marie Callenders Grilled Chicken Alfredo Bake). While dinner was cooking, he asked Kassidy if she is s better drawer. Today. She smiled and said, “I don’t know.” He told Kassidy that she should get a little better every day. A song “Champion” was on YouTube. Daddy told her that if she’s going to listen to “Champion” then she has to be great. She laughed and changed the song to “High Hopes” (Daddy’s “Rekit” :) and said, “That’s better.” :) Kassidy and Daddy laughed!

When dinner was ready (around 6:05 p.m.), the girls came into the kitchen and made themselves a drink. Kassidy had grape-flavored water and Kennedy got a cherry-flavored “Bubly” sparkling water. Kennedy then said grace (also asking God to “bless everyone we love”, and to help her do well at her first showmanship training tonight and also at the fair). The girls then ate. Kassidy watched YouTube and Kennedy watched a video on the iPad. After eating, Kassidy got changed and then relaxed until it was time to go.

A little later (6:42 p.m.), we left and went out to Mrs. O’Daniel’s house for Kennedy’s first showmanship practice which begins at 7 p.m. When we arrived (around 6:55 p.m.), Mrs. O’Danilel weighed Kennedy’s goat. He weighed 91 pounds. (Wow!) She was nervous that her goat was going to be a little out of control, but he did very well. Sloan’s brother Ronin was out there, along with Emma (a sheep person) and Trinity. The practice was only for about 30 minutes but it was helpful. Kennedy needs to rub her goat’s legs more so that he’s more comfortable with her touching his legs to set him up. Kassidy changed the water while Kennedy worked with her goat. She then came out to the show area and watched the group practice. Kassidy also went and weighed out the feed for the goats so that when Kennedy’s practice was over we could leave. Kennedy had her and the other goat (Ava’s) run around loose for exercise for 5-10 minutes. We then put them away. Kennedy rubbed her goats legs for a short time while Kassidy put the feed into the container. The goats then ate and we left (around 7:45 p.m.).

On the way home, Daddy complimented Kassidy for being so supportive of Kennedy and reminded the girls of how supportive Kennedy was of Kassidy during volleyball season. Daddy stopped by Walmart so that the girls could get a treat (Kassidy: Haribo Happy Cherries gummi candy , Kennedy: strawberry Sour Patch Kids). He also got a few groceries. From Walmart, we went home.

At home (around 8:20 p.m.), the girls relaxed for a little while (Kassidy in the big chair watching YouTube and Kennedy in her bedroom with the iPad). At around 9:10 p.m., the girls wanted to play UNO. Daddy wanted to finish what he was working on so the girls laughed and joked at the dining table until Daddy came (around 9:20 p.m.). Daddy thanked the girls for waiting and he made some cookie dough while the girls played a game of UNO together (without Daddy). Daddy asked for the iPad so that he could get the cookie dough recipe. Kassidy ran and got the iPad from the girls’ bedroom. After Daddy finished making the dough. He let the girls each have a whisk to lick. He then asked if someone would take the iPad and plug it in to charge. Kassidy got up and Kennedy said for Kassidy to do it. Daddy said that he wanted to see who would do it. He said that Kassidy could have the first of the cookie dough. Kassidy got a big spoonful and then Daddy let Kennedy get a big spoonful. We all then had a lot of fun laughing and joking while playing UNO together (around 9:45 p.m.). Kassidy was being silly and Kennedy said to Daddy, “You helped give birth to her!” Kassidy laughed because Daddy didn’t give birth to her. Daddy jokingly mocked, “Push Daddy, push!” as if he was giving birth. Daddy and the girls laughed. Kennedy commented on how no one would be there to say Daddy if he was giving birth. We all laughed even harder! : ) We continued playing UNO and Daddy ended up winning. We only played one game because Kennedy also wanted to watch a movie. Kennedy went to the bathroom while Kassidy looked for the movie (around 10:40 p.m.). The girls then watched (“Goose Bumps”). Kassidy watched from her big chair and Kennedy watched from the couch. Daddy did some work in his bedroom.

Later (around 11:45 p.m.), Daddy went and checked on the girls and Kassidy was drawing while watching the movie, but Kennedy had fallen asleep. Daddy went and woke Kennedy up to go brush her teeth, but she insisted on finishing the movie with Kassidy. Daddy previously told the girls that they could stay up until midnight, so Daddy let Kennedy continue watching the movie. Daddy went and cleaned up the kitchen. When he looked over, he saw that Kennedy had fallen asleep again and he then had the girls both go wash up for bed (11:59 p.m.). Kassidy turned the T.V. off and the girls went into the bathroom. After washing up, the girls went to their bedroom. Daddy went in and we did our “hearts” together. Daddy then walked over and gave Kassidy a kiss goodnight on the forehead. He then walked around and gave Kennedy a kiss goodnight on her forehead. Daddy and the girls then laughed and joked together for about 10 more minutes. Daddy told the girls goodnight and thanked them for being his as he left their bedroom. Kassidy replied, “Well, it’s kind of your fault.” Daddy chuckled and reminded the girls when Kennedy said, “You helped give birth to her.” Daddy the said, “Push Daddy, push!” and the girls laughed. :) Kennedy got up and went to the bathroom. When she returned to bed, Kassidy read her Percy Jackson book to Kennedy. (Kennedy had asked Kassidy earlier tonight if Kassidy would read to her during bedtime.) Kassidy read for a short while before the girls got sleepy and went to sleep. A really nice day together!!! BLESSED!

**August 6, 2019 Tuesday**

This morning (around 8:30 a.m.), Daddy saw that the light was on in the girls’ bedroom. But they were both still asleep. That means that Kassidy probably got scared over the night and got up and turned the light on. Daddy turned the light off. The girls moved around a little but remained asleep.

A little later (around 9:30 a.m.), Daddy went into the girls bedroom. They both were still in bed with their eyes closed. Kassidy looked up. Daddy told her to let Kennedy sleep. She said that Kennedy is awake. Kennedy then opened her eyes. Daddy told them that he would be leaving in a little while. He gave Kennedy a kiss on the head and then walked around and gave Kassidy a kiss on the head Daddy then went and took a shower. The girls got up a short time later and Kennedy ate breakfast (Honey Nut Cheerios) at the dining table. Kassidy chose not to eat because she said that milk bothers her. She said that she would make a sandwich. A short time later (10:50 a.m.), Daddy left to go to work.

Later (around 12:45 p.m.), Daddy returned home to check on the girls. When Daddy walked in, it was quiet and Kassidy was relaxing in her big chair reading. Kennedy was in her bedroom reading. Daddy told Kassidy that he was proud of her for reading. Daddy asked if she had eaten and she said that she made herself a turkey sandwich. Daddy then straightened up the kitchen some. (When Daddy was leaving, Kennedy asked if she could make some slime while he was gone and Daddy said that she could.) Daddy then went and changed into his running clothes. Kassidy finished reading and practiced drawing while watching YouTube music videos. Daddy did some work in huis bedroom and then left to go on his run (1:40 p.m.).

After Daddy returned from his run, he was in the kitchen making a salad when Kennedy came out of her bedroom to have lunch (around 2:10 p.m.). She was going to make a Ramen soup but then changed her mind and got the peanut butter out to make a peanut butter and jelly sandwich. Daddy mentioned a turkey sandwich and she then decided that that’s what she wanted to make. Daddy put the bread, turkey, mayonnaise and mustard out. Kennedy then left the kitchen. Daddy assumed that she went to the bathroom, but when she didn’t return for a while, Daddy saw that she was in her bedroom with the door closed. Daddy then put the sandwich things away and went to his bedroom to eat his salad.

A little later (2:50 p.m.), Kennedy came back out and made herself a turkey sandwich (with her earbuds in while watching a video on the iPad). She sat at the dining table and ate. After eating, she returned to her bedroom with the iPad. Kassidy remained in the big chai, practicing drawing and watching drawing videos on YouTube.

A little later (around 3:55 p.m.), Kassidy called out and told Daddy that she thinks that she has gotten better today (with her drawing). Daddy always asks her if she “got better today.” Daddy, who was doing some work on his computer in his bedroom, got and let Kassidy get some cookie dough out of the bowl (from what Daddy made yesterday). Daddy then also took some to Kennedy and let her have a spoonful. When Daddy put the cookie dough away, Kassidy said, “It’s your fault for teaching us about cookie dough at a young age!” :) Daddy replied, “It’s my favorite!” Daddy then changed to go visit Papa who was in the hospital (he had his Gall Bladder removed yesterday). Daddy let the girls stay home because Papa said that it might be hectic down there. Daddy then left (4:10 p.m.).

When Daddy returned (around 5 p.m.), Kassidy was still drawing and watching YouTube in her big chair. Kennedy had taken a bath and was hiding from Daddy in the broom closet. (Kassidy told Daddy that Kennedy was hiding.) Kennedy came out with a broom in her hand. She put her dirty clothes on the washer and then went to her bedroom. A short time later. Kennedy came out and warmed up a frozen bean and cheese burrito. After eating at the dining table, Kennedy returned to her room. Kassidy got up and got dressed. A little later (around 6:15 p.m.), Kassidy did her hair. A short time later (6:45 p.m.), we left and went out to Mrs. O’Daniel’s.

At Mrs. O’Daniel’s, Kennedy got her goat and Kassidy got the other goat (Ava’s). They walked the goats around the show area. Daddy changed the water and got the feed. Daddy then walked out to where the girls were and he took pictures and video of them walking and practicing setting the goats up. Kennedy’s goat is doing very well. After that, Kennedy and Daddy chased the goats around a little so that they could get some exercise. After Kennedy put her goat away, she put her hand out over the gate and her goat smelled and then licked her hand several times. That meant a lot to Kennedy because he has come a long way. He used to be very scared of everyone but now he seems increasingly comfortable with Kennedy. Kennedy smiled and was very pleased that S’mores was interacting with her like that. We then left and went to the car. (Daddy had already put the refilled water and the feed into the pen for the goats). As we walked to the car, Daddy reminded Kennedy how concerned she was about her goat’s behavior last Wednesday. Daddy told her that it was good that she didn’t give up on him and that she kept working with him. (Kennedy even asked Daddy to take her out to work with her goat last Sunday and she did. Her hard work and consistency is paying off. :) We then got into the car and left to go home (around 7:45 p.m.).

When we returned home (around 8:05 p.m.), Daddy started making dinner for the girls (Kennedy: Marie Callender’s Chicken Pot Pie, Kassidy: Marie Callender’s Steak and Roasted Potatoes and Daddy made her a corn on the cob). When dinner was ready (around 8:25 p.m.), the girls came into the kitchen. Kennedy wanted some Orange Shasta soda that daddy had in the refrigerator for his students so Daddy let her and Kassidy have some Coke that was leftover from one of Daddy’s classes. Kassidy had already made herself a grape Kool Aid flavored water, but she had some Coke first. The girls sat at the dining table and Kassidy said grace. They then ate and watched what Kassidy had on YouTube. Kassidy was slurping her Coke out of her glass and Kennedy asked her to drink like a normal human. Kassidy replied, “I’m not a normal human. I’m a Kassidy.” Kennedy then said, “Well then drink like a normal Kassidy.” Kassidy responded, “There’s no such thing!” :) After the girls finished eating (around 8:50 p.m.), they relaxed for a while on their own (Kassidy in her big chair watching YouTube and drawing, Kennedy with the iPad in their bedroom).The girls enjoyed their leftover candy from yesterday while they relaxed. Daddy made himself a salad and went to his bedroom and ate. A short time later (around 9:10 p.m.), Kassidy was standing in Daddy’s doorway but he didn’t hear what he said because he had earbuds on watching an episode of “Black Mirror” on Netflix. He removed the earbuds and Kassidy said, “I love you!” Daddy replied, “Aww, how sweet. I love you too.” Kassidy then went to her bedroom and told Kennedy that she loves her. Kassidy got her Picachu stuffed animal from her bedroom and returned to the living room with it.

Later (around 10:15 p.m.), Daddy was washing dishes and Kassidy asked him if she could have some cookie dough. He said that she could. He asked her to ask Kennedy if she also would like some. She went and asked Kennedy and then they both came into the kitchen where Daddy was and they each got some cookie dough and put it on a small plate.

A little later (around 11 p.m.), Daddy offered to play UNO and Kassidy was excited to. She went and asked Kennedy and Kennedy also wanted to. Daddy finished some work that he was doing and we then gathered at the dining table and played (around 11:15 p.m.). We had a lot of fun. (Yesterday, Daddy joked that a person with a lot of cards was holding the Bible. Today when Kassidy had a lot of cards and was teasing Kennedy about something, Kennedy responded, “O.K. preacher!” Referring to Kassidy having a lot of cards. We all laughed! :) When Daddy used the card to choose another player to draw cards, Daddy would put his hand behind his neck and use his elbow to point to the person. We laughed. We all then did that when choosing someone to draw cards. We laughed and laughed! We played for a while but no one won. Because it was after midnight (the time that Daddy said that he wanted the girls to go to bed) we ended up counting who had the fewest cards to determine the winner, and Kassidy won. She had 10, Daddy had 13 and Kennedy had the most cards when we stopped (around 12:20 a.m.). Daddy then had the girls wash up for bed. When the girls got into bed, Daddy went in and we did our “hearts” together. Daddy kissed Kennedy goodnight on her forehead. Daddy then went around and kissed Kassidy goodnight on her forehead. Daddy then left the girls bedroom. Kennedy told Daddy that she loves him as he was walking out. Daddy replied that he loves her. The girls fell asleep a short time later. Daddy went in and turned on their night light and turned off their bedroom light. A nice day together with a lot of laughter!!! THANKFUL!

**August 7, 2019 Wednesday**

This morning (around 9:20 a.m.), Kennedy got up and went into Daddy’s bedroom. Daddy knew that she wanted to use the iPad but he was finishing up some work that he was doing. He asked Kennedy to go wash up and when she returned he would be finished. Kennedy went to the bathroom and when she returned, before giving her the iPad, Daddy asked her, “How did you sleep last night?” She replied, “O.K.” Daddy then asked her, “Have you told me that you love me today?” Kennedy responded, “I love you.” Daddy then handed her the iPad. She said that she was going to check on when her slime will arrive as she left his bedroom and returned to hers. Kassidy was still in bed asleep. Daddy got and worked from home this morning.

Later (11:30 a.m.), Kennedy went and had Honey Nut Cheerios cereal for breakfast. She sat at the dining table with her earbuds in watching videos on the iPad while she ate. Daddy left and went on his run. When Daddy returned (around 11:55 a.m.), Kennedy had finished eating and returned to her bedroom. Kassidy was still in bed asleep.

A little later (12:18 p.m.), Kassidy got up. As she was walking to the bathroom she saw Daddy working at his computer in his bedroom and said “Hello.” Daddy responded, “Hi sweet baby. How are you?” She said, “I woke up at 7, I woke up at 12 and now I woke up at 1.” Daddy said, “It’s just 12 now.” She replied, “Whatever” and went on to the bathroom. :) When Kassidy came out, Daddy offered to make her some chocolate Malt O Meal (Coco Wheats) and she excitedly said yes! Daddy then made some Malt O Meal (around 12:45 p.m.). When to was ready, he went to Kennedy’s bedroom and asked her if she wanted some. She said that she did. Daddy placed their bowls of Malt O Meal on the dining table. Kassidy and Kennedy then both sat at the dining table and, together, enjoyed their chocolate Malt O Meal (that Daddy used to always make them when they were younger and at Grammy’s :). After they finished eating, Kennedy had the girls take some quiet time and read for an hour. She said, “I want to finish my Harry Potter book today!” Kassidy turned the T.V. off and read in the big chair and Kennedy read in their bedroom (1:15 p.m.). While the girls read, Daddy gave them the rest of the cookie dough in a small cup.

After about an hour (2:13 p.m.), Kassidy took a break from reading. She resumed drawing and watching YouTube in her big chair. A short time later (around 2:30 p.m.), Kennedy came out of her bedroom. She wanted to get the iPad from Daddy, but he needed to finish an email that he was working on. She told Daddy that she almost finished her book and that she believes that she can finish it “with one more reading session.” She then went out into the living room with Kassidy and did her 100 Jumping Jacks (she also did 100 yesterday) while Kassidy watched YouTube videos. She then asked Kassidy to play UNO and they had fun playing together. Kassidy called out to Daddy saying that they needed help shuffling the cards, but they managed.

A little later (around 3:10 p.m.), Mom called Dad and asked if she could pick the girls up a little early because of her track practice. Daddy agreed and had the girls get their things together. They were in the living room and had just finished playing UNO. (Kassidy was relaxing in her big chair and mentioned to Dad that she only has 4 chapters remaining to finish her book, about 90ish pages). Kennedy went and took a quick bath and the girls changed their clothes. When Mom arrived (around 3:40 p.m.), Daddy walked Kennedy out first (while Kassidy went to the bathroom), giving her a hug and kiss on the cheek goodbye in the garage. When Kassidy came out, Daddy hugged her goodbye and gave her a kiss on the side of her head. She asked, “How did my hair taste,” Daddy said, great!” Kassidy looked at him like he was strange. As Kassidy walked away, Daddy called her and put his hand behind his head and pointed at her with his elbow like when we were playing UNO last night. She did it back, and then she went and got into the car with Mom and Kennedy. Daddy waved at Mom and then went back inside. A nice several days together!!! WONDERFUL!

**August 10, 2019 Saturday**

Today (4:45 a.m.), Daddy arrived at Mommy’s apartment to take the girls to a Stanford STEM workshop that he registered them for. Kennedy and Mommy walked out first. Kassidy was tired and it took her a little more time to get up and get dressed. A short time later, Kassidy came out. She was cheerful when she got into the car and apologized saying that she wasn’t sure if she’d like the workshop. We then left on our way to Fremont, where the frist 2 days of the workshop will be held (at a tech workspace). The girls slept nearly all of the way. When we were almost there, the girls woke up. Daddy had made peanut butter and jelly sandwiches for them and they each had half of a sandwich. It took Daddy a short while to find the place, but once he did, we parked a little off from the facility and Daddy explained a little about the workshop and showed Kassidy how to use his computer and how to get the documents that they will need for today. He asked Kennedy to follow Kassidy’s lead for this first time.

After signing in and putting on a name tag, the girls went into a room where the event would be held. After the event started, there was an ice breaker. The kids all stood in a circle and each kid had to say his name with a nickname (usually an alliteration), and the following kid had to say his name and the name of every kid before him (including their nickname). The girls introduced themselves with the alliteration nicknames “Cautious Kennedy” and “Content Kassidy.” Kennedy was a little shy but did well. (There were 10 6th graders, 1 7th grader (Kassidy), 6 8th graders, and 1 9th grader.) After the first activity “What is energy?”, Kassidy spoke and summarized the project for her group. The girls learned how to use the data visualization application “Tableau” and visualized our energy usage over about 3 weeks. They did well.

After the first day, Daddy complimented the girls and told then how proud he was of them and especially of Kassidy’s public speaking. He told her how he used to hate to do that kind of stuff like introducing himself. Kassidy said, at first you’re a little nervous but it comes to you. :) The girls seemed both relieved and proud. Kennedy said that she was a little confused for a while but felt better about it and will continue with it. Kassidy said that she was apprehensive and nervous initially. They both said that they were committed to continuing. Daddy and the girls briefly talked to Daddy’s friend (that he teaches with at Stanford) who helped Daddy get the girls into this workshop. We then left and headed back home. (Daddy and the girls were going to stay the night through Monday and have a little vacation, because Daddy has to teach at Stanford on Monday, but Mommy said that Kassidy has a sports physical on Monday so we needed to return.)

On the way home we played “Concentration/Speed Round” for over an hour about singers/groups and had a lot of fun. Kassidy said, “I love road trips!” After a while, the girls fell asleep. Daddy wanted to rewarded the girls. So we stopped at Pandas in Los Banos (around 2:45 p.m.). We ate inside the restaurant (Kassidy: half and half rice/chow mien with orange chicken and honey walnut shrimp, Kennedy half and half with honey walnut shrimp and chicken and string beans). Daddy had some of the girls’ leftovers. We had fun laughing talking and joking.

After the girls finished eating, we then went on to Fresno. Kennedy slept most of the way and Kassidy leaned forward and looked underneath the head rest of the front seat out of the window for a while and then she fell asleep.

Daddy took the girls to Coldstone Creamery by Mommy’s for dessert (Kassidy: coffee and fudge truffle flavors with a Twix mixed in, Kennedy: cheesecake and chocolate flavors with a brownie mixed in).

Daddy then took the girls to Mommy. When we arrived, Daddy and the girls got out. Daddy gave them their notebook and work from the Stanford workshop. He then hugged Kassidy goodbye, and then Kennedy. They walked up to the gate. Daddy called and let Mom know that they were outside and she came out and met them at the gate. The girls again said goodbye to Daddy. Daddy also waved at Mom and then left. A really fun time, experience and road trip shared together today!!! THANKFUL!

**August 12, 2019 Monday**

This evening (around 9:30 p.m.), Mommy dropped the girls off to Daddy at his apartment. Daddy had just returned back in town from teaching at Stanford today. The girls had come from Kennedy working with her goat and then getting something to eat. The girls walked in through the side gate. Kennedy walked in first, showing Dad her pink school backpack with French Bulldogs with eyelashes on it. Daddy gave her a hug. Kassidy then walked in through the gate and Daddy gave her a hug. We all then walked through the garage and into the apartment. We laughed and talked some. Kennedy asked about her slime (Rice Crispy Crunch Slime) and Daddy surprised her with it. She immediately opened it and mixed it with the borax and played with it standing in the kitchen. Kassidy joked and talked with Daddy while he straightened up the kitchen. Kassidy then changed into her bed clothes and talked to Daddy a little more, showing him the Lion King shirt that she plans to wear on the first day of school. Kassidy then relaxed in her big chair and turned on the T.V> and watched some YouTube. Kennedy moved to the dining table to play with her slime. Daddy went and changed into his running clothes. Kennedy moved to her bedroom with her slime and the iPad. Daddy then went on his run (10:05 p.m.). When Daddy returned, he relaxed and cooled off in his bedroom (10:29 p.m.).

A little later (10:49 p.m.), Kennedy came out of her bedroom so that she and Kassidy could watch a movie. She asked Daddy if he would make some popcorn and he did. The girls decided to watch “Monster House (from 2006). Kennedy enjoyed some of the popcorn (with white cheddar seasoning and brown sugar) during the movie, and Daddy let Kassidy have some left-over Coke that was in the refrigerator from one of Daddy’s classes. Kennedy got some also.

After the movie finished (12:28 a..), the girls went and washed up and then got into bed. Daddy went In and we did our “hearts” together. Daddy then left the girls bedroom. Kennedy told Daddy that she loves him. He told her that he loves her. Kennedy then went to the bathroom. When she returned to her bedroom, she asked Kassidy to read to her and Kassidy did. She read from her Percy Jackson book. Kennedy fell asleep. Kassidy remained awake for a short while and yelled in to Daddy, “Dad, I love you!” Daddy told her that he loves her. A short time later, Kassidy again called out telling Daddy that she loves him. Daddy again told her that he loves her. Kassidy fell asleep. Daddy went in a little later and turned the girls bedroom light off. He returned (just now, after remembering) to turn on the girls’ night light. Always great to be together!!!

**August 13, 2019 Tuesday**

This morning (8:35 a.m.), Kassidy went into Daddy’s bedroom and tapped him on the head. He was still ion bed but awake. When he looked up, she said “good morning!” She then left and washed up. Kennedy then came in and got the iPad from Daddy. Kassidy then had some cereal for breakfast.

A little later (around 9:50 a.m.), Kassidy went into Daddy’s bedroom where he was lying in bed, listening to something on his phone. She stood near the door way and said, “I love you!” Daddy told her that he loves her. She commented that Daddy was listening to something on his “2 dollar phone.” Daddy laughed.

Later (round 11 a.m.), Kennedy went and had some cereal. Daddy went to get a towel out of the dryer and joked with Kassidy, who was watching YouTube in the living room. Kassidy asked Daddy if there is such a thing as superpowers. Daddy asked her if she is black. She said that she is. Daddy said, “Then you have a superpower!” Daddy started mocking the walk and talk of a black person and Kassidy chuckled and looked at him quizzically. She said, “Are you trying to make me cringe!?” Daddy then left to get ready to go on his run. Kennedy was in her bedroom, sitting on the edge of her bed watching a video on the iPad and playing with her slime. :) Kassidy went into the kitchen and started making herself a turkey sandwich. Daddy left to go on his run (11:42 a.m.). When Daddy returned (around 12:03 p.m.), he made himself some oatmeal. Kassidy had stopped watching T.V. and was now read for a while in the big chair. Daddy told her that he was proud of her. She said that earlier Kennedy had asked that they read but that she was eating her turkey sandwich, so she decided to read now. Daddy got his oatmeal and relaxed in his bedroom and watched some of the movie “BlacKKKlansman” on his computer. Kassidy asked if she could have the (last) Yasso chocolate chip cookie dough yogurt bar (that was remaining in the freezer). Daddy said that she could.

A little later (around 1:50 p.m.), Daddy left to meet Papa at his doctor’s office for a check up on his Gall Bladder surgery. Daddy later returned (around 3:25 p.m.), and as he walked in, Kassidy was getting a spoonful of peanut butter. A short time later, Kennedy came out of her bedroom and announced that she just finished the first Harry Potter book. She then went and made herself a Ramen soup and sat at the dining table and watched videos on the iPad while she ate.

A short while later, Kennedy went into Daddy’s bedroom where he was watching something about the Chargers on his computer, and gave him a kiss on the top of his head. She then went and used Daddy’s bathroom. (She was warming up a hamburger that she had gotten yesterday with Mom but didn’t eat). She then went and got her hamburger out of the microwave, surprised that she had also warmed up the lettuce and everything, and ate in the big chair while watching YouTube.

A little later (around 4:15 p.m.), Daddy went and made himself some broccoli. He asked Kassidy, who was sitting in the big chair watching YouTube, if she has gotten better (at drawing) today. She smiled and picked up her sketch pad and asked Daddy what she should draw. She said that she’s pretty good with people but not that god at drawing animals. Daddy told her to keep drawing people then. He told her that it’s better to be great at one thing than just alright at several. She thought about what to draw. Daddy asked her if she wants to take a shower now or after we come back from Kennedy’s goat activity. She decided to take one now (4:30 p.m.). She said that she might get some inspiration (regarding something to draw) while she’s showering. Daddy got some of the broccoli that he cooked and made himself a turkey sandwich. He then went to his bedroom and ate while watching a “Backstage: Chargers” video on his computer.

A little later, Daddy started preparing dinner for the girls (Kassidy: Stouffer’s Salisbury Steak dinner, Kennedy, Marie Callender’s Sweet and Sour Chicken dinner; Daddy also made the girls some tatter tots) and made them some banana pudding for dessert. When dinner was ready, Kassidy went and made herself a flavored water and Kennedy got a bottle of water. The girls then sat at the dining table and Kassidy said grace. The girls then ate (Daddy put a small plate of sautéed broccoli and a bowl of tater tots in the middle of the table for the girls to share; Kassidy ate most of the broccoli buit few of the tater tots. Kennedy had a little broccoli and a little of the tater tots). After the girls finished eating we left to go out to Kennedy’s goat activity (6:44 p.m.).

Out at Mrs. O’Daniel’s, the sheep people were working on showmanship. They finished shortly after we arrived. We spoke to Mrs. O’Daniel briefly. She asked Daddy how it feels to have a child going into middle school. Daddy said that he’s said. Mrs. O’Daniel replied, “Wait until you have one finish high school!” Kennedy refilled the water (she and Daddy used a towel to clean out most of the green forming in the bucket). Kennedy then worked with her goat in the ring area while Daddy got the feed. Daddy joined her and Kassidy sat and relaxed while Kennedy rubbed and walked her goat . Daddy and Kennedy then chased her and Ava’s goats around for exercise. After that, we put the goats away and left. As we were driving out of the dirt road, the gate wouldn’t open, so Kennedy got out and squeezed through the gate to enter the code. She got her jeans snagged on the fence. She told Daddy and Kassidy (who were in the car) that she was stuck. She then said, “Never mind, I’m free.” Daddy replied, “No you’re not, you’re black!” Kennedy squinted at Daddy and Kassidy said, “That’s racist.” Daddy and Kassidy chuckled. :) After the gate opened, we then left to go home (7:44 p.m.).

When we got home (8:01 p.m.), Kassidy changed into her bed clothes, Kennedy took a shower, and the girls then relaxed for a short while. Daddy put some of the banana pudding into small glasses (with chocolate chips and whipped cream) for the girls for later when we play board games. Daddy then cleaned the kitchen and made this entry in this journal. Kassidy went and got her pudding to eat now, while she watched YouTube. She said that she didn’t want to wait until we played board games. Daddy then did some laundry for the girls for school tomorrow.

A little later (around 8:35 p.m.), Kassidy, Kennedy and Daddy gathered at the dining table and we played the board game “Trouble” together. We only had time for one game but we had a lot of fun laughing and joking. Kassidy ended up winning in a very fun time together. After the game (8:59 p.m.), the girls went and washed up for bed. Daddy washed dishes and then he couldn’t find where the girls were. They were in his bedroom and the light was off. Kennedy was trying to crouch down behind the chair in Daddy’s room. When Daddy went in, he said that he could see his chair moving. He then saw that Kassidy was lying on his bed. She said to Daddy, “I’m invisible.” We then stepped out into the hallway where there was light and Daddy told the girls how when Kassidy was like 2-years old, whenever she would get into trouble, she would close her eyes as if, “I can’t see you so you can’t see me.” :) We laughed about that and how cute it was. The girls then went and got into bed. Kassidy called out to Daddy, “Can you believe that when I was about 2-years old I would close my eyes like that, and now I’m going into 7th grade?” Daddy said, as he walked into the girls’ bedroom, “I know, I’m sad.” Daddy then walked around and gave Kassidy a kiss on her forehead goodnight. He then walked over and gave Kennedy a kiss goodnight on the forehead. Kennedy commented that Daddy hadn’t done ASMR (for their bedtime routine) all summer. Daddy said that he will do it next time (before we go up to Stanford on Saturday). We then had fun doing our “hearts” together as Daddy kept faking like he was going to say it and then he would say something else. After doing our hearts, Daddy told the girls goodnight and then left their room. Kennedy got up and went to the bathroom. Kassidy also got out of bed and started singing and doing a little routine to the song “Never Gonna Give You Up.” Daddy asked her to do it again and he videotaped it. Kennedy came in while Daddy was videotaping and the girls interacted together and concluded by doing their secret handshake routine. It was all cute to film. The girls then got back into bed. The girls talked together for a short while. Kassidy then said “I love you Kennedy.” Kennedy replied, “I love you too.” It then got quiet. After a short while, Kassidy called out and said, “Dad? I love you!” Daddy replied, “I love you too sweet heart.” Kassidy responded, “I’m not a heart.” Daddy said, “You’re my heart!” The girls then fell asleep. Daddy later went in and turned on the girls’ night light and turned off their bedroom light. Another priceless day together!!! Happy first day of school (tomorrow) babies! BLESSED!

**August 14, 2019 Wednesday**

**Happy first day of 7th grade Kassidy! Happy first day of 6th grade Kennedy!**

This morning (6:14 a.m.), Daddy went and woke the girls up to get ready for their first day of school. There bedroom light was already on. Apparently, Kennedy had an accident as the bottoms that she went to bed in were on the floor and damp, and she was wearing different bottoms. Kennedy probably had an accident and got up and turned the light on to clean up and just left it on through the night. They didn’t get up right away, so Daddy went over and kissed Kassidy on the cheek to get her to get moving and he then went and kissed Kennedy on the cheek. Daddy then left their bedroom and they got up. Kassidy went and washed up first and then returned to the bedroom. Daddy asked the girls through their bedroom door if they wanted Malt O Meal and they said that they did. Daddy then went and made Chocolate Malt O Meal (Coco Wheats) for the girls. Kassidy came out and was dressed pretty quickly. Kennedy came out a little later. The girls sat at the dining table and ate their Malt O Meal. Kennedy finished hers but Kassidy ate just a little and took the rest to the car to eat on the way to school. Daddy took some pictures of the girls before they walked out to the car. We then all went to the car. Kassidy got in the back seat as usual. However, she had asked Daddy yesterday if she could sit in the front seat on the way to school for her first day of 7th grade. Daddy remembered and told her that she could move to the front seat. She did. (This is the first time ever that Kassidy has sat in the front seat of a car with Daddy!) Daddy gave her a towel to put over her shirt so that she wouldn’t get her Malt O Meal on her shirt. We then left (6:55 a.m.).

On the way to school, Kennedy played on the iPad in the backseat and Kassidy ate her Malt O Meal in the front with Daddy. :) Kassidy was a little nervous so she didn’t eat all of her Malt O Meal. She gave the bowl to Kennedy and Daddy had Kennedy place it on the floor for Daddy to get later. Daddy exited 99 at Ashlan. Traffic was pretty bad going out to Kassidy’s school so it took a while traveling on Ashlan. As we were getting closer to the school, Kassidy said that she remembers in 3rd grade thinking that it would be 4 years before she was in middle school, and now she will be in middle school in 4 minutes! :) When we arrived (7:37 a.m.), Daddy stopped in the loading area. Daddy kissed Kassidy’s hand goodbye and Kennedy reached out and she and Kassidy touched hands goodbye. Kassidy then got out of the car and walked into campus. Daddy took pictures from inside the car as Kassidy walked into school. Daddy then left and drove Kennedy to Harvest. When we arrived (7:44 p.m.), Kennedy saw the cheerleaders out in front, cheering as the kids arrived. Kennedy said, “I don’t want to look the cheerleaders in the eye.” Daddy asked her why and she replied, “They have the confidence to wear those skirts!” Daddy then parked at the end of the second row of cars. He offered for Kennedy to stay in the car for a little while ad play on the iPad, but she was excited to see her friends and chose to go inside. Kennedy and Daddy got out of the car and shared a nice hug goodbye. Daddy then took some pictures of her by the car. Daddy told her that he’s sad that she’s growing up. She reminded him that she will be in middle school next year. Daddy asked if she will always be his little girls and she said that she would. :) Kennedy then walked on into the multi-purpose room (cafeteria). Daddy watched until she got inside and then he left. (Happy first day of school babies!)

Later (5:15 p.m.), Daddy returned to Harvest to attend Kennedy’s Back to School night. He sat at Kennedy’s desk while her teacher, Ms. Melkonian, discussed her class and expectations.

Daddy saw Ms. Christiansen and told her that bhe was sad that Kennedy wasn’t going to be in her class. She was very nice. He also told her that, last night, Kassidy told him that she was Kassidy’s favorite teacher in all of elementary school. She responded, “Awwww. Tell her not to be a stranger and to come visit.” Daddy then went to Kennedy’s classroom for the open house. Daddy had to wait for about 10 minutes before the teacher arrived (around 5:30 p.m.) and the parents could go inside. It was a brief meeting. There were about 5 families there. Daddy asked a few questions. He asked about the students learning cursive (which they don’t teach anymore) and about G.A.T.E. After the meeting, Daddy went up and thanked the teacher and introduced himself as “Kennedy’s dad.” She seemed to be aware of that (maybe because he was sitting at Kennedy’s desk with her name taped to it). Daddy then left (around 5:50 p.m.).

Later in the evening (around 8:30 p.m.), Mommy left a message regarding Daddy taking Kennedy to her goat showmanship practice, tomorrow. Daddy called her back and asked to speak to Kassidy. He asked Kassidy if her first day in 7th grade was as bad or better than she thought. She said that they learned a lot of rules today. Daddy then asked to speak with Kennedy. He asked her if she got to see everyone that she wanted to see today. Neither seemed really excited but it appears that their days went well enough. Kennedy reassured Kennedy that he would pick her up tomorrow to take her to her goat practice. She told Daddy that she loves him, and he told her that he loves her. Daddy and Kennedy then hung up. My sweet babies, my life!!!

**August 15, 2019 Thursday**

Today (6:40 p.m.), Daddy met Mommy at Nees/Willow (McDonalds) to get Kennedy to take out to her goat showmanship practice at Mrs. O’Daniel’s.

Stopped by Daddy’s on the way home so that Kennedy could change our of her school shirt into a play shirt.

Practiced for about an hour. Mrs. O’Daniel said that fair is in 50 days! Kennedy did really well. She’s such a diligent worker. (I love her personality!)

Arrived (around 7:03 p.m.)

10 kids Dairy Pygmy, Boer goats.

Cleaned the pen

Kennedy played on the iPad (she had fun playing the gymnastics game and showing Daddy the funny things that she was making the man do.)

Dropped off to Mommy (around 8:50 p.m.)..

**August 16, 2019 Friday**

Today (6:35 p.m.), Daddy picked the girls up from Mommy at her apartment. (Daddy was supposed to pick them up from school today but he had a meeting, so he asked Mommy to pick them up.) Kenendy came out first snd said, “Daddy, hi!” Daddy said hi back. Kassidy then came out and the girls got in the car. Kassidy was very cheerful. We then left. Daddy asked the girls about school and Kassidy told him a lot about her day and the new friends that she has made. Daddy reminded her that he told her that she would make a lot of new friends. Kennedy said that she also had a good day at school. Kennedy has her goat activity this evening but Daddy stopped by his apartment so that he could change out of his work clothes. Daddy parked on the street and we walked in through the garage. Kennedy had some flavored-water while Daddy changed. We then left and went out to Mrs. O’Daniel’s.

When we arrived at Mrs. O’Daniel’s, a man and his family were leaving and one of the sheep girls was out there. She left a short while later. As we walked in, we noticed that one of the chickens had died and was on the ground. We continued on over and Kennedy got her goat. Mrs. O’Daniel’s goats were out so Daddy used some feed to lure them back in so that Kennedy to take her goat out to the show ring area. Kennedy worked with her goat while Daddy then changed the water and got the feed for Kennedy’s and Ava’s goats. She walked him while Kassidy walked the other goat (Ava’s) for a short while. Kennedy continued walking her goat while Daddy and Kassidy put Ava’s goat away. Daddy stood in the middle of the ring and told Kennedy when to stop (and set her goat up) and when to go. Kennedy then rubbed her goat to get him used to being touched. Daddy and Kennedy then chased her goat around for a little while to exercise him. We then put him away and left. (Kennedy’s and her goat are getting closer and he is doing much better.)

From Mrs. O’Daniel’s we left (around 8:10 p.m.) and went by WinCo. At WinCo, we got some groceries and snacks for our trip to Fremont tomorrow. While Daddy was paying for the groceries, the girls were sitting next to an ATM machine inside of the store. Kennedy noticed that there was money there, as if someone had retrieved the money but forgot to take it. When Daddy finished paying for the groceries and walked over to the girls, Kassidy pointed the money out to Daddy. There were $60 there. Daddy took the money over to the cahier who had just helped him and left the money with her. Daddy thanked the girls for being honest. Kennedy said, “Why wouldn’t we?” Daddy recalled how he had once forgotten to get his money after asking for cash back and someone took the money rather than returning it. He said that that could be the person’s last $60. We then left the store.

From WinCo, Daddy stopped and got gas at Arco (Ashlan/Clovis). We then went home. On the way, Kennedy asked Daddy, “Remember after it would rain, we would look for worms and then take Mocha for a walk?” Daddy replied, “Remember when you guys would spray the ants in the backyard and use a whole can of spray.?” Kennedy responded, “I liked seeing them suffer. It looked like they were break dancing!” She and Kassidy laughed! :) As we approached home, Kassidy jokingly said to Kennedy that she smells like a goat. Kennedy replied that she’s getting used to the smell of hay and everything. As we were entering the gates to the apartment complex, Kennedy commented that she only has a few more years of working with goats so she will have to appreciate it. She then said, “As long as he doesn’t burp, because his breath smells like dukey!” We all laughed! :)

When we arrived home (around 9:25 p.m.), Daddy and Kennedy brought the groceries in. Daddy then unpacked the groceries while the girls made themselves some grape-flavored water and joked together. They then went and joked around in their bedroom while Daddy went and changed into his running clothes. Daddy then went on his run (9:45 p.m.), while the girls took a shower. After Daddy returned from his run (around 10:10 p.m.), he prepared dinner for the girls (Kassidy: Marie Callender’s Marie Callender’s Fettuccini Alfredo). While Daddy was preparing dinner, Kassidy watched YouTube from her big chair and Kennedy used the iPad in her bedroom. When dinner was ready, Kennedy came in and made herself a strawberry-watermelon flavored-water. The girls then sat at the dining table. Kennedy said grace (also asking God to “Bless us tomorrow and the rest of our lives. And bless everyone we love”). The girls then ate. (Kassidy watched YouTube on the T.V. and Kennedy watched videos on the iPad with her earbuds in.) Daddy complimented Kassidy for eating all of her vegetables, and eating them first. He said that she gets an extra treat next time. Kennedy commented, “Hey, I ate all of my vegetables before and didn’t get an extra treat!”

After the girls finished eating (Kassidy finished at around 10:40 p.m. and Kennedy finished at around 10:50 p.m.), Daddy let them stay up a short time later and have some relaxation time. Kassidy watched YouTube videos in the living room and Kennedy used the iPad in her bedroom.

A little later (around 11:15 p.m.), the girls washed up for ed and then Daddy had them do their energy homework (for their Stanford workshop). We all sat at the dining table and logged into a spreadsheet the energy we used for a 24 hour period from August 13th through the 14th (the day leading up to their first day of school). Kassidy did hers first. She then oversaw Kennedy doing her entries. While the girls did their entries, Daddy sat on the couch and watched some Chargers press conferences through the browser on the T.V. After the girls finished, Daddy had them go to bed (around 11:50 p.m.). Daddy then went into the girls’ bedroom and Kassidy was singing the Back Street Boys song “I Want it That Way.” Daddy started miming like he was singing the song and we laughed! :) We then did our “hearts” together. Daddy told the girls goodnight and that they will have to get up in about 4 hours. Kassidy replied, “That’s how long it takes to go to L.A.!” She then said, “I will take a premature nap.” The girls laughed and joked together for a short while before falling asleep (around 12:20 a.m.). Treasured and fun days together!!! SO VERY BLESSED!

**August 17, 2019 Saturday**

This morning (around 4:40 a.m.), Daddy went and woke the girls up for us to go to Fremont for their Stanford STEM (energy) workshop. The girls got dressed and we left (around 5:35 a.m.). Kassidy chose not to eat breakfast but Kennedy Made herself a bowl of Honey Nut Cheerios and ate in the car. We talked and joked for about the first 45 minutes or so. The girls then went to sleep and Daddy listened to podcasts and an audio book (Blinkist) on the iPad. As we arrived at the place in Fremont \*at around 8:30 a.m.), Daddy parked near the place and the girls ate some of their Lunchables in the car. We the n went inside (around 8:45 a.m.), The event started at 9 a.m. At home, Daddy wasn’t able to download the data that the need today because he kept getting an error on the PG&E site. So Daddy tried to get the data before the event started. As the event started, Daddy continued trying to get the data for the girls. (Google Drive was blocked because of the security on Daddy’s computer.) About 15 minutes into the meeting, Kennedy came and got the computer because they needed it for an activity. (Kassidy spoke up and shared ways that our family discussed that we could save energy such as taking walks and playing board games instead of watching T.V., etc.) Daddy was able to use his friend’s computer (Raju, someone he teaches at Stanford with) to get the data. During a break in the class, Daddy was downloaded the data to the girls computer and they were able to visualize the data in Tableau with the rest of the class. At the end of the workshop today, Kassidy and Kennedy along with 2 other girls (who were in high school) put together an “explainable” video and Kassidy did the voiceover. Kennedy helped move the graphics around by hand. After the event, Kennedy walked up to Daddy and told him that she enjoyed it today. Kassidy later said that she also enjoyed it. :) (Daddy was in a side office so he didn’t get to see everything that the girls got to do today but he did hear Kassidy speak up and share during the workshop and he heard the teacher comment on a drawing that Kassidy made representing energy (a lightening bolt; Daddy also saw that Kennedy was very involved helping with the “explainable” video that their group put together.) Before we left, the girls were given a device that allows you to control your energy use remotely through wifi. Daddy asked Kassidy how their video came out. She replied that it was O.K. She said that she sounded like a “typical 13 year-old boy.” :) We then left (around 12:45 p.m.).

On the way home, we played Speed Round (“No repeats or hesitations… category is…”). We played for about an hour (boys names, names of songs) and had a lot of fun together and laughed! :) The girls then fell asleep and Daddy listened to the iPad. When we got to Los Banos, the girls woke up. The girls decided that they didn’t want to stop and eat at Chili’s like we had planned on the way to Fremont., but Kassidy wanted to go to the bathroom. Daddy then drove, looking for a place to stop so that the girls could go to the bathroom. On the way, Kennedy noticed that she had some cheese on her pants and exclaimed, “I have 2-hour old cheese on my pants!” (From a Lunchable that she had eaten.) Kassidy replied, “The French eat 100-year old cheese!” Kennedy then said, “It’s American!” (Regarding the cheese on her pants. :) Kassidy and Kennedy were joking with Daddy and Kassidy started describing him. She said, “He’s dark, he has short hair and he loves us!” :) Daddy ended up finding a Carl’s Jr. and stopped there. While Daddy waited in the car, the girls got out and used the bathroom. When the girls returned to the car, Daddy drove on to Fresno and the girls slept until he exited on Herndon (around 3:50 p.m.). Kassidy looked up and said, “we’re home!” The girls remained awake. Daddydrove out Herndon. He surprised the girls and drove straight to Coldstone Creamery (Herndon/Fowler). Kennedy kept asking Daddy where he was going but Daddy kept joking and wouldn’t tell her. Daddy had asked the girls a little if they would like to go to Menchie’s or Coldstone, so Kassidy eventually guessed that Daddy was going to Coldstone and she was right. At Coldstone, Kassidy got Cookies and Cream mixed with Coffee flavors with a Twix mixin. Kennedy got all Cake Batter flavor with a brownie mixin. Daddy got Cake Batter mixed with Fudge Truffle flavors with cookie dough and almonds mixins. The girls ate some while waiting for Daddy’s to be made. We then went home (around 4:20 p.m.) and put them in the freezer for later. Daddy cleaned out the car, put things away, and washed the dishes while the girls got flavored water and laughed and played around together. Kassidy then went and took a shower. Daddy asked Kennedy to straighten up the bedding in her room. She replied that it needs to be washed because she had an accident last night. Daddy told her that she needs to go to the bathroom before bed. She said, “I did but it didn’t work.” :) Kennedy relaxed in her bedroom with the iPad. After Kassidy finished her shower (around 4:45 p.m.), she relaxed in her big chair and watched YouTube on T.V. Daddy relaxed in his bedroom at his desk area and watched some of the series “Black Mirror” on Netflix.

Later (6:51 p.m.), Kassidy went into Daddy’s bedroom and gave Daddy a hug. Daddy told her that he was watching “black Mirror. She went into his bathroom and told him to look (into the mirror), implying “black mirror.” Daddy chuckled. He asked Kassidy what she wanted to eat. She didn’t really know. Kassidy and Daddy then went into the girls’ bedroom and asked Kennedy what she wanted to eat. Neither Kassidy nor Kennedy really wanted to go out to eat as Daddy had offered, so tonight we decided to just eat at home and to go out tomorrow. Kassidy went to the bathroom. When she came out, she went into Daddy’s bedroom and gave him another hug. She then resumed watching YouTube from her big chair in the living room. A short time later (7:23 p.m.), Daddy went on his run. When Daddy returned from his run (About7:50 p.m.), Daddy was sitting on the couch. She got up and asked Daddy to help her set up a Pottermore account where she can do Harry Potter related activities. Daddy helped her (she used her [kennyjayross@gmail.com](mailto:kennyjayross@gmail.com) email) and she returned to her bedroom with the iPad. Daddy then started preparing dinner for the girls (Kassidy: Marie Callender’s Spaghetti with Meat Sauce and Daddy made her a bowl or corn, Kennedy: Marie Callender’s Fettuccini with Chicken and Broccoli). When dinner was ready (around 8:30 p.m.) , the girls sat at the dining tale, Kassidy said grace, and the girls ate. Kassidy watched YouTube videos and Kennedy worked on setting up her account on Pottermore while they ate. Daddy did some laundry. During dinner, Kenned took a test and was excited t find out that she’s a “Hufflepuff.” She said, “I can’t wait to tell my friends!” She told Daddy that that’s where the best wizards come from. She read from the site that Hufflepuffs are “patient, fair, hard working and sometimes blandly nice.” After eating, the girls had their Coldstone for dessert. Kassidy ate hers while watching YouTube in the big chair. Kennedy ate hers at the dining table while using the iPad. After she finished her Coldstone, Kennedy went to her bedroom with the iPad.

Later (12:01 a.m.), Daddy had the girls wash up for bed. A short time later, Daddy went itno tyheir room. Kassidy was talking about trying out for volleyball. Daddy decided to take the opportunity to talk to the girls about whether or not they will stay out at Central. We talk for a little while. Kassidy got a little defensive and a little bit of an attitude. After our talk, Daddy gave Kassidy and then Kennedy a kiss goodnight on the head. (Kennedy told Daddy that she was disappointed that she didn’t do her 100 jumping jacks today because she had been doing them consistently. Daddy told her to just get right back on her habit tomorrow.) As Daddy was walking out of their bedroom, Kennedy reminded Daddy that we hadn’t done our “hearts.” Kennedy then went to the bathroom. A short time later, after Kennedy had gone to the bathroom, Daddy returned and we did our “hearts” together (around 2 a.m.). Daddy told the girls that he loves them and then left their bedroom. They talked and interacted together briefly before falling asleep. A nice day together!!!

**August 18, 2019 Sunday**

This morning (around 10:30 a.m.), the girls got up. Kennedy went into Daddy’s bedroom to get the iPad but was in bed using it. Kassidy had gone into the bathroom, so Kennedy reclined in Daddy’s work chair waiting for Kassidy to come out. When Kassidy came out, she went into Daddy’s bedroom. Kassidy then said that she was going to go have breakfast. Kennedy joined her and they both had breakfast (cereal) together at the dining table. After they finished eating, Kassidy relaxed in her big chair in the living room and watched YouTube. Kennedy went and got the iPad from Daddy and took it to her bedroom and closed the door. A short while later (11:30 a.m.), Daddy went on his run. After Daddy returned from his run, he told Kassidy that he would like for them to read some today and asked when she would like to read. She said 1. Daddy then went and told Kennedy that he would like for them to read at 1. Daddy then started making some oatmeal. Kassidy asked if she could have some. Daddy said that she could. He asked Kassidy to go ask Kennedy if she would also like some. Kennedy also wanted some, so Daddy made enough for himself and the girls. When the oatmeal was ready (around 12:40 p.m.), Daddy served it in bowls for the girls and put the bowls on the dining table where the girls sit. He then called the girls to come eat. They both sat at the dining table and ate together. Kassidy had YouTube videos playing. Kennedy thanked Daddy for the oatmeal and then Kassidy thanked Daddy. A short time later, Kassidy took her bowl and sat in her big chair and ate while watching YouTube. The girls enjoyed watching various YouTube videos together. After they finished eating, they had some quiet time and read (around 1:05 p.m.). Daddy did some laundry.

Later (2 p.m.), Daddy let the girls know that they had been reading for about an hour and that they could take a break. Kassidy said that she was almost finished with a chapter. Kennedy said that she wanted to keep reading. When Kassidy finished her reading, she turned the T.V. on and watched some Asian/anime show in another language. She went in to Daddy’s bedroom, where he was watching a documentary (about the -92 L.A. riots) on his computer, and told him that “Teen Titans Go!” started as an anime. She then returned to the living room. A little later (around 3:30 p.m.), Kennedy came out of her bedroom announcing that’s she’s finished reading. She said that she doesn’t know how many chapters she has read. Daddy asked the girls where they want to go for dinner. Kennedy asked Kassidy. Kassidy said “Panda.” They said that they want to bring it home to eat. Daddy then offered for all of us to go on a walk to the store (to get a treat). The girls said that they would go. Daddy said that we could go in about an hour. Kassidy went to the bathroom and Kennedy went and made herself a frozen burrito for lunch. Kennedy called out to tell Daddy that she had read about 4 or 5 chapters (she checked her book).

Later, the girls got changed and we walked to Walmart (around 4:40 p.m.). At Walmart, Daddy got a few groceries (toothpaste, peanut butter, some dinner for the girls, etc.). The girls saw some shirts that they liked so they went and tried a few on and Daddy bought them each 2 shirts for school. Daddy also After paying for our groceries, we walked back home. When we got home (around 5:50 p.m.), the girls relaxed briefly and then we went out to Mrs. O’Daniel’s because Kennedy wanted to get some more work in with her goat (6:28 p.m.).

At Mrs. O’Daniel’s, Kennedy walked her goat around and periodically stopped and set him up. Daddy stood in the middle of the show area and acted like the judge for Kennedy. Kassidy mostly threw rocks while Kennedy practiced. Kennedy then gave her goat some “tie up” time and rubbed him to get him used to her touching him. Kennedy then put her goat away. We didn’t have to feed today so we headed out. As we were leaving, Faith arrived (a high school girl who we were around a lot last year but she’s now just in FFA). We spoke to her briefly and then left (7:15 p.m.).

On the way home, Daddy stopped by Panda. He and the girls went inside and the girls each got half and half fried rice and chow mien, Homey Walnut shrimp, and broccoli beef (Daddy added some mandarin chicken as a third item to each plate for himself). We then went home. On the way home, Kassidy was telling Daddy that 5 of her teachers wear glasses and 2 don’t. Kennedy commented about the 2 who don’t, “No, they have a chronicle.” The girls thought about it and realized that Kennedy meant to say “monocle.” Kennedy started laughing really hard. The girls laughed together! We were considering playing board games tonight but, because it was getting late for a school night, we decided to wait.

When we got home (7:42 p.m.), Daddy served the girls their food on a plate. They each made themselves a small glass of chocolate milk. The sat at the dining table and Kennedy said grace (also asking that God bless “everyone we love including Grammy and Papa, and bless us to have a good time and to do well on our presentations.” The girls then ate while Kassidy watched YouTube videos and Kennedy watched videos on the iPad. After the girls finished eating (around 8:10 p.m.), Kennedy took a shower and then Kassidy. After her shower, Kennedy got some of the ice cream that she had chosen earlier and went to her bedroom with the iPad. After Kassidy got out of the shower, she went and got her Riesen’s candy, relaxed in her big chair and watched YouTube (8:30 p.m.). Daddy told the girls that they needed to go to bed by 9:30 p.m.

A little later (9:47 p.m.), Daddy went I to the girls room and did ASMR on Kassidy. He acted like he was shaping Kassidy’s eyebrows. She and Kennedy laughed. He also vibrated different parts of her face and did “aqua massage” on her forehead. He then acted like he moved the front of her brain down into her nose, and then he closed down on her nostrils. He finished with a traditional swipe underneath her chin. Kassidy told Daddy that he forgot to move her brain back up from her nose, so Daddy went and “moved” her brain back up and hit the top of her head to finalize the relocation. Daddy then did ASMR on Kennedy. He acted like he was shaping her eyebrows. Daddy then vibrated parts of Kennedy’s face and underneath her chin. She made funny sounds and the girls laughed. He also moved Kennedy’s brain down into her nose and he closed down on her nostrils. He then moved Kennedy’s brain back up and hit the top of her head to finalize the move. Daddy then concluded with a traditional swipe underneath the chin. We had fun! We then did our “hearts.” Daddy told the girls goodnight and he left their bedroom. Kennedy got up and went to the bathroom. She then returned to her bedroom and she and Kassidy joked and laughed together in bed for a little while. After about a half hour of talking and laughing together, the girls fell asleep (10:44 p.m.). A short time later, Kassidy got up to go oi the bathroom and went into Daddy’s bedroom, making an announcement as if she was on the Disney Channel. :) Daddy chuckled. He was lying on his bed emailing using the iPad. Kassidy then went to the bathroom. After going to the bathroom, Kassidy called out, “Goodnight dad!” Daddy replied, “Goodnight baby.” Kassidy then said, “Goodnight Kennedy as she returned to her bedroom, but it appears that Kennedy was already asleep. Kassidy got back into bed and fell asleep. Daddy later went into the girls’ bedroom to turn out their light. The girls were asleep with Kennedy’s leg draped over Kassidy. Daddy took a picture. He then turned on the girls’ night light and turned off their bedroom light. A great day together!!!

**August 19, 2019 Monday**

This morning (around 6:14 a.m.), Daddy woke the girls up to get ready for school. Daddy then went and took a shower. After getting dressed, Kennedy made herself a bowl of Lucky Charms cereal. Kassidy called out to Daddy telling him that she had a dream that she couldn’t find her Funions chips (yesterday Daddy bought her some Funions for her to take to school today for a snack). Kassidy chose not to have cereal for breakfast. (She said that milk has been bothering her stomach.) Kennedy took her bowl of cereal to the car and Kassidy also went out to the car. We then left (6:53 a.m.) and Daddy drove the girls to school. On the way, after we had exited 99 and were on Shaw on our way to school, Kassidy commented that, “Daddy probably ran over an ant.” Daddy responded, “Well, ashe shouldn’t have been in the road.” The girls both said, “Stop.” Daddy then said, “Do you get it?” and Kennedy replied, “I’m trying to forget it.” Daddy laughed.

A short time later (7:17 a.m.), Daddy dropped Kassidy off Glacier As Kassidy got out, Kennedy asked for Kassidy’s hand. Daddy also asked for Kassidy’s hand and he gave it a kiss goodbye. Kassidy then got out of the car and walked into school. Daddy then drove Kennedy to Harvest. Daddy parked at the very end of the first row (7:27 a.m.). Kennedy remained in the backseat of the car played the gymnastics game on the iPad until 8:o5 a.m. Kennedy and Daddy then got out of the car and shared a nice hug goodbye. Kennedy then walked on into the school cafeteria. Daddy watched until she got inside left a short time later.

Later (5:30 p.m.), Daddy returned to Harvest and picked Kennedy up (5:45 p.m.) from the after school program. He had a meeting run late so he arrived later than usual. Kennedy out and greeted Daddy, showing him some coloring that she had done (of Easter eggs?). From Harvest, Daddy and Kennedy went and got Kassidy from her after school program at Glacier Point (5:55 p.m.). (Kassidy had called Daddy several times, concerned because he hadn’t arrived yet.) We all then went to a parent meeting for Kassidy’s Back to School event tonight.

At Kassidy’s Back to School night, we first went to her first period teacher and listened to his brief presentation. We then went to her 2nd period teacher (history), 3rd period teacher (science), and then her 4th period teacher (math). Mom showed up during the math teacher’s presentation (this is the teacher that Kassidy told Daddy uses his hands funny and licks his lips; she and Daddy joke about it; Daddy joked that he was going to raise his hand and ask the teacher why he does tha; Kassidy told him that he better not :). We then needed to leave for Kennedy to attend a 4-H event to select her activities for this year. We briefly talked to mom, who was going to stay to sit in on Kassidy’s last 2 periods/teachers. We then left. On our way out, we saw Ai-Lani and her family. Ai-Lani ran up to Kassidy and they hugged. Daddy joked to her parents, “I thought she was coming to give me a hug!” Daddy then shook her mother’s hand, hugged her father and shook her oldest brother’s hand. We all spoke briefly. We then left Glacier Point (around 7:20 p.m.).

From Glacier Point, we went to Kennedy’s 4-H activity registration. On the way, the girls were hungry, so Daddy let them each have one of the 2 peanut butter and jelly sandwiches that Daddy had made for work today but didn’t eat. (He thought that the girls might be hungry after a long day.)

We arrived at Reagan Elementary in Clovis (around 7:40 p.m.), where Kennedy’s 4-H event was being held. Kassidy couldn’t believe that it was an elementary school because it was s nice (Daddy forgot that Kassidy hadn’t come with us when he and Kennedy had been here before.) At the sign-up event, Kennedy signed up for Advance Sewing, Goats, and Fishing. She is so excited about doing fishing! We stayed for only about 20 minutes. From there (8:02 p.m.), we went out to Mrs. O’Daniel’s

At Mrs. O’Daniel’s, Kennedy worked with her goat while Kassidy changed the water and Daddy got the feed for the goats. Kennedy walked her goat around near the pen area (because Mrs. O’Daniel’s goats and sheep were out and we decided not to put them away). Kennedy walked her goat around in a square 20 times. She had him stop and he stayed in position while she counted all the way to 124! Kennedy was proud of him. (She is so disciplined and such a good worker and caretaker. She’s consistent and does what she needs to do. I’m so proud of her! Her goat is lucky to have her! :)

It was getting pretty dark when Mrs. O’Daniel arrived from the same 4-H event. She fed the other animals while we were out there. We spoke with her for a short while. Kennedy asked her about doing FFA in college. She said that you can only do it in high school but that you can get a scholarship by participating in it. She told Kennedy that the best school is probably UC Davis. She said that 4-H isn’t as popular in California and is at risk of losing its funding from the UC system.. Kennedy asked if she could still go out to Mrs. O’Daniel’s farm. Mrs. O’Daniel responded that she could but jokingly said that she doesn’t know about Kassidy. We all chuckled. Kennedy then asked her where she would keep her goat. Mrs. O’Daniel replied that she has 10 acres. Daddy then said for Kennedy to wait until the time comes. We thanked Mrs. O’Daniel and told her good night. We then left (around 8:40 p.m.) and went home.

When we got home (around 8:50 p.m.), Daddy made dinner for the girls (Kassidy: Marie Callender’s Steak and Roasted Potatoes, Kennedy: Marie Callender’s Fettuccini with Chicken and Broccoli). While Daddy prepared dinner, Kennedy sat at the dining table and played on the iPad. She asked Daddy, “Have I told you that I love today?” :) When dinner was ready, Kennedy asked Daddy if she could have the remaining orange Shasta soda. Daddy told her that it is Kassidy’s. Kassidy said that she could have it and asked Daddy if she could have a Diet Coke. Daddy said that she could. The girls then sat at the dining table. Kassidy said grace, and Daddy thanked God for Kassidy being so patient and supportive of Kennedy, and for Kennedy being so patient and supportive of Kassidy. :) The girls then ate. While eating, Kassidy watched animation/meme videos on YouTube, and Kennedy put in her earbuds and watched videos (about horses) on the iPad. After the girls finished eating (around 9:35 p.m.), Kassidy relaxed in the big chair and continued watching YouTube. Daddy told the girls that they could relax for 20 minutes before bedtime. Kennedy got some of their Cherry Cheese Cake ice cream and went to her bedroom with the iPad. A short time later, Kassidy also got some of the ice cream and ate it in her big chair while watching YouTube.

A little later (10 p.m.), Daddy had the girls wash up for bed. They then put their school clothes out. Kennedy went to the bathroom and Kassidy practiced drawing for a short while. Daddy then went in to tell them goodnight. We did our “hearts” together! Daddy then walked over and gave Kassidy a kiss on the forehead. He then walked to the other side of the bed and gave Kennedy a kiss on the forehead. Daddy told the girls goodnight and then left their bedroom (10:29 p.m.). Daddy later returned to the girls’ bedroom and turned on the girls’ night light and turned off their bedroom light. A sweet and enjoyable day together!!! I love the bond that we all share! BLESSED!

**August 20, 2019 Tuesday**

This morning (6:24 a.m.), Daddy went and woke the girls up. They did well getting up and getting dressed this morning (Kassidy wore another one of the cute shirts that Daddy bought for her, that read “Hakuna Matata”). Kassidy chose not to eat breakfast. She said that she will eat at school. Kennedy made herself a bowl of Honey Nut Cheerios. She briefly sat at the dining table and ate a little before taking her bowl to the car. Daddy and Kassidy also went to the car and we left (7:02 a.m.), for Daddy to take the girls to school. On the way to school, Kassidy played on the iPad and Kennedy ate her cereal. As we approached Kassidy’s school, Kennedy was writing out the schedule for training her got this evening. After a short while, Kennedy asked Daddy, “Would you say goodbye to the goats when you leave?” Daddy said that that would be good. Kennedy replied, “If my legs were being touched in a way that I didn’t want, I would want someone to say goodbye to me!” (So sweet! :Wonderful! :)

When we arrived at Glacier Point (7:25 a.m.), Daddy asked for Kassidy’s hand, from the back seat, and he gave it a kiss goodbye. Kennedy told Kassidy “I love you” as Kassidy got out of the car. Kassidy then walked into school. Daddy then took Kennedy to Harvest. We parked at the end of the first row (around 7:32 a.m.). Kennedy remained in the back seat and played on the iPad until 8:05 a.m. (The playground opens at 8:10 a.m.) Daddy and Kennedy then got out of the car and shared a big hug goodbye. Kennedy walked into the cafeteria and Daddy watched until she got inside. Daddy then left.

Later (5:05 p.m.), Daddy returned to Glacier Point and picked up Kassidy from the after school program. He then went and got Kennedy from Harvest (5:20 p.m.). Kassidy walked up before him to see some of her friends that are in the after school program. From there we went home for a short while. When we got home (around 6 p.m.), Daddy showed Kassidy the email regarding what they need to have prepared for their Stanford presentation on Saturday. Daddy asked her to read through it and to take notes on what she knows how to do and what she doesn’t know how to do. Daddy started making dinner for the girls (Kassidy Marie Callender’s Beef and Broccoli Bowl, Kennedy: Marie Callender’s Chicken Pot Pie). When dinner was ready, Kennedy came in and got herself a water. Kassidy had been taking notes sitting in Kennedy’s seat. Kenney asked Kassidy to move to her own seat. After Kassidy finished the note that she was working on, she moved over to her own seat. Kennedy then sat down at the table with Kassidy. Kennedy said grace (also adding that God bless “us to have a good rest of our day, and for my goat to make great progress, that we have a good rest of our lives, and that we are able to go to Stanford on Friday” to practice their presentation). The girls then ate. While eating (6:27 p.m.), Kassidy watched animation videos to music and Kennedy had her earbuds in while watching videos on the iPad.

As we were preparing to leav to go out to Mrs. O’Daniel’s, Kassidy got her bag of hot Cheetoes from the pantry. Daddy said, “Kassidy!” Kassidy replied, “I’m NOT better than this!” Daddy laughed and thought that was so funny! :)

Went out to Mrs. O’Daniel’s (around 7:20 p.m.). The sheep girls were out there training with Mrs. O’Daniels’ When they finished, Kennedy worked wt her goat in the show area. Daddy acted like the judge for a while. Mrs. O’Daniel asked Daddy if he would empty the goat feed into the goat feed container (the 2 bags that he had ordered and that she had picked up). Kennedy talked with Mrs. O’Danile about training her goat and walking Ava’s goat with her goat. We then left (around 8:20 p.m.).

Couldn’t reach Mom. Called Mr. Hunter but couldn’t reach him. Kassidy asked if Daddy would try Mom one more time and let her leave a message. Daddy did and Mom answered (around 8:50 p.m.). She was at Halmonie’s. Daddy talked to the girls for about being kind to everyone. Daddy then went and packed. As we were getting ready to leave, Kennedy took with her the badminton set that Daddy had been given from a friend at work. We then left and Daddy dropped the girls off at Halmonie’s (around 10 p.m.). The girls got out of the car and Daddy kissed Kassidy’s hand and then he kissed Kennedy’s hand goodbye. Kennedy told Daddy that she loves him as the girls walked up to Halmonie’s front door where Mommy was standing. Daddy then left. My sweet babies!!!

**August 24, 2019 Saturday**

Today (9 a.m.), Daddy attended the final day of Kassidy’s and Kennedy’s Stanford Stem workshop held on Stanford’s campus. Mom wouldn’t let the girls go so Daddy attended by himself. Daddy was asked to be on the jury giving feedback to the students. For the first hour or so, the went over vampire/phantom energy use (devices that use energy even when they are turned off) and how to identify them. They then had a snack break. After that, they showed the various “Explainable” videos that the kids put together last weekend. Kassidy’s teams was shown. Kassidy did the voice over. Kennedy helped oved the graphics around. Daddy was very proud. Each of the judges then introduced themselves (Daddy introduced himself). After that, the kids were separated into two separate groups to give their “Design Your Energy Life” presentations in two separate rooms. Daddy was on the jury in one room and gave feedback for 8 presentations. Each of the presentations was recorded and will probably be posted at some point. Daddy wants Kassidy and Kennedy to see how the other kids’ presentations went. After the presentations, all of the kids gathered in the same room. Each kid was called up and given a certificate of completion. They took a picture with the organizer (June Flora). Afterwards, Daddy was pleased when he was given Kassidy’s and Kennedy’s certificates. The event ended close to 12:30 p.m. The organizers appreciated that Daddy participated as a judge. The workshop was very beneficial for the kids. Daddy was disappointed that Kassidy and Kennedy didn’t get the opportunity to prepare and deliver their presentation, but he’s happy that they participated in most of the workshop. It was a great opportunity for them to be a part of this workshop especially with it being associated with Stanford. Daddy wants to inspire them to go to the college of their choice. SO PROUD OF MY GIRLS!!!

**August 26, 2019 Monday**

Today (4:17 p.m.), Daddy arrived to pick Kassidy up from Glacier Point. Daddy called the after school program to let them that he was outside and to send Kassidy out. They said that they would. Daddy waited for about 10 minutes. He then called back and they said that Kassidy was at volleyball practice. They apologized. Daddy asked when practice would be over and they said at 4:50 p.m. Daddy asked them to send her out at that time and the girl said that they would. (While Daddy had been waiting, the vice principal from Harvest called and left a message telling Daddy that Kennedy was upset today because some kids were being mean to another girl and using sexual language. She said that Kennedy told a teacher but was still upset) Daddy left Glacier Point and went to go pick up Kennedy from Harvest. When Kennedy came out, she was excited to see Daddy and gave him a hug. Daddy asked Kennedy about the incident that upset her and she told him about it and how she felt bad for the girls and told a teacher. Daddy told her that he was proud of her for living her values and telling a teacher. Daddy and Kennedy then returned to Glacier Point and waited for about 10 minutes when Kassidy came out. She apologized for making Daddy wait and poked his forehead. Daddy told her it was alright. She then walked around to the passenger side and as she got in, she told Daddy that she is glad to see him today. Daddy told her that he is glad to see her also. We then left Glacier Point and Daddy went by Arco (Ashlan/Valentine) and got some gas. (On the way, Kennedy told Daddy that, on Friday, her goat weighed 99 pounds). After getting gas, we then continued on out Ashlan to WinCo by Grammy’s.

At WinCo, Daddy got some groceries and the girls got some dinners. The girls each got a Moon Pie (Kennedy: Strawberry, Kassidy: Chocolate) and they also saw some Hawaiian Rolls. They asked Daddy if he would buy some because they used to always have them at Grammy’s. :) Daddy bought a pack for them. From WinCo we went home. On the way home, Kassidy told Daddy that she made the volleyball team today, and asked, “Are you proud of me?” Daddy told her that he was proud of her.

When we got home (around 6:20 p.m.), Daddy unpacked the groceries and the girls relaxed briefly. Kassidy watched YouTube in her big chair and Kennedy used the iPad in her bedroom. After a short while, we left to go out to Mrs. O’Daniel’s for Kennedy’s showmanship practice (6:45 p.m.).

At Mrs. O’Daniel’s, Kennedy worked with the other meat goat kids (Sloan and his brother, and Ava). The showmanship area was flooded so they worked out in front of Mrs. O’Daniel’s house. Kennedy and her goat are getting better and better. (Daddy gave Kassidy the iPad and let her return to the car and play while Kennedy trained.) After the training, Kennedy took her goat out to the horse field and ran him for about 5 minutes while Daddy got the feed for the goats. (The goats are to now eat separately. Kennedy’s goat is to get 1 pound of feed, because of his weight, and Ava’s goat is to get 2 pounds of feed each morning and evening.) Daddy had already changed the water while Kennedy was getting S’mores to begin training. After feeding the goats, we left and went home (8 p.m.). (As the girls got into the car, Kennedy saw that Kassidy had drunk her bottle of water. She complained and told Kassidy that she had done it before. She then said, “If you do it a 4th time, I will hit you on the head with the bottle, which won’t hurt because it will be empty!” Kassidy laughed. :)

When we got home (around 8:20 p.m.), Kennedy took a shower while Daddy made dinner for the girls (Kassidy: Marie Callender’s Slow Roasted Beef dinner, Kennedy: Marie Callender’s Fettuccini Alfredo). Kassidy watched animation videos on YouTube in the living room. After dinner was ready, the girls got a glass of milk (Kassidy made chocolate milk) and sat at the dining table. Kassidy said grace and then the girls ate. Kassidy watched YouTube videos while they ate, and Kennedy put in her earbuds and watched videos on the iPad. After the girls finished eating, Kassidy took a shower and Kennedy got a bowl of Cherry Cheese Cake ice cream and went to her bedroom with the iPad. Kennedy did 50 jumping jacks and tghen had her ice cream. After eating he rice cream, she did another 50 jumping jacks. :) After Kassidy got out of the shower, Daddy let the girls relax for about another 15 minutes. Kassidy watched YouTube videos in her big chair.

A short time later (9:30 p.m.), Daddy had the girls wash up for bed. They then went and got their school clothes out before getting into bed. Daddy went in to their bedroom a short time later (9:44 p.m.) and gave them each a kiss on the forehead. He then stood at the foot of the bed and we did our “hearts” together. We laughed and joked together for a short while. Daddy then started to leave the room when Kennedy told him that he hadn’t given them a hug and kiss goodnight. Daddy turned around and walked up to Kennedy, who was in bed. He put his hand on her forehead and gave her an “aqua massage, aqua massage.” He then gave her a kiss on the forehead. He then walked around to Kassidy’s side of the bed, grabbing her toe as she rubbed her feet together. He then leaned down to give her a kiss on the forehead and she kicked her leg up trying to kick Daddy. Daddy gave her a kiss on the forehead. He told the girls goodnight and then left their bedroom. He went and straightened up the kitchen. As he returned to his bedroom, he called out to the girls, “I love you!” They both replied in return, “I love you.” The girls fell asleep a short time later. Daddy went in and turned on their night light and turned off their bedroom light. Another treasured day with my girls!!! SO BLESSED!

**August 27, 2019 Tuesday**

This morning (6:17 a.m.), Daddy woke the girls up to get ready for school. Kennedy sat up on the edge of the bed and she and Daddy high-fived. Daddy then left the room. The girls washed up and got ready for school. When the girls were dressed for school (Kassidy asked Daddy to sign something for her math class), they each made themselves a bowl of cereal (Kassidy: Lucky Charms, Kennedy: Honey Nut Cheerios) that they took to the car with them. We then left and Daddy drove the girls to school (6:57 a.m.). The girls ate on the way to school and Kennedy played on the iPad.

On the way to school, Daddy told Kassidy that he was proud of her for making the volleyball team. She thanked Daddy and seemed proud. :) A short time later, Kennedy joked that Kassidy is going to get a salt shaker for Christmas so that “she can send out salty letters when she feels like releasing some sass!” We laughed. :) When we arrived at Glacier Point (7:21 a.), Daddy dropped Kassidy off in the loading zone off of Ashlan. He asked for and kissed her hand, and she then got out of the car and walked into school. Daddy then drove Kennedy to Harvest (7:28 a.m.). He parked at the end of the first row and he and Kennedy sat in the car. Kennedy played on the iPad for a while. She commented to Daddy, “When you picked me up yesterday, I was in the middle of beginning to use the glue gun.” She laughed at how she said that sentence (“in the middle of beginning”). A short time later, she decided to go on into school (7:50 a.m.). She and Daddy got out of the car and shared a sweet hug. Kennedy then walked into school. Daddy watched until she went inside the cafeteria. He then left.

Later (4:40 p.m.), Daddy returned to Harvest and picked up Kennedy. Daddy signed her out inside of the cafeteria. She was excited to see Daddy. She ran up to him and gave him a hug. From Harvest, we went to pick up Kassidy from Glacier Point. We parked in the parking lot (4:50 p.m.), and waited for Kassidy to come out after her practice. Kennedy played on the iPad in the backseat. Ai-lani, Kassidy and Kennedy’s friend, got on her bus and waved and Kennedy and Daddy. A short time later, Kassidy came out from practice (around 5 p.m.). She asked Daddy if she could sit in the front seat. Before he could answer, she opened the passenger door and got into the car and sat in the front seat next to Daddy (her second time ever). We then left and went home. Kennedy told Daddy that, at school, she and her friend Yiltsin were talking and joking and her friend said something and asked “do you get it?” Kennedy told Yiltsin how her dad always says, “I’m trying to forget it!” She said that Yiltsin started laughing really hard and thought that was funny. :) On the way, we had fun describing what we saw in the clouds. At one point, traffic suddenly slowed on the highway and Daddy had to suddenly put on his breaks on and the car screeched. (Whew!)

When we got home (around 5:35 p.m.), Kassidy got some Cheetos (that were in the pantry leftover from Daddy’s recent road trip to Stanford) and ate while relaxing in her big chair and watching music on YouTube. Kennedy went to her bedroom with the iPad. Daddy asked her to make her bed (from this morning) and she did. She then did 50 jumping jacks before relaxing in the bed with the iPad.

A short time later, Daddy started preparing dinner for the girls (Kassidy: Stouffer’s Spaghetti with Meatballs and Daddy made her a bowl of corn, Kennedy: Marie Callender’s Fettuccini with Chicken and Broccoli). When dinner was ready (around 6:30 p.m.), the girls came and Kassidy sat at the dining area. Kennedy made herself a (Hershey’s syrup) chocolate milk. She then sat at the dining table with Kassidy. Kennedy said grace (adding that He bless “everyone we love, and bless me to do well at the fair.”). Kennedy got up and went to the bathroom. When she returned, she called out to Daddy, who was in his bedroom making this journal entry, and said, “Thank you for dinner, Dad.” Kassidy then also thanked Daddy. While the girls ate, Kassidy watched YouTube and Kennedy watched videos on the iPad. After the girls finished eating (around 6:50 p.m.), they relaxed for a short while before we left to go out to Mrs. O’Daniel’s so that Kennedy could train her goat (around 7:15 p.m.).

When we arrived at Mrs. O’Daniel’s (around 7:30 p.m.), the two sheep girls were out there. We had to first use some tortilla chips to lure Mrs. O’Daniel’s goats and sheep into their pen. Kennedy then walked her goat around the show area. Daddy changed the water and then watched Kennedy for a short while. Kassidy sat out and also watched Kennedy. (The pig kid and his mom arrived.) Daddy then went and fed the other goat (Ava’s Oscar). Kassidy sat nearby while Daddy got the feed. After Kennedy finished working with her goat, she fed him out of the plastic coffee container that Daddy had put a pound of feed in. Kennedy held it while he ate out of it. (He’s trusting Kennedy more. :) Daddy walked out to the car and got a miniature flashlight because it was getting dark. After her goat ate, Kennedy rubbed and loved on him. (The pig kid and his mom were leaving and told us goodnight.) We then left.

On the way home, Kennedy was talking about a kid who falls asleep in class sometimes. Kassidy said that he was unattractive. Kennedy defended him. Kassidy responded that “he’s visibly challenged.” Kennedy replied, “You’re visibly challenged!” Kassidy said, “I don’t care… because I know it’s not true.” She and Kennedy laughed!

When we got home (around 8:45 p.m.), Kennedy got into the shower and Kassidy got the rest of the container of the Cherry Cheesecake ice cream and took it to her big chair. She ate directly out of it while watching YouTube on T.V. After Kennedy finished her shower, Kassidy took a shower. Kennedy got her Moon Pie and microwaved it. She then took it to her bedroom and ate while playing on the iPad. After Kassidy finished her shower, she ate her Moon Pie (unmicrowaved) while watching YouTube in her big chair. Daddy let the girls relax for a little while.

A little later (9:36 p.m.), Daddy had the girls washup for bed. When they had their clothes out and were in bed, Daddy went in and we had fun doing our “hearts” together. (Kennedy told Daddy that she did 50 jumping jacks non-stop. She also showed Daddy how far she could touch her foot, while she was in the bed. Kassidy similarly reached and touched her toes while in bed.) We did our “hearts” three different times because the girls’ timing was off. (Daddy had the girls laughing because he joked that Kassidy was high in the bed, with her head on the headboard, and Kennedy was low, with her head below the pillow. It looked funny and we laughed.) After doing our “hearts,” Daddy gave Kennedy a kiss on the forehead, asking her for some sugar. He then walked around and gave Kassidy a kiss on the forehead asking her for some sugar. Kennedy asked to give Daddy a kiss and he walked over and gave her some “aqua massage” pushes on her forehead. Daddy then told the girls that he loves them. He told them goodnight and “thank you for being my babies.” Kassidy replied, “It’s kind of your fault.” :) Daddy then left their bedroom. The girls fell asleep quickly. Daddy later returned and turned on their night light and turned off their bedroom light. Sweet days together, always!!!

**August 28, 2019 Wednesday**

This morning (6:17 a.m.), Daddy went and woke the girls up to get ready for school. Kassidy sat right up (with one eye still closed) and said to Daddy, “Don’t you even try it!” (Whatever that meant. :) After the girls were dressed, Kassidy got a couple of Hawaiian Rolls for breakfast. Kennedy made herself a bowl of Rice Krispies cereal and took it to the car to eat. We then left and Daddy took the girls to school (7:02 a.m.).

When we arrived at Glacier Point (7:25 a.m.), Daddy dropped Kassidy off at the loading zone in front of the school. Daddy asked for Kassidy’s hand and kissed it goodbye as she was getting out of the car. Kennedy told Kassidy, “I love you. Don’t die!” Kassidy then walk into school. Daddy then drove Kennedy to Harvest and parked at the end of the first row of cars (7:28 a.m.). Kennedy played on the iPad in the backseat until the playground opened (8:10 a.m.). Daddy and Kennedy got out of the car. Daddy told Kennedy, “I miss you already!” Kennedy replied, “How can you miss me when I still right here!?” :) Daddy and Kennedy shared a hug goodbye. Daddy wished Kennedy good luck working with her goat tonight. Kennedy then walked into school (I like how she always does the right thing and walks all the way to the crosswalk to walk into school :). Daddy watched until she got inside the cafeteria. Daddy then left. THANKFUL!!!

**August 30, 2019 Friday**

Today (4:40 p.m.), Daddy picked Kennedy up from Harvest. Kennedy and Daddy greeted each other with a hug, and Daddy kissed Kennedy on the right cheek. Daddy and Kennedy then left and went to Glacier Point (around 4:50 p.) and waited for Kassidy to come out after her volleyball practice. Kennedy played on the iPad in the backseat. Eventually Kassidy came out to the car (around 5:05 p.m.). Kassidy got in and sat in the front seat next to Daddy. We then left.

On the way home, Kassidy wanted to go by and get some WinCo pizza but Kennedy wanted to go by Walmart because Daddy had promised her that she could get some glue (a gallon) and some other things to make slime. Kennedy suggested buying some frozen pizza from Walmart and Kassidy yielded so we stopped by Walmart (Clovis/Herndon). Along with her glue, Kennedy also bought a large box of borax. We got several other groceries to enjoy over the weekend (Kassidy got some hot Funions and some gummi snakes for a treat. Kennedy didn’t get a treat.). We then left and went home.

When we got home (around 6:15 p.m.), the girls relaxed for a short while (Kassidy watched YouTube in the living room and Kennedy used the iPad in her bedroom), and Daddy unpacked the groceries and then went on his run. A little while later (around 7:15 p.m.), we left to go out to Mrs. O’Daniel’s so that Kennedy could work with her goat.

At Mrs. O’Daniel’s (around 7:30 p.m.), Kennedy worked with her goat while Kassidy remained in the car and played on the iPad. (Before Kennedy could work with her goat, Daddy and Kennedy had to first get some tortillas and lured Mrs. O’Daniel’s sheep and goats into their pen). Kennedy walked her goat around the show ring while Daddy changed and refilled the goats’ water bucket. Daddy then acted as the judge and stood in the middle of the ring and Kennedy worked on keeping her eye on him. Daddy periodically would tell Kennedy to stop and set her goat up. Kennedy’s goat has improved so much. Kennedy is very disciplined in what she does each day with her goat. Today she walked him around the ring 20 time and then exercised him for about 10 minutes (Daddy and Kennedy chased S’mores around). Kennedy then put him away and got feed for the goats (2 pounds). As we were leaving, s usual, Kennedy said, “Goodbye Oscar and S’mores!” We then left and went home (around 8:10 p.m.)

When we got home (8:28 p.m.), the girls alternated relaxing and showering (Kassidy relaxed in the big chair watching YouTube and practiced her drawing while Kennedy took a shower, Kennedy then used the iPad in her bedroom while Kassidy showered). Daddy then started making DiGiorno’s pizza for the girls (combination). When dinner was ready (around 9:15 p.m.), the girls came into the kitchen. Kassidy made herself some grape Kool Aid flavored water and Kennedy got a plain bottle of water. The girls sat at the dining table and Kassidy said grace. The girls then ate while Kassidy watched YouTube on T.V. and Kennedy watched videos on the iPad. After the girls finished eating (around 9:45 p.m.) they resumed doing their own thing. Kassidy relaxed in the big chair and practiced drawing while watching YouTube (Kassidy got some of her gummi snakes for a treat). Kennedy took the iPad to her bedroom. Daddy relaxed in his bedroom watching Netflix on his iPad.

Later (11:05 p.m.), Daddy went and checked on the girls and Kennedy had fallen asleep with iPad and her earbuds in. Kassidy was still drawing and watching YouTube. Daddy told Kassidy that she could stay up until 11:30 p.m.

A little later (11:30 p.m.), Kassidy, without being told, turned the T.V. off and went and washed up for bed (Kassidy is so responsible and independent). Kassidy tried to get Kennedy up but couldn’t. Kassidy got in bed and continued practicing her drawing. Daddy went in and had a difficult time (she was exhausted) but eventually got Kennedy up and she went and washed up for bed. When Kennedy returned to her bedroom, Daddy went in (11:39 p.m.) and we did our “hearts” together. Daddy then walked over and gave Kassidy a kiss on her forehead. He then walked around and gave Kennedy a kiss on her forehead. Daddy told the girls goodnight and then left their room. As Daddy left, Kennedy got up again and went to the bathroom. She then got back into bed. Kassidy was still practicing drawing while in bed. A little later (around 12:20 a.m.), Daddy returned, and the girls were both asleep. He turned off their bedroom light and turned on their night light. A pleasant day together!!!

**August 31, 2019 Saturday**

This morning (6:55 a.m.), Kennedy woke up and went into Daddy’s bedroom and shouted “hey!” Daddy woke up. He knew that Kennedy wanted the iPad but he was listening to a podcast on it. He asked Kennedy to try to go back to sleep for a while. She said that she been trying for about 45 minutes. Daddy asked her to see if she can go back to sleep. Kennedy then returned to her bedroom.

A short time later (around 7:20 a.m.), Kennedy returned to Daddy’s bedroom. She told Daddy that she had fallen asleep for a little while and asked him what time it was. He told her that it was around 7:05 (he didn’t realize that it was actually 7:20 a.m.) and asked her to try to rest for a while. Kennedy gave Daddy a hug. She then walked around to the other side of his bed. Lay on top of the bed next to him, and gave Daddy a big hug. :) She then, again, returned to her bedroom.

A little later (around 8:20 a.m.), Kennedy returned to Daddy’s bedroom and he let her have the iPad. He jokingly kept asking her, “Oh, you don’t want it?!” She eventually jokingly said, “I don’t have time for this, I have to go to the bathroom!” Daddy then let Kennedy have the iPad and she left and went to the bathroom. After coming out of the bathroom, Kennedy sat at the dining table and made herself a bowl of Rice Krispies and watched videos on the iPad while she ate breakfast. (Kassidy is still sleeping.) After eating breakfast, she let Daddy know that she was going to make some slime. She then used her glue and borax and purple food coloring and enjoyed making slime. A little later (around 9:20 a.m.), Daddy went in and checked on Kennedy, and she was playing with her slime at the dining table while watching a video on the iPad. Daddy then went and changed to go on his run. A short time later (10:05 a.m.), Kassidy woke up and went to the bathroom. As she was entering the bathroom, Daddy asked, “Who’s the Sweetie Peetey!?” Kassidy replied, “I am” and went on into the bathroom. Daddy then went on his run. When Daddy returned, Kassidy was lounging in her big chair and watching YouTube (videos, then an anime cartoon). Kennedy was still sitting at the dining table playing with her slime and watching whatever Kassidy w as watching. Daddy had taken the iPad with him on his run. When he returned, he balanced it on Kennedy’s head and counted to 10 like Kennedy does when she sets her goat up. Kennedy smiled. :)

A short time later (around 11:05 a.m.), Daddy offered to make Chocolate Malt O Meal (Coco Wheats) for the girls. Kassidy was excited and wanted Daddy to make some, so Daddy cooked some Chocolate Malt O Meal for the girls. Kassidy ate hers in her big chair and Kennedy ate her bowl at the dining table, still playing with her slime (purple).

After the girls finished eating, Kassidy continued watching YouTube videos (music and animation), and Kennedy made some more slime. Daddy did some work on his computer (learning Google Cloud Platform).

Later (2:10 p.m.), Kennedy took a break from playing with her slime and went to her bedroom and read. Kassidy continued watching music videos on YouTube. Daddy didn’t mind because she was practicing drawing while watching.

Later (around 3:50 p.m.), Daddy offered to play board games with the girls and we played at the dini ng table. We played three games of Trouble (Daddy won two and Kassidy won the last game.) We then played a game of Sorry. Kassidy won that game. We all had a lot of fun laughing, teasing and joking, as usual. After we finished playing (around 5:05 p.m.), Kassidy returned to her big chair and watched music videos on YouTube. Kennedy went to her bedroom and continued reading. :) Daddy started making Dinner for the girls (Kassidy: Stouffer’s Salisbury Steak dinner, Kennedy: Stouffer’s Baked Chicken dinner, Daddy also made some frozen corn dan peas for the girls). When dinner was ready, the girls sat at the dining table/ Kennedy said grace (also praying tha we have a good rest of our day, that her second cousin had a good wedding today, and that she and Ava do well with their goats at the fair). The girls then ate. Kassidy continued watching music videos and Kennedy watched videos on the iPad during dinner. Ava’s Dad texted that they can’t go out and feed tonight so Daddy volunteered for Kennedy to go out, so after dinner, we got changed and then went to out to Mrs. O’Daniel’s (6:05 p.m.) so that Kennedy could feed and work with her goat. (Daddy let Kassidy stay home this time.)

At Mrs. O’Daniel’s, we were the only ones out there. Kennedy rubbed her goat down a little. Daddy cleaned out and refilled the water. She then walked her goat out through the horse field (Ava’s goat followed) and she had him run back three times. She then put him away and feed them. We then cleaned out the pen (Daddy raked while Kennedy looked for the wheelbarrow, Kennedy couldn’t find it so Daddy raked the pile over to where we were to dump it). As we were leaving and heading to the gate (6:50 p.m.), about midway to the gate, Daddy saw a snake in the path. We were unsure if it was alive, but then we saw it move. It was a bout 2 feet long. Kennedy was excited and got out of the car to get a closer look. She asked for the iPad so that she could take a picture. Daddy then realized that he had left the iPad over by the goats while he was raking the pen. Kennedy continued watching the snake while Daddy drove in reverse back along the path. He went back and got the iPad. When he returned, Kennedy had her thumb acting like she was a hitchhiker. She laughed. She told Daddy that the snake had gone into a hole (and she named it “Popcorn” :). She said that we should tell Mrs. O’Daniel. We then left (7 p.m.). As we were driving down the dirt road and turning onto Bullard, Kennedy was telling Daddy about different types of slime. Daddy replied, “Well, you’re the slime queen.” Kennedy added, “And farm queen.” Daddy and Kennedy laughed! :) As we were driving home, Kennedy told Daddy about around 10 different types of slime. :)

When we arrived home (7:15 p.m.), Kassidy was still in her big chair watching YouTube on T.V. Kennedy went to her bedroom and watched videos on the iPad. Daddy went to his bedroom and watched the USC vs. Fresno State football game on his computer. Kassidy got some of the gummi snakes that she had from yesterday. A little later (around 8:45 p.m.), Kennedy went and got some of the chocolate pudding that Daddy had made on Thursday. She did 50 jumping jacks and then returned to her bedroom with her bowl of pudding. A little later, Kassidy ate the rest of the pudding straight out of the Tupperware container.

Later (around 10:30 p.m.), Daddy went and checked on the girls. Kassidy was drawing in her big chair with YouTube videos playing. Kennedy had fallen asleep with her earbuds in and with the iPad in her arms. Daddy woke her up and had her wash up for bed. Once she had washed up and was wide awake, she wanted to stay up longer. Dad said that she could.

A short while later (around 11 p.m.), Daddy checked on the girls and Kennedy had fallen asleep again with the earbuds in and the iPad in her arms. Daddy let her sleep. A little later (around 11:25 p.m.), sked Kassidy how much longer she wanted to stay up (since it was Labor Day weekend and the girls don’t have school on Monday). She said for another 15 minutes. Daddy went in and took the iPad from Kennedy but didn’t wake her.

A short time later (11:39 p.m.), Kassidy got up, without being told, and turned the T.V. off and then went straight to bed. Daddy went in and Kassidy was in bed with her eyes closed. He walked over and gave her a kiss on the forehead. She asked if he would give her her stuffed Pikachu which was on the floor on Kennedy’s side of the bed. Daddy walked over and gave Kennedy a kiss on the forehead (while she slept) and he handed Kassidy her Pikachu. Kassidy told Daddy thank you. Kassidy then helped Daddy as he removed Kennedy’s earbuds from her ears. Daddy placed them on her night stand. Daddy then told Kassidy goodnight and left the girls’ bedroom. Daddy returned a short time later, after Kassidy was asleep, and turned on their night light and turned off their bedroom light. A nice day together with my babies!!!

**September 1, 2019 Sunday**

Early this morning ( 1:18 a.m.), Kassidy went into Daddy’s bedroom. He was watching some humorous videos on YouTube. He thought that maybe his laughter woke her up but she said that she just got upon her own. She leaned down and gave Daddy a hug and then returned to her bedroom after turning on the hallway lights. Her bedroom light was also on. About 30 minutes later, Daddy went into the girls’ room to turn off their light but Kassidy was still awake and she said that she wanted the lights to remain on. Daddy let them stay on for now. Daddy returned at around 5 a.m. in turned the bedroom light off.

This morning (7:44 a.m.), Kennedy went into Daddy’s bedroom, and made a noise waking Daddy up. She told Daddy that her sheets need to be washed. She then asked for the iPad and he gave it to her. She then left. A little later (8:18 a.m.), Kassidy came in and woke Daddy up showing him how messy her hair was. She jokingly kicked him a couple of times and then left. After a little while (9:29 a.m.), Kennedy returned to Daddy’s bedroom and woke him up as she was getting the charger for the iPad. She then left. Kassidy was watching YouTube videos from her big chair and Kennedy sat at the dining table and made herself a bowl of Rice Krispies cereal while watching videos on the iPad. After eating, Kennedy enjoyed herself making some more slime (orange). :) Daddy came out of his bedroom (around 10:45 a.m.) and went into the kitchen area and put the dishes away. He then did some laundry, washing his bedding. He asked Kennedy to get her bedding and bring it for him to wash. She went and got it and put it on top of the dryer. Daddy then washed Kennedy’s dishes from breakfast and making slime.

A little later (Around 12 p.m.), Kennedy made herself a small burrito for lunch and sat at the dining table and ate. Daddy asked Kassidy if she wanted anything. She said that she was too lazy to get up (out of her big chair). She said that she would make a turkey sandwich. She went and got a Hawaiian Roll. Daddy said that he was going on his run. Daddy got the iPad from Kennedy. She then went and relaxed on the couch and watched some (a little scary) YouTube videos with Kassidy. Daddy then went on his run (around12:30 p.m.). When Daddy returned from his run (12:58 p..), Kennedy had gone to her bedroom and was reading. Kassidy was still in her big chair watching YouTube videos. Daddy told her that he wants her to read today and not to just spend her time watching T.V. She said that she and Kennedy had agreed to start reading at 1. She looked at the clocked and seemed surprised at the time and said, “That’s two minutes from now!” A short time later, Kassidy turned the T.V. off and read in her big chair. :) While Kassidy was reading, Daddy was in the kitchen making himself a sandwich (peanut butter and jelly). Daddy called out Kassidy’s name and said, “I love you!” Kassidy responded with, “Uuhh.” Daddy said, “That’s how you respond when someone says they love you? Kassidy said, “I don’t know how to respond when someone says I love you.” Daddy said, “That’s your family, you tell them that you love them back.” She again didn’t say much.

A short time later, Daddy noticed that Kassidy had turned the T.V. back on and stopped reading. Daddy asked her why she stopped reading. She said that she had finished a chapter. Daddy told her that he would like for her to read for an hour. She went and got her book but had a little bit of an attitude. Daddy stopped things and had a talk with Kassidy about having an attitude. After a while, Kennedy came out and asked what happened. Daddy told her that it doesn’t matter. Kennedy then sat on the couch while Daddy continued talking to Kassidy about her attitude. After we talked (around 2:45 p.m.), we went back to normal. Daddy did some laundry. Kassidy kept the T.V. off. Kennedy asked Daddy how long she had read. Daddy told her for about an hour and a half (from around 1 p.m. to 2:30 p.m.). Kennedy then went and took a bath. A little later, we all got changed and left to go to Papa’s (3:52 p.m.). Daddy and Papa are going to watch a football game (Oklahoma vs. Houston) together.

On the way to Papa’s, Daddy went by Chicken to get Papa some food. Daddy ended up buying enough for the girls to eat also. When we got to Papa’s (around 4:45 p.m.), Kassidy sat in the den and watched T.V. 9she sasid that it reminded her of when she was a little kid because she watched a lot of the Disney shows that the girls watched when they were younger :). Kennedy took the iPad and went to the bedroom (the girls’ old bedroom when we lived with Papa for a short time). Daddy then let the girls make a small plate (chicken with a biscuit). They sat at the bar area and ate while watching T.V. Daddy let them have some Dr. Pepper to drink with their meal. Daddy then went and watched the football game with Papa in his bedroom.

Later (around 8:30 p.m.), after the game and after Daddy helped Papa, the girls said bye to Papa (he fist-bumped them goodbye because he had an infection that he was getting over and he didn’t want to infect the girls). We the n left and went home.

When we arrived home (around 9 p.m.), Daddy did some laundry while the girls changed into their bedclothes. Daddy then changed into his bed clothes. The girls relaxed in the living room. They decided to watch the movie “Transylvania 3” on Netflix together. Daddy did a little work in his bedroom while they watched. Daddy later went out to join them but the movie was just about over. The girls really enjoyed the movie even though had previously seen it. After the movie was over (around 11:10p.m.), Kennedy went and washed up for bed. Kassidy put on YouTube. Daddy was using the iPad so Kennedy went to her bedroom and played with her slime for a little while. She then went out and lay on the couch and watched YouTube with Kassidy.

Later (around 12:30 a.m.), (Daddy had been doing some work and was letting the girls’ bedding dry) Daddy went and checked on the girls. Kennedy had fallen asleep. Kassidy turned the T.V. off and got straight into bed. Kennedy also went and got into bed. Daddy gave Kennedy a kiss on her forehead and then walked around and gave Kassidy a kiss on her forehead. He told the girls goodnight and then left their bedroom. A little later, Daddy returned and turned the girls’ bedroom light off and turned their night light on. A nice day together visiting Papa and a treasured day with my girls!!!

**September 2, 2019 Monday (Labor Day – the girls don’t have school)**

This morning (around 9:15 a.m.), Daddy went and checked on the girls and they were both still asleep in bed. Daddy returned to his bedroom and wrote an email on the iPad. A little later (around 10 a.m.) Kennedy woke up and went into Daddy’s bedroom to get the iPad. Daddy told her that he wanted to finish using the iPad so Kennedy went to the bathroom and washed up. She then went and made herself a bowl of cereal (Rice Krispies) and played with her slime at the dining table. A little after that (around 10:40 a.m.), Kassidy woke up. As she was entering Daddy’s bedroom, she announced, “I love drawing. Art, embrace me!” Daddy chuckled. Kassidy then left and washed up. She went and had a bowl of Cocoa Puffs cereal for breakfast. She then relaxed in her big chair and practiced her drawing while watching YouTube. Kennedy returned to Daddy’s bedroom to see if she could use the iPad, but Daddy was still using it. Kennedy then went to her bedroom and read. A little later (around 11:45 a.m.), Daddy went on his run, taking the iPad with him. When he returned, he took the iPad to Kennedy. A short time later, Kennedy finished reading and announced to Daddy that she had just finished a book that she had gotten from the library. She then went into the bathroom carrying the iPad (around 12:15 p.m.).

A short time later (around 12:30 p.m.), Kennedy went into the kitchen and got her slime making things. Daddy was joking with her and posing and asking, “ How do you like thaw?” Kassidy thought that was funny and called Daddy “posh cat.” Kassidy was being silly and started dancing to some of the videos on YouTube. Kennedy responded by saying to Daddy, “Something is wrong with your daughter.” Daddy jokingly told Kassidy that she needs her batteries changed. Kennedy then sat at the dining table and made some more slime. She told Daddy that he can play with her slime anytime. Daddy jokingly told her that he would take it to work and play with it rater than working and Kennedy replied, “Granted!” :) Daddy made himself some turkey chili with corn and went to his bedroom to eat and work on his computer (around 12:40 p.m.).

A little later, Kassidy asked Daddy if she could have some cookie dough. Daddy said only after they’ve had some lunch. Kassidy then made herself a turkey sandwich and Kennedy made herself a bowl of Shrimp-flavored Ramen soup. The girls laughed and joked together in the living room area. After eating, they each had a little cookie dough. Kassidy then turned the T.V. off and just practiced her drawing. Kennedy played with her slime at the dining table and watched videos on the iPad. Kassidy briefly sat at the dining table with Kennedy and used the iPad to look up something about Europe regarding something that she was drawing for a social studies class. She then gave the iPad back to Kennedy and returned to her chair to draw. A short time later, Kennedy took the 4 containers of slime that she had made and went and played with them in her bedroom while watching videos on the iPad.

Later (around 4:20 p.m.), Kassidy called out, “Dad, I got better today!” Daddy always asks her if she got a little better each day with her drawing. She said that she drew a new character today. :) She sometimes tries to draw characters from the music videos (animations and drawings) that she watches on YouTube. Kassidy drew and watched YouTube videos for most of the afternoon, and Kennedy made and played with slime for most of the afternoon.

A little later (5:40 p.m.), Daddy had made pizza for the girls (DiGiorno Meat Trio). They came in and sat at the dining table. Kassidy said grace and the girls then ate. They watched YouTube videos while they ate. After eating, Kennedy continued working with her slime and Kassidy watched YouTube videos from her chair. A short time later (6:25 p.m.), we left for Kennedy to go out to her showmanship practice at Mrs. O’Daniel’s.

At Mrs. O’Daniel’s (around 6:45 p.m.), Kennedy weighed her goat (as did the other kids). S’mores weighed 107 today. Mrs. O’Daniel said that Kennedy needs to exercise him more. (Kassidy remained in the car and played on the iPad.) All of the kids (Sloan and his brother Ronin, Ava and Kennedy) then went over to the area in front of Mrs. O’Daniel’s house and had showmanship practice. Kennedy and her goat are doing well. (Sloan’s Dad was telling Ava’s dad how well Kennedy did in showmanship at the fair last year. He told how Kennedy looked right at the judge and smiled the whole time. He said that Kennedy may be shy, but when she enters the ring, she has a presence about her. :) After the practice, Kennedy, Ava and Sloan took their goats out to the horse pasture and exercised the goats. Kennedy and Ava talked and became better friends today. Kennedy asked Ava if she is going to do 4-H next year and Ava said that she is. Ava and Kennedy walked their goats our and chased them back. Kennedy really ran fast and looked athletic today. :) After exercising the goats, Sloan left. Kennedy and Ava put their goats away and Kennedy then fed the goats. We then left. (around 7:55 p.m.) and went home.

When we got home (around 8:10 p.m.), Kassidy took the iPad to her bedroom and played on it. Kennedy sat at the dining table and played with her slime. She had YouTube videos playing. Kennedy did 50 jumping jacks. A little later (around 9 p.m.), after the towels that Daddy had washed dried some, Kassidy got into the shower. Kennedy did another 50 jumping jacks. She then played with her slime a little longer. After Kassidy got out of the shower, the girls got out school clothes for tomorrow. Kennedy then went and took a shower (9:27 p.m.) while Kassidy relaxed in her bedroom with the iPad. After Kennedy took her shower, the girls got into bed. Daddy then went in (9:54 p.m.) and we did our “hearts” together. Daddy then told the girls goodnight. He commented on how Kennedy was low in the bed and Kassidy was high up on the pillow. They laughed. Daddy again told them goodnight and to be sweet. He then left their bedroom. The girls talked and laughed together. They had fun laughing for a while. After they fell asleep, Daddy went in and turned their night light on and their bedroom light off. Another sweet day together!!!

**September 3, 2019 Tuesday**

This morning (around 6:22 a.m.), Daddy went and woke the girls up. They both got up pretty quickly and went and washed up. When Kassidy was dressed, she got a put some of her hot Funions into a bag for a snack and took it with her. She went out to the car. Kennedy sat on the couch and put her shoes on. She then made herself a bowl of Rice Krispies and took it to the car to eat on the way to school. We then left (6:54 a.m.). On the way to school, Kennedy told Daddy that she and Kassidy happened to get up at the same time overnight to go to the bathroom. The girls chuckled. Daddy said that he heard them up (around 12:30 a.m.). Kassidy played on the iPad while Kennedy ate her cereal. Kassidy said that she will have a parfait at school. She said that she has one everyday for breakfast. She said that she doesn’t always get the granola.

We arrived at Glacier Point (around 7:18 a.m.), and Daddy stopped in the loading zone. He kissed Kassidy’s hand goodbye before she got out of the car. She said bye and then walked on into school. Daddy then drove Kennedy over to Harvest. We parked in the parking lot at the end of the first row of cars (around 7:25 a.m.). Kennedy remained in the car. She was going to play on the iPad but she saw that it had only 8% battery remaining so she didn’t use it. She considered reading but then she asked Daddy if he would sign her band permission slip. We were unsure if we were to sign for her instrument before or after she gets her trumpet so we decided to wait on that, and Kennedy said that she would ask. Daddy did sign the permission slip for Kennedy to participate in Intermediate band. A short time later (around 7:50 a.m.), Kennedy saw one of her friends, so she decided to go on into school. She and Daddy got out of the car and shared a hug goodbye. Kennedy then hustled up and met her friend and they walked into the cafeteria together. Daddy watched until Kennedy got inside. He then left.

Later (4:50 p.m.), Daddy returned to Harvest and picked up Kennedy. She came out and was excited to see Daddy. Daddy gave her a hug. She told Daddy a little about her day. Daddy asked her about band and she said that she couldn’t get her trumpet until her slip was signed. She has a new music teacher. She said that he’s O.K. We left from Harvest and went to Glacier point to get Kassidy. Daddy accidentally drove through where the busses pick the kids up. Kassidy happened to already be out front (with her friend Ai-Lani) waiting. She saw Daddy and went to the car (4:57 p.m.). Kassidy got into the front seat. We then left.

On the way home, we went to Walmart to get a few groceries. Daddy let the girls get a treat (Kennedy: Jelly Belly candy, Kassidy: Malt Balls candy). We then went home. When we got home (around 5:50 p.m.) Daddy started making dinner for the girls (Kassidy: Devour Loaded Potato Angus Beef and Bacon, Kennedy: Marie Callender’s Chicken Pot Pie). Kassidy needed to order some team volleyball shorts and a t-shirt, so Daddy let her go to the website and order what she needed. Daddy then gave her his card and she paid for it. Kennedy played with her slime in her bedroom while watching videos on the iPad. When dinner was ready (around 6:20 p.m.), the girls each made themselves a grape-flavored water and then sat at the dining table. Kassidy said grace. The girls then ate. Kassidy watched YouTube on T.V. and Kennedy watched videos on the iPad while they ate. After they finished eating (Kassidy said that she enjoyed her Devour bowl, the first time she’s tried it), Kassidy relaxed in her big chair and had some of her Malt Balls. Kennedy went to her bedroom with the iPad and had a few of her Jelly Bellies. Kennedy has her goat activity tonight. Daddy said that he would let Kassidy stay home to do the math homework that she said that she has. Kassidy went and sat at the dining table and did her homework right then. A short time later (6:58 p.m.), Daddy and Kennedy left to go out to Mrs. O’Daniel’s so that Kennedy could work with her goat. Kassidy stayed home.

At Mrs. O’Daniel’s, the sheep girls were working with their sheep in the show area. Kennedy got her goat and walked him around the pen area 20 times. Daddy poured out and refilled the water. Kennedy then took her goat bout to the horse filed area. As she was taking S’mores out and Oscar was following, Ava arrived (with her mom and sister Claire). Kennedy and Ava went together out to the field and exercised their goats. They walked their goats out and chased them back 5 times. Then then put their goats away (Ava had planned to walk her goat after exercising but decided not to since Kennedy was getting ready to feed the goats). Daddy got the feed (2 pounds) and Kennedy put it in the goats’ feeder. At that time, the pig boy and his mom arrived. It was pretty crowded out there tonight. When then left (around 8 p.m.).

When we got home (around 8:15 p.m.), Kassidy was in the big chair watching YouTube as usual. The girls got right into the shower. After their shower (8:30 p.m.), Kassidy returned to her big chair and watched YouTube. Kennedy got the iPad from Daddy and took it to her bedroom and relaxed (with her bag of Jelly Bellies).

A little later (9:30 p.m.), Daddy had the girls get ready for bed. Kennedy did 60 jumping jacks while Kassidy got her school clothes together (Kennedy had already put her school clothes out). Kassidy got into bed while Kennedy rested briefly. Kennedy then did another 40 jumping jacks. When the girls both were in bed, Daddy went in to tell the girls goodnight. We did our “hearts” together! Daddy then told the girls to be sweet and left their bedroom. The girls joked and laughed and sang together for a little while. Kennedy got up and went to the bathroom. Kassidy called out, “I love you.” Kennedy replied, “I love you.” :) Kennedy then returned to bed and the girls continued interacting for a little while, until they fell asleep. Daddy later went in and turned on their night light and turned off their bedroom light. Such sweet days together!!! SO BLESSED!

**September 4, 2019 Wednesday**

This morning (around 6:20 a.m.), Daddy went and woke the girls up. They seemed like they were both still asleep, but they got up pretty quickly. Kennedy went into the bathroom first with Kassidy right behind. Kassidy was dressed first. Kennedy took a little longer this morning doing her hair. Kassidy and Daddy went out to the car. Kennedy was running a little late so she skipped breakfast. She just got a bottle of water and went straight out to the car where Kassidy was as Daddy went back inside to turn off the lights and air conditioner. We then left (6:57 a.m.) and Daddy took the girls to school.

Kassidy played on the iPad on the way to school. When we arrived at Glacier Point (7:23 a.m.), Daddy stooped in the loading area. Daddy kissed Kassidy’s hand goodbye and Kassidy got out of the car. Kennedy told Kassidy that she loves her. :) Kassidy stopped and knelt down to get something out of her backpack as Daddy and Kennedy were diving away. Daddy then drove Kennedy to Harvest. When we arrived (7:35 a.m.), we parked at the very end of the first row in the parking lot. Daddy and Kennedy sat there briefly. Daddy handed Kennedy (who was in the backseat) the iPad to play with, but she said that she wants to go inside since she didn’t get to eat breakfast this morning. She said that if she goes in later, the line will be long. She and Daddy then got out of the car and hugged goodbye. (Kennedy gives the best hugs! :) Kennedy then walked through the parking lot and across the crosswalk. Daddy watched until Kennedy got inside the cafeteria. Daddy then left. SO WONDERFUL!!!

**September 9, 2019 Monday**

Today (4:32 p.m.), Daddy picked Kennedy up from Harvest. Kennedy was excited to see Daddy. Daddy finished signing her out and then gave her a kiss on her “chocolate chip.” :) Kennedy asked Daddy what we are going to do this weekend and said, “can we go fishing?” Kennedy was carrying her trumpet today. She’s now in band. :) Daddy carried her trumpet for her and put his arm around her as we walked out to the car. When we got to the car, Daddy put her trumpet in the trunk and Kennedy put her backpack in the trunk. As we got inside the car, Kennedy asked Daddy for the iPad. We then went to Glacier Point (around 4:50 p.m.) and waited for Kassidy to come out from practice. A short time later (around 5:02 p.m.), Kassidy came out and called out “father” as she and Kennedy do sometimes. As she approached the passenger side of the car, Daddy held up his hand for a high five. Kassidy went over t0 Daddy’s side and hit his hand with her head. :) Kassidy initially requested to sit in the front seat but Daddy’s bag was there, so she relented and sat in the backseat with Koko. We then left to go home.

When we arrived home (around 5:35 p.m.), Kassidy went into her bedroom and changed into sweats. Kennedy immediately stopped in the kitchen and briefly played with her slime. :) After changing, Kassidy came out and relaxed in the big chair and watched YouTube on T.V. Kennedy then went to her bedroom with the iPad. Daddy started making dinner for the girls. When dinner was ready (Kassidy: Sweet Earth Curry Tiger bowl, Kennedy: Marie Callender’s Cheesy Chicken and Rice), the girls came into the kitchen and made themselves a flavored water (Kennedy: Strawberry Watermelon, Kassidy: Sweet Tea). The girls then sat at the dining table and Kassidy said grace. While the girls ate, Kassidy watched YouTube music/animation videos and Kennedy watched videos on the iPad. Kassidy didn’t like her curry (vegetarian) bowl at all so she made herself a peanut butter and jelly sandwich and sat in the big chair and ate. After eating, Kennedy went and changed for her goat activity. After changing, she sat at the dining table with the iPad and asked Daddy if she could have some of her Jelly Belly candies. He said that she could, so she went and got them out of the pantry and enjoyed a few while watching videos on the iPad while sitting at the dining table. After Kassidy finished her sandwich, she went and got a bowl of Neopolitan ice cream. She enjoyed it while watching YouTube in the big chair. A short time later (6:40 p.m.), Daddy and Kennedy left to go to Kennedy’s goat activity. (Earlier, Kassidy had asked Daddy if she could stay home to do her homework and he said that she could.)

When we arrived at Mrs. O’Daniel’s (around 6:55 p.m.), no one was there. We thought that there might not be showmanship practice like there usually is on Mondays, because there was also a 4-H meeting tonight. Mrs. O’Daniel’s goats were out so Daddy lured them back into their pen so that Kennedy could walk her goat out in that area. Kennedy took her goat out of his pen and walked him around the showmanship area (not quite 20 times because it was getting dark) while Daddy changed the water and got the feed. Daddy then went out and watched and encouraged Kennedy. Kennedy then took her goat out to the horse field to exercise him. Daddy went and got Ava’s goat Oscar to exercise with her goat S’mores. Kennedy led him way out into the field and chased him back 5 times. Daddy encouraged Kennedy and told her that she looks athletic. Kennedy just grinned. :) After exercising the goats, we put Oscar away and Daddy gave him a little feed. Kennedy then put S’mores on the shearing platform and Daddy held him so that Kennedy could give him some “tie-up time” and rub him, and get him used to being touched. We then put S’mores in his pen and gave him his feed. He and Oscar ate together. As we were leaving, Kennedy said, “Goodbye Oscar. Goodbye S’mores.” We then walked out to the car. Kennedy grabbed Daddy’s right hand and we held hands as we walked to the car together. :)

We then left (7:40 p.m.). As we were driving through the gate to leave Mrs. O’Daniel’s property, Daddy saw a large owl on top of a tree. He pointed it out to Kennedy as it flew away. Kennedy responded, “Oooh, I’ll name him Napolean.” :) As we continued along the dirt road, Kennedy commented how she doesn’t like the black Jelly Belly candy. She stated, “That’s not racist! It would be the same if the white had that flavor!” :)

When we got home (around 8 p.m.), Kassidy opened the door as we parked in the garage. Daddy and Kennedy went inside. Kassidy had done her homework and she was watching YouTube in her big chair. Kennedy went and took a shower. After her shower, she got herself a bowl of ice cream (a mix of Breyer’s Mint Chip and Breyer’s Snickers/M&Ms) and sat at the dining table with the iPad. (Kennedy took a break from her ice cream and did 50 Jumping Jacks :). Kassidy then went and took a shower. Daddy was getting ready to go on his evening run/walk and wanted to use the iPad. He let Kennedy watch YouTube on his computer while he was gone so that he could take the iPad on his workout with him. Daddy then left to go on his workout (8:25 p.m.).

Later (9:32 p.m.), when Daddy returned from his workout, Kennedy screamed as he walked in the door. Daddy startled her. She was sitting at the dining table watching a “Mutton Bustin’” video on Daddy’s computer with the earbuds in and she didn’t hear the garage door open. Kassidy was in the bathroom brushing her teeth. When she heard Kennedy scream, she walked out to the living room and asked Kennedy, “Didn’t you hear the garage?” Kennedy thanked Daddy for letting her use his computer. She then went and washed up for bed. When the girls were ready and in bed, Daddy went in and he gave Kennedy a kiss on her “chocolate chip.” He then walked around and gave Kassidy a kiss on her left cheek. Daddy then stood at the foot of the girls’ bed. Kennedy asked if she should go to the bathroom now (she likes to go to the bathroom right before going to sleep). She lay there. We then did our “hearts” together. Daddy told the girls that he loves them as he left their room. Kennedy, after a brief delay, responded, “Love you Daddy.” :) A short time later, Daddy reminded Kennedy to go to the bathroom. She got up and quickly went, and then returned to bed. She and Kassidy didn’t really talk at all tonight. They quickly fell asleep. Daddy later went in and turned on their night light and turned off their bedroom light. Treasured days together!!!

**September 10, 2019 Tuesday**

This morning (6:25 a.m.), Daddy woke the girls up. Kassidy got up first and went to the bathroom. Daddy went and took a shower. Kassidy was dressed first. Daddy tole the girls it was time to go. Kassidy went out to the car. Kennedy came out a short time later. She was going to skip breakfast, but Daddy told her that she can get some cereal if she wants. Kennedy then made herself a bowl of Rice Krispies (she didn’t add sugar). She took her backpack and bowl of cereal out to the car. Daddy turned all of the lights off and then went to the car. We then left for Daddy to take the girls to school (6:56 a.m.).

The girls were very quiet on the way to school. Kassidy played on the iPad and Kennedy quietly ate her cereal. When we arrived at Glacier Point (7:26 a.m.), Daddy drove to the drop-off area. He kissed Kassidy’s hand goodbye and she got out of the car. Kennedy told her that she loves her. :) We then left and Daddy took Kennedy to Harvest. When we got to Harvest (7:30 a.m.), Kennedy said that she wanted to go inside (the cafeteria/multipurpose room), so Daddy drove up near the front of the school by the crosswalk. Daddy and Kennedy got out and shared a nice hug goodbye. Daddy handed Kennedy her trumpet case. She then walked on into school. Daddy stayed and watched until she got inside. Daddy then left.

Later (4:52 p.m.), Daddy returned to Harvest and picked up Kennedy. As she was coming out, she and Daddy made a face at each other through the glass on the door. She and Daddy then hugged and walked to the car. Daddy carried her trumpet case for her. He gave her a kiss on the cheek and told her that he is always so happy to see her. :) We then left to go pick up Kassidy. Kennedy mentioned wanting to go straight out to her goat activity but said that she wanted to stop at home to go to the bathroom first. When we got to Glacier Point (4:58 p.m.), Kassidy was already standing out in front talking to some of the other kids. She walked over to the car, but Daddy was blocking someone, so he drove the car heading out the exit and stopped. Kassidy then walked over and got into the car. She sat in the front seat next to Daddy. We then left. As we were driving, since we were going home first, Daddy told Kassidy that she could stay home to do her homework. She initially said that she didn’t have homework and then she recalled that she did have homework, Daddy teased her about making up having homework to stay home. :) On the way home, Kassidy turned on the radio and Daddy and Kassidy talked about the different songs that came on while Kennedy played on the iPad in the backseat.

When we got home (around 5:30 p.m.), Kassidy relaxed in the big chair and watched YouTube music/animation videos. Kennedy took the iPad to her bedroom and relaxed. Daddy started making dinner for the girls (Kassidy::Marie Callender’s Salisbury Steak dinner, Kennedy: Fettuccini with Chicken and Broccoli dinner). When dinner was ready (around 5:53 p.m.), the girls sat at the dining table and Kassidy said grace. The girls then ate. Kassidy watched YouTube on T.V. and Kennedy watched videos on the iPad. After eating, Kassidy returned to her big chair and watched YouTube. Daddy and Kennedy then left to go out to Kennedy’s goat activity (6:25 p.m.).

No one was out there when we arrived. The pig boy arrived on his bike as we were getting out of the car. Kennedy took her goat and walked him around the showmanship area while Daddy changed the water, raked out the pen and got the feed. Daddy then went out and watched Kennedy walk and set up her goat. She walked him around the ring 20 times. Daddy went and got Oscar (Ava’s goat) so that he could exercise with S’mores. Kennedy walked S’mores way out into the horse field (Oscar followed them). Kennedy then chased him back to where Daddy was standing, where they started. Kennedy ran really well and Daddy complimented her on how athletic she looked while she ran. She smiled. :) Kennedy walked her goat out and chased him back five times. We then walked the goats back to their pen (we were wary because the pig boy was alternately walking his pigs in the showmanship area). After exercising her goat, Kennedy put him on the shear stand for some tie-up time (Daddy held his chain). Kennedy rubbed him to get him used to being touched and manipulated. We then put him away and gave the goats their feed and some hay. (Kennedy and Daddy were a little scared going into the feed room because there were mice in there. Daddy saw one when he got the feed and Kennedy saw one when she put the container away). We then left (7:46 p.m.).

On the way home, Kennedy put her foot on the center console (from the backseat) and said, “gear shift!” (Daddy will then act like there foot steers the car. We laughed! :) When we got home (around 7:55 p.m.), Kassidy had locked the garage door so Daddy and Kennedy waited until she opened it for us. The girls then went and took their showers. Daddy changed to go on his run. He set up his computer on the dining table for Kennedy so that he could take the iPad with him on his run. Daddy quickly did some laundry for the girls. As he was leaving to go on his run (8:15 p.m.), Kennedy was doing her 50 Jumping Jacks. :)

When Daddy returned from his run (9:23 p.m.), Kennedy was sitting at the dining table with Daddy’s computer and Kassidy was doing drawing and watching YouTube music/animation videos. Kennedy asked Daddy for the iPad. She asked if they could have some more time. He said that they could stay up for another 15 minutes. Kennedy then went to her bedroom with the iPad. A short time later (9:38 p.m.), Daddy had the girls wash up for bed. As Kassidy was passing Daddy on the way to her bedroom, Daddy asked, “Did you get better today?” (Regarding her drawing.) Kassidy replied, with a straight face, “Yes.” Daddy laughed. Kassidy asked why he was laughing. Daddy laughed because Kassidy was so serious when she answered. (Daddy encourages Kassidy to get just a little better everyday.) After the girl had their school clothes out and were in bed, Daddy went in and gave Kassidy a kiss on her forehead. He then walked around and gave Kennedy a kiss on her forehead. Daddy and the girls laughed and joked together for a while. Kassidy threw her Picachu at Daddy. He caught it and kept acting like he was going to throw it back at the girls, making them flinch. He asked them, “Why when someone is aiming and going to toss something, they open their mouth?” Kassidy had opened her mouth while watching Dad demonstrate. We laughed! We then did our “hearts” together. Daddy and the girls joked a little more. Daddy said to the girls in a humorous voice, “How do you like thaw!” The girls laughed! Kassidy was lying flat on her back. Daddy asked the girls if they thought that Daddy could toss Kassidy’s stuffed Picachu and land it on her without it falling off. Kennedy said that she didn’t think that he could. Kassidy said that she believed that he could. Daddy then aimed and tossed it, and Kassidy kicked it back, making Daddy miss. We all laughed! (Daddy tells the girls to laugh everyday!) Daddy then told the girls goodnight and to be sweet as he left their room.

A short time later, Kennedy got up and went to the bathroom. On her way, she said, “What’s up with thaw!” She and Daddy laughed! While she was in the bathroom, she called out, “I love you guys!” Daddy replied, “I love you too baby.” After going to the bathroom, Kennedy came out and was in the hallway acting like she was dancing . Daddy was sitting at his work area in his bedroom by the hallway and he laughed at what Kennedy was doing. He called her Michael Jackson. She acted like she was Moon Walking. She then turned and entered her bedroom and was being silly toward Kassidy. Kennedy then got back into bed. The girls laughed and joked together for a short while and then fell asleep. Daddy went in and turned on their night light and turned off their bedroom light. Precious days of fun and laughter!!! :)

**September 11, 2019 Wednesday**

This morning (around 6:25 a.m.), both got up and went to the bathroom

Kenny no breakfast

at Glacier Point (7:20 a.m.)

at Harvest (7:25 a.m.)

Went inside early to eat breakfast(7:35 a.m.)

Daddy and Kennedy hugged goodbye.

Daddy watched her walk across the crosswalk and into the cafeteria.

Daddy left.

Daddy went out to Glacier Point to watch Kassidy play her first middle school game (3:30 p.m.). They played against Rio. Daddy sat next to her friend Ai-Lani’s dad. Kassidy and Ai-Lani are the 2 best players on the team and don’t have much help. There were a lot of unforced errors. Their team lost in 2 sets. After the match, Daddy took a couple of pictures of Kassidy and then he and Kassidy hugged goodbye. Daddy then left (around 4:30 p.m.).

She is not doing what’s in THEIR best interest. (Stanford STEM example?)

**September 12, 2019 Thursday Happy 56th birthday Daddy!**

Today is Daddy’s 56th birthday. He spent the evening at Fresno State (teaching) leading his Data Science Meetup group. When he finished and was going home (around 9 p.m.), he checked his messages and had a birthday message from Kassidy and Kennedy. He was happy that they remembered him on his birthday! :)

**September 15, 2019 Sunday**

Today (around 3:20 p.m.), Daddy picked the girls up from Mommy at her apartment. From there we went by Walmart (Clovis/Herndon) to get some groceries. (On the way, Daddy pointed out the Halloween shop to the girls. Kennedy commented that she was going to go as a Holy Cow this year (a cow costume with a halo). Daddy and Kassidy laughed.) At Walmart, Daddy let Kennedy get some instant snow and beads to mix with her slime. He let Kassidy get a new sketch book for practicing her drawing. From Walmart, we went home.

When we got home (around 3 p.m.), Kassidy sat at the dining table and worked on her math (Daddy helped her solve for a variable with mixed fractions) and other homework. Kennedy played at the dining table with her slime. Kassidy got a little bit of an attitude while Daddy was trying to help her with her homework. Daddy calmly told her to go to her bedroom and to come out when she is ready to apologize. About 15 minutes later, Kassidy came out and went into Daddy’s bedroom where he was working on his computer. She apologized and gave Daddy a hug. Daddy kissed her on her left cheek while they hugged. Kassidy then resumed her homework. A little later, Daddy went in while Kassidy was doing her homework and talked to her about her attitude, empathy and how she has treated Daddy at times. After a little while, Kennedy asked Daddy if we could leave for her to go out and work with her goat, so Daddy ended the discussion. Daddy told Kassidy that he hopes that we don’t have to have another discussion about her attitude. Daddy and Kennedy then left (6:42 p.m.). (Kennedy had already been out with her goat this morning. Mommy took her out because Mrs. O’Daniel is out of town on a 1-week cruise and we agreed to feed today.) Daddy let Kassidy stay home to do her math homework.

At Mrs. O’Daniel’s, the pig boy and his mother (and 2 other small boys) were out there. Kennedy got her goat and took him straight out to the horse field to exercise him. Daddy got the feed and then let Oscar out to exercise with S’mores. Kennedy took her goat way out into the field and then chased him back. She did that 5 times. Kennedy then took her goat over by his pen and worked on getting him to brace. One of the teenaged sheep girls had arrived. She said to Kennedy, “That’s dedication., running with your goat!” :) Kenendy then rubbed her goat down and then put him away and gave them their feed. We then left.

On our way home, Kennedy asked Daddy if it is hard to drive. He told her that it isn’t that hard. We stopped and got gas at Vons (Herndon/Fowler). We then continued on home. As we were entering the garage (around 8 p.m.), Kennedy asked Daddy if he thought it would be a good idea if she made a “Positivity Bag” where her friends could pull something positive out of the bag when they were feeling low. :) As Kennedy went to enter the house, she found that the garage door was locked, so we had to wait for Kassidy to unlock it. Once we got inside, Kassidy was still working on her homework. Daddy started making dinner for the girls (Kassidy: Marie Callender’s Beef and Broccoli Bowl, Kennedy: Marie Callender’s Chicken Pot Pie). He also made some Graham Cracker crumbles to eat with pudding.

When dinner was ready (around 8:30 p.m.), Kassidy was still working on her homework at the dining table and she had her things spread out, so Kennedy got a T.V. tray and sat on the couch to eat. Kennedy said grace (also asking God to bless her goat to do well at the fair “and to bless Mommy and everyone we love.” She again asked God to bless her goat “because I love him also.” :) Kassidy ate at the dining table while continuing her homework. The girls ate with no entertainment on. The girls laughed and talked while Kassidy continued doing her homework. The girls enjoyed recalling watching “The Upside Down Show” when they were smaller and they were trying to recall what the show called the small animal-like things. They guessed “Shmuggles” or something like that. After eating, Kassidy briefly put on the Upside Down Show on YouTube and the girls watched it together.

After Kennedy finished eating, she played with the iPad her bedroom. After Kassidy finished her homework she went to take a quick shower even though she hadn’t finished eating her dinner (9:32 p.m.). After Kassidy finished her shower, Kennedy went and took a shower while Kassidy ate the rest of her dinner relaxing in her big chair and watching YouTube. After Kennedy finished her shower, she got some ice cream (some Snickers and some Mint Chip). Daddy did some laundry (Kassidy wanted Daddy to wash her gym clothes and her volleyball uniform). Kennedy took her ice cream to her bedroom and relaxed with the iPad. After Kassidy finished eating her dinner, she too got some ice cream (mint Chip).

A little later (around 10:35 p.m. – Daddy thought that it was 10:30 p.m. because earlier the power had gone out while Kassidy was home alone; when the power went out, Kassidy said that she went outside the front door, she talked to a man neighbor whose power had also gone out; the clocks were off about 5 minutes), Daddy had the girls wash up for bed. After the girls had washed up and were ready for bed, Daddy went over to Kassidy’s side of the bed to give her a kiss goodnight. Kassidy asked Daddy for a hug and he hugged Daddy while he kissed her forehead. Daddy then walked around to Kennedy’s side of the bed and gave her a kiss goodnight on the forehead. Daddy and the girls had fun hoking and laughing while doing our “hearts’ together. Daddy then told the girls goodnight as he left their bedroom. Kennedy got up and went to the bathroom. Kassidy called out and asked Daddy where babies come from. Daddy replied, “Maine.” Kassidy jokingly said, “From a horse?” She then asked Daddy how babies are made and Daddy replied, “Very gently.” Kassidy said, “That’s not how they come into the world!” Kennedy then half-jokingly asked, “Why do people say ‘come into the world’ like the inside of the mother isn’t in the world?!” Kennedy then hustled back and got back into bed with Kassidy. The girls laughed and interacted together for a little while until they fell asleep. Daddy went in and turned on their night light and turned off their bedroom light. Love my girls!!! THANKFUL!

**September 16, 2019 Monday**

This morning (6:25 a.m.), Daddy went and woke the girls up to get ready for school. Daddy had done laundry overnight and put Kassidy’s jeans, P.E. clothes and volleyball uniform out in the living room area for her to see. The girls both were dressed a little later than normal so they didn’t have breakfast this morning (Kennedy got a bottle of water, Kassidy normally likes to eat at school). When they were dressed and ready to go, the girls went out and got into the car while Daddy turned off the lights. We then left (6:57 p.m.) for Daddy to take the girls to school.

Shortly after we left, just after we had gotten on the highway (168), Kassidy couldn’t find her I.D. lanyard, so Daddy turned around and went back home. Daddy parked on the street and gave Kassidy the garage remote so that she could go back into the apartment. After a short while, Kassidy returned and said that she couldn’t find her lanyard, so we left and Daddy got back on the 168 (Kassidy thanked Daddy for going back home). As we got back on the highway, Kennedy asked Kassidy to check the front of her backpack and Kassidy found her lanyard. :) On the way to school, Kassidy was playing on the iPad and said “Oopth” like someone who had a lisp would say “Oops!” Kennedy asked her not to do that (because she used to have a small lisp with certain words).

When we arrived at Glacier Point (7:33 a.m.), Daddy kissed Kassidy’s hand goodbye and she got out (from the back seat) of the car. Kennedy told her that she loves her as Kassidy walked into school. Daddy then drove Kennedy to Harvest. When we arrived (7:37 a.m.), (Kennedy didn’t get a chance to eat breakfast at home this morning, so she planned to eat at school) Daddy drove up near the front of school near the crosswalk and stopped behind the second row of cars in the parking lot. Daddy and Kennedy got out of the car and shared a nice hug goodbye. Daddy then gave Kennedy a kiss on her “chocolate chip” and Kennedy, perhaps a little embarrassed at school, responded, “Daddy!,” as if to say “not here.” :) Kennedy then walked on into school. Daddy watched as she walked across the crosswalk, wearing her pink backpack, and on into the cafeteria. (Daddy was thinking how sweet these days are and how he’s going to miss them. :( Daddy then left.

Later (4:45 p.m.), Daddy returned to pick Kennedy up from the After School Program at Harvest. Kennedy came out and greeted Daddy. Daddy gave her a squeeze as they walked out to the car. Daddy then drove to Glacier Point to pick up Kassidy. When we arrived (around 4:55 p.m.), we waited in the parking lot for Kassidy to return from her away volleyball game against El Capitan. Her team bus didn’t arrive for almost an hour (around 5:50 p.m.). Kassidy walked over to the car and got into the front seat next to Daddy. She told Daddy that her team won today! :) She said that it was mostly because of her and her friend Ai-Lani’s serves. Kassidy is wearing number 21 now that her team has their uniform tops. (She wore number 40 at her first game and she and Daddy laughed that the number was so different for Kassidy. She has always had a small number (12 and 8). )

From Glacier Point, we went straight out to Kennedy’s goat activity. On the way, Kassidy turned on the radio and we listened to music in the car (Kassidy is really into music right now. :) Kassidy said that she’s enjoying 7th grade. Daddy told her that he also really enjoyed 7th grade and that it still is some of his fondest memories. She said that before now, 6th grade was her favorite year because she finally had her group of friends.

When we arrived at Mrs. O’Daniel’s, Kassidy remained in the car and played on the iPad. (She also ate some pistachios that Mom had left for her this afternoon in the front office of her school with some volleyball shorts that she had purchased for Kassidy since the team ones that Daddy ordered for her hadn’t arrived yet.) Kennedy walked her goat around the show area 20 times, she then exercised her (and Ava’s) goat out in the horse field, having him run back 5 times. Kennedy does a good job of chasing her goat which gives her exercise. Daddy complimented her on how athletic she looks when she runs. Kennedy then worked on bracing her goat. We then fed the goats and left (around 7:30 p.m.).

On the way home, Kassidy commented that Daddy is 56 and that 5+6 is 11. Kennedy then recalled that it was her half-birthday (on Daddy’s birthday). When we arrived home (7:47 p.m.), Kennedy worked on her homework (correcting her mistakes on a math test) and Kassidy relaxed in the big chair and watched YouTube videos. Daddy started preparing dinner for the girls (Kassidy and Kennedy: Marie Callender’s Fettuccini with Chicken and Broccoli). When dinner was ready (around 8:15 p.m.), Kennedy made herself a small glass of chocolate milk (Hershey’s Syrup). Kassidy had already made herself some cherry-flavored water. The girls sat at the dining table and Kassidy said grace. The girls then ate with Kassidy playing YouTube videos.

After the girls finished eating, Kennedy continued working on completing her math homework (Daddy helped her). Kassidy watched YouTube in her chair for a while. A little later, Kassidy went and took a shower. After her shower (around 9:30 p.m.), she got some ice cream (finished the Snickers and Mint Chip). Kennedy asked Daddy about Kassidy having ice cream. Yesterday, Daddy mentioned to the girls yesterday that he wanted them to only have dessert on the weekends. Kassidy said that she didn’t hear Daddy when he said that. Daddy let her have the ice cream since there was only a little left. Kennedy didn’t mind. Kassidy offered to share her candy with Kennedy next time.

After Kennedy finished her math homework, she had Daddy look it over. Kennedy did well. Kennedy then went and took a shower (10:20 p.m.). After Kennedy’s shower, Daddy had the girls brush their teeth for bed. When the girls were ready and in bed, Daddy went in (10:55 p.m.) and he gave Kassidy a kiss on the forehead. He then walked around and gave Kennedy a kiss on the forehead. Daddy then stood at the foot of the bed and we did our “hearts” together. We had fun and laughed! The girls are normally lying down when Daddy says, “Show me your hearts!” The girls then quickly sit up with their fingers crossed in the “hearts” position. Daddy with them joked and had the girls try to sit up without their feet coming up off of the bed. It was difficult and we all laughed! Daddy told them that it takes ab strength. After doing our “hearts,” Daddy told the girls goodnight and left their bedroom. A short time later, Kennedy got up to do her 50 Jumping Jacks and then went to the bathroom. Shortly after she returned to bed, Kennedy told Daddy that it was hot, so he turned on the air for a little while. A short time later, the girls fell asleep. Daddy went in and turned on their night light and turned off their bedroom light. Another wonderful day together!!!

**September 17, 2019 Tuesday**

This morning (6:22 a.m.), Daddy went in and woke the girls up to get ready for school. The girls got up and went into the bathroom together while Daddy went and got dressed. A short time later, Daddy heard Kassidy yelling. Daddy went and asked the girls what was going on. Daddy told Kassidy that she can’t yell like that, especially at 6 in the morning. Kassidy said that Kennedy had hit her and Kassidy got a little bit of an attitude with Daddy. Kennedy started crying and apologized. Daddy told Kassidy that no matter what, she has to learn to be respectful. Kassidy said that she gets angry. Daddy told her that that’s no excuse for having an attitude with him. Daddy talked to Kassidy (with Kennedy standing there) about her attitude. Kassidy did apologize, but when Daddy asked her if she would be better, she just shrugged and then said that she would try. Daddy and the girls then went and continued getting dressed. We all were running late. Kennedy was dressed first and sat at the dining table and had a bowl of Drumstick cereal (that the girls got on Sunday). When Daddy was dressed, he went to the car. Kennedy got her bowl of cereal and took it to the car to finish. Kassidy came out to the car a few minutes later. Daddy went back inside and turned off all of the lights. We then left for Daddy to take the girls to school (7:14 a.m.). The girls sat quietly in the backseat of the car. Kennedy finished her cereal and neither asked for the iPad. Traffic was pretty bad at certain points (since we left later than normal) so Kassidy a little anxious about making it to school on time. When we arrived at Glacier Point (7:44 a.m.), Daddy drove up to the drop-off area in front of the school at the entrance gate. The security guy was just getting ready to close the gate, but he waited for Kassidy, who hustled up to make it to class by 7:45 a.m. Daddy then left to take Kennedy to school. Daddy asked Kennedy what happened this morning for Kassidy to get upset. She was explaining that Kassidy had used her towel or something and when Kennedy got upset, Kennedy said that Kassidy called her an idiot or something. Kennedy then hit Kassidy which led to Kassidy screaming for her to stop. Daddy scolded Kennedy about hitting and reminded her that he’s told her repeatedly to not hit. (Kennedy claimed that she was scared that Kassidy was going to hit her so she hit Kassidy.) When we arrived at Harvest (around 7:54 a.m.), Daddy parked in the first row of the parking lot near the crosswalk. Daddy emphasized that he doesn’t want Kennedy hitting again. Kennedy and Daddy then got out of the car. Kennedy put her backpack n and got her trumpet case out of the trunk the car. Daddy and Kennedy hugged goodbye. Daddy told her to have a good day and to enjoy playing her trumpet today. Kennedy then walked into school. Daddy watched as she crossed the crosswalk (sweetly waiting because there was a car there, but the car let her cross). Kennedy then walked on into the cafeteria. Daddy then left.

Later (3:10 p.m.), Daddy returned to Harvest and picked Kennedy up right after school. Daddy was waiting out in front when Kennedy came out. Daddy picked Kennedy up early so that they could work on Kennedy’s 4-H buyer’s letters. From Harvest, Daddy took Kennedy to Starbucks (Ashlan/Blythe) and he and Kennedy wrote and edited her letter on the computer. Kennedy got a Grande Caramel Crunch Frappuccino to enjoy while she wrote her letter. (It came out really well. :) Kennedy will hand-write it later in the week and then mail them off to various businesses to either purchase her goat or contribute to her project.

A little later (5:02 p.m.), Daddy and Kennedy went to Glacier Point to pick up Kassidy after her volleyball practice. When we arrived, Kassidy was standing out in front of the school. After getting Kassidy (she started to sit in the front seat, but Daddy’s computer was there, so she sat in the back with Kennedy), we went straight out to Mrs. O’Daniel’s for Kennedy to work with her goat.

When we arrived, we were the only ones out there. Kassidy briefly threw some rocks, and then she went out to the pen area, where Kennedy was, for a short while. She then returned to the car and drew. Daddy helped Kennedy. Kennedy worked on her goat bracing. She then walked him around the show ring area while Daddy acted like the judge. (Her goat is doing very well and Kennedy is so disciplined and good with her goat. Proud of her! :) Kennedy then went and got Ava’s goat (Oscar) while Daddy held onto S’mores. Kennedy then took S’mores (and Oscar) out to the horse field and had him run back 5 times while she chased him. (One of the horses came over (and blocked the fence to exit) for a little while before walking away.) After exercising her goat, Kennedy weighed him and he weighed 115 pounds (the same that he weighed last Friday when Mommy took Kennedy out to showmanship practice). We then put the goats away and fed them. We then left (6:55 p.m.).

When we arrived home (7:14 p.m.), Daddy started dinner for the girls (Kassidy: Marie Callender’s Chicken Pot Pie, Kennedy: Marie Callender’s Sweet and Sour Chicken). Kassidy was hungry, so Daddy let her have the rest of the peanut butter from a nearly empty peanut butter container. She ate it while in her big chair watching YouTube. Kennedy took the iPad and went to her bedroom and relaxed until dinnertime. When dinner was ready (around 7:45 p.m.), the girls came into the kitchen and Kennedy made herself some chocolate milk. Kassidy made herself some cherry-flavored water. The girls then sat at the dining table and Kassidy said grace. The girls then ate while Kassidy watched YouTube on T.V. and Kennedy watched videos on the iPad.

After they finished eating, Kassidy relaxed in her big chair and ate some pistachios while watching YouTube. Kennedy sat at the dining table and studied for a math test that she has tomorrow. A short time later, Kassidy went and got about 5 large table spoons of peanut butter and mixed it with Hershey’s chocolate syrup. Daddy walked in a Kassidy was covering it up on the counter. Daddy asked her what it was and when she uncovered it, Daddy could see that it was a large bowl of peanut butter mixed with Hershey’s syrup. Daddy asked her why she wasted all of that peanut butter, she claimed that she was going to finish it after her shower. She ended up letting Daddy put it away in the refrigerator. Daddy told her that she probably made that because she is so used to having dessert and wanted something sweet. (Daddy told the girls that we will start only having dessert on weekends.) Kassidy then went and took a shower (around 8:50 p.m.). After her shower, Kassidy resumed watching YouTube in her big chair. A little later, Kennedy asked Daddy to check her work so Daddy helped Kennedy prepare for tomorrow’s math test.

A short time later, Kennedy went and took a shower (around 9:35 p.m.). After taking her shower, Kennedy resumed studying for her math test at the dining table. Kassidy went and brushed her teeth for bed and then watched a little more YouTube, waiting for Kennedy to go to bed. After a little while (around 10:25 p.m.), Kassidy said that she was going to bed. She gave Kennedy and then Daddy (who was standing next to Kennedy, helping her with her homework) a hug goodnight. Kennedy and Daddy worked a little longer. After Kennedy finished reviewing for her math test, she went to her bedroom (11:05 p.m.). (She had already washed up.) Kennedy played around with sleeping Kassidy and laughed. Daddy told her to leave Kassidy alone. Kennedy then got into bed with Kassidy. Daddy gave Kassidy a kiss goodnight on her forehead. He then walked around and gave Kennedy a kiss goodnight on her forehead. Daddy commented on how Kassidy had her school clothes out. Kennedy then realized that she needed to put her school clothes out. After putting her clothes out, she went to the bathroom. When she came out of the bathroom, Daddy was in his bedroom at his work area. Kennedy made silly looks at Daddy. She and Daddy made silly faces and gestures trying to top the other. We laughed! Daddy told Kennedy that he loves her. Kennedy told Daddy she loves him, and then got into bed. Kennedy fell asleep a short time later. Sweet, treasured days with my babies!!! SO THANKFUL!

**September 18, 2019 Wednesday**

This morning (6:22 a.m.), Daddy went in to wake the girls up to get ready for school. When Daddy walked in and turned on their bedroom light, Kassidy, without even sitting up, held up her finger and said, “Don’t you dare.!” (I guess she meant, don’t you dare tell us to wake up. :) Kassidy then got right upo and went into the bathroom. Kennedy lay in bed for a short while longer. Daddy went back in and told her to get up. Kassidy also called out from the bathroom for Kennedy to get up. Kennedy then got up and went into the bathroom. Daddy went and got dressed. (Daddy had done some laundry overnight and put out Kassidy’s volleyball uniform and jeans for Kennedy in the living room.) When the girls were dressed, we left for Daddy to take the girls to school (6:44 a.m.). We left a little earlier than normal because Daddy needed to go and take something to Papa. We stopped at Papa’s briefly (Around 7:05 a.m.). The girls remained in the car while Daddy went inside. When Daddy returned (about 10 minutes later), the girls said that they were able to get Wifi and they watched a show on Netflix while they waited. We then left and Daddy took the girls to school. When we arrived at Glacier Point (7:23 a.m.), Daddy kissed Kassidy’s hand goodbye (from where she was in the backseat) and Kennedy told Kassidy that she loves her as Kassidy got out of th car. Kassidy walked on into school. Daddy then took Kennedy to school. When we arrived at Harvest (7:28 p.m.), Daddy parked in the front row near the front of the school by the crosswalk. Kennedy and Daddy got out of the car. Kennedy got her backpack and trumpet case out of the trunk. Kennedy put her backpack on and then she and Daddy shared a hug goodbye. (Daddy told Kennedy that she makes him so happy! :) Kennedy then walked on into school. She crossed the crosswalk and then walk on into the cafeteria. Daddy watched until she got inside. Daddy th n left. I treasure these days together!!!

**September 23, 2019 Monday**

Picked Kennedy up from school (3:10 p.m.), she was talking to a new kid that she is proud that she has befriended.

Went to Starbucks to work on he r4-H buyer letters. She had a Venti Mocha Crunch Frappe. She wrote her letters by hand. She’s so committed to what she does and always wants to do things right (I love her personality! :). Kennedy said that a kid’s grandmother could have written a type letter, but a handwritten letter shows that you care and may make the difference in whether a person donates. :) Daddy and Kennedy had a nice time together, just being together. Kennedy kept accidentally knocking her drink over (although it didn’t spill) and we laughed! :) Before we left, Kennedy went to the bathroom. When she returned, Daddy asked, “Did everything come out O.K.?” (Something that Papa would always say.) Kennedy exclaimed, “Daddy!” We chuckled together!

Went to pick Kassidy up (around 5:45 p.m.). Waited briefly and she called and said that she wouldn’t arrive from her volleyball game (that had been in Madera) until about 6:25 p.m. Daddy needed to take Kennedy to her goat activity by 6:30 so he asked Mom (who happened to be on the other line with Dad at the time) if she would pick up Kassidy so that Dad could leave to take Kennedy to her event.

Daddy went straight out to Mrs. O’Daniels. Daddy and Kennedy had a nice and enjoyable conversation on the way. Kenendy told Daddy how much she really enjoys participating in 4-H.

At Mrs. O’Daniel’s (around 6:25 p.m.), Kennedy first weighed her goat which weighed about 110 pounds.

One of the leaders gave Daddy Kennedy’s 4-H pin for doing her goat and sewing activities over the past year. Kennedy was proud. (When we later got into the car on the way home, she asked to see it and was excited. It had “goat” and 4-H on it.

They worked on showmanship (Sloan and his brother, Ava, and Trinity was there but watched because she wasn’t feeling well).

After, Kennedy worked on bracing her goat. She and Ava decided that they might name there goats for next year either Dumb and Dumber or some other cute names. (Kennedy had previously said that she wants to name next year’s goat “Sparkles.”)

We fed the goats and then left.

Daddy had complimented Kennedy on how well she looked chasing her goat and suggested that she might like to try sports. Kennedy said that she might try tennis. :)

Stopped and got gas at Vons (Fowler/Herndon) and then went by Walmart (Clovis/Herndon) so that Daddy could get some Hot Tamales (and Ziploc bags for her goats food at fair) to help him stay awake as he will drive to the Bay Area tonight because he will teach at Stanford in the morning.

From Walmart, Daddy took Kennedy to Mommy (8:27 p.m.). Mommy arrived at around 8:40 p.m. and pulled up next to Daddy. Kennedy got out of Daddy’s car and got inti Mommy’s. Daddy reminded Kennedy to work some more on her letters at the after school program tomorrow.

Daddy then left. A really sweet time with my Koko today!! I love our bond! (Missed Kassy Mae today!)

**September 24, 2019 Tuesday**

This evening (around 8:25 p.m.), Daddy arrived at his apartment from his way back from the Bay Area. As Daddy arrived and drove through the entrance gates, Mom and the girls were parked by the pedestrian gate, waiting for Daddy to arrive. They had been waiting for about 10 minutes. They had just come out from Kennedy working with her goat out at Mrs. O’Daniel’s. Daddy drove on into the garage. Just after Daddy had gotten out of the car and took a few things inside, the girls had walked through the pedestrian gate and met Daddy at the garage as he was walking back outside to get them. Kassidy gave Daddy a hug as she entered the garage. Kennedy told Daddy that she didn’t rest well because she was anxious, thinking about the upcoming fair. Daddy asked Kennedy if she gave Mommy the envelope to order her school pictures. (Daddy had put a check in it to pay for school pictures). She said that she told Mommy about it but had not yet given it to her. She said that she will give it to her tomorrow.

Kennedy played with her slime and Kassidy took a shower while Daddy looked for pictures of Kennedy to insert in her Buyer’s letters. Kennedy selected 3 that she liked. When Kassidy got out of the shower, she hugged Daddy asking him if he was proud of her for taking a shower as soon as she got home. Daddy said that he was. He also thanked her for being mature and calling him from her volleyball game to let him know that her bus would be arriving late. Daddy had made some pudding yesterday and let the girls have it as a treat. Kennedy added Cool Whip to hers but Kassidy just had a large bowl of plain chocolate pudding.

Kennedy then worked on writing her buyer letters and Kassidy relaxed in the big chair and watched YouTube on T.V. Daddy asked her how her team did in their volleyball game yesterday. She told Daddy that they won! Daddy congratulated her. A short time later, Daddy left (around 9:15 p.m.) to go print out Kennedy’s photos and sheets for her buyer letters. Daddy first went by his office at Principal but he was unable to get inside to make copies there, so he went and put gas in the car and decided to make the copies tomorrow morning after he drops the girls off at school.

When Daddy returned home (around 9:45 p.m.), Kennedy was still working on handwriting her letters. Kassidy was lounging in the big chair and watching music/animation videos on YouTube. Kassidy had gotten seconds of the pudding and finished it, although she left the pretty-much empty container in the refrigerator. When Daddy asked her about it, she claimed that she thought that someone might want the very little that was remaining. It was hardly anything, but Daddy offered it to Kennedy. Kennedy put it next to her bowl of pudding that she hadn’t yet finished (Kennedy ended up not getting a chance to eat it). Kassidy apologized to her. Kennedy responded, “That’s O.K.”

Daddy then went on his run (around 10:05 p.m.). When he returned, Kennedy was still working on her letters and Kassidy was relaxing in the big chair watching YouTube. A little later (around 10:50 p.m.), Kassidy started falling asleep. She was trying to stay up while Kennedy worked on her letters. She got up and went into Daddy’s bedroom where he was watching CNN on his work computer (around 11 p.m.). She said, “Slap me!” Daddy didn’t, so Kassidy, being silly, slapped herself across the face to help her wake up. :) She then said that she was going to go brush her teeth for bed. After brushing her teeth, she returned to her big chair and resumed watching YouTube while Kennedy finished her letters.

Later (12:09 a.m.), Kassidy decide to go to bed. Daddy was helping Kennedy address her envelopes in the dining area. Kassidy went and gave Daddy a hug goodnight. She then gave Kennedy a hug and kiss on her left cheek goodnight. (So sweet!) Kassidy then went to bed.

After Kennedy finished addressing the envelopes for her buyer letters, she asked Daddy to help her with her math. She wanted to prepare a little for a small practice test that she will have tomorrow on solving for x with fractions. Daddy helped her for a little while. After working on her math (around 1:30 a.m.), Kennedy went and washed up and then got into bed. Kassidy was asleep holding her Pikachu. :) Daddy went in and gave Kennedy a kiss goodnight on her right cheek. Daddy then reminded Kennedy about getting her clothes together for her school pictures on Thursday. (She had earlier asked about what she might wear.) Kennedy got up and selected her clothes. She chose to wear an alpaca shirt (that Daddy had previously bought for her) to take her picture in. Daddy and Kennedy then shared a big hug goodnight (Kennedy really hugged Daddy tightly :). A short time later, Kennedy fell asleep. Daddy went in and turned on the girls’ night light and turned off their bedroom light. I absolute love my time with my girls!!!

**September 25, 2019 Wednesday**

This morning (6:25 a.m.), Daddy went in to wake the girls up. As Daddy got ready to turn on their light, Kassidy, partially joking, exclaimed, “Don’t!” Daddy smiled and then turned on their bedroom light. The girls took a little time getting up but eventually got up and went into the bathroom to get dressed. They both were dressed pretty quickly this morning. Kennedy asked Daddy about the new shirt that she wants to wear to school on Thursday for her picture day. Daddy told her that he hung it on her breakfast chair so that she wouldn’t forget it. She got the shirt and put it in her backpack to take with her so that she would have it with her to wear on Thursday. Kassidy inventoried to make sure that she has all of her volleyball stuff. She has a game today (against Sanger). After the girls were ready, they went out to the car and they both sat in the back seat as they usually do. Daddy turned all of the lights out and then went out to the car. (Earlier, Daddy had put his computer bag with the iPad in it on the front passenger seat. Kassidy had gotten the iPad out and was playing on it when Daddy got into the car. We then left for Daddy to take the girls to school (7:02 a.m.).

On the way to school Kassidy played on the iPad. Kennedy was telling Daddy about how excited she is to shear her goat tonight (Mom will take her out to Mrs. O’Daniel’s this evening and Kennedy will get to shear her goat for the fair. :)

When we arrived at Glacier Point (7:27 a.m.), Daddy pulled up to the drop-off area. Daddy kissed Kassidy’s hand and then Kassidy got out. As Kassidy was getting out, Kennedy told Kassidy that she loves her. :) Kassidy walked on into school. Daddy then drove Kennedy to Harvest. When we arrived (7:30 a.m.), Daddy parked in the second row near the front of the school, and Daddy Kennedy got out of the car. Daddy wanted to attend a 7:30 a.m. parent informational meeting regarding the 6th grade camp (fund raising), so he walked with Kennedy across the cross walk into school. Kennedy commented how strange it was that Daddy was walking into school with her. Daddy then jokingly reached to hold Kennedy’s hand. She looked embarrassed but reluctantly held Daddy’s hand. Daddy was teasing with her, so he let her hand go. (I knew that this day was coming. Often, when Daddy would pick Kennedy up from school, Kennedy would ask, “Daddy, is it O.K. if I hold your hand?” Daddy and Kennedy would then hold hands walking to the car. :) Things change. :( Daddy then held his hand up to high-five Kennedy. She poked her index finger into his hand as she often does for a high-five. Kennedy then walked toward the cafeteria as Daddy walked toward the main entrance to the school. Daddy stopped and said over to Kennedy, that he wanted to kiss her “chocolate chip.” Kennedy exclaimed, “Dad!” as if embarrassed. Kennedy paused and looked back at Daddy, not sure if she should continue on unto the cafeteria or not, but Daddy smiled at her so she continued on into the cafeteria. Daddy went and attended the 6th-grade Camp parent meeting. After the brief meeting, Daddy left. So thankful for my sweet girls!!!

**September 27, 2019 Friday**

Today (4:40 p.m.), Daddy picked Kennedy up from the after school program. (Daddy had arrived at around 4 p.m. to try to talk to Kennedy’s teacher but she wasn’t there so Daddy sat out in the car and worked on his computer until he went and got Kennedy.) When Kennedy came out (carrying her trumpet case and wearing her backpack), Daddy gave Kennedy a snuggle and they walked out to the car. Kennedy asked Daddy to carry her trumpet case. From Harvest, we went over to Glacier Point to get Kassidy.

At Glacier Point (around 4:50 p.m.), we waited for Kassidy but she didn’t come out at 5 p.m. We waited for a while. At 5:09 p.m., Daddy called Mom and left a message asking her if she knew where Kassidy might be. We waited a little longer. Daddy saw a coach walk to his car and aske him if he knew if there was a volleyball game today. He said that there was no game but suggested that Daddy check at the after school program. Daddy and Kennedy then walked over to the after school program. The guy said that Kassidy was in the gym. As we walked over to the gym, Kassidy was walking out to meet us. She could tell that Daddy was a little upset. She said that she wasn’t sure what time Daddy was arriving. (We had agreed on 5 p.m. on Wednesday morning when Daddy dropped the girls off. Kassidy had tried to call Daddy while he was leaving a message for mommy and he didn’t answer. Daddy asked Kassidy why she didn’t leave a message. She apologized and said that she wouldn’t do it again. Daddy hugged her and told her that he wasn’t upset but that she was irresponsible to not either come out at 5 p.m. or call and let Daddy know something. (She probably was having fun with her friends and wanted to continue hanging out. Daddy tried to understand.) Kennedy said that she has to go to the bathroom. Kassidy wanted to put her things in the car first, so we walked on to the car. The girls then walked to the bathroom. While they left, Daddy called Mom and talked to her briefly letting her know that he had located Kassidy. When the girls returned from the bathroom, we left for Kennedy to go out to her goat activity.

We first briefly stopped by home before going out to Mrs. O’Daniel’s. The girls each made themselves a cherry flavored water. Kassidy relaxed in the big chair and watched YouTube on the T.V. Daddy let Kassidy stay home. Daddy and Kennedy left to go out to Mrs. O’Daniel’s (around 6:15 p.m.).

As we were driving on the dirt road into Mrs. O’Daniel’s, Kennedy said, “I’m looking forward to middle school.” “Kinda.” Daddy asked her why and she said, “Because you have more responsibility. It means you’re growing up.” Daddy replied that he doesn’t want he to grow up. She replied, “Don’t worry Daddy, I’ll always be your little girl. :) (Perfect!)

At Mrs. O’Daniel’s, Ava and her dad (Tim) were there and Ava worked on shearing her goat. Kennedy took her goat out to the ring area. She first did some tie-up time with her goat using a harness. She then worked on her goat bracing. Trinity was sitting out there with her goat. Trinity said that her goat was having trouble bracing and Kennedy talked to her about how she got her goat to start bracing. Kennedy then walked her goat around the ring a few times with Daddy acting as the judge. After that, she took her goat out to the field and ran him 5 times. She then put her goat away. Mrs. O’Daniel helped show her how to put on a sock to help her goat stay warm. Ava put her goat away also. Daddy the gave the goats their feed. We walked out with Ava and her family (she has a little sister). Daddy had a nice conversation with Ava’s dad and Ava’s mom (she is interested in A.I. for the company that she works for). We then left (around 7:30 p.m.)

On the way home, Kennedy said to Daddy, “And I thought owning a caterpillar was great!” (Referring to owning her goat.) She said, “I never thought I’d own something so cool!” As we were driving into our apartment complex, Kennedy was telling Daddy about her friend Caleb. Daddy asked her what race he was. Kennedy said that he is Mexican. Daddy jokingly said, “What else is new?” Kennedy responded, “You’re acting like Trump. You’re going to build a wall around out school.” Daddy and Kennedy laughed!

When we got home (around 7:45 p.m.), Kennedy knocked and Kassidy let us in the garage door. Kassidy was watching music/animation videos in her big chair on YouTube. Kennedy went and took a shower and Daddy started preparing dinner for the girls (Kassidy: Marie Callender’s Steak and Roasted Potatoes dinner, Kennedy: Marie Callender’s Chicken Pot Pie). After Kennedy took her shower, Kassidy went and took hers. Kennedy sat on the couch and read (“Whatever After – Bad hair Day)”. After Kassidy finished her shower, the girls sat at the dining table, Kassidy said grace and the girls ate. Kassidy resumed playing YouTube videos on the T.V. while the girls ate.

After dinner (round 8:50 p.m.), Kassidy returned to her big chair and continued watching YouTube videos. Kennedy made and played with some (cloud) slime. A little later (around 9:45 p.m.), Mommy called. Daddy had called her earlier about possibly keeping the girls for Saturday (so that Kennedy could work with her goat) while Daddy went to the Bay Area to teach. Mom said that she couldn’t on Saturday. She talked to Kennedy a little about not getting anxious about showing at the Fair. Daddy and Mom then talked for a little while about Kennedy (possibly playing sports – she said that she might try tennis) and the plan for the week of the Fair.

Later (around 10:20 p.m.), Kennedy cleaned up from making and playing with slime, and took the iPad to her bedroom and relaxed. Kassidy was still in the living room in her big chair watching YouTube on the T.V. A short time later (around 10:35 p.m.), Daddy went and checked on Kassidy. She had turned the T.V. off and had fallen asleep lying across the chair. Daddy woke her up and had her go to bed. She had already brushed her teeth. She quickly put some clothes out for the morning (Daddy is taking the girls with him to Fremont to teach) and then lay down on top of the bed next to Kennedy who was watching videos on the iPad with earbuds in.

Check on Kennedy (12 a.m.), and Kennedy had fallen asleep with the iPad and the earbuds in her ears.

Daddy then turned don their night light and turned off their bedroom light. A nice ay with my babies!!!

**September 27, 2019 Friday**

Left for the Bay Area(6:28 a.m.)

Stopped in Los Banos and got snacks (Lunchables, fizzy water and some candy). We joked that Kenendy got her Lunchables-like snack with “toasted rounds and wine-infused salame.” :)

The girls laughed and joked until we were an hour from the office in Fremont. They fell asleep and Daddy woke them up shortly before we arrived in Fremont (around 9:45 a.m.).

The girls got settled in the room next to where Daddy was teaching. Kennedy played on the iPad. Kassidy fell asleep for “an hour and 27 minutes.”

The person that Daddy works with arrived later in the day. After Daddy finished teaching (4 p.m.), he (Raju) and Daddy met for about an hour. We then left (around 5 p.n.) and headed home.

The girls laughed and joked for a while. (Kassidy said, “Buns, family edition!” for some reason and Daddy laughed to himself. :) The girls stayed awake joking together until we were about an hour from home. Kennedy then fell asleep and Kassidy dozed off briefly.

When we got back into Fresno, we first went by Walmart (Clovis/Herndon) and the girls got some ice cream and a treat (Kassidy: Haribo Happy Cherries gummi candy, Kennedy: Haribo Twin Snakes gummi candy). Daddy got a few groceries (bread, milk, 2 bananas, some frozen Tyson chicken nuggets and some turkey lunch meat). We then went home.

When we got home around 8:20 p.m.), Kassidy relaxed in her big chair and watched YouTube videos. Kennedy played with her slime. Daddy changed to go running, put pizza (DiGiorno Sausage and Pepperoni) in the oven for the girls ( and then he went on his run (9:03 p.m.). After Daddy returned (9:25 p.m.), he served the girls their pizza. Kennedy put her slime away and she and Kassidy came into the kitchen to get themselves something to drink with dinner. Kennedy got a small glass of milk. Kassidy saw a liter of Coke that has been in the back of the refrigerator from one of Daddy’s classes for about 2 months. She asked if she could have some. Daddy said that he didn’t think that it was any good. Kassidy read that the expiration was in April of 2019. Kassidy couldn’t open it so Daddy did. It still had a lot of fizz. Kassidy tasted it and said that it was good. The girls then sat at the dining table (around 9:35 p.m.) and Kennedy said grace (also asking God to bless her goat to do well at the Fair and for her to do well in her showmanship, and for Kassidy to do well for the rest of her volleyball season, and to bless Daddy and his job :) Kassidy watched YouTube videos and Kennedy watched videos on the iPad while they ate. Kennedy said, “Thank you for dinner Daddy!” Daddy replied, “You’re welcome baby.” (Kennedy always expresses her appreciation.) Kassidy finished eating first and she went and sat in her big chair and enjoyed her Happy Cherries candy while watching YouTube. After Kennedy finished eating, she took the iPad and went to her bedroom. As she left she said, I love you Daddy!” She then told Kassidy that she loves her. :)

Later (11:19 p.m.), Daddy went in and checked on Kennedy and she had fallen asleep with the iPad and her earbuds on watching a video. Daddy hade her get up and wash up for bed. Kassidy was still awake in the living room watching YouTube videos. After washing up, Kennedy played with her slime for a little while. She then went into to Daddy’s bedroom (where he was watching the USC vs. Washington football game) and said that after washing her face she is wide awake. She wanted the iPad and Daddy let her take it. She then took the iPad with her into the kitchen and then played with her slime a little longer. Later (12:27 a.m.), Kennedy put her slime away and went to her bedroom with the iPad. Kassidy was now drawing while watching YouTube videos in her big chair.

A little later (12:53 a.m.), Daddy went in and checked on the girls. They both wanted to stay awake a while longer so Daddy said that they could stay up until 1:30 a.m. (Kennedy had straightened up her bed and Daddy thanked her and told her that she gets “a point.”)

At 1:30 a.m., Daddy had the girls go to bed. Kassidy went to the bathroom, then Kennedy then went to the bathroom. After the girls were both in bed, Daddy went in and gave Kennedy a kiss goodnight on her forehead and walked around and gave Kassidy a kiss goodnight on her left cheek. Daddy then stood at the foot of the bed so that we could do our hearts together. When the girls sat up, Daddy jokingly told them to try to sit up without lifting their feet off of the bed. They laughed. Kassidy would kind of cross her toes when trying to sit up. Daddy jokingly said that crossing your toes helps you to sit up. Kennedy tried it and said, “You’re right! It does work!” :) We then did our “hearts” together. We laughed joked for a short while with Daddy and Kennedy throwing her Pikachu stuffed animal back and forth at each other. Daddy would act like he was throwing it at Kassidy but it would go toward Kennedy. Kennedy laughed and hid under her blanket. Daddy the left. The girls talked together for a short while before falling asleep. Daddy went in and turned on their night light and turned off their bedroom light. A treasured day enjoyed together!!!

**September 29, 2019 Sunday**

This morning (around 8:30 a.m.), Kennedy woke up and went into Daddy’s bedroom and woke him up (by slapping his leg). She wanted the iPad and Daddy gave it to her. She then left. A little later (9:15 a.m.), Kassidy went into Daddy’s bedroom and said that her hair was defying gravity (or something). Daddy chuckled (he was awake but lying in bed). Kassidy then left. The girls both sat at the dining table together and had cereal (Drumstick). After eating, the girls remained in the same room. Kassidy sat in the big chair and watched YouTube videos. Kennedy made slime at the dining table while watching video on the iPad.

Daddy called the girls into his bedroom (around 11:50 a.m.) where he was working. He was looking on the iPad at there grades that had been emailed to him. Kassidy had straight A’s. He showed her and gave her a hug and big kiss on her left cheek. Kennedy had 4 A’s (3 were 100%, the other was 91.9%) and 77.1% in math. (Kennedy has been working on her math and she will bring it up.) Daddy gave Kenned a hug and kiss on her left cheek and a high-five. Kassidy resumed watching YouTube in the living room. When Daddy was finished using the iPad, he gave it back to Kennedy and she relaxed in her bedroom with it. Daddy did a little more work ln his computer. He then left to go on his run (12:59 p.m.). As Daddy was leaving, Kennedy had made herself a couple of frozen cheese and bean burritos, and Kassidy made herself a peanut butter and jelly sandwich. Kennedy ate at the dining table while watching videos on the iPad. Kassidy sat in her big chair and ate her sandwich while watching an anime cartoon on T.V.

After Daddy returned from his run (around 1:25 p.m.), Kassidy asked for him to make her (a plate of) turkey and cheddar cheese. Daddy made it for her. He then walked over to Kassidy and placed the plate on top of Kassidy’s head. She balanced it, reaching up and getting a piece of turkey off of the plate. :) Daddy then took the plate off of her head and put it on the ottoman next to where Kassidy was sitting (in her big chair). Kennedy was in her bedroom, sitting on her bed watching videos on the iPad. After Kassidy finished her plate, she asked Daddy for some more cheese. Daddy cut up a little more cheese and gave it to Kassidy on her plate.

A little later (2:20 p.m.), Kennedy went and took a bath. Kassidy continued watching anime while practicing her drawing. After Kennedy finished her bath (around 2:50 p.m.), she went into the kitchen and played with her slime. Kassidy continued drawing. She was drawing her favorite anime character “Academia.”

Later (4:20 p.m.), we left and went on a walk to through Dry Creek park. During our walk, Daddy had gotten a text. Wile he replied, the girls walked up and left him behind …

When we got back (around 5:10 p.m.), Kennedy got ready to go out to her goat activity. Daddy and Kennedy then left (5:20 p.m.) for Kennedy to go out to work with her goat at Mrs. O’Daniel’s. Daddy let Kassidy stay and do her homework.

When we arrived at Mrs. O’Daniel’s (around 5:40 p.m.), we were the only ones out there. Kennedy worked on bracing her goat while Daddy changed the water in the pen. She then had her walk around the pen area (the show area was flooded) 20 times and Daddy acted like the judge and had Kennedy set-up and brace her goat. While her goat braced, Daddy rubbed him like the judge might. After that, the parents were gathering together to have a 6:30 p.m. meeting regarding the fair next week. Ava’s dad had gotten a goat sleeve for S’mores and Daddy and Kennedy put it on him. To see how it fit. It got snagged on a fence and a hole was ripped on one side. We then took the sleeve off. Kennedy then took her goat out to the horse field. Ava had recently arrived so she and Oscar joined Kennedy and S’mores out in the horse field to exercise. Sloan and his brother Ronin had arrived and they all played out in the field until well after dark. When the parent meeting ended (the parents all had a nice talk), the kids finally came back from the field. We put the goat sleeve on S’mores and the goats ate. We then left (7:40 p.m.)

On the way home, Daddy and Kennedy went by Walmart to get some dinners for the girls. Daddy got some Hot Tamales candy for his trip to Stanford on Monday night. We then left Walmart and went home.

When we arrived home (around 8:20 p.m.), Kennedy went and took a shower while Daddy prepared dinner (Kennedy: Marie Callender’s Chicken Pot Pie, Kassidy: Marie Callender’s Beef and Broccoli Bowl). When dinner was ready (around 8:45 p.m.), Kennedy got herself a small glass of Coke. Kassidy already had a bottle of water. The girls sat at the dining table and Kassidy said grace the girls then ate, After eating (around 8:55 p.m.), Kennedy got her Twin Snakes gummi candy and went to her bedroom with the iPad. Kassidy went and took her shower. After her shower, Kassidy got herself a bowl of Breyer’s half Snickers and half . She ate it in her big chair while watching YouTube and drawing. Daddy did some laundry and washed Kassidy’ volleyball uniform and P.E. clothes.

Later (10 p.m.), Daddy had the girls go to bed. After washing up, Kassidy went into the bedroom. Kennedy was straightening up the bed because Daddy had asked her to do it times during the day. Kassidy got an attitude and said that it doesn’t make sense. Daddy didn’t like her disrespectful attitude regarding something that he had asked Kennedy to do. Daddy told the girls that it doesn’t matter if the bed is made right now because they are getting in it to go to bed, but because he had asked Kennedy to do it earlier, he is making the point that being neat matters and he wants to raise them to value certain qualities, like being orderly and neat. Kennedy fell asleep and Kassidy was getting sleepy, so Daddy ended the conversation and left the room. Kennedy said goodnight (followed by Kassidy) and apologized for falling asleep. A little later, Daddy went in and turned on the girls’ night light and turned off their bedroom light. Another treasured day with my girls!!!

As we were driving down the dirt road, approaching Mrs. O’Daniel’s gate, Kennedy said, “I like …”

**September 30, 2019 Monday**

This morning (6:21 a.m.), Daddy went and woke the girls up. They got up to get dressed for school. Kassidy went to Daddy’s bedroom looking for him. She called out. He was in the bathroom getting dressed. Daddy came out and Kassidy asked for a hug. She jokingly said that she gave him an Asian hug (loose and not as warm). Daddy jokingly replied, “Why not a ‘Black’ hug?” Daddy and Kassidy joked and laughed. The girls washed up and got dressed for school. (Daddy had washed last night and he put Kassidy’s volleyball and P.E. items out on the ottoman for her to see.) When Kennedy was dressed, she went into Daddy’s bedroom. Daddy was doing his daily pushups. Daddy didn’t hear her come in. She jokingly pushed down on his back. When he finished, he got up. Kennedy told him that she made her bed. Daddy thanked her and told her great job! (Kennedy expressed being a little nervous today because her friend Carmen had lice last week and she doesn’t know what to do if Carmen tried to hug her because she doesn’t want to hug her and risk getting lice.) The girls got their things together and went out to the car. On the way out, Daddy again thanked Kennedy for making the bed and told her that she gets a point. As she was heading out the garage door, she accidentally bumped into a can that was on the counter to be recycled and Daddy caught it before it could fall off of the counter. Kennedy jokingly responded, “I no longer get a point.” Daddy laughed. Daddy went and turned all of the lights out and we then left for school (7 a.m.)

On the way to school, Kassidy commented that she believes that ones “Golden Years” are in their teens and twenties. Daddy responded, “What about having children or grandchildren?” Kassidy said that she still thinks that those are the best years when “you have fun and no longer have to listen to your parents.” Kennedy also asked her about the years of having children. Kennedy and Kassidy jokingly debated and laughed together.

When we arrived at Glacier Point (7:23 a.m.), Daddy drove through the drop-off area. He kissed Kassidy’s hand goodbye (she was in the backseat as usual). Daddy wished her good luck in her volleyball game today. She then got out. Kennedy told her that she loves. Kassidy then walked on into school as Daddy and Kennedy drove away. Daddy then took Kennedy to Harvest. When we arrived (7:27 a.m.), Daddy parked in the first row near the front of school. Kennedy sat in the car with Daddy until the cafeteria opened at 7:30a.m. (Kennedy had not had breakfast this morning.) Kennedy and Daddy got out of the car and shared a big (“Black”) hug goodbye. :) Kennedy then walked across the crosswalk and on into the cafeteria. Daddy stood by the car and watched until Kennedy got inside. Daddy then left.

Picked Kennedy up right after school (3:10 p.m.). (Kassidy has a volleyball away game in Kerman today and Mom will pick her up when she returns to school.)Went to the fairgrounds and helped set up the goats’ pens. Kennedy had fun with the other kids (Sloan, Ronin, Trinity).

Left (around 5:30 p.m.) and went out to Mrs. O’Daniel’s. Kennedy trained her goat. Braced, walked in the pen area 20 times with Daddy acting as the judge and having her set-up and brace. She then took him out to the horse field and ran him 5 times. When she finished exercising him, she fist bumped Daddy. She did a great job of training him and was now officially done. She’s done all that she can do. (Daddy is so proud of her dedication, good habits and passion for what she does! S’mores is so lucky to have her! :)

We then put his goat sleeve back on and fed them. We then left (7:25 p.m.).

We went by Dad’s (7:43 p.m.) and Kennedy tried on all of her 4-H outfit. It all fit well. Mom called as we were getting ready to leave and we agreed that Daddy would be there in 15 minutes. Daddy and Kennedy then left (8:02 p.m.), and Daddy took Kennedy to Mom’s. When we arrived (8:14 p.m.), Daddy called Mom and Kassidy answered. Daddy let Kassidy know that Kennedy was outside. Daddy then asked Kassidy how her volleyball game went. She said that they won! Kassidy also proudly told Daddy that she dove for a ball but it went out of bounds. Daddy said that that was great. Kassidy said that she also did that at her last game of her club volleyball season. Daddy and Kassidy then hung up. Daddy was parked across the street. Kennedy walked up to the gate and waited for a short while. Kennedy then asked Daddy to call to see if someone was coming out. Daddy called and Kassidy answered. She said that they were at a Chinese food restaurant and would arrive in 10-15 minutes. She said that Mommy said that Daddy and Kennedy wouldn’t arrive in 15 minutes. (Daddy and Kennedy had arrived in 12 minutes.) Daddy was a little frustrated that Mom wasn’t there when we arrived. Kennedy said, “Well, at least we can spend more time together.” That made Daddy feel a lot better. Daddy told Kennedy that she had a good attitude. A few minutes later, Mom and Kassidy arrived (8:25 p.m.). Mom parked in front of where Daddy was parked. Kennedy got out and got her things together. Mom walked back to Dad’s car and talked to him about the plan regarding Kennedy and the fair for Tuesday and Wednesday. After a short while, Kennedy went and got into Mom’s car with Kassidy. Mom and Dad talked for a short while longer. Mom then went to her car with the girls and Daddy left. (Daddy is driving to the Bay Area tonight to teach at Stanford tomorrow.) A wonderful day with my Koko Poco!! Love that girl! :)

**October 1, 2019 Tuesday**

Today, Daddy returned from teaching at Stanford and went by and picked up Kennedy from Mom’s (8:47 p.m.). Kennedy and Mom came out at around 8:55 p.. Kennedy didn’t go to school today because she has come down with a cold and isn’t feeling the best bug she’s doing O.K. Mom had purchased her 2 pairs of white boot-cut jeans for the fair. She brought them out in a bag to Daddy. Daddy asked Mom if she had any Off! Because they were saying that are mosquitos at the fairgrounds. Kennedy walked back over to Mom and they went back inside and returned with mosquito repellant.

When we got home (around 9:15 p.m.), Daddy and Kennedy got her 4-H outfit together and covered it in a bag and hung it on her bedroom door. Kennedy got the iPad and relaxed in her bedroom. Daddy was getting ready to go on his run and Kennedy asked him if he would make her some oatmeal when he returns. Daddy said that he would. He then left to go on his run. When Daddy retuned (10 p.m.), he made oatmeal for Kennedy. He let it cool off for a short while and then called Kennedy to get her oatmeal. She didn’t answer so he went to check o her and she had fallen asleep watching the iPad with the earbuds on (around 10:20 p.m.). Daddy woke her up to go to the bathroom. When she woke up, she said that she wanted her oatmeal. She went to the bathroom and then came into the dining area and sat at the dining table where Kassidy normally sits (some of her 4-H items were where she normally eats). She had just a few bites and then told Daddy that she didn’t have much of an appetite. Daddy told her that’s O.K. She went into the kitchen and put her bowl on the counter and put the sugar and milk away. Daddy then gave Kennedy some NyQuil that she chased, before and after, with water. Kennedy then got the iPad back from Daddy and returned to her bedroom to rest (around 10:35 p.m.). As she walked out of the kitchen, she commented that she already feels better (from the NyQuil).

A little later (11:08 p.m.), Daddy went in and checked on Kennedy. She, again, had fallen asleep with the iPad and her earbuds in. Daddy took the iPad and put her earbuds in her nightstand. He gave her a kiss on her left cheek. He then turned on her night light and turned off her bedroom light, My sweet baby! I hope that she feels better in the morning, She shows her goat at the fair tomorrow. BLESSED!!

**October 2, 2019 Wednesday**

This morning (around Left (7:25 a.m.)

Ate breakfast.

Scrapee tag had come off. Kennedy almost didn’t get a chance to show S’Mores. Marcie, Tim and Mrs. O’Daniel got it worked out and got another tag on him.

Mom arrived at around 9 a.m.

Washed her goat.

Got dressed at around 12:45 p.m. Showed her goat at around 1:30 p.m.

First place (116-118 class, class 10). So proud! Mrs. O’Daniel took a picture of Kennedy over by the wall decorated with the fair logo for background for pictures.

Got home around 3 p.m.

Kennedy played with her slime for most of the afternoon.

Kennedy played on the iPad while Daddy went on his run (6:25 p.m.).

Left (around 7 p.m.) to return to the fair. Daddy had forgotten the wristbands to get into the fair so he asked the security people at the entrance if he and Kennedy could go into the fair to feed Kennedy’s goat. He offered to leave his driver’s license with the guy and he let us go in. Daddy and Kennedy fed the goats, changed their water and covered them (put their sleeves on). We then left. (We were inside for about 30 minutes.)

We went by Pandas on the way home (Honey Walnut Shrimp and Orange Chicken). When we got home (around 8:50 p.m.), Kennedy played with her slime for a short while. Kennedy then sat at the dining table and silently said grace with Daddy standing by her side. Kennedy then ate her food while watching videos on the iPad. Daddy sat in his work chair with a food tray and ate while watching CNN on the T.V. (A short while earlier, Daddy had offered for Kennedy to take her food and eat it in her room if she’s careful. Kennedy said that she wanted to eat in the living room because she likes being close to Daddy. :) After Kennedy finished eating (9:35 p.m.), Kennedy went and took a shower. After Kennedy’s shower, Kennedy got a bowl of ice cream (half and half Snickers and ). She took it to her bedroom and ate it while relaxing with the iPad (around 9:50 p.m.).

Later (10:31 p.m.), Daddy went in to Kennedy’s bedroom to check on her and she had fallen asleep with the earbuds in and a video still playing on the iPad. Daddy took the earbuds out and was taking the iPad when Kennedy woke up. Daddy asked her to go to the bathroom. She said that she was going to go brush her teeth. After returning from the bathroom, Kennedy got int bed. Daddy went in and gave her a kiss on the forehead. Daddy then recalled that Kennedy needed to put her clothes out. He reminded Kennedy that she needs to put her clothes out for tomorrow. She lay there for a short while before getting up. After getting her clothes together, she got right back into bed. After a short while, Kennedy fell asleep and Daddy went in and turned on her night light and turned off her bedroom light. A proud day and pleasant day today with my Koko!!

**October 3, 2019 Thursday**

This morning (6:21 a.m.), Daddy went and got Kennedy to get ready for the fair. She got up and washed up. She got her things together. We then left (6:58 a.m.). When we arrived at the fair (around 7:20 a.m.), we parked out on the street, down and across the street from the Livestock Pavilion. We went in and first had breakfast (bacon, sausage, pancakes, they had run out of eggs). Daddy and Kennedy ate together and then we went inside. Ava and her dad (Tim) had just finished feeding. They left to go have breakfast. Kennedy interacted with S’Mores and Oscar. She then took off S’Mores sleeve/cover. Ava returned. She took off Oscar’s sleeve (with her dad’s help) and then she and Kennedy took their goats on a walk (around 8:15 a.m.).

A little later (around 8:30 a.m.), Mom arrived. When the girls returned, Kennedy and Ava sat in chairs in front of the goats’ pen and hung out. A little later, they cleaned and brushed their goats before going to change into their 4-H uniforms. Mom took Kennedy and helped her do her hair and change.

Each of the kids showed his or her goat, but neither Trinity, Sloan, Ava, Ronin or Kennedy qualified into the top 5 in their class. Kennedy was disappointed and it showed. She barely kept from crying but she was very disappointed she said in herself. The judge told her that she needs to set him up and brace a little better so Kennedy was disappointed in herself. She felt that she could have done better. She could barely smile around everybody. A short time later, Mom took Kennedy to change out of her outfit. After changing, Daddy put her wristband on her and Daddy gave her a hug and kiss on her left cheek goodbye. Kennedy seemed like she was doing a little better by then. Daddy then left (around 12:30 p.m.) and Kennedy went with Mom. A fun goat season. Even though Kennedy was disappointed today, her goat did get first place in its class yesterday. Great job Kenny!!

**October 4, 2019 Friday**

Today, Daddy picked up Kennedy right after school (3:10 p.m.). From Harvest, we went to fair to get her goat stamped. When we arrived Sloan and his dad (Sean) had already done it. Helped give the animals fresh water. Kennedy interacted with S’Mores for a short while. We then went and walked around the fair. Kennedy had a Dark Knight sundae (really large and good chocolate gelato with a piece of chocolate cake on top). Kassidy’s friend Ai-lani came running up to Daddy and Kennedy. Daddy and Ai-lani shared a side hug. Daddy and Kennedy then walked over and talked to Ai-lani’s parents. Kassidy walked up quickly when she saw Ariah (Ai-lani’s sister and Kennedy’s friend at school). They talked while Dad went and said hi to some of the kids and hugged the mother. Ai-lani’s dad was talking to someone but Dad went over and tapped him on the arm and shook his hand, and they shared a man hugged. We said goodbye and then walked over and Dad bought one of the great fair cinnamon rolls Kennedy sat down at a table and enjoyed her dessert while Daddy got in line. When Daddy returned, he sat with Kennedy at a table while Kennedy finished her sundae. We then walked back and said goodbye to goats. As we were leaving the livestock area, a really kind family who was out a Mrs. O’Daniel’s raising a pig last year recognized us and spoke. Daddy didn’t recognize them a t first but then he recalled. Their son was in the same showmanship group as Kennedy. They said that the judge was off. He was judging for market (the goat) rather than showmanship. They told Kennedy that she did very well. They and Daddy talked for about 10 minutes. They mentioned that their daughter had badly injured her knee last year breaking up a fight between the pigs. She is doing goats this year. She wants to be a vet. The mom asked Daddy if he was a Christian and Daddy Sid that he was. She said like God has a plan for us, the goats plan is that they have a short life and are to be eaten. They can either be in a cramped room with countless other goats or they can have a great life for 6 months before being slaughtered. Daddy said that that was a great way to put it. She said that it was harder on her daughter at first but it’s easier letting go of her animal now. (She’s been doing 4-h since she was in third grade and she is now in seventh – she’s done rabbits, chickens, pigs and now goats.) Daddy thanked them for reaching out to us. (They are so kind). We then left and walked back to the car. Daddy called mom and offered to drop Kennedy off to her (Mom and Dad earlier had agreed that Mom would pick up Kennedy from him at 7 p.m.). We left (around 6 p.m.) Daddy drove Kennedy to Mom’s. Shortly after we arrived (around 6:30 p.m.), Mom and Kassidy pulled up beside us. Mom then parked in front of Dad’s car. Kassidy walked back to where Dad was. Dad kissed her hand. Mom then walked back to where Dad was and they talked. Kennedy went and got into Mom’s car.

Daddy gave Kassidy and Mommy a season pass wristband for Kassidy. Kassidy showed Daddy that she was listening to rock music on Mom’s phone. Dad said that she loses her black card. Mom said that other black people listen to rock music. Mom said that Darius Rucker does country music. Mom and Dad talked about the plan for Kennedy at the fair tomorrow (Kennedy’s goat gets auctioned off tomorrow). Mom returned to her car. Kassidy said to Dad that she hasn’t been with him in a while. Daddy kissed Kassidy’s hand before she walked back to Mom’s car. Dad then left (around 6:45 p.m.). He honked as he drove by Mom’s car.

**October 5, 2019 Saturday**

This morning (around 10 a.m.), met Kennedy along with Mommy, Kassidy and their friend Drayden at the fair in the Livestock Pavilion. They had arrived at around 9 a.m. Kennedy auctions off her goat today. She brushed S’Mores and practiced bracing him for a little while. She then relaxed in a chair in front of the pens and played on the iPad. A little later, she let Drayden use it with Kassidy. A little later, Mom took Kennedy to get dressed. After she was dressed, Daddy asked her to walk with him over to the fair backdrop so that he could take some pictures of her with her ribbons to give to Grammy and Papa. After taking a few pictures, Kennedy went and worked a little with S’Mores before going to get into line. S’Mores is number (lot) 114. When it was Kennedy’s turn, her name was announced along with her 4-H club, and she walked S’Mores out and braced him some in front of the audience while the auctioneer called out. S’Mores was purchased by Les Schwab and Wells Fargo Bank for $3.25 per pound. That was pretty good (Lucky Charms was purchased last year for $2.25 per pound). Earlier, Daddy had asked Kennedy if she wanted to put her ribbons on S’Mores or hook them in her belt loops to indicate his success, but she decided not to. Mom was a little upset afterwards that Kennedy hadn’t shown her ribbons when S’Mores was being auctioned. She thought Kenendy could have gotten more money. Kenendy responded, “It’s not about money, it’s about the goat!” Kennedy then went and put S’Mores away. Kennedy had asked if she could give a top off (donation) to Ava and then also Trinity, so Mom went and made a $20 top off for each of them. (Kennedy is so kind and generous.) While Mom was doing that, Kennedy volunteered to be a runner for a short while. She and Faith (an older girl/president in the Blossom Train 4-H club, she’s also in FFA) took the buyer sheet to the buyer and had him sign it. Kennedy or Faith then returned the form to the lady organizer. They had to do that three times to get 4-H credit. Kenendy then went over to where S’Mores was. Daddy gave her the (dog) collar that he had purchased on his way to the fair this morning. Kennedy put on the blue collar and took off the nice chain with the leather grasp to use for next year. She handed the chain collar to Daddy and he kept it for her.

After that, Kennedy went and changed out of her 4-H uniform. When Kennedy returned, she gave her 4-H uniform to Daddy. Mom returned a short time later. She walked over toward the bathrooms. Daddy saw Drayden and Kennedy sitting over in the practice ring and they walked with Daddy toward the bathrooms. Mom was walking in our directions and mouthed “where were you?” as if she was a little upset. Daddy told her that she had passed by them and they didn’t see each other. Mom then relaxed, but we still couldn’t find Kassidy. Daddy asked her to look in the bathroom. Mom then located her in the bathroom. After Kassidy came out, Daddy told the girls and Drayden goodbye. Mom was going to take them into the fair to go on rides and have some fun. (Drayden had never been to the Fresno Fair.) Daddy had hugged Kassidy goodbye earlier. He gave Drayden a hug and then Kennedy offered to fist bump and Daddy and Kennedy did. Daddy then left. A nice day and successful goat season for Kennedy. So proud!!

**October 7, 2019 Monday**

"Tell the truth, don't blame people, be strong, do your best, try hard, forgive, stay the course."

-a quote from George H.W. Bush, said at his funeral on 12/5/18

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**Memories when Kass/Kenn were younger:**

I love how Kassidy (around 2 years old) would be playing, and then stop and walk over to me and kiss my knee, and then go back and play some more.

Whenever we would go somewhere with Grammy and returned home to Grammy’s, Daddy and Kassidy would get out of the car and go inside, but Kennedy would always stand in the doorway and hold the door open, and she would wait until Grammy got out of the car and made it up to the door. Grammy always commented about that, noticed it, and appreciated it. That has always been Kennedy’s spirit!

When Kassidy had said something that upset Kennedy. Daddy told Kassidy that when she hurts Kennedy’s feelings, it hurts Daddy. He asked Kassidy, “How would you feel if somebody said that Mommy was ugly, or that Mommy was fat?” Kennedy interrupted, “But Daddy, Mommy is fat. She’s fat around here!” (moving her hand around her stomach area). Daddy laughed. :)

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**THE GIRLS**

6/11/19) Tuesday

Talked with Ai-lani’s dad, Robert about Kassidy telling Ai-lani that she likes boys and girls. Ai-lani’s mother talked to Kassidy about it telling her that it was wrong. She also told KJ. He said that the Apostle at the church corrected KJ for something in her lifestyle. Apparently KJ got upset and has left the church.

(1/30/19 Wednesday)

Just before we were leaving for me to take the girls to school, I asked Kennedy how the (organizational?) therapy is going that she’s attending with KJ (on Fridays). Kennedy said that the therapist is helping her not to be afraid of turning on the shower. She also said that the therapist is working with her on how she used to get upset and hit Kassidy. I told her that she has never hit Kassidy around me. Kennedy said that the therapist said that she doesn’t act that way with me because my environment is more structured. Kennedy said that KJ told the therapist that she will work on having a more structured environment.

(12/21/18 Friday)

I met KJ in the Walmart parking lot. Kassidy got out of my car and went over to KJ’s car to get her flute from KJ while I parked his car. Kassidy then was trying to call me as Kennedy and I were approaching KJ’s car. Kassidy told me that she was trying to call me because she didn’t know that if KJ called me, she might annoy me. I told her that I wouldn’t be annoyed.

Kass called me on evening of 12/10/18 (I spoke with her and she told me that she wanted to start coming to my place again.)

Visited Tuesday-Wednesday (12/11-12/12)

Kass called me on evening of 12/16/18 around 7:30 p.m. 4 times and left 2 messages telling that she was sick and wasn’t going to school on Monday, wanted to stay with mom and didn’t feel comfortable coming with me, and added that, if I say that she is saying it because of mom, I’m wrong.

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**BEHAVIOR**

**3/21/19 Thursday**

Earlier (around 5:45 p.m.), I met KJ and Kennedy at El Pollo Loco (Ashlan/Blackstone) to get Kennedy from KJ to take her to a goat meeting. I was doing KJ a favor in a way since it’s her day bit I volunteered to take Kennedy to her meeting. She had someone take Kassidy to her volleyball practice but she was going to pick Kassidy up. In an earlier message, she said that I could drop Kennedy off to her after they got home from Kassidy’s practice since I probably wouldn’t want to drive way out to Harvest on Friday morning.

Later (9:10 p.m.), after Kennedy’s meeting and after feeding serving her a pot pie for dinner, I dropped Kennedy off to KJ (with Kassidy) who her parked in front of her apartment. We arrived at nearly the same time. Kassidy and KJ got out of the car and walked over and talked with me. KJ asked that if I could get Kennedy tomorrow while she and Kassidy go to a youth group church event at Skywalk that KJ is organizing. I offered to meet her near Blackstone to get Kennedy from her there since she has to go by there to go to Skywalk, rather than me driving all the way out to Harvest. I also mentioned that I don’t have a schedule and don’t seem to get some of the emails. (I recently have asked KJ 3 or 4 times for a schedule but she hasn’t even responded to my calls.) I again mentioned that I don’t have a schedule. A scowl was now on KJ’s forehead. She said that I could get the information from the website (or something) even though she could just said forward it. She hasn’t even acknowledge the fact that I have asked her for a schedule several times. Kennedy then brought up that she has a 4-H baking event on Sunday. (I had agreed to take Kassidy to her volleyball tournament on Saturday (it’s KJ’s weekend but she has a track meet) and Sunday. I said that if KJ will be at Kassidy’s tournament on Sunday, I could leave and take Kenendy to her 4-H event and KJ could perhaps take Kassidy home. KJ then said that she could just have Kassidy go home with her on Saturday night. (I had changed my Fremont teaching schedule this weekend in order to be able to take Kassidy to her tournament, at Kassidy’s request.) I told KJ that I would like to take Kassidy both Saturday and Sunday since I had changed my schedule in order to. I said that Kennedy wants to wait to see how she feels and if she doesn’t feel well then she won’t go to her 4-H event and I can take Kassidy on Sunday also. KJ got annoyed and said that she doesn’t want to be in a holding pattern and said that she will just plan to take Kassidy home with her on Saturday night and that I can go to the tournament on Sunday to watch her play. I said that since I made a sacrifice to not go to Fremont, I would like to take her. Kassidy argued that she will just go to sleep Saturday after her tournament. I said that it’s still nice to spend the time together. She repeated that she will plan on taking Kassidy with her Saturday after the tournament (oblivious to the fact that I’m helping her out to take Kassidy on Saturday). We then returned to the conversation on my getting Kennedy tomorrow so that she doesn’t have to go out to the youth event tomorrow (again, I’m doing her a favor). I again suggested that we meet near Blackstone where she has to go on her way to Skywalk. I said that there’s no need for me to drive out to their school. She got upset and said that she would just take Kennedy with her. She snapped a comment about me being concerned about my gas driving out there. She then started to walk away when Kennedy said, “Don’t you guys need to finish talking about it?” KJ was already triggered and angrily commented, “You’re the one who chose to move out to Clovis…!” I yieldingly replied, “I know,” as KJ was walking away. I then said, “At least you’re going to church, which is a good thing. She continued walking to her car and got in. (Kassidy had walked away a few minutes earlier and was already in KJ’s car. I think she sensed that things were turning bad and removed herself.) After KJ was in her car, Daddy and Kennedy talked briefly. I told Kennedy that I don’t understand why KJ acts like that but to always be kind. We talked briefly about Kennedy calling me if she doesn’t feel well at school tomorrow and I will go pick her up from school. Kennedy and I hugged goodbye and then Kennedy walked over and got into KJ’s car. I waited briefly but they didn’t drive away. I then drove by and honked as I left, to show that I wasn’t upset.

**4/2/19 Tuesday**

I was texted by Harvest to let me know that the girls were unexcused from school. I called KJ twice during the day and asked for her to let me know if everything was O.K. with the girls. She never called me back. (Later, it was changed to an unexcused tardy so I assume she just got the girls to school late.

She ended up calling me on 4/4/19 (Thursday). She left a message asking if I could keep the girls this weekend as she has a meet in Arcadia. She also mentioned that Kennedy had a cold. She never mentioned that I had called twice regarding being concerned that the girls were marked as being absent from school without excuse. I called her back in the evening letting her know that I could keep the girls but that I needed to go out of town and they would need to go with me. I asked her to let me know if Kennedy would be up to traveling out of town with me. I also asked if she could send the girls’ school pictures so that I could order some especially since it was Kassidy’s last year in Elementary school. I also mentioned that I didn’t have the chance to order school pictures in the fall and if she could perhaps send me a small one of hers to copy. She never called me back.

I called KJ again the next (Friday) morning (4/5/19) and asked her to let me know what was going on regarding her request for me to get the girls.

KJ has become increasingly mean lately and almost never returns my calls (exclusively regarding parenting), and has Kassidy call me whenever information needs to be exchanged. (2 weeks ago, when we were sitting close to each other at Kassidy’s volleyball tournament in Tulare, with Kennedy between us and Ai-lani’s mother on the other side of KJ, I was trying to be extra kind and reach out to break the ice. I was telling a story about how I took the girls to Walmart on the way to the tournament and every single register was down so we left without getting snacks. While I was talking, she was looking straight ahead and then I could see the strangest (evil) look come over her face as she rolled her eyes to turn toward my direction. I cut the story short and ended the conversation.)

**SEWING MEETINGS (2018-2019)**

9/22/18

Tote Bag

11/24/19

Christmas Stocking

4/27/19

Final Sewing project (Bag/Pouch)

**2019 GOAT MEETINGS**

3/21/19

Kennedy had her goat meeting at Mrs. O’Daniel’s house. They discussed their up coming written achievement test and their achievement test at Reedley college. They discussed needing to get an ethics certification this year and taking a class to get the certification ($3) or taking it online at home ($15). They also discussed when they would be getting their goats for this upcoming year. They discussed that their project books are due by the second week of June.

4/16/19

Goat written exam at Mrs. O’Daniel’s house.

5/18/19

4-H Livestock Achievement Test at Reedley College

6/6/19 Thursday

Meeting at Mrs. O’Daniel’s house regarding feeding schedule while she is away for the week.

I paid for some pre-feed today for about $23. We had a meeting at Mrs. O’Daniel’s house (6:30 p.m.). Learned how much to feed the goats. Kennedy had to catch her goat and she handled him for the first time today. She named him “S’mores.” He is the largest one.) Mrs. O’Daniel disbudded Micah’s and Kennedy’s goats. (Ava’s dad was there in her place as she had a dance recital tonight.) Kennedy and Micah fed and gave the goats (5) water. Mrs. O’Daniel signed Kennedy’s Record Book. We then left (around 8 p.m.)

6/17/19 (Monday)

Meeting at Mrs. O’Daniel’s. We talked about the upcoming fair (the dates and registration), and the feed schedule for the goats.

8/5/19 (Monday)

First showmanship practice at Mrs. O’Daniel’s (with Trinity, Sloan’s younger brother with a dairy goat, and Emma with a sheep).

8/15/19 (Thursday)

Kennedy attended Thursday’s showmanship practice at Mrs. O’Daniel’s (Sloan and his younger brother, the dairy goat kids, and2 pygmy goats).

8/19/19 (Monday)

Kennedy attended showmanship practice at Mrs. O’Daniel’s (Sloan and his younger brother, the dairy goat kids, and2 pygmy goats).

8/26/19 (Monday)

Kennedy attended showmanship practice at Mrs. O’Daniel’s (just the meat goats).

9/2/19 (Monday)

Kennedy attended showmanship practice at Mrs. O’Daniel’s (just the meat goats)

9/13/19 (Friday)

Kennedy attended showmanship practice at Mrs. O’Daniel’s (just the meat goats)

\*(6/20/19 – bought 2 bags of goat feed for $46.71)

\*(7/25?/19 – bought 2 bags of goat feed for $46.71)

\*(8/19/19 - bought 2 bags of goat feed for $46.71)

\*9/16/19 (Monday) Bought a bag of goat feed for 23.36

Re miscommunication getting the girls from school on Monday 5/6/19

I mentioned to you at the volleyball tournament that it would be a hardship for me and the girls because it takes me 40 minutes to get out there and then what does Kassidy do? It’s too far to drive back home. You said to Kennedy that we would talk about it so I was sure that you would at least be checking your messages. But you made no effort confirm the plan given the distance and inconvenience to us all.

I understand your frustration but it’s caused by your never returning my phone calls and because of the distance where you’ve placed the girls. Anyone under these circumstances would have experience constant frustration as we do. Most people could hustle out to the school while the other child sleeps and then return home to get changed for work and to get the other child. Almost anything regarding school is going to be a hardship for everyone except you since you work out there and you’ve chosen the circumstances. Kassidy, Kennedy nor I chose these circumstances, and they’re fraught with frustration and inconvenience.

You never return messages. When the school calls to say the girls aren’t in school, I asked to discuss a compromise on the distance, I asked regarding getting a schedule. Never do you call back. I don’t know if it’’s because you’re acting out or if you didn’t get the message. It’s impossible for me to know since you don’t return my calls no matter the situation.