

## **THE EATIN' SEASON**

### ***... the Halloween kickoff***

by Joe 'Kirsch' Curcio

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As you may or may not have noticed, Halloween is the official kickoff of the *eatin' season!*

Usually, the *opening ceremony* has something to do with a large orange plastic Rite Aid pumpkin partially filled with previous year remnants of colorful sweet-tart smarties penny-candy treats. There's also a few of those *hermetically sealed* packs of cheap Larry Taffy leftover from last Halloween.

Finding them quickly leads to the artful mastering, and indignity of the stealth unraveling of gooey wrappers from the remainder of those very same Laffy Taffy candies - where eventually sometime in November your sticky-fingered secret is discovered as your *better half* attempts to peel the dried sugar debris wrappings of Mary Janes from the inside of your DXL pocket T's.

The unrelenting *eatin' season* then continues through the family-induced *carb and pie days of Thanksgiving* - and just as you notice that there are Christmas carolers gathering under your window singing the *Wo-oh-oh-Ozempic* song, along comes the assorted onion dip, empanadas, tapas and bad cheese platters of the office holiday parties.

By January, from the side you start to look like Alfred Hitchcock; and by February just after the Russell Stover creams, caramels, truffles, and molasses chews of Valentine's Day candy, people are making references to the classic television program *F-Troop*, pointing to you and saying "*IT IS BAA-LOON!*"

By March you're moving your belly out of the way to urinate. Then, finally in April you have the *gall* to put on a baby blue jogging outfit and a *Just Do it* T-shirt – oh yeah, you sure did it OK - *JUST check the scale!*

...and there my Willy Wonka friends I give you the *eatin' season*.

So, before we go and take one gulp of that early holiday supermarket eggnog or have a single bowl of those special General Mills boxes of Boo-Berry and Count Chocula, let's keep in mind that today is a brand new day. It is possible, if we resist the temptation, we'll be able to actually see our lap by New Years eve -- a potentially monumental moment, especially since most of us haven't even HAD a lap since the Halloween days gone by of Freddy, Jason, Chucky, and Michael Myers.

Enjoy the holidays and remember they are the *holi-days* - not the *holi-months*.

## ABOUT JOE "KIRSCH" CURCIO

Joe "Kirsch" Curcio, a Tops online member from Brooklyn, New York is a former ABC radio and networks employee. Now retired, Joe maintains a 70-pound weight loss and has taken his A1C from nearly 12 to 5.4 with glucose levels as high as 300 down to a current average of 90-105.

He is the author of *"Ah-Shpet: 101 words you'll need to survive the neighborhood"* and *"The Welcome to Greenpoint Manuscript"*.

Joe generates over 2K monthly audience interactions on combined social media platforms as well as his website at [www.GreenpointMusic.com](http://www.GreenpointMusic.com). He recently has celebrated over 60K streaming media plays of his music and *audio/video antics*. He maintains a 55% engagement rate on Facebook as well as a 74% retention rate on YouTube.

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