

Shaken Gang Syndrome

I am a current events junkie, so of course I've been following the recent story of the earthquake in southern Illinois. This earthquake was pretty strong; so strong, that tremors were felt as far away as large cities like Chicago, Indianapolis, and even Atlanta, Georgia.

Another recent headline in the news lately is the rash of gun violence in the city of Chicago. Seems the previous weekend saw 36 people shot in the city, 9 of them fatally. [Click here](#) for that story. Since they're saying that the midwest basically has not stopped shaking since the the earthquake last Friday, let me offer up a possible explanation for this phenomena: Shaken Gang Syndrome.

Sure, the gangs in Los Angeles can handle earthquakes without batting an eye, but it's not something that people in the midwest have had to adjust to. Maybe the instability of the earth's crust contributes to people feeling emotionally unstable, and this is illustrated with rising violence and civil unrest.

All jokes aside, let's hope this weekend's skyrocketing violent crime rate was an isolated incident in Chicago. The Chicago PD would like you to note that for the month of March, the violent crime rate was down by a whopping 1% compared to March 2007, so that is promising news!

A Day of Mini

Finally the snow has stopped (quick, where is some wood for knocking?!? Our snowblower has been put away, which is enough

of a jinx, but add a comment like the above, and I'm asking for trouble!), and the weather is finally being cooperative enough for some outdoor fun. So this weekend had us taking in the first mini-golf game of the season with friends. Unless, of course, you count the mini-golfing we did in Florida in January, but I don't count that since in Florida the mini-golf is more like a distraction to the lizards hopping around the course and the captive alligators you can feed at our favorite mini-golf place in Orlando.

I did not do very well this weekend. Of the four of us actually playing (the kids futzed about the course), I came in last. I will blame it on my pregnancy bump – it's getting quite large lately and is throwing off my balance, not to mention my stamina. I was distracted by looking for a bench to sit on after every hole. Yeah, that's it, I can't mini-golf while pregnant. Nevermind all the practice I got on my computer this winter (see previous mini-golf posts of mine where I have links to (mostly) cool computer versions of mini-golf), I just can't mini-golf while pregnant. Oh, just kidding, I've done it before, it's no big deal and not that much different, just gotta swing around the bump. I just lost because I was rusty, and I didn't take my time putting. Besides that, my husband did extra well this time, and he usually comes in last, so last place had to go to someone. I don't really care if I win or lose, for me, it's just about learning what the ball does in various situations, gaining that experience, and most importantly, having fun! I did win the mini-bowling we played afterwards though... I really want to get one of those for my basement. I've always liked bowling, and here is a way the physically impaired (as I am for a few months here) can still enjoy participating in the sport. Pipe dreams, of course... if I had that kind of money or space in my basement, I could think of a dozen better things to put down there... mostly animals...

But anyway, I looked for cool mini-golf shots on youtube, and

I actually didn't see any... just a lot more people worse at mini-golf than I am who don't even realize it. But I did come across this pretty cool contraption at a mini-golf course in Colorado, check it out:

No Country For Old Men... When There's Yet ANOTHER Fog Day!!!

We stayed up late watching the Oscar winning movie, ["No Country for Old Men"](#) last night, so when the phone rang at 6 am this morning, my husband was overjoyed about the fog delay. I did not hear the phone at 6, nor did I hear the follow-up call at 8 saying school was cancelled for the day. I was up by 8:30, since that is the time we have our alarm set and my biological clock won't let me sleep past then for fear the alarm won't work and we'll be late for school. My husband was shutting off the alarm when I said, "We can't sleep too long cuz Disney has a doctor appointment at 9:30. Look at all those delays on the tv for Toledo. Wonder how we got spared?" Turns out, we did not, I just didn't hear the phone ringing and Hubby was wondering why I was taking it so well that we couldn't sleep in after all. I don't understand why it is that every time we have a doctor appointment scheduled for the morning, we have either a school delay or cancellation, meaning we can't sleep in even if we wanted to. And of course on these days, the kids always sleep in, whereas on the weekends, they're up at their usual 7am wake-up-for-school time. So now, they have yet ANOTHER day they have to make up in the summer, which brings them to July by now? Dunno, I've lost track.

And today's fog cancellation means we had to drag the entire family into the doctor's office for our 18 month-old's checkup – which did not go well. Remember how I said the kids were going to sleep in today? That means our 3-year-old, who is a stinker anyway, was not ready to get up, so she screamed from

the time she was dragged out of bed until we got called into the doctor's office. So of course, the chain reaction was set into motion. Seeing big sis so upset made Disney upset, and now she was screaming about everything the poor nurse and doctor were doing to her. All painless stuff too that normally would not have been a problem – SCREAM, measure her head (46.7 cm), SCREAM, measure her length (32.5 in. – tall for her age), SCREAM, weigh her (22 lbs. 14 oz. – normal for her age, but a little on the skinny side because she is long), SCREAM, look into her ears, SCREAM, have her walk across the room to Mom and Dad... well, actually, walk to big sis Taylor since she was upset with Mom and Dad for being accomplices to all the other horrors in the doctor's office. When it was finally over, she was better, and in the end, she didn't want to leave because she was really happy with a toy they had in the waiting room she was playing with while I was making her next torture date, err appointment. The good news is that Disney is exhausted from being so upset all morning, so I should get my nap today while she takes one... hopefully.

Also, staying up late last night to watch the Oscar winning movie was regrettable. I just didn't get it. I think I understood the movie, but not why it won 4 academy awards and got nominated for a bunch more. I liked other Coen Brothers movies too – [Fargo](#) is really good, but this one was not very good in my opinion, and my husband agreed. Just a story about a man who stumbles upon a crime scene and finds a ton of money, then he spends the rest of the movie trying to outrun the psychopath who is chasing him down for the money. I was pleasantly surprised to see [Tommy Lee Jones](#) in this movie, because I didn't know he was going to be in it and I always enjoy his work – from Two-Face in the 3rd Batman movie, [Batman Forever](#) to [Men in Black](#), to [Volcano](#) and [The Fugitive](#), he's a pretty good actor and always fun to watch – even in this movie, which I would officially classify as a waste of time. Sure, it wasn't nearly as bad as the other stinkers I've seen lately, like [the Night Listener](#) or [Doomsday](#), the standard bad

movies that I judge all bad movies by, but that's only because it wasn't as boring as the former and not as gory as the latter. Academy award winning movies are always a hit-or-miss as far as I'm concerned. I used to write them off, but when I started giving them a chance, I've actually enjoyed some, such as the aforementioned Fargo and [As Good as it Gets](#), to name a few. Now that I think of it, Coen brothers' movies are kind of hit and miss also. [Ladykillers](#) was just ok, Fargo was very good, [Big Lebowski](#) was average, I didn't care much for [O Brother Where Art Thou](#), and I'll have to see [Raising Arizona](#) again since it's been awhile, and I didn't realize it was a Coen brothers movie.

I think I will skip the other Oscar winners from 2007 – seemed like a slow year. I might be more open to nominees from other years past though... a friend borrowed us [Walk the Line](#), the Johnny Cash biopic. I'm not a huge [Reese Witherspoon](#) fan, but I do like Johnny Cash. Been trying to get Hubby to watch it with me, though I'm as yet unsuccessful even though he admitted we should have watched it last night instead of No Country for Old Men. Oh, well, now we have some Oscar-winning-film watching experience under our belt for future reference. YES – the baby is down for a nap, think I'll join her... and a side effect of the fog day, actually a GOOD one – no need to wake from my nap by 3:30 to pick up kids! Now if only the older 2 can settle down for an hour or more to give me peace and quiet...

Retractable Sharpie Update!

RECAP: My favorite kitchen tool (can you tell I'm not a gourmet cook?), my retractable permanent marker aka Sharpie, went missing.

UPDATE: Just when I had given up and assumed that my toddler had thrown it in the garbage, it turned up in the unlikeliest of places (of course). It was in the laundry room, in the cabinet next to the parrot's cage where we keep all his toys and stuff – go figure. Wonder how it got there? Sadly, it was left un-retracted, so it is of no use to me anymore. But at least we have closure and it had a proper burial. No more wondering which kid was going to turn up with permanent markings all over them. And, a thoughtful reader of my blog was kind enough to surprise me with a 2-pack of replacement *COLOR* retractable Sharpies – thanks Mom ☐

Back in the Office

Well, friends, our favorite show *The Office* is back on tv after the awful hiatus that was the Hollywood writer's strike. The first new episode in months actually aired last Thursday, but since it was our anniversary, I was busy and also had other things to write about. Last week's episode was funny as usual, but probably the least funny *Office* episode in my opinion. But put it in perspective; I'm such a huge fan of the show that that is not really a put-down, more of a note, really. Either the writers were a bit rusty last week, or maybe moving the action from the office and into Michael's home subtracted some hilarity. Either way, have no fear, after last night's uproarious episode, our favorite show is back on track!

First things first – addressing the rumors. I had heard that Michael and Jan's relationship was going to get rocky, but I was surprised to hear that they had already broken up by last night's episode. No long, drawn-out sit-com drama, barely a word about it... which is something I really like about this

show. It's less of a soap opera than many sit-coms let themselves evolve into. Even with its continuing plot story lines from week to week, The Office is still all about the comedy, of which it has plenty. So, if the rumors of an Office spin-off are true, is it possible it will revolve around GodZillary herself – the ice-queen Jan Levinson ~~Gould~~? I would rather see it involve someone who is not on the regular show since I can't think of anyone I'd like to see leave Dunder Mifflin. Jan will be missed, but if she is leaving the show anyway because she and Michael broke up, then they might as well make the spin-off about her. And on to rumor #2 – something 'big' was going to happen between Pam and Jim; one of four things – they would get engaged, start sleeping together, break-up, or elope. Well, the big thing (as predicted from the beginning of the episode by my hubby – way to go honey!) was none of the above, but let's just say it is a positive step in their relationship, and for that we are glad. No one wants to see these 2 break-up. They are the cutest tv couple since Ross and Rachael of Friends fame, and the writers beat that relationship into the ground with all the back and forth nonsense, so thank goodness that isn't happening to Pam and Jim.

Now on to the plot synopsis of last night's episode. After finding out that the catalog model who was supposed to be Michael's soulmate met an untimely demise, Michael demands and makes it a work order that everyone in the office suggests a woman for him to date. Pam sets him up with her landlord, and in pure Michael Scott fashion, he is obviously (and hilariously) rude to her on their date. Meanwhile, Kevin and Andy spear-head a meeting with the CEOs of the Scranton Office Park in order to get their parking spots back, which have been stolen by the construction crew. I hope you caught one of the best lines of the show, delivered so quickly by Andy it might have been easy to miss: when asked where Michael was at the office park meeting, Andy replies, "He had an unforeseen prior commitment." Such is an example of the subtle yet

sidesplitting humor that has come to be the backbone of the show.

Last night's episode did not disappoint – the show is back, and I have my Office fix... at least until May when we have to deal with the summer tv hiatus ☐

Until next week...

Life Nonetheless

I got to do something so cool today – it really made my day. It's so nice outside, so I was looking for a place to walk with my youngest-for-now, and we decided upon the pet store. Not that we need a specific place to walk, but I always like to have a mission. So anyway, we walked up to the pet store, and they had little baby gerbils. I am talking newborn pinkie gerbils even smaller than a person's pinkie. I asked the worker how old they were, and she said about a week, I couldn't believe how small they were. Some were just beginning to get fur but still had their eyes closed. It was amazing to me how the Mommy gerbils in the cage just ran around, business as usual, kicking up the shavings in the cage right onto the pinkies. I noted this to the worker, and she said yes, they aren't really as fragile as they look. She came over to see them, and she goes, "wait, there are new ones in there that weren't there last night!" So then she took one of the less than 24-hours-old gerbils out and let me hold it!

It was SO cute – well, cute isn't even the right word because it was so teeny. It flipped over onto its side in my hand and just laid there, too exhausted to try to right itself. I loved holding it, but it was SO teeny and fragile-seeming, that I was afraid it was just going to up and die in my hand

so I gave it back. But it was amazing to me that life begins so small. Something so small and still so precious – it is life, nonetheless.

I Passed!!!

Yesterday I did something I've never done before – I passed a 3 hour glucose challenge! I haven't had a gestational diabetes-free pregnancy since my first-born 8 $\frac{1}{2}$ years ago! It feels really good to know that I can eat whatever I want for the next few months without having to worry about pairing proteins with carbs and cutting out desserts; I can hardly believe it. I don't have to go and speak with the endocrinologist or the dietician, and I won't be taking non-stress tests at the hospital. Most importantly, I won't have to inject my body with insulin – something with which my husband and I were not very comfortable anyway. And since gestational diabetes often leads to large babies, I am curious to see what this one will weigh. The previous 2 babies were both 8 lbs. 12 oz, and my first baby (no diabetes) was only 7 lbs. 2 oz. Of course, she was a little bit early and is still pretty small for her age to this day. But, I just wanted to share the news because I'm very excited that I have a few less things to worry about, and I know I had people waiting to hear the results of my test.

Alpha Dog

Saw the movie [Alpha Dog](#) last night. It wasn't really my kind of movie, and the only reason I really enjoyed it is because it's based on a true story... and unlike many movies which claim to be based upon true stories, this one was actually pretty accurate.

It's about a spoiled rich kid named Johnny Truelove (based upon the real-life story of Jesse James Hollywood which is his real name, believe it or not) who is a drug dealer but because of his small size and tremendous influence, entices his friends to do his bidding for him. A former childhood friend of his owes him money for drugs, and they are now enemies because of this and some other incidents. So, Johnny happens across his nemesis' younger brother, and he kidnaps him for ransom of the drug money owed. Something goes awry, and the innocent teenager ends up dead, and after four years on the run and a few appearances on America's Most Wanted, Truelove/Hollywood is captured and now awaiting trial.

So-so action movie, lots of violence and graphic language, especially from the mouth of Justin Timberlake who is surprisingly not a bad actor. But I cringe for the little girls and their parents if there are any who watched this movie just because he was in it because some of the things that came out of his mouth... whew!

And both my husband and I found it hard to believe that there is this kind of culture going on, whether in California or elsewhere, where entire families are caught up in the drug culture, parents and kids alike. At one point in the movie, a teenage girl goes to her mom for help because she is upset about the kidnapped "stolen boy" as they call him, and the mother turns her away, saying that she is x-ing (on the drug ecstasy) right now and can't even understand what she's saying if she wanted to. Does this really happen? Probably... but

it's probably not as widespread or as well-masked as this film would have you believe.

Hubby and I agreed that the movie was entertaining, but it wouldn't be a re-watcher for us. And the only reason either one of us really enjoyed it is because it was so closely based on the true crime story what happened to the innocent 15-year-old victim Nick Markowitz.

Hunger and Boredom

Took my 3-hour glucose "challenge" today, and since it was SO fun for me (sarcasm adundant), I thought I would spread some of the 'cheer' by giving you a run-down of what this medical test entails.

First, why do they call it a glucose challenge? To provide extra motivation, maybe? Whatever the reason, I think they should change the name because glucose challenge makes it sound like I was there to run a relay or something. But the glucose challenge is quite the opposite. It requires that you sit at the medical office for 3 hours and do nothing. Literally. Sure, you can read or sew or Sudoku, but you are not supposed to get out of your chair with the exception of donating a vial of blood every hour. The test is given to pregnant women to determine whether or not they have gestational diabetes, which is when the pregnancy hormones block the body's production of insulin, which will make blood sugar skyrocket and potentially lead to a large baby. Since I've had the condition for 2 of my previous pregnancies, I just might be a glucose challenge expert by now. My husband wanted to know why couldn't I just skip the one hour test and go right for the 3 hour test since we both knew that I would

fail it since I am craving sweets and I've failed my last two 1-hour tests. (MAJOR chocolate malt craving the other night, by the way. If I do have the diabetes, it will stink to have to fend off one of those cravings with sugar-free chocolate... somehow it's just not the same.) The Dr. wasn't down with skipping right to the 3 hour test though, so lucky me, I've had to do them both.

Sure enough, I failed my 1 hour, which is why I got to spend my whole day at the doctor's office waiting to get poked with a needle today. And that's not even the funnest part. They make you fast from 10pm the night before until whenever your test is over, which for me wasn't until 1:30 this afternoon! They were a little late on my last blood draw, and I was on the verge of wreaking havoc in the office when they finally called me in. Luckily, my daughter had gone to school with the nurse's daughter a few years ago, so she recognized me and noticed the desperate look in my eyes, otherwise I think they might have forgotten about me. One more minute, and I was going to carry out my plan to go to my car and scavenge for crumbs my kids left behind on the road trip to Illinois. Luckily, it didn't come to that, but asking a pregnant lady to go without food for over 12 hours is a pretty brave thing to do!

I forgot to mention that for 3 days prior to the test, they put you on a special diet. I was like, oh great, here we go, but when I got the diet paper home and looked at it, the diet actually turned out to be the best part! For 3 days, I was under *doctor's orders* to load up on carbs, eat anything I wanted, and to *make sure* that I ate dessert with both lunch and dinner. No problem, mission accomplished!

And a final note, before I take a nap, since they literally drained the energy from my body today in 3 separate installments... they have a new flavor of the glucose drink you have to drink. It used to be just orange, which tasted like orange pop, but today I was offered a cola flavored one also.

So I chose the new one because, what the heck, you only live once, and I've had the orange one more than a few times by now. Which brings me to a question I have: if there is 50g of dextrose in these little drinks, why don't they taste better? It's not like they taste bad (the orange ones anyway), but shouldn't something that is basically liquid sugar taste a little better? I can think of probably about 50 things that would taste much better and have lots of sugar in them. Why don't they let me binge on candy and desserts before the glucose test instead of downing that drink? And if I do have gestational diabetes, is it really the best thing for my body to be ingesting all this sugar just for them to test me? And what do they need a whole vial of blood for every hour? I am beginning to feel like someone's science project! I guess doctors know best, even though sometimes it's hard (downright impossible for people like my husband!) to put your trust in them. But back to my point... if you ever have to take this test, I would stay away from the cola flavored glucose drink. It's not very good, and every time I think about drinking it, I feel nauseous! It reminds me of the 'flat cola' remedy my mom recommended one time when I was sick as a kid. I felt like I was going to throw up, even though I hadn't, so she had heard somewhere that I should drink flat cola. We just happened to have some in the house, so I tried it, promptly vomited everything up, and couldn't look at cola for months. And I still remember it. Sorry Mom... that one just didn't work ☹

Fun With Animals

Came across a few really cute animal-themed emails lately, so I thought I'd share. The first one is for people who don't have a dog or just have a very disobedient one. Enter a

command in the text box and the cute doggie will do it. Try 'kiss'.

[swf]https://www.idodogtricks.com/site_template_v10.swf[/swf]

Then there's this video, which features the winning combo of a baby and a dog, awww... [Click here](#) to see "Childproof Drawer".

Finally, I got these really cute pictures in an email a few weeks ago... Seems a mommy tiger lost her cubs and "adopted" these piglets to take care of. See the 'pork chops':

