

# LOST!

What seems like ages ago, I was a big fan of Lost. I didn't watch the first season when it aired, but all the buzz about it got me curious, so my husband and I gave the first season dvd's a try – and really liked it! But then the second season of Lost wasn't as good, mainly because there were way too many questions and loose ends brought about – we couldn't figure out why they weren't concluding some of the mysteries instead of adding tons of new questions each week! When production was temporarily halted because of the writer's strike a few years ago, things on Lost really went downhill. But we had invested the time in watching it, and because the show's creators announced a definitive end date for Lost – this is the last season – we decided to stick it out.

So last night's highly anticipated last Lost season premiere was... eh. Only so-so, I would say. First, the show opened with really cheap-looking computer animation showing the island underwater, what was that? And there was a recap episode before the premiere, thank goodness for that, but between the 2 episodes, we saw the same climatic scene 3 times in 12 minutes! And the recap episode didn't help as much as I would have hoped – 12 minutes into the new Lost, and I was officially lost. My husband tells me that there are now two sets of each character, but I somehow missed that. If it's true, I don't like it.

Ugh... I like the concept of seeing flight 815 before it crashed, but all the actors look 6+ years older! Especially Boone!

The end of the episode was breathtaking, although I remain confused... were any of these people aware of what had happened? The time travel throughout the various decades?

I guess I have to watch the premiere again; I feel like I'm

missing something... actually I'm missing a lot of things. The show is still entertaining, but I am so glad it's almost over! It really require more thought and more of a time commitment than I have to give to tv right now!

---

## **Maybe it is coming together**

We have one more dress rehearsal tomorrow night. Tonight was the first night I really felt comfortable in my role. I had flashes of comfort in the past week or so, but tonight felt good. Few things that I would like to improve on, but that is a never ending quest.

I haven't written much about this show, partly because of how I was feeling about my character. Another point was an actor dropped out. The sickness and then death of someone close to him prevented him from doing the play. That situation did not help the feelings I was having.

Our director stepped in to take the role and had the part memorized in under a week. That made me feel bad, since I had my role for a month before that and I was still trying to get the lines down. It took me some time, but I eventually got there.

The of course there were the problems of getting the entire cast there on time and on the same day. That is three plays (that I have been involved with) in a row. What is happening. I remember more than one show that it was odd for a person to miss a rehearsal. Hmm.

Anyway, today's show fell together nicely. We lost a cast member or two because of their work schedules, but we were able to work around that. Tonight was funny and in some parts

very touching.

So to put it in a very few words: We have a show. ☐

---

## My New Doctor

How funny is it that I had this email forward waiting for me in my inbox when I returned from the doctor this morning?

### MY NEW DOCTOR



Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually. Speed up heart not make live longer; that like say you can extend life of car by driving faster. Want live longer? Take nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does cow eat? Hay and corn. What are these? Vegetables. So, steak nothing

more than efficient mechanism of delivering vegetables to system. Need grain? Eat chicken. Beef also good source of field grass (green leafy vegetable). And pork chop give 100% recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine made from fruit. Brandy is distilled wine. That means they take water out of fruity bit; get even more goodness that way. Beer also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: If you have body and you have fat, ratio is one to one. If you have two bodies, ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Cannot think of single one, sorry. My philosophy: No Pain...GOOD!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTEN!!! ... Foods fried in vegetable oil.. How getting more vegetables bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise muscle, it get bigger. You should only do sit-ups if want bigger stomach.

Q: Is chocolate bad for me?

A: You crazy? HELLO .. Cocoa bean! Vegetable!!! Cocoa bean best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming good for figure, explain whale.

Q: Is getting in-shape important for my lifestyle?

A: Hey! 'Round' is shape!

Well, I hope this has cleared up any misconceptions you may

have had about food and diets.

AND....

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies:

1. The Japanese eat very little fat

And suffer fewer heart attacks than Americans.

2. The Mexicans eat a lot of fat

And suffer fewer heart attacks than Americans.

3. The Chinese drink very little red wine

And suffer fewer heart attacks than Americans.

4 The Italians drink a lot of red wine

And suffer fewer heart attacks than Americans.

5. The Germans drink a lot of beers and eat lots of sausages and fats

And suffer fewer heart attacks than Americans.

CONCLUSION....

Eat and drink what you like. Speaking English is apparently what kills you!

---

## **Double Doctor Duty**

This morning was our appointment with the pediatrician. The "our" refers to my little 18-month-old boy and I. It seems strange for a 31-year-old to have an appointment with the pediatrician, but as I've said before, he is also our resident sleep expert. Since I never feel rested no matter how much sleep I get, I was trying to get to the bottom of it and even got a sleep study done.

First and most importantly, my little boy is growing exactly in accordance with the growth chart at the pediatrician's

office! There was an intern doctor he was training this morning, and he noted to her that it was very rare to have a baby grow so normally – so I will take that as a good thing. My little guy **hated** being poked and prodded, but at least he got the A-ok! He weighs 24 lb 2 oz and is 32 7/8" long.

As for me... nothing doing, really. My heart was fine during the sleep study, so that's a good thing. But according to the doctor, I slept for 7 hours of the 7.6 hours I was being studied (could have fooled me). My oxygen levels went a little bit low, but nothing that needs any fixing, I guess. He said that because of my "structure" (I have one huge tonsil), I will have to get this sleep study done every few years to make sure that things don't get worse, but I disagree – that is not going to happen. All in all, it was a waste of time I would say. I'm a little frustrated because the sleep study was kind of an unpleasant experience, especially to have nothing to show for it. And for the past week, my sleepiness has gotten even worse – I feel like I've been bordering on narcoleptic! I've stopped sleeping with the tv on, something I've done and loved doing since I was about 6 years old. I've been going to bed earlier, as much as I hate missing out on 'me and Hubby' time – I even got a nap in on Sunday! But even after making all these efforts, I've still fallen asleep at the movies, at home while watching movies; and (I hate to admit it), but I was struggling at church and I also dozed during a class we're taking. And it's not like I'm bored – I love to learn, and I really like church and look forward to it! I was really disappointed that I missed some of last week's message! Why can't I stay awake?!? Back to square one, I guess... whatever that is. Time to stock up on coffee and energy drinks, I suppose, there seems to be no other hope for me.

---

# And The Nominees Are...

This morning, the Academy Award nominations were announced.

The big news this year: the expansion of the Best Picture Category from 5 nods to 10. As the list proves, this was done in order to pay homage to not only the “good” films but also to the popular films that everyday joes are likely to have seen. There is also another first among the nominees which I will get to.

And AWAAAAAY We Go

## **Best Actress In A Supporting Role:**

- Penelope Cruz (*Nine*)
- Vera Farmiga (*Up in the Air*)
- Maggie Gyllenhaal (*Crazy Heart*)
- Anna Kendrick (*Up in the Air*)
- Mo’Nique (*Precious: Based on the Novel ‘Push’ by Sapphire*)

## **Best Actor In A Supporting Role:**

- Matt Damon (*Invictus*)
- Woody Harrelson (*The Messenger* not for the other big WH movie of the year: *Zombieland*)
- Christopher Plummer (*The Last Station*)
- Stanley Tucci (*The Lovely Bones*)
- Christoph Waltz (*Inglourious Basterds*)

## **Best Actress In A Leading Role:**

- Sandra Bullock (*The Blind Side... the sweetheart of this year’s list*)
- Helen Mirren (*The Last Station*)
- Carey Mulligan (*An Education*)
- Gabourey Sidibe (*Precious... the Dark horse in this race*)
- Meryl Streep (*Julie/Julia... enough said*)

## **Best Actor In A Leading Role:**

- Jeff Bridges (*Crazy Heart*)
- George Clooney (*Up in the Air*... speculation of a Bridges/Clooney battle)
- Colin Firth (*A Single Man*)
- Morgan Freeman (*Invictus*... portrayals of historical figures, hmm)
- Jeremy Renner (*The Hurt Locker*)

## **Best Animated Feature:**

- *Coraline* (Henry Selick, director)
- *Fantastic Mr. Fox* (Wes Anderson)
- *The Princess and the Frog* ( John Musker and Ron Clements... Disney's first classic animation feature since the Pixar revolution)
- *The Secret of Kells* (Tomm Moore)
- *Up* (Pete Docter... Disney/Pixar's best to date)

## **Best Director:**

- James Cameron (*Avatar*)
- Kathryn Bigelow (*The Hurt Locker*... Mr. Cameron's ex-wife the first time a former couple has ever been nominated for the award... she could also come off as the first female Best Director winner)
- Quentin Tarantino (*Inglourious Basterds*)
- Lee Daniels (*Precious*...)
- Jason Reitman (*Up in the Air*)

## **Best Picture:**

- *Avatar* (James Cameron and Jon Landau, Producers)
- *The Blind Side* (Nominees to be determined? Don't we know who produced it?)
- *District 9* ( Peter Jackson and Carolynne Cunningham, Producers)
- *An Education* (Finola Dwyer and Amanda Posey, Producers)

- *The Hurt Locker* (Nominees to be determined?)
- *Inglourious Basterds* (Lawrence Bender, Producer)
- *Precious...* (Lee Daniels, Sarah Siegel-Magness, and Gary Magness, Producers)
- *A Serious Man* (Joel Coen and Ethan Coen, Producers)
- *Up* (Jonas Rivera, Producer)
- *Up in the Air* (Daniel Dubiecki, Ivan Reitman, and Jason Reitman, Producers)

There you have them. The MAJOR nominees for this years Oscar parties. Grab your ballots, make your choices, and watch ABC on March 7th when Alec Baldwin and Steve Martin co-host the 81st (or is it 82nd... conflicting details) Annual Academy Awards. Co-hosts? For the rest of the nominees, check them out at [abc.com](http://abc.com)

### **Final Tally:**

- *Avatar* and *The Hurt Locker* tied with 9 nods apiece
- *Inglourious Basterds* with 8
- *Precious* and *Up in the Air* with 6
- *Up* received 4 nominations

## **Reading Dog?**

Have you seen the dog who can read on the news lately? The really cool-looking dog named Willow was on the Today show in October; here's a snippet:

So what's your opinion? Can he really read or is it much ado about nothing (ie, the owner is doing something else to signal the trick)?

[poll id="14"]

---

## My Favorite Day Of The Week

is every other Saturday... my second day off each week. Today was jammed packed. It started about 10 AM when I turned on the radio waiting for a familiar voice to be on during the Blizzard Auction that benefitted the WCCT. I also happened to hear about one of the items that was up for bid that sounded absolutely thrilling: a guest directing gig with the City Band during one of their concerts this summer. I not only walked away with that but also a \$25 gift certificate to a local restaurant as well as a night's stay at the Holiday Inn. Unfortunately, I missed the voice I thought was to be on from 10-12 this morning.

This afternoon, I went to my niece's 4th and 5th grade basketball game. The game was thrilling in that it ended in overtime. Unfortunately, Elizabeth's team came up a few points short. What was even more (I'll say) interesting was the opposing team's coach. She not only was off the bench yelling and screaming at the 9-10 year olds much of the time, but at one point, she went on the court and attempted to demonstrate to one of her players how to play the game. For her efforts, the coach was given a technical foul. Setting a good example for the young Catholic Schools teams.

Later, I went to mass and then met Megan for a walk. At least the wind has died down considerably since Thursday. We walked from her house to the Little Theatre where I picked up my

items from the auction. We made great time but by the time we reached the theatre we were quite welcome for the break and warmth inside. After walking back to Megan's place, I went to McDonald's for a quick bite on my way home and some hot chocolate!

Here's hoping that the theatre makes a bundle from the proceeds and puts it to good use.

---

## Part II

Okay, long commercial break over. We are on Saturday now I believe:

7AM: Lights turned on outside in the hallway, I wake up for the last time with a little headache but much less exhausted since going to bed. I was exhausted because for three out of the four days prior I was up before 6AM looking for subbing jobs. I found them, but the toll it took was severe. So another sub-8 hour night, but I figured I would survive. So everyone got up and I let some kids head to the bathroom to change out of their night clothes (they were too modest to change in front of others even if we were all guys- just wait until middle school boys, when you'll be changing in the locker room in front of even more people). Myself, I just wore my day clothes to bed- I had showered and put on some fresh clothes just before coming to the retreat so I would be able to do this. 20 minutes later, we were in line for breakfast. The end of the line. Oh, well. Eggs, sausage, french toast sticks, fruit, and OJ. Well, I *think* they were sausages- didn't taste much like breakfast sausage.

8AM: Eyes are really bugging me. The clothes weren't the only things I left on overnight. The contacts I have are extended wear, so I figured at least once I could wear them overnight. I had successfully worn them during naps before so I figured I could get away with overnight just once. My eyes disagreed. I put drops in when I woke up and several times since, but no go. Eventually I just gave up and went back to my room to take them out and put on my glasses. Unfortunately the damage had been done and my eyes would be bugging me for most of the day. So, time for session 2 now. Each session started with a video that was just pure entertainment. I came back at the end of this video to sit with my guys (the high school leader in my room was keeping watch while I changed into my glasses). Up front game again- this time it involved two from each team, a boy and a girl, one from my own cabin (you can figure out which one...). The boys had to wear shaving cream on their faces and the girls threw cheese puffs on them. Hilarious. At the end of the time the one with the most cheese puffs stuck to them would win. In the end I think one other team had more than us, but their boy made the mistake of moving before they could be counted, losing half a dozen puffs. We won. Come to think about it, I think we won Friday night too. Worship followed with another four songs like last night.

9AM: Worship continued, and then Dr. Brian came on the scene and taught from Jonah 3, when the story started over with a better response from Jonah and this time and the Ninevites took the warning God gave them through Jonah seriously. According to the Bible, they all repented of their wicked ways and came to God, and He spared them. This has a fairly obvious (I hope) correlation to coming to Christ. We even ended the time with a prayer giving the kids an opportunity to repent themselves and accept Jesus. One of my guys raised his

hand. Unfortunately for me I had to let my high school leader- did I mention he was my high school leader at camp just two summers ago?- take the pleasure in talking to him about it during small group time since we decided to split the group for today's small group times so we would each take five, and the boy who just accepted Christ was one of his five. Since my cabin was being used for piano lessons, we had to use the room across from us. We could have had both groups in there, but Eric decided to take his group elsewhere. We talked about listening to God and accepting Christ for the next half hour. My church being what it is, by fourth grade it seems that 90% say they have already accepted Jesus at some point, so I decided to lead the discussion in who Jesus is to them to let them see if they truly understand what it means to accept Him.

10AM: At this time we were supposed to start cleaning up the cabin. Of course with piano lessons we had to wait so I let them exchange phone numbers with each other instead before we finally had to sneak in and grab our coats for game time downstairs. The game time was split in two this time with two teams playing each other in a game outside and in the gym. We were outside first. Has anyone ever played a game where a balloon is tied to your ankle and you have to try to pop everyone else's balloon before someone pops yours? This game was similar. A popsicle (still in its plastic!) was taped to the kids' arms and they had to try to rip them off of the other team. Once a child's popsicle was lost, he or she was out. Last one standing won. Well, at the end of the time the team with the most standing won, which was the other team. Oh well, can't win 'em all. No, the kids couldn't eat the popsicles during the game but they could at the end.

11AM: The teams switched. The second game was ice block

relay. Only, one of the ice blocks broke so it became scooter relay instead, at least for the boys. I think next year they need to create extra blocks, several extras. Yes, this was the indoor game. One camper sitting on the block of ice, another camper had to push the other to the other end of the gym where they would switch places and come back. With one block broken, the boys were on scooters (the square variety that you sit on, not the sort that is long with a handlebar) the entire time while the girls got to play the game with the ice blocks. At this time I felt like I was coming down with something. I sat down most of the time against the gym wall. At the end of this time we had won three games out of four, but since they had won the popsicle game it looked like they won overall. We went back to our cabins to take off our coats and head down for lunch. We weren't last this time. □

12 noon: I have to say I was very disappointed in this lunch. It was chicken nuggets and mac & cheese. Only, there was nothing to dip the nuggets in and the other dish was more macaroni than cheese. In fact, I couldn't taste any cheese at all. The economy is affecting everyone, and it certainly took a toll on the food here. One leader commented that he had eaten more junk over the last three meals than he had over the last six months. Hmm. Dessert was- not for me. I am one who doesn't like yogurt unless it's the frozen variety and this is what they served. Well, the lemonade was good. At the end of this meal I finally had to pull the pastor aside and inform him that I was running a fever and my eyes were **still** bugging me. Since I wasn't feeling nauseous he suggested I just stay and rest during the next session which followed lunch and see if I improved. After a short lunch, session 3 began. The game this time had something to do with singing familiar tunes, but I don't know exactly, nor who won. I was in the back of the room with my eyes shut trying to rest. The game leader I mentioned from Friday who stayed in our room because

it was the one his boy was in kind of took over for me.

1PM: Session 3 continued. Worship, then the message by Dr. Steve on Jonah chapter 4 which I didn't hear, and then small groups. We had our small group time in our cabin (piano lessons were over) while Eric took his group back where they were earlier. Again, I didn't lead but sat while my stand-in took over. In the end he had everyone take turns praying, which I was willing to do at least, but he chimed in immediately after the last boy. No big deal. We got ready for the final game.

2PM: Outside first again, the game this time was shooting popsicle sticks onto the church roof with really big slingshots. You read that right. They would have to pass a popsicle stick from camper to camper with their arms only and then the last one would run with the popsicle to the slingshot, set it in place, pull it back, and hope the popsicle made it to the upper roof for the greater point bonus. Then (s)he would run to the end of the line and start passing a popsicle all over again. Once all had the opportunity to shoot the popsicles, the game was over. Our team finished first if I recall correctly for both the boys and the girls (who were in separate lines), but I don't know who won for sure, only suspect from what place we finally came in for the entire day. The second game was inside the gym again, where we played human foosball. If you don't remember this game from the other times I've written about it, it's a game where the students are in four lines, hands held together, trying to kick really big balls into the other team's goal. The number of balls, and even the goals, changed over the course of the game. The other team toasted us, but that was only because of one leader they had at the end of the offensive line who kicked in a good 60+% of their goals. We

had a leader at the end of our offensive line too, but he was smaller (a high-school freshman vs a leader in his 20s) and didn't score nearly as much. About this time I was on the upswing, feeling better overall.

3PM: Time for the group picture. Donning our coats once again, we headed back outside for the final time. The children's pastor, Steve, stood on the roof with someone else whose name escapes me and took a few pictures with his, I believe, video camera. Meaning in the retreat video there may be more than just a couple of still pictures of this event. Afterward, they both grabbed all the popsicles from the slingshot game and tossed them onto the ground. A few of the more competitive kids grabbed the and... threw them back up! It was wild out there for a bit. After the popsicles were gone from the roof, they started throwing snowballs down at us. This was more acceptable to be thrown back as snow doesn't make as good a tasty treat as popsicles, so more joined in returning fire. Eventually this all ended and we headed back in to clean our cabin and bring everything down to the gym. After all, they would need the classrooms for church at 5:00. I made sure everything was picked up, and even had to look for the owner of a pair of socks. I found out when I got home that of course I left my own pair of socks from the night before (one article of clothing I *did* change). Hopefully whoever found them wasn't too disgusted as I had worn them for only a few hours.

4PM: All packs brought down and the room cleaned up, we started free time. This time wasn't really very free, but the kids were free to be in one of four places for the next hour and a half. In the gym they could play nuke 'em, another game returning from summer camp played on a volleyball court. They could watch a movie in another room- they showed Up!, a movie

I recently watched in Blu-ray. In a third room they could play board games or, eventually, watch some of Wall-E. In the last room they could do crafts or play other games. I floated around this entire time, keeping track as best I could of my cabin. Most of my kids spent their time in the gym, so I did as well.

5PM: Free time continued until 5:30, after which we had dinner. Dinner was better than lunch and consisted primarily of spaghetti. Not much to say here really.

6PM: Dinner wrapped up and we moved into the worship/lesson area and watched videos until church ended and the parents started coming in. Once everyone was there, the final up front game commenced. A father-son team was called up from the leaders who were there the entire time with their sons and they played the frozen t-shirt game, where wet t-shirts were folded up and frozen. The dads had to try to get them apart and on their sons. Our team won again, giving us at least three of the four up front games. After this, we sang one worship song, Steve talked about the retreat to the parents, and jokingly as an afterthought the winner was announced. Since we came in third place, I suspect we won none of the big games. Remember, while I was able to see who won some of the games, I did not know who won Friday night nor who won the popsicle slingshot game.

7PM: Parents were permitted to take their kids home and the gym rapidly emptied of parents, kids and their packs. I got to go home and enjoy my fever which, while I was feeling better Saturday afternoon, still persisted through the weekend and made a return Tuesday, keeping me home from work.

Well, that's it. I hope you enjoyed the read. I just spent the last hour and a half writing this second part, so please excuse me for not going back and proofreading it. ☐

---

## Dear (Deer) Friends

It's always fun to read about friendship that crosses the boundaries between animal species. I received some cute pictures of a cat and her deer friend via an email forward. What's interesting is that friendships between cats and deer don't seem to be as uncommon as one would think – I was having trouble getting the picture from the email to the blog, so I did a search for cat and deer pictures, and I came up with pictures of at least 5 different cats being friendly with deer! But thanks to Hubby for graciously taking the time (even during football playoffs) to help me get the original pictures from my email. These are cute!





---

## No Five Mile Jaunts Today

Call it my resolution for the year if you want but it seems that I have been walking a bit lately. Last week being my vacation, I walked a lot. Monday on the zoo excursion I'm sure was good for my daily walk (like to get in a mile or two a day). This Monday was my longest one yet. The weather was still nice so I grabbed my ipod and headed north along 49 and turned down a country road, walked to the next road going west and eventually walked a good country block heading up River Street back into town (that was a good 4 miles). I then continued walking through town in a roundabout way to eventually end up at the post office. Then back home. I must have gone at least 5 miles.

Tuesday was another story entirely. This time, I headed south on 49 and got about a mile out of town when I decided that it was just crazy cold. I then turned around and stopped by my oldest brother's house to go in and warm up a bit before going home.

The long walks really are helped with my ipod mix. I have it on shuffle so that when an album that I really like comes on, I will switch it to play straight through. Before you know it, an hour and a half has passed. Particularly good when I

downloaded one of my favorites that I had on cassette (there it is again) back in the day. You know one that you play continuously, rewind, fast forward, and then get it caught and eaten and there you go, no more tape. Oh, the recording: the 20th Anniversary Recording of the London version of Jesus Christ Superstar. Paul Nicholas as Jesus, Claire Moore as Mary Magdalene, and Keith Burns as Judas Iscariot. My favorite piece has to be "Could We Start Again, Please?" Upon hearing the song, it quickly became a favorite... maybe that's why the cassette got eaten. Of course, another highlight is "Herod's Song." The entire recording is good for at least an hour and a half hike.

Hopefully, the temperature outside improves from the 19 degrees of today quickly so I can take another long walk instead of the walk to and from work.