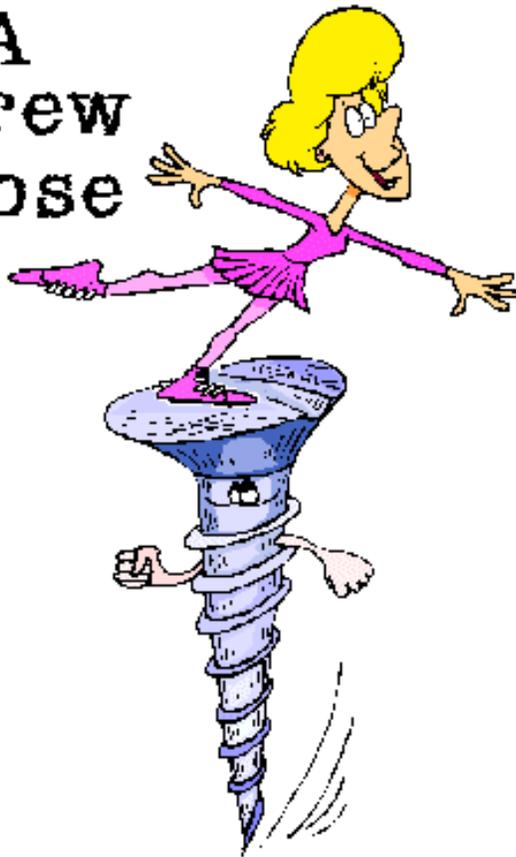


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# A Screw Loose



by Liz Holzemer

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- \*Cooking Tips
- \*Love, Marriage, & Sex
- \*Parenting
- \*Beauty Tips
- \*Fast Funny
- \*Book Reviews
- \*Fitness
- \*In A Nutshell
- \*Caffeinated Ponderings
- \*Lynette's Funny
- \*Time Out by Faith Foyll
- \*Diary Of A Mom
- \*Just A Thought
- \*All Sports Mom
- \*Sunny Side Up

## New Year's Irresolutions

It's time to come off your post-holiday high of parties, presents and pounds and face the music. Yes, I'm talking about New Year's resolutions-that annual, thinly-disguised attempt to break bad habits and establish newer, healthier ones.

We all strive to take better care of ourselves; be nicer, more tolerant people; vow to read New York Times bestseller books; take that trip we've been promising ourselves for years; but in reality, it never happens. So rather than share my previous resolutions I have yet to achieve, I resolve and propose we all make what I call New Year's Irresolutions. I mean, let's get real, what is the point of falsely leading yourself down the path of guaranteed failure? I, therefore, refuse to resolute to all

of the following.

**10. Watch less TV-**My husband, King of the Remotes, has proven that with the latest HDTV technology being introduced every six months (and satellite and cable offering more than 500 channels to mindlessly surf) inevitably, this resolution is the first to be broken. And I have to admit, nothing beats my secret indulgence-“Sex and the City” reruns on demand! Who knew 3 a.m. could be so fun?!

**9. Balance the checkbook-**I neatly keep our check books-Joint, Mine, His, Savings in view on my desk. With e-line banking I am conveniently able to balance my daily expenditures and determine if our family is within our budget (see # 6). If it's so easy, can someone please tell me why the checkbook register still has yet to indicate debits and an actual balance since 2004?

**8. Exercise-**I actually pity the misguided, poor fools who are lured in by gym memberships that promise 6-pack abs, buffer biceps and a new improved sex life (isn't that what Viagra is for?) to boot. If they only read the fine print “Must commit to 30-year membership, which is automatically deducted from your 401K and children's' 529 college plan, including 22.2% finance charge”, they would at least spare themselves financial ruin, albeit the spare tire.

**7. Stop telling white lies-**I think we'd all agree that a safety net is most needed when pressed to avoid an undesirable situation. Isn't it easier to fib one than endure another play date with that overzealous MOPS neighbor who serves up crustless whole grain sandwiches and has scrapbooking activities for her fellow MOPS mates? Also, I pride myself on embellishing details. It's called creative writing and it's how I make my living, well, ok, sort of.

**6. Stick to a budget-**I actually know couples who've gone as far as printing up monthly Kinko's' presentations with lovely graphs and colored pie charts to break down EVERY allocated cent. Are these people unaware of bankruptcy protection laws? They were established for a reason. Nordstrom recently invited me to apply for their highly coveted platinum card as I am a long-time client. In fact, I just received my new statement today. Amount owed: \$3,127, but guess what? Nordstrom rewarded me with a \$20 gift certificate

\*Bad Hair Day

\*Confessions of a  
Middle Aged Drama Queen

\*Dad Droppings

\*Mommy  
Hullabaloo

\*Dirty Laundry

\*The Morrison Boys

\*Side Dish

\*Comments From  
The Carpool

\*The Foggiest Idea

\*Home Away  
From Home

\*Small Town Soup

\*Wiping The Crazy  
Off My Face

\*Mommy - Daddy  
Dance

\*From The Frontline

\*Life At 40

\*Livin' In My Head

\*Sigh, Moan &  
Garfbuckle

\*Don't Get Me Started



for being a loyal customer. See, you have to spend to earn. Now that's what I call smart budgeting.

**5. Stop swearing-** There's something about hollering a four-lettered obscenity at the top of your lungs that makes you feel better, especially when you're seething about inept customer service; the schmuck who cut you off in traffic only to hit the red light like you; or when you're running out of the house for the first time in weeks without spit up and your precious darling decides to, well, you get the picture. I think I have to side with Howard Stern and George Carlin on this one about the ridiculous notion of censoring these priceless gems. I'll be the first to admit I wouldn't enjoy Chris Rock or Dave Chappelle half as much without their liberal use of the f-bomb. And who doesn't feel like dropping a nice one every once in awhile?

**4. Eat better-**If my parents hadn't raised me on Ak-mak crackers and anything without sugar listed as the first ingredient, I'd probably be more open to improving my diet. But when you've been deprived of sucrose, fructose and glucose as a child, you can't help yourself from a pantry full of double-stuffed Oreos, Sugar Smacks and anything chocolate. And who wants to pay more to eat organic? That would break my hard-to-stick-to budget.

**3. Be more patient with others-**Who has time to be patient when modern technology has removed the human touch from every interaction we perform? ATM's have eliminated tellers; automated prescription machines have eliminated pharmacists; I have to press 1 #, 3 #, 8 #, and 0 # to just to leave a message. And with battery operated devices and cybersex who needs a partner? If I could just interact with an actual person with a pulse, then maybe I would be more patient.

**2. Become more organized-**Or what I call the OCD-overly concerned details-disease. I personally know women who suffer from this illness, which is more prevalent in suburban tract home communities. You can spot them a mile away-they're the ones at the grocery store who shop by food group. They've mastered managing every mundane minute of their lives, they've saved ample time to alphabetize their vitamins and color code their wardrobes.

Get a life is what I say to them!

\*Dad Libs

\*LadyOfTheHouse

\*Blissfully Numb

\*MommyChronicles

\*DomesticEngineering

\*College Daze

\*Midlife Cometh

\*The Imperfect Man

\*Bereft On The Left

\*Mommymorphosis

\*MomsAlwaysWrite

\*HorseSense&Savvy

\*Scrambled Brains

\*Desperate Working Mothers

\*Urban Momfare

\*Family Business

\*My Brain On PBS!

\*You Can't Be Serious

\*Hoochy Mama

**1. Lose weight-**Yes, we have a health crisis of epidemic proportions and the majority of our population is overweight, but if we eliminated our health epidemic, it would put scores of doctors in the unemployment line. Those of us with teenagers would actually have to find more suitable employment because of defunct Golden Arches and their ilk. Chilling thoughts to say the least.

Irresolute away. And if all else fails, there's always 2007!

Liz Holzemer is the founder of [Meningioma Mommas.org](http://Meningioma Mommas.org) , an online support group she founded after surviving a baseball-sized meningioma brain tumor. She is a freelance writer, [LizHolzemer.com](http://LizHolzemer.com) and is currently looking for a permanent home and cushy advance for her book; I Have a What in My Head?! Liz is a 2004 Woman's Day "Women Who Inspire Us" recipient. She lives in Colorado with her husband and their two miracle children. Liz also maintains her sense of humor on a daily basis and can be reached at [lizholzemer@comcast.net](mailto:lizholzemer@comcast.net) if you have a plum writing assignment to offer her.



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