

Order your copy today!

A Screw Loose



by Liz Holzemer

**Sanity
CENTRAL**



- *Home
- *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

Real, Reality TV

Long before my first child—my daughter Hannah, was born; veteran mothers dispensed all kinds of advice regarding babies. Not the kind of What to Expect the First Year golden nuggets such as massaging your nipples to enhance (what?!) the expressing milk process or the soothing benefits of lavender sitz baths for post-delivery inflamed hemorrhoids.

I'm talking about the educational programming wisdom like ensuring Hannah was exposed to as much PBS-mind-stimulating shows as possible. Even though I was raised on Big Bird, Captain Kangaroo and Mr. Rogers, I've never been sold on the whole premise of multi-colored, oversized, animated animals teaching my



daughter life's greatest lessons. Yes, she'll master the ability to recite annoying high-pitched tunes during meals, but Barney and Elmo can't prepare my Hannah for the real world.

My solution? Indulging in reality TV with her on a few select nights. What you're about to read may horrify you, but give it a chance and you'll shortly understand why I prefer reality TV as an educational tool night after night.

We kick off the week with Desperate Housewives. While Hannah and I are exposed to an ever increasing unbelievable cast of characters, plot twists and unimaginable scenarios, she is quick to point out several learning opportunities for entailed discussion.

As Gabrielle and Edie prance around in negligees barely covering their netherlands, Hannah shares her wisdom.

Lesson #1: Keep your body to yourself. Nobody should touch it but you.

As we continue to watch, Hannah becomes transfixed by Lynette's uncanny ability to multi-task while juggling four children. She doesn't miss a beat detecting Lynette's exasperation

Lesson #2: Mommies need help and extra hugs.

Just then Hannah throws her arms around me and says "I love you." My daughter has melted me.

As it is Sunday, what I regard as the best written show on television follows the desperate, glammed up housewives. Hannah and I hunker down for Grey's Anatomy. The eye candy cast is reason enough to watch the show's equally human and comedic script. I first fell in love with Patrick Dempsey back in high school during his Can't Buy Me Love and Loverboy days. Who knew I'd fall in love all over again with the even hotter actor now. It's too bad the majority of neurosurgeons don't possess the bedside manner and charm Dr. Shepherd exhibits. God knows mine didn't when I had my brain surgeries.

As one of the characters is eased into the MRI tube, Hannah looks up at me with her inquisitive blue eyes. Does he have a brain tumor like you mommy? I knew this day would come when I'd want to explain how a life-threatening baseball-sized brain tumor nearly killed me.

*Bad Hair Day

*Mommy
Hullabaloo

*Dirty Laundry

*The Morrison Boys

*Side Dish

*Comments From
The Carpool

*The Foggiest Idea

*Home Away
From Home

*Small Town Soup

*Mommy - Daddy
Dance

*From The Frontline

*Life At 40

*Livin' In My Head

*Sigh, Moan &
Garbuckle

*Don't Get Me Started

*Dad Libs

*Lady Of The House

*Blissfully Numb

*Mommy Chronicles

*Domestic Engineering



Lesson #3: Doctors are good people. We need them because they save lives.

And mine did so I could become Hannah's mother.

It's season five on Monday nights and the Don is on! As the strains of Money, Money, Money fill our living room, Hannah belts out the song with her own impromptu dance routine she's mastered since season one. The Apprentice is by far the greatest reality tool for both Hannah and me. While I glean tips on how to better effectively run my non-profit, Meningioma Mommas, Hannah picks up work tips along the way. For instance, every week members on opposing teams compete on a specific task in order to avoid the much dreaded boardroom where "someone will be fired." Of course, tempers flare and bickering ensues among the diverse cast of characters.

Lesson #4: You have to know how to get along with others.

"Mom, if you don't do a good job, you get fired." Spoken like a true 4-year-old beyond her years.

Now that's Reality TV!

Liz Holzemer is the founder of [Meningioma Mommas.org](http://MeningiomaMommas.org), an online support group she founded after surviving a baseball-sized meningioma brain tumor. She is a freelance writer, 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 if you have a plum writing assignment to offer her.



*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

*A Screw Loose

This website is intended for entertainment purposes only. All advice and opinions expressed within should be taken with a grain of salt...preferably licked from the edge of a margarita glass!

[Click To Recommend-It!](#)

TM and ©1998-2006, SanityCentral.com, All Rights Reserved.

Website Questions? webmaster@sanitycentral.com

