

before she starts the egg-producing process all over again

ILLUSTRATION BY CHRISTOPH HITZ; PHONE PHOTOGRAPH COURTESY OF VERIZON WIRELESS; FAMILY PHOTOGRAPH BY LISA POOLE; JIMMY TINGLE PHOTOGRAPH BY WENDY MAEDA/THE BOSTON GLOBE



MY 10 ESSENTIALS

Jimmy Tingle



The comic and owner of Jimmy Tingle's Off Broadway theater in Somerville muses on caffeine and hands-free driving.

- 1. COFFEE** Without coffee, I couldn't write this list, much less count to 10.
- 2. MY WIFE, CATHERINE, AND 7-YEAR-OLD SON, SEAMUS** I love them immensely. Catherine is also addicted to coffee, which helps with parenting.
- 3. OUR '96 FORD TAURUS WAGON** Perfect for car-pooling, with extra floor space for receipts, parking tickets, and cups from Diesel Cafe in Davis Square.
- 4. TALK RADIO** Driving around listening to strangers argue and debate Bush, Kerry, terrorism, and gays not only informs and entertains but convinces me that to find inner peace, I must switch to decaf.
- 5. MY CELLPHONE** I wait to use it until I'm behind the wheel. With my phone in one hand and coffee cup in the other, the car basically drives itself. Perfect for Boston traffic.
- 6. CAMBRIDGE YMCA** When I've had too much talk, traffic, cellphones, and caffeine, I like to jump rope, hit the heavy bag, and take a steam while meditating on the meaning of the word "moderation."
- 7. THE INTERNET** Just incredible! Can send and receive e-mails, and raise millions for presidential candidates.
- 8. CABLE TALK SHOWS** After a long day, I catch up on any arguments I missed in the car. I heard tragedy, trials, and contentious talk were good right before bed.
- 9. THE CLICKER** I've fallen and I can't get up.
- 10. PRAYER** It helps me in my struggle with coffee.

- Julia Tolliver Maranan

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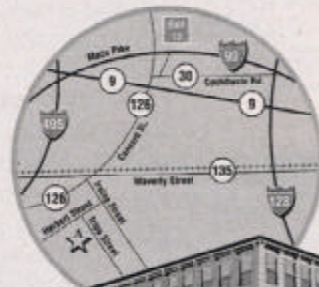
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