

You Can't Spell Catastrophe Without Cat

Description

Yes, our cat played a small part in the weekend, but that wasn't all. Just made for a fun title, don't you think?

We actually had a pretty good weekend overall. On Friday, my squat day, I got to test out my new [Soft Star Shoes](#) doing one of the most intensive and best bang for your muscular buck exercises! I already train in minimal shoes, in fact, they're called "Minimus", as in New Balance Minimus. I've run marathons, sprinted, and lifted in them and have loved them, but the Soft Star Shoes give a true minimal feel.



The less cushioning between your foot and the ground the better when it comes to leg-intensive lifting like dead lifts and squats since you need that ground feel for stability. All of the cushioning on most "athletic" shoes make it as if you're trying to squat while standing on a pillow; not fun, or easy, or safe!

The verdict? Soft Star delivers and excellent shoe for lifting! I loved how I felt secure and connected to the ground, and unlike my Minimus with a 4mm heel-to-toe drop, these have zero. I could feel how different the dynamics change the lift, but it was in a good way. Anyway, looking forward to my next squat day, and I'll have a full Soft Star review soon.

Saturday started with a giant bowl of blueberry [NuttZo](#) chia oatmeal made for Kelley and Avery. In return, Kelley makes the coffee; my typical breakfast.



Kelley made an appointment for our her fat black cat (seriously, 17+ pounds), Lou, to get his annual shots. The cat and I have a mutual feeling of resentment, and I am no help when it comes to rounding him up in the cat carrier since he flees at the sight of me.

But, he *hates* the carrier and Kelley was having a difficult time chasing him around the house. For such a fatty, he can really move and squirm! Finally, I joined in at Kelley's™ request (which she regretted soon after), and tried to *litter*-ally (ha ha) pounce on the svelte feline. I ended up with wads of cat hair on the couch, in the air, and all over me with several deep claw scratches on both arms. Fail.

Avery was following us around and watching in pure confusion at the whole ordeal, and started getting upset. Toddlers make so many things 10,000 times harder! What's™ up with that?!

After getting Lou in the carrier once and having him jump right back out, Kelley and I were finally successful after pinning him in the closet and dropping him inside as I held the carrier upright. The guy was panting hard; tongue out and loud as a dog. He was worn out, pissed, and probably hungryâ€”being fat and all.

Unfortunately, Kelley didnâ€™t give him to some cat-loving person at the vet, but she did snap this pic of what looks like a cat in distress.



Donâ€™t get me wrong, I donâ€™t hate any animal, but for some reason, I just donâ€™t have a great relationship with our cat and dog. I canâ€™t pinpoint the exact reasoning, but I lack the bond. Since Avery, Iâ€™m even more anti-pet than before. That said, I still feed the animals and make sure Abby, our Golden Retriever, goes on a walk with us almost every day.

The rest of Saturday was spent doing random things inside and out, while our crazy toddler took over the house. At night, after Going Mom nursed Avery ~~to sleep~~ and put her in her crib since she wouldnâ€™t go to sleep, we finally watched The Hunger Games: Mocking Jay. Only a [week after we originally planned](#), but we watched it nonetheless!



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Stupid ending, or whatever you call itâ€â€we canâ€™t wait until November for part 2, we want it NOW! Just like Veruca from Willy Wonka and the Chocolate Factory wants that golden eggâ€!



On Sunday, Kelley needed to run to Home Depot for a few bags of sand and tools to work on our back yard garden. I stopped at a car parts store to get oil to change in both of our cars (we both have Subaru Outbacks) while we were out.

As Kelley tended to the yard, Avery and I changed the oil. Although, she wasn't too sure what was going on, she made it clear she did not like being next to a running car as it pulled inside the garage. I'm just glad she gave me smiles most of the time!



So that was our weekend. No frills (besides the damn cat), and pretty pleasant. Oh, and I'll share with you a recent pun I posted on Facebook.

[Post](#) by [RC Liley](#).

Kelley and I are having a date night at a BYOB Paint Class tonight and G-Ma is coming over to spend time with Avery. We did this [a while back](#) where we painted a jellyfish and had a great time.



Kelley's was way better (on the right). I blame the scotch. Okay, I also suck at painting. This time it's a Monet painting of a pretty sunset on the water. I'm bringing scotch again, so if I suck, at least I have something to blame besides my lack of artistry! We'll see if it's still pretty after I'm done with it. Tonight, Monet might be rolling in his grave for a while!

Happy Monday!

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