

## Unenlightened Diet Frappacino

Written by Kate Crash

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Kate Crash can be [experienced here](#)



Hey! How've you been?

I know, I know, it's been a long, long time.

But I've been really busy, you know, pursuing my acting dreams and all....

Yeah, yeah, it's all going really just well, like fabulous, super fabulous I swear, and like I am in this totally awesome new cutting edge acting class on like la brea I think you should go to

I have to drive all the way from the palisades and sometimes reseda when I'm at my mom's just to go

The teachers name is basil Michaels, total know it all brilliant genius balding fag,,,,,... yeah, you would totally love him, just your black turtleneck type...

.anyway

on Tuesday, I had a major breakthrough!!!

He was like teaching us this method.. right? Called method acting and like you have to totally like feel what you're actually acting, by finding a point in your past, so he was like yeah, like I got this scen right and he was telling me I was so like majorly unconnected, but not like that, he said it in like this r3eally deep and profound way, I can't quite recall and all but yeah, like I was doing this scen, I don't remember what' it was about but that's not important, but like he started yelling like "when did you feel pain!!!??? WHEN!!!" and I started thinking and I was like on stage with all these bright lights and then he was like,... "Recall, relive, experience that pain and then go for IT!!!:::"" so I thought of this time my maid lucy maria wouldn't let me have an extra cookie, and it really ticked me off, like I felt like who is she to t3ell me I can't have a cookie, I get what I want an7 d like this sadness filled in me and I had like water in my eyes on stage and everything and I finished the piece the monologue " and the bombs, and his quivering lips and the blood gushing from his head. " see whasn't that good, yeah, it was about losing my husband in war with tears I had like water in my eyes... lucy I wanted that cookie damn it~!!!! I needed that cookie and she DEEEEnied me... that was so bogus.... Anyway.

Kyou should like totally go.

Nedxt week is .. get this... express Embarrassment!

Bobby, the cutest boy when I was in highschoool, well he asked me out and the night of like the big date... I had a zit, like totally bogus and I felet so icky embarrassed I didn't want to show my face, but I was s mart I didn't tell anybody... not even my best friend Kimberly or my second best friend donna, or my third best friend becky///... nope, not a soul, I just didn't answer the hone and he thought I blew him off and everybody wants what they can't have so he totally kept asking me out because why wouldn't someone want to date the most pop. boy in school?

When you keep stuff really deep inside, like re ally deep

No one can ever tell on you

As long as you don't tell on yourself

Or let them in too close

You'll always be perfect.