



# BROOKLYN\_BORN

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## Anime and Me - Finding Inspiration in the Strangest Places

Friday, November 25, 2016

"Remaining individual and unique is the true way to achieve your dream"  
(Miki - Anime character in "Universal Lady Justice, Vol 1)

I know that I'm not the target demographic audience for Anime, but every time I expand my horizons I'm surprised to see, hear, read or experience something that goes beyond what a nearly 70 year old woman should enjoy and find meaningful.

Background:

"Anime is a diverse art form with distinctive production methods and techniques that have been adapted over time in response to emergent technologies. It consists of an ideal story-telling mechanism, combining graphic art, characterization, cinematography, and other forms of imaginative and individualistic techniques" (Wikipedia)

I remember my computer science students who were interested in Anime, also called Japanese Anime, since it originated there.



The artwork was fascinating, but I never paid attention to the story lines before

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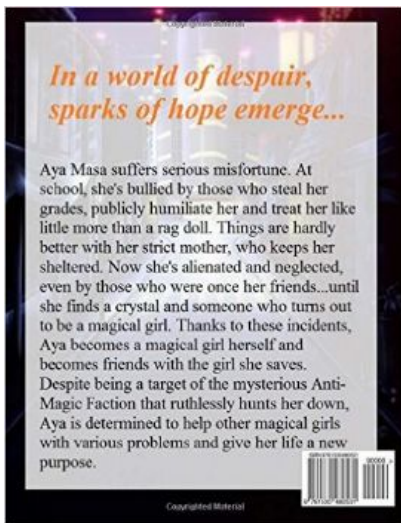
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I have much for which to be thankful. However, fear, hatred, bigotry, bullying, body shaming and harassment of those who don't fit the mold sometimes causes me to feel hopeless.

A Spark Analogy - I do not fit any mold - I am an "experiment of one"

4 years ago, soon after my 3rd maintenance anniversary, I wrote a blog about being a "Spark Oddball"

A brief summary:

I never dieted during 25 years of carrying the extra weight. I accepted the weight and considered it normal to keep gaining as I aged.

I like to exercise. I don't see it as a chore. Fitness never was my problem, eating was

I LIKE to weigh myself every day. Whether it's up or down, for me it's just one data point. It's the trend that's important to me and I can't determine that with less frequent checkpoints.

You've heard of "wheat belly?" Then I have fish belly and nut belly.

The recommended healthy choices of fish, nuts and seeds don't work for me - to the point of even ending up in the ER. Just some weird allergies, I guess.

Today I have been in maintenance for 7 years.

Ironic that my anniversary falls during Thanksgiving week.

Thus my introspective attitude this morning.

Thank you SP for creating an accepting environment even for an "oddball" like me,

Thank you for the realization that NO ONE is immune to regain

Thank you for the motivation to stay on track even if I slip up at times

Thank you Sparkers for accepting me as I am.

Disclaimer:

I do have a special interest in this particular Anime book. The author, pen name Mr Drake, is my grandson #1. He is a college sophomore, majoring in "International Engineering" with a minor in Mandarin. He spent one year of high school in China as an exchange student and will do so again as part of his degree program. He was diagnosed on the Autism spectrum in pre-school and has always marched to the beat of his own drummer.

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**INCH\_BY\_INCH**

GREAT I LIKE  
JOB! IT!  
★ 👍

1655 days ago



**HOLLYM48**

AWESOME KEEP PUSHING! AWESOME CON GRATS! Happy Anniversary 🥳 WAY TO GO WE CAN DO IT

1656 days ago



**MORTICIAADDAMS**

I am very grateful I can eat fish, nuts, and seeds. They are some of my favorite things. I can't eat wheat though. I wish I could. I would love to be in maintenance some day too. I know that once I get there my work will be far from over. Have a great day!

1656 days ago



**WATERMELLEN**

What a lovely blog -- and congrats both on maintaining for 7 years and your talented grandson, whom I'm sure you helped nurture in developing his unique talents.

I do believe that the world has (mostly) become a kinder place in which it's OK to be strange, it's OK to be weird, it's OK to be different.

To me you've always appeared to be marvellously and uniquely you.

1656 days ago



**BBEAGAN**

Wonderful blog - and happy 7th anniversary! You inspire me!

1656 days ago



**SUNNYBEACHGIRL**

I do the scale the same way, use it as a way to manage trends and help to manage weight creep.

1657 days ago



**CD17264479**

Anime is really hot right now and keeps getting hotter. Kudos to your grandson, not only for the book, but for speaking Mandarin! What an awesomely hard language, lol. I truly love that adage about being an experiment of one. Like you I always exercised and/or was active. My diet was terrible (and some aspects still need cleaned up). Keep on keepin' on!

1657 days ago



**CD3409143**

I KNOW people always thought that of me esp my Dad 🙄

1657 days ago



**CD4114015**

I also am an oddball. GLAD to know you! I have found a place here too and am so glad! It's a lovely place to be and blong!

1657 days ago



**DOVESEYES**

Congrats on your 7th year of maintenance, it is a great achievement and is so encouraging to read about your journey. A wonderful grandson you have there and very talented :)

1657 days ago



**KRISZTA11**

CON GRATS!  
to your talented grandson, and to your weight loss and maintenance success!

SP is the most amazing place, full of acceptance and support, I love to be here too.



1657 days ago



**PHEBESS**

YAY for your grandson!!!!

And yay for you too, Ms Spark Maintenance Lady!!!!

(I think most people are oddballs. Some of us just revel in it..)

1657 days ago





**DR1939**



1657 days ago



**LIVEDAILY**



Congratulations on your 7 year maintenance anniversary!! Your story/history again supports the truth that everyone's body is different and unique! There is no one perfect eating and fitness plan. You have to do what is right for you. And you have!

That is SO cool about DGS#1!! Congrats to him also!  
1657 days ago



**PHOENIX1949**



on 7 years maintenance.

I love stories such as the one on your grandson. People traveling to the beat of their own drummer due to processing differences from what is considered normal, are often highly intelligent.  
1657 days ago



**JEANKNEE**



From one "oddball" to another, and congratulations on 7-years of maintenance!

There are a number of us in my family that call the Autism spectrum home. So, we're no strangers to harassment, bullying and the like. We describe ourselves as eccentric and an acquired taste. I, too, am grateful for the acceptance I've experienced from this community.



1657 days ago



**PRNCSCUP1-2FULL**

Congrats on so many levels! Congrats on your anniversary! 7 years of maintaining! WooHoo You! Congrats on your grandson's awesome achievements! We never know where inspiration may hit! And, isn't that glorious? I don't think an individual's drummer matters as long as they hear a drummer! and well, you know.... Keep marching! Thanks for sharing!  
1657 days ago



**PEGGYO**

thanks for sharing  
1657 days ago



**SMILINGEYES2**

Your path could be a story prorated in the medium as you did not think there was an issue but found your path and help others.

It is remarkable how your grandson has found his path. Love the storyline for his character. What inspiration for a girl facing ridicule.

1657 days ago



**GINIEMIE**

Good for you for being individualistic and to Mr. Drake, your DGS. Some of us never realize to love our inner selves and quit trying to fit into others' ideas of what should be, or what we should be. Thank you for a thought provoking blog. Happy Thanksgiving all year around, minus the food temptations. I'm determined to re-lose my

weight and keep it off.



1657 days ago



**ONEKIDSMOM**

I love that you find your place here, even as an "oddball". Seems to me we are all "oddballs" in our own ways. Nobody is a total stereotype!





And I'm glad that you are here!  
1657 days ago



**TKDKKC**  
That anime looks really interesting. Congratulations to your grandson. :)  
1657 days ago



**ALICIA363**  
Thank you for this blog!  
I, too, believed weight gain with aging was inevitable. Blew my mind when I buttoned my wedding dress/suit in the summer of 2014. Missed the picture waiting for my daughter's return from camp, bounced back up and haven't fit it again.  
NO ONE is immune to regain.  
Thank goodness for the Sparkpeople community to remind us of what we want and how to get there.



1657 days ago

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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.