

THE SCREENING ROOM

TOP TV FOR SATURDAY

"The Ring," 8 p.m. on ABC

Killer video-tapes, creepy girls crawling out of TV sets, Naomi Watts screaming a lot — yep, this is the way to spend a Saturday night, watching edited horror movies at home. Then again, it's better than "Cops."



"Romeo!," 9:30 p.m. on Nickelodeon

"Driving Me Crazy"

Rap protégé Lil' Romeo gets his own series starring as — now wait for it — Romeo! In the premiere episode, Romeo gets his driver's license, an important day in any teen's life, and the band searches for someone to step in when Jodi pulls a diva move and quits.

"SS Doomtrooper," 9 p.m. on Sci Fi

An original movie on the Sci Fi Network usually means something truly craptacular — "Man with the Screaming Brain," hello? But this actually sounds at the very least tolerable, about Allied forces during World War II who tussle with a bunch of engineered Nazi supersoldiers bent on turning the tide for the Axis.

TOP TV FOR SUNDAY

"The West Wing," 8 p.m. on NBC

"Election Day"

Finally, we learn who's gonna be the next president as people fret over election results and the possibility of hanging chads is always a threat to civilization. Me, I'm hoping Jimmy Smits beats that guy from "M*A*S*H." Smits ruled in the "Star Wars" prequels! Come on, who wouldn't vote for Princess Leia's adopted dad and later victim of the first Death Star?



"Free Ride," 9:30 p.m. on Fox

"Amber Alert"

This Nate kid is a persevering sort — not only is his unrequited love, Amber, engaged and kind of uninterested in him, but now he's using his pal Danny to side up to her, and then finds the love triangle turning more into a square. Dude, she's just not that into you. Move on! Sheesh.

"Grey's Anatomy," 10 p.m. on ABC

"The Name of the Game"

Meredith learns something new about the father who left her and her mom years ago, George is annoying his new roommates, Bailey throws back on the surgical scrubs and Alex learns how to better handle patients.

YOUR TURN

If you have favorite Web sites, TV shows, books, blogs, comics, music and quick recipes to share with other *Examiner* readers, please write us.



E-mail us your faves: bruittt@dceaminer.com

THE TRAILER PARK

Your weekly guide to the best trailers of upcoming movies, in theaters and online:

'MISSION IMPOSSIBLE III'

Aw yeah, now we're talking. Tom Cruise puts off the couch-jumping for this third "Mission," directed by "Alias" creator J.J. Abrams, where the world needs to be saved from a very evil Philip Seymour Hoffman.

The good: Good cast (Laurence Fishburne, Ving Rhames) but even better action scenes, with Cruise repelling off buildings and almost getting hit by an out-of-control oil truck

The bad: The only thing bad about this trailer is Hoffman, so bad he's good chewing up scenery as the movie's uber-heavy

Overall grade: A

Release date: May 5 — *Brian Truitt*



SOUNDS » PROFILE

Mother's day

New son, record are fruits of singer-songwriter's labor

By **Brian Truitt**
Examiner Staff Writer



PLUMB DISCOGRAPHY

- » "Chaotic Resolve" (2006)
- » "Beautiful Lumps of Coal" (2003)
- » "candycoatedwaterdrops" (1999)
- » "Plumb" (1997)

The second musical artist singer-songwriter Plumb can't wait to introduce her 1-year-old son, Solomon, to is The Cure, one of the early groups she started buying records of and first fell in love with.

"I respect any artist that can find what makes them unique and really — with absolute confidence and passion and reckless abandon — capitalize on that," says Plumb (real name: Tiffany Arbuckle Lee). "Whether it's commercially viable or not, I am really drawn to artists like that The Cure does that, but the Cure also possesses the ability to be cutting edge and timeless at the same time."

The first artist he's going to enjoy? Well, that would be mom, of course. And though Solomon doesn't know it yet, he's already well familiar with "Chaotic Resolve," Plumb's latest record and one she wrote and recorded while pregnant with her first child.

Released in February, "Chaotic Resolve" is as musically diverse as her previous albums as Plumb travels from confessional pop songbird ("Blush (Only You)") to rock goddess ("Better") to balladeer ("Cut") to dance diva ("Motion") and back again, all the while sounding like Jewel fronting Evanescence.

The assorted song styles match up with the variety of emotions on the record since, she says, "everybody has great days and they have bad days and they have confusing days and frustrating days and anger."

One track, "Sleep," actually changed feelings during the course of the recording process, which started six weeks after Plumb learned she was pregnant and ended four days before she gave birth. She wrote the song one day when she was feeling really tired, and found later that the second verse ("My thoughts are shattered and they're making stars in the sky/ And I've never felt so speechless in my life") perfectly captured the way she felt when she first held her newborn son.

"It's just interesting how some things are stories to be told, and you're just the pen and ink," explains Plumb, who led the Christian alt-rock band of the same name in the late 1990s. "Sometimes the story already exists or it's about to, and you almost get to capture that moment whether you got to physically, literally experience it already or not. Now I sing that with a whole different emotion than I did the day I was in the studio because it means something different to me than it did then."

She knows one day that her son will really listen to "Chaotic Resolve" and its lyrics and ask her about them, which put a whole new level of accountability and intensity on her writing.

"I will answer to God for everything and I still answer to my husband for things, and you have family and friends that you will answer to things for," Plumb says. "There have been a lot of decisions in my life that I have made or things that I have done or specifically not done because I knew one day if I am a mother, I will have to answer to my child for that."

"While he was growing in my belly, I think it gave me an added sense of honesty — not that it would have been any less honest, but I was more intentional about the truth of my record because I knew there will be a little kid that will listen to this one day and say, 'You made this when I was in your belly?' I want him to be proud of that and I want him to respect it."

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A former frontwoman, Plumb wrote and recorded her new solo album, "Chaotic Resolve," pregnant with her first child. — Photo by Kristin Barlowe

Putting the pieces together

The songs Plumb wrote for her CD "Chaotic Resolve" all originated from her or loved one's real situations, and while they didn't always throw live into chaos, she found that resolution might not always mean the fixing of a problem.

"I have an image in my head that the circumstances of my life are puzzle pieces, and God is holding them in his hand," she says. "I have this idea of where I think they should go and He puts them somewhere different, and the resolve is not that obviously He didn't put them where I wanted them to. The resolve is that I said, 'OK.' More or less, the resolve can be that I change, that I learn that I can change and in doing so can grow."

The song "Manic" is a perfect

example of this concept, she says. It was written about a friend of hers who's manic-bipolar, and though there may be some chaos, love sometimes has to conquer it.

"It's a very frustrating friendship to have and constantly wanting them to change, why won't they change, why can't I make them change, and I realized that I can't make them change," Plumb says. "I am only responsible for loving them and respecting them and accepting them for who they are. And hoping that maybe the grace that has changed my life will then influence them to change, but at the end of the day, who am I to decide who they should be? Really, loving them is all I'm supposed to do." — *Brian Truitt*

