



FIND A HOUSE.  
MAKE A HOME.



HOME NEWS BUSINESS SPORTS ENTERTAINMENT TRAVEL LIVING FORUMS SHOP JOBS AUTOS REAL ESTATE CLASSIFIEDS PLACE AN AD

[MLive.com](#) - [Kalamazoo Gazette](#)

SEARCH:

## KALAMAZOO OPINION

Local Columns, Blogs, Editorials, Letters and Guest Columns

Sponsored By:



INSIDE KALAMAZOO

With the **KALAMAZOO GAZETTE**

- [Gazette Home](#)
- [Kalamazoo-Area News](#)
- [K'zoo Entertainment](#)

- [E-mail the Editor](#)
- [Staff Contacts](#)

Browse by day posted:

Select a date

Browse by week posted:

Select a date

PRINT EDITION

Kalamazoo Gazette:

Select a section

MLIVE COMMUNITY

- [Kalamazoo Town Talk](#)
- [MLive.com Forums](#)
- [MLive.com Blogs](#)
- [Kalamazoo Area Blogs](#)

ADVERTISEMENT

- [See coupons and values for local businesses. Click here!](#)
- [Get Free Moving Quotes from Prescreened, Licensed Moving Companies](#)

CONTESTS

[Contests and Games](#)  
[Click Here](#)

### Easy tips to enjoy your sports-viewing easy chair

by Jeff Barr / Kalamazoo Gazette

Monday November 03, 2008, 8:17 AM

The end of October is a beautiful thing. Not only is there Halloween, but the World Series is brewing, college football is in full swing, the NFL is Sunday fun (unless you're watching the Lions), and the NBA and NHL are gearing up.

This is a sports fans' time of year. Always has been, always will be.

This isn't the sports page, but just because this a "news column" doesn't mean we can't relay some very meaningful sports-related tips. I wrote sports for 15 years, and I'm now reduced to being an easy-chair fan. So today we will discuss methods to heighten the joys of TV-sports watching.

Think of it as "Sports Viewing for Dummies."

There are myriad sports to watch, but the No. 1 game in America is the National Football League football, so let's direct our discussion to Sunday suggestions of sluggishness.

Come to think of it, these tips work on Thursdays and Saturdays, too. Mondays, Tuesdays, Wednesdays and Fridays ain't so bad either. Please don't think these hints are just for men. The term sports fan, after all, is gender neutral.

I don't condone drinking, but beer consumption is as much a part of NFL viewing as a Detroit Lions fumble. And I feel an obligation to tip my helmet to DirectBuy, a company that makes the Kegerator.

The folks at DirectBuy, after filling me in on the part keg, part refrigerator, got me thinking about ways to create the perfect ambiance in which to watch football for hours at a time. Restroom breaks would be the only reason to move.

\* The Kegerator is an optional piece in our cave of comfort, but an easy chair with cupholders is absolutely mandatory. Those cups can be filled with cherry soda if you'd like, but hydration is vital when the adrenaline of a 90-yard punt return sets your heart in motion.

\* The easy chair should rest on a tile or wood floor, if possible. The



Associated Press

This theater easy chair is a perfect model after which to model your own at-home sports-viewing experience.

#### "How To Lose Stomach Fat"

Finally, A Diet That Really Works! As Seen On CNN, NBC, CBS & Fox News  
[www.Wu-YiSource.com](#)

#### Football And Sports Beads

Show your colors Wholesale Prices  
[emardigrasbeads.com](#)

#### CMU Football Tickets

CMU Chippewas Football Tickets. Where Fans Buy & Sell Tickets.  
[www.StubHub.com](#)

#### Detroit lions

Cheap Detroit Lions Tickets. We Beat Everyone's Price.  
[www.TicketLiquidator.com/Lions](#)



Ads by Google

BLOGS

Ads by Google



Read & React  
by Joyce Pines

- ['Where else could this happen?'](#)

[MORE >>](#)

#### 1 Rule of a Flat Stomach

Finally, A Diet That Really Works! As Seen On CNN, NBC, CBS & Fox News  
[www.Wu-YiSource.com](#)

#### Football And Sports Beads

Show your colors Wholesale Prices  
[emardigrasbeads.com](#)

COLUMNS



#### Detroit Lions Tickets

Buy Lions Tickets. 50 Yard Line? Endzone?

chances of that cherry soda being spilled are about 50-50 during 20 to 25 roof-raising fist pumps. Carpets don't do well with red dye, and the stains get even worse when clean-up duties are put off until the final gun sounds. Talk about a delay-of-game penalty.

\* Temporary placement of a microwave within arm's reach is worth the effort of pre-game furniture reorganization. This move goes along with the required minimum of two dozen prepared buffalo wings before kickoff. If, by slim chance, 24 is too much in one first-quarter sitting, you can just rest your wings on the microwave and nuke them later in the game.

\* Creature comforts are a must. You probably won't be on the easy chair long enough to create bedsores, but warm socks, a couple of pillows, a nice afghan and a loose sweatshirt are pieces of equipment as vital as a quarterback's facemask. The last thing you want is a kinked neck to distract you during a two-minute drill.

I suppose these tips are not strictly restricted to sports viewing. They surely could work in other arenas.

But here's one more suggestion: Long-term viewing of reality TV is not advised.

Jeff Barr can be reached at 388-8581 or [jbarr@kalamazoo.com](mailto:jbarr@kalamazoo.com).

See more in [Jeff Barr](#)

[Send To A Friend](#) | [Print this](#) | [Permalink](#)

[Reddit](#) [Digg](#) [del.icio.us](#) [Google](#) [Facebook](#) [Buzz up!](#)

**COMMENTS (0)**

[Post a comment](#)

Username (Don't Have a Username? [Sign up here](#)):

Password:

Remember Me

**Jeff Barr**

- [A tale that wags: Dog Man's legend grows](#)

[MORE »](#)



**Diether Haenicke**

- [Michigan doesn't fare well in latest national education statistics](#)

[MORE »](#)



**Julie Mack**

- [If the shoe fits, it's probably ugly as sin](#)

[MORE »](#)



**Linda Mah**

- [Viewing American through different histories](#)

[MORE »](#)



**Malcolm McBryde**

- [Another way to think about left and right in Tuesday's presidential election](#)

[MORE »](#)



**Rebecca Pierce**

- [A framework for considering health care reform](#)

[MORE »](#)



**Joyce Pines**

- [Words are flying, tempers are rising and we're just trying to explain it all](#)

[MORE »](#)

You Choose!  
[www.StubHub.com](http://www.StubHub.com)

[Detroit lions](#)  
Cheap Detroit Lions Tickets. We Beat Everyone's Price.  
[www.TicketLiquidator.com/Lions](http://www.TicketLiquidator.com/Lions)

[Football Scores](#)  
Latest Scores, Stats, Schedule and Videos w/the Free Sports Toolbar  
[Sports.alottoolbars.com](http://Sports.alottoolbars.com)

**Kalamazoo Editorials**

- [No recess for lame ducks until problems are solved](#)

[MORE EDITORIALS](#)

»

**Letters to the Editor**

- [Letters to the Editor](#)

[MORE](#) | [SUBMIT](#) »



[Home](#) | [News](#) | [Sports](#) | [Forums](#) | [Blogs](#) | [Entertainment](#) | [Jobs](#) | [Autos](#) | [Real Estate](#) | [Classifieds](#) | [Shopping](#)  
[Complete Forecast](#) | [RSS Feeds](#) | [RSS Terms and Conditions](#) | [Site Index](#) | [About Us](#) | [Contact Us](#) | [Advertise](#) | [Help/Feedback](#)



[Ann Arbor News](#) | [Bay City Times](#) | [Flint Journal](#) | [Grand Rapids Press](#)  
[Jackson Citizen Patriot](#) | [Kalamazoo Gazette](#) | [Muskegon Chronicle](#) | [Saginaw News](#)

© 2008 Michigan Live LLC. All Rights Reserved. Use of this site constitutes acceptance of our [Advertising Agreement](#), [User Agreement](#) and [Privacy Policy](#).