

Inside 'The Wolverine': Thirteen reasons to go see this movie. E3

TON CHROM HoustonChronicle com and ch com | Friday, July 26, 2013 | Section E *** Houston Chronicle Life & Entertainment Mouston Chronicle



Just how in the heck do you say that town's name?

A few weeks ago, when 1 promised I'd write a column on how Texans pronounce place and street names, several people wrote and asked: Are you going to tell The Joke? I Knew exactly what they meant and so, probably, do you. But for the half-dozen newcom-ers, here goes:

Ineant and so, productly, to you. But for the half-dozen newcom-ers, here goes: Two men are driving through Refugio looking for a place to eat lunch. They start arguing about how the town's name is said. One guy insists on "Ray-fyou-ree-oh." The other says "Ree-foo.gee-o." The pull into a DQ and walk in, and address the woman be-hind the counter. "How do you say the name of this place?" the first guy asks. She pauses. "Day-ree Ka-ween," she replies. I started learning about funky Houston pronuncia-tions before I even moved here, almost to years ago to the day.

tions before 1 even moved here, almost 10 years ago to the day. I was having a goodbye lunch with Michael Wilson, who had left his post at the Alley Theatre and was then the artistic director at Hartford Stage. (Now he's a big-deal Broadway director.) "BissoNETT," he told me. "Sar 'San FILL-i-pee. San Jah-SIN-toe. KIRK-en-doll."

KIRK-en-doll." This was essential informa-tion. I wish I'dh ad more. It took me forever to figure out hat "Bear County" and "Bexar County" are the same thing. J picked up that "Mexia" and "Ma-HAY-ah" were the same pretty quickly, but I confess it was only a couple of months ago that I learned that "Manor" was "MAY-ner."

that I tearnes un... "MAY-ner." I'll never understand who put the "Per" in Pedernales, or why simple New Braunfels so often comes out as "New Braunsfel." O'Connor continues on E4

FITNESS



Billy Smith II photos / Houston C ord. The three women form a , Calif., that began Wednesday Jamie Carter, from left, Janet Black and Beth Spearman run sprints at Atomic CrossFit in Stafford. Ti with three men — Daniel Ward Will Maloy and Ren Bacon — for the CrossFit Games in Carson Calif

There's no 'I' in 'team'

Competitors emphasize encouragement as much as toughness

By Elizabeth Pudwill

They look tough. Their bodies are ripped with muscles. During a workout they grunt, groan and even scream from their efforts. scream from their enor.... Their faces are set, mouths Their faces are set, mouths in grim lines, eyes focused as they lift, push, run. They have nicknames like Panda, Teach, Baconator and Junior and call each other "Beast." They also hug and giggle as they exercise, supporting and encouraging each other. This is Team Atomic CrossFit

This is reamand CrossFit, founded in 2000 by a former gymnast, is a wicked, high-intensity routine that combines weights, that combines weights, cardio work and gymnastics, and also targets endurance, balance and flexibility. More than 6,000 gyms across the





Drink up **»Fitness:** See seven things to drink after exercise to keep from getting dehydrated at

United States now offer the progra

ogram. Atomic CrossFit, in Stafford, is where Daniel Ward, Will Maloy, Ben Bacon, Janet Black, Beth Spearman and Jamie Carter met and and Jamie Carter met and now train together. As Team Atomic CrossFit, they are in Carson, Calif., to compete in the CrossFit Games, which are the equivalent of the Olympics to anyone involved in the

to anyone ... program. Elite CrossFit athletes — known as "Firebreathers" — are a rare breed, likely to be *Team continues on Eto*

BELIEF

Filmmaker explores inspiring lives of American nuns



Courtesy Mary Fishman The Sisters of Mercy, here bound for Peru, are featured in "Band of Sisters," about American nuns' transition since Vatican II.

By Diane Cowen

Her beliefs and values were shaped by Catholic clergy, so it's no surprised that when Mary Fishman was looking for a sub-ject for a film documentary that she would be inspired by a book about how nuns lived. Fishman grew up in Catholic schools in Chicago and graduat-ed from the University of Notre Dame, but it was later – after a 20-year career in architecture and urban planning – that she turmed to filmmaking. At the same time, she was

At the same time, she was caring for her aging mother when her sister gave her David Snowden's book "Aging With



e." The book focuses on the Grace." The book focuses on the well-known "nun study" that looked at aging and Alzheimer's disease among nearly 700 mem-bers of the School Sisters of Notre Dame religious order. As she read the book and

As she read the book and cared for her mother, she saw the nuns come to life in a way she'd never imagined. She set out to make a film about their lives and the way their role in

the Catholic church — and in their communities — changed since the Second Vatican Council of the 1960s. Instead of working primarily as teachers and nurses, they could take on any number of roles in society. The result is "Band of Sisters," an 88-minute docu-center the vill here four mentary that will have four screenings at the Museum of Fine Arts, Houston starting Thursday, Fishman took time ntly to talk about her film the new view of nuns she and th gained along the way.

Q: As you embarked on your filmmaking career, you Fishman continues on E4



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O'Connor: Sign misspellings still a source of irritation

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One of our readers reported that a Channel 11 newscaster recently pronounced the street named Tuam as if it rhymed with Guam, and not the proper "TOO-um."

as if it rhymed with Guam, and not the proper "TOO-um." Another reader, Ken Davis, gave me a whole tutorial tour de force. In Austin, he says, the locals know that Manchaca Road is pronounced "Man shack" and Burnet Road sounds like "Burn it." In West Tex-as, he says, you'll give away your outsider status unless you put long As in Colorado City and Eldorado. He also supplied a list of Texas

wn names that in the right hands town names that in the right hand (not mine) would sound like a poem: Turkey, Muleshoe, White Deer, Whiteface, Earth, Happy, Bangs, Blanket, Oatmeal, Bronte, Fluvanna. My personal favorite is Burstweite

Fluvanna. My personal favorite is Bugtussle. My solicitation of odd pronun-ciations brought forth more mis-spelled signs as well. Two people wrote that the street called Kieth Harrow in Bear Creek drives them nuts. Clearly the sign-maker was not a "Partridge Family" fan. And this one is a full- on forehead slap-ers a street in Pearland. right dow per: a street in Pearland, right down from Excalibur, called King Author. A reader who has lived in the Spring Shadows subdivision notes with dismay that a couple of years ago, a subdivision called Shadow ago, a subdivision called Shadow Springs sprang up right behind it. And yet another is endlessly irked by Champion Forest Drive being misrepresented as Champions For-est Drive. She also started in on misspell-

She also started in on misspell-ings of menu items, but if we went there, we'd never get back by dark. Nevertheless, I dare you to top my favorite of all time, from a Greek diner: Chicken Gordon Blue.

kyrie.oconnor@chron.com

Fishman sought to give 'sisters their due' childhood was like, what they thought about. The book treated the sisters as individuals; each chap-ter was about a different person. You saw that they had a sense of humor, passion in life and differ-ent careers. They were in their 70s, 80s and 90s and were still looking for how they could make the world a better place. I felt it was a real important story to tell, to give the sisters their due. They're an integral part of Ameri-can integral part of Ameri-an integral part of Ameri-can bistory. Catholic his-tory and women's history.

n from page E

could have embraced any topic. What did you learn about these nuns as you worked through the subject? A: Even though I'd been educated by sisters, after reading that book I fielt like I never really knew them. They were mysterious, and I never wondered what their

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Courtesy Mary Fishman Courtesy Mary Fishman ominican Sister Miriam Therese MacGillis speaks Genesis Farm in Caldwell, N.J. "One of the things I arned is how important it is that they do things with eir communities," filmmaker Mary Fishman said.

See the movie

See the movie What: "Band of Sisters' film screening Where: Museum of Fine Arts, Houston; Law Building, 1001 Bissonne When: 7 p.m. Thursday; p.m. Aug. 3; 1 p.m. Aug. 3 p.m. Aug. 8 Tickets: \$9 general admission, \$7 MFAH members, students and senior citizens Information handofsistersmovie com mfah.org

from the little theater to from the little theater to the big theater, and they all sold out. At one show-ing, people were hold-ing up signs looking for tickets; it felt like a Notre Dame football game.

Q: Did you ave a spiritual ansformation

A we a spiritual transformation while making the film? A: For a long time I felt estranged from the church because of the official church hierarchy position on women's ordi-nation, gay and lesbians' lives and some of their other women's reproduc-tive rights positions. I felt there wasn't a place for

BIRTHDAYS

Rock star Mick Jagger is 70. Actress Helen Mirren is 68. Olympic gold-medal figure skater Dorothy Hamill is 77. Actor Kevin Spacey is 54. Actress Sandra Bullock is 40. Actor Jeremy Piven is 48. Actor Jason Statham is 46. Actress Kate Beckinsale is 40. Gospel/contemporary Christian singer Rebecca St. James is

. From the making of the film, I felt there was this whole part of the church that I didn't know about, but it was alive and inclusive, and maybe I could find a home there. It's liberating to think

that there's so much more about being a Catholic than following certain dogma and following certain rules. It's ab , aut following the example of Jesus when he was on Earth, what was important to him and what he emphasized

Q: It must be serendipitous that the release of your film, showing nuns at the grass-roots level, comes at a time when Bone Ferneis some to

Pope statime when Pope Francis seems to want to take the church in that same direction. A: I think he realizes that's the way to build a church. I don't think you'd ever hear him say that the church needs to be smaller. He'd say the opposite. He's trying to make the church come alive and speak to people and to their hearts.

diane.cowen@chron.com

JOKES ON US

I remember when our family got our first television. If I didn't like what was on the TV, I walked across the room to the TV and changed the channel. Now if I don't like what is on the seven remote controls ven remote controls sitting next to me on the sofa, and then I get up and walk across the room and walk across the roon to the TV and change the channel.

Gene Sandefur, Sugar Land



Q: How has your film been received in Chicago and at Notre Dame, where your early influences were? A: Really, just great reception. It premiered in Chicago last September at the Gene Siskel Film Center, the best venue in Chicago It was an honor to be included. They scheduled it for five shows and had to move it LOOKING BACK 1775: Benjamin Frank lin became America's firs lin became America's first postmaster-general. 1863: Sam Houston,

Q: Some filı

Q: Some films are made simply to entertain, but most are made to make a point. What do you hope to inspire by showing the work of these women? A: One of the things 1 learned is how important it is that they do things with their communities. They're were forward

They're very forward thinking Often, many

people are searching for a community and don't

a community and don't always find groups that they have common cause with. But when people get together and unite for something in a way that's nonviolent and respect-ing of individuals, I think it's a model for the rest of us. Maybe people will be inspired by them and will start doing some explor-ing.

former president of the Republic of Texas, died in Huntsville at 70. 1953: Fidel Castro began his revolt against Fulgencio Batista with an unsuccessful attack on an army barracks in east-ern Cuba. Castro ousted Batista in 1959.

