

Daytime legend Zimmer's memoir a fascinating read



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When I'm not watching television or writing about television, I'm reading about television. I know. I'm a person of limited interests.

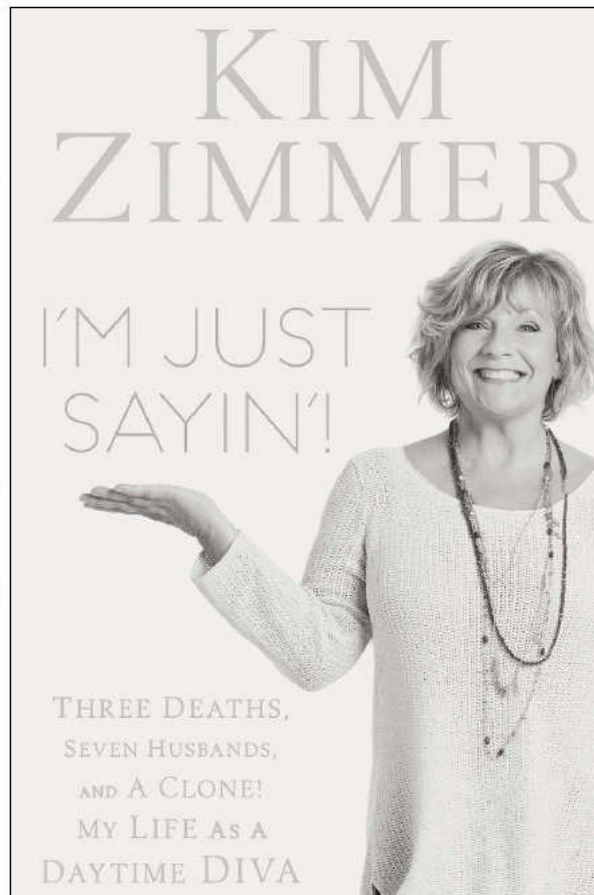
Because of that, I've read a lot of autobiographies of people in the television business. And there's nothing I hate more than when someone doesn't dish the dirt. I mean, that's why I'm reading it, isn't it?

But I didn't have to worry about that with Kim Zimmer's new memoir, "I'm Just Sayin'!: Three Deaths, Seven Husbands, and a Clone! My Life as a Daytime Diva," which hit stores Tuesday. Zimmer, who is best known for her 28 years playing Reva Shayne on "Guiding Light," has always told it like it is, and she doesn't change her ways for the book.

I had the honor of talking to the daytime legend recently about the book and her trademark honesty. "As far back as I can remember I've always spoke my mind," Zimmer said. "There have been times where I've read interviews and I've thought maybe I went a little too far. But still I've never changed. I mean, I can't," she said.

A lot of people are accusing Zimmer of going too far in her book. One of its major revelations is that during the final two years "Guiding Light" was on the air, Zimmer became so disillusioned with the show that she would often have wine with lunch to, as she told me, "not blow on the set when things were changing so terribly." The confession has caused some people to lose respect for Zimmer because they think she was drunk at work everyday, which she says is not the case.

"That's the problem with being truthful and honest," Zimmer said. "Out of context it spins out of control and it becomes something derogatory and ugly and people take it to the max and just make assumptions because they haven't read the book. They don't



Courtesy of Penguin Group.

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see what the context is," she said.

"Here I am defending myself again! I've spent a lot of years doing that," she laughed.

I admit, I was surprised to read about the "liquid lunches" myself. But in the end, I respected Zimmer more for being honest about them because it allowed her to reach out to her fans and teach them an important lesson — one she learned the hard way when she was arrested for DUI.

"If I could get the message across to one out of a hundred people, do not get behind the wheel of a car after you've been drinking, then I've accomplished

something by being honest in my memoir," she said.

I would say she also accomplished something else. She managed to write a memoir that is both honest and entertaining — just like Zimmer herself.

For much more frank talk from Zimmer, including her thoughts about soaps moving to the Internet and what's next for her, be sure to visit my blog.

Angela Henderson-Bentley writes about television in her "Stay Tuned" blog at www.herald-dispatch.com. Contact her at ahendersonbentley@hotmail.com.