What Marco Rubio Learned From His State Of The Union Response : "Hydrate! Hydrate!! Hydrate!!!"

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Michael Matthew Bloomer, February 14, 2013.

Marco Rubio had high hopes for his GOP response to the State of the Union address, as did his GOP colleagues. Yet, Rubio, at the twelve-minute mark of his sixteen minute narrative and parched beyond his limit, leaned left, went vertical, grabbed a water bottle, and the rest is history. With this small nine second self-sustaining move one sensed some air rushing out of a GOP elephant or two. Akin to Bobby Jindal's infamous hyper-jumpy 2009 performance, unwillingly and unwittingly, Marco Rubio made his bid for the Bobby Jindal Chair of GOP embarrassment. He won.

The hapless senator's badly timed water break called to mind other embarrassing moments that went far beyond his. In 1960, the nation watched Richard Nixon create the standard for flop sweat during the first presidential debate, with JFK looking on, serenely. In movies, recall 1987's

Broadcast News wherein poor Aaron Altman in his defining moment managed instead to go where on-camera perspiration had never gone before. And Michele Bachmann? Throughout her 2011 Tea Party SOTU rebuttal she couldn't even locate the camera!

How might Senator Rubio prevent this humiliation in future defining (redefining?) moments? Here's how: