

The Sanity Update

The Sanity Search (www.thesanitysearch.com)



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Hey Friends: Why don't you come hang out with me at:

TheSanitySearch.com

You are on this list mostly because I thought you'd appreciate the publication. However, you can unsubscribe at any time.

If you'd like to share this with a friend, [go here to add them as a subscriber](#).

Thanks!

So, there's a new look here, at least the heading above is new. Now, I'm not the brightest candle in the Menorah, but I can maneuver my way around the 'net, use MS word, and MS publisher, and of course, my old pal Power Point. Why the new heading? Well, because sometimes I'm *just a bit* stupid. I picked the same heading as I'd been using, but could NOT insert text! Crazy! I remember having this problem before, but I found the solution. But did I write down the solution? HELL no. I trusted my brain to "remember for next time"

And I did not. Remember that is. Major damn bummer.

So, I fumed, fussed, cursed, wiggled, waggled, but still could not edit text inside this heading.

I spent too much time floundering around various websites, including MS forums and communities, and I got depressed. Gave up and watched TV (small win).

Soon enough, I tackled this issue fresh. I found that Microsoft has an online help chat. Got a case number and an 800 number to call. Went to dentist, went to grocery store. Home, lunch, and back at it. Called the number. Was told—politely—that I needed to speak to someone specifically who handled MS Publisher. *sigh* OK fine. I was connected to a different department. Waited about 25 minutes on hold, playing Mahjong Solitaire and writing for a colleague's blog.

Finally, the heavens part and someone picks up. Yay! But I'm told that this person/department could not support Publisher, back on hold—Boo.

Someone eventually picks up and we talk. I decided it would be a HELLA more expedient if I gave him remote access. He took over, and we discussed why that bloody Page Part heading of mine would not let either of us edit text. He was a bit confounded, but concluded that my heading choice might have a glitch. "But I used this fine two weeks ago!" He reasoned that since I found this favorite heading just slightly outside their default choices, meaning on the Internet (but still part of MS's collection) that it had more potential to be glitchy.

To prove his point, he grabbed one or two other headings, and the text was easily modifiable without either of us wiggling out. The whole call took a bit over an hour, but it was worth it. And so I changed my heading and moved on. Two lessons for this week:

- 1) Keep searching and ALWAYS ask for help.
- 2) Sometimes you have to accept something different. It's going to be OK.

Shanti and Shalom!

What's Inside

Movie Stuff: Film and the Matter of Race

From *To Kill a Mockingbird* to *Rock the Kasbah*, I explore how a few different movies opened our eyes to bigotry and the beauty of other cultures

TV STUFF:

- *Girls*
- *The Family*
- *The Detour*
- *The Talking Dead*

Also, a word from our sponsors—hey, that's me! See Page 5

What's The News

PEOPLE, EVENTS, AND OTHER COOL THINGS THAT HELP IN THE SANITY SEARCH

Shout Out Time! Today we are recognizing the organization **Blanket Me**, and the woman that has become the face of this non-profit, Susan Laurin. The photo here is from Blanket Me's Facebook page. Don't you just love that quote? Below is the full verse:

"She made broken look beautiful,

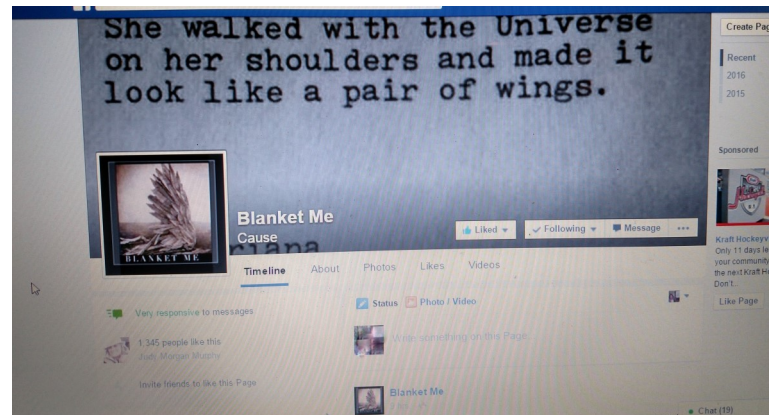
And strong look invincible.

She walked with the Universe on her shoulders and made it look like a pair of wings."

-Ariana Dancu

Blanket Me is based in the Greater Lawrence, MA area, and collects donations of not just blankets, but clothes, toiletries, and other items that might help ease the pain of this area's homeless population. Please consider following this [Facebook page](#), and send a greeting to Susan, but more importantly, learn how you can help her mission.

OR—find a way to get involved in helping the homeless in **your** community. You won't regret this.



There is a talented group of people out in Hollywood that have been collaborating on exceptional film projects for the last several years. While the three actors pictured here are well-credited independently, when they unite, they have developed some amazing projects.



One endeavor, [Safety Geeks: SVI](#), a Web series about dangerously silly Safety Investigators, was nominated for a [Streamy Award](#) in 2010. To get a sense of what a "Streamy" is, *Between Two Ferns*, *Know Your Meme*, and *The Guild* were nominated the same year.

Currently, (left to right) [Dave Beeler](#), [Brittney Powell](#), and [Tom Konkle](#), who have been co-creators on several successful ventures, have come together to write, act in, direct, and produce a new film called *Trouble is My Business*. TIMB is a loving tribute to classic black and white noir stories. It follows the tale of a private investigator with a tarnished reputation. This PI, Roland Drake, is hired by a mysterious woman with a complicated and possibly violent past.

The project received some great attention during the development stage, and even Hollywood legend Lauren Bacall was among the cast, until her unfortunate death in 2014. The movie is now in post-production, but needs funds to be distributed in the best manner. Please see the [Facebook Page](#) for this project, along with the movie's official site [Troubleismy.biz](#), for more information. I've been a fan of these artists for several years, and would love to see them achieve recognition for a job very well done.

Movie Stuff: Film and The Matter of Race

What I've Been Watching (and Thinking About)

I just wanted to begin with the Oscars, even though they are a bit of old news by now, so, let's get to it.

First, the elephant in the room, addressed by MC Chris Rock and others, was the issue of race, and possible discrimination by The Academy towards Hollywood talent of color. Was race truly an issue this year, were projects and people not chosen because of an insidious bigotry? I honestly don't know. I'm not much of an insider to really be in the know about how it all works. It could be true, or it could be a case of one person just not measuring up the same as their peers. I don't know.

Many in the industry are seen as left leaning liberals, and don't seem capable on the surface of such bigotry, but that's just a broad stereotype.

It was either that people were not judged by the color of their skin, but content of their character, (or demo reel), which is how it should be. OR, race was an issue, which is sad. Regardless, the fact that there was a *question*, means that we still have quite a ways to go to get this race stuff right. And I'd like to just touch on a few films that—in my opinion—offer a good understanding of racial and cultural differences.

To Kill a Mockingbird. This film is often used as vehicle to discuss race, and why not. A sweet and not always simple examination of life in rural-ish Alabama in the 1930s touches on single parent family dynamics, making new friends, and shattering more than one stereotype.

The Help. Like *Mockingbird*, this was based on a best selling book, and also follows the lives of blacks and whites in the South, this time the setting is 1960s Mississippi. The movie was released 2011, and starred some well-known folks like Allison Janney, Octavia Spencer, Emma Stone, Viola Davis and Jessica Chastain. I'd like to think that the star power would motivate more to see this film and continue the conversation about how ridiculous racism is.

The Best Exotic Marigold Hotel. Besides being a visually glorious movie, *Hotel* is a story about a huge cultural adjustment when several folks meet up at a "Retirement Hotel" in India. One of the best moments occurs before this group of aging British expats leave the UK. Maggie Smith's character Muriel is a feisty bigot who needs a hip replacement. And at one point she tells one of the hospital staff that she wants a "English doctor" after already refusing to be seen by a black doctor. So, along comes Dr. Ghujarapartidar, who is definitely English, and most definitely not what Muriel had in mind. The viewer loves seeing her put in her place more than once during the flick. And the viewer will also love [SPOILER] seeing Muriel grow and soften emotionally towards her new surroundings.

Rock the Kasbah. Alright, this movie did poorly at the box office and received mostly unfavorable reviews. One of the complaints is that Bill Murray didn't give it his all, or he seemed confused. While I'm not trying to defend the writing and direction of this story of a has-been rock manager Richie Lanz (Murray), my take is that Lanz's confusion stems from the bizarre circumstances of being stranded in Kabul, Afghanistan. This setting has the most fragile of political and religious constructs, and Lanz finds he cannot bluff and charm his way into or out of situations as blithely as he could in the States. However, he still manages to find a pure singing voice in a young Pashtun girl, and in turn convince several men to give her a chance to sing on *Afghan Star* (Like our *American Idol*). To witness Lanz's efforts to get his star heard is impressive, especially in a such patriarchal setting. The movie, if not great, is interesting and worth a look. If you'd like to go more in depth on this subject, check out the documentary, [Silencing the Song: An Afghan Fallen Star](#), on HBO.

TV STUFF

What I'm Watching, Recording, or Deleting

Sure, it's been a while since the last newsletter, and as you'll read later, I've got good reasons for the delay (or not so good, but there you go). However, TV has remained a constant—for good or for bad.

So, what have I been keeping up with recently?



Girls. (Sundays 10:00pm ET, HBO) I love this show, even though all the main characters are quite whiney and self-absorbed. Oddly, the show reminds me of *Seinfeld*, the great comedy “about nothing.” Jerry and pals were quite ego-centric as well, but we forgave them, 1) because they were so darn funny, and 2) because they all had redeeming qualities. Hannah and her friends share an incredible amount of angst, and many of their problems are self-induced. I could dope-slap Marnie for getting married when she knew she wasn't ready, Shoshanna for not thinking things through, Jessa for her occasional meanness, and Hannah for being Hannah, the most selfish of them all. Yet, like their 1990s

NYC counterparts, they too have redeeming qualities. They are all very bright and creative, and they are somehow endearing, as they ever-so-slowly mature.

The Family. (Sundays 9:00pm ET, ABC) I JUST started watching this recently, trying to catch up to the current episodes, but so far I'm only up to ep 3. The subject matter is depressing, how a family copes after losing a son, presumed dead, and the aftermath as he's found alive ten years later. The story telling is a bit dizzying, there are continual time-shifts between present day and the past, so far mostly ten years back, when young Adam Warren first disappeared. Despite the subject matter, the appeal is in the many mysteries and red herrings. The best casting bit is having Andrew McCarthy, who was a stalwart Brat Packer in the 80s, play Hank Asher, the Warren's possibly pedophilic neighbor. Asher had confessed to Adam's murder and spent the subsequent time in prison. McCarthy so far is doing great in this role, evoking both empathy and rage.



The Talking Dead. (Sundays 10:00pm ET, AMC) Honest, I *do* watch some great shows that are NOT on Sunday night. But these are the first few shows that popped in my mind this time. Anyway, onward. So, as I may have mentioned before, I have not watched a ton of *The Walking Dead*, nor the much of the companion show here, hosted by Chris Hardwick. But TTD is a real treat. It is especially welcome as a comic relief after the often emotionally intense episodes of TWD. Basically, Hardwick hosts at least one actor from TWD, (sometimes it's someone who was just killed off in the previous hour), and usually someone on the creative end of the show, one of the writers, directors and/or producers. Also, TTD typically includes a celebrity fanboy/girl. Such guests have been Jason Alexander, Will Wheaton, Jim Gaffigan, or Zachary Levi. Even Marilyn Manson has graced the couch. The format of this hour long dissection is very fun. There's tons of discussion about plot points, (but never any spoilers), interactive Twitter games, funny and touching montages, and Hardwicks' rapid fire wit keeping everything together.

The Detour. (Mondays 9:00pm ET, TBS) This show is funny as...well it's just super funny. Created by *Full Frontal*'s Samantha Bee and her husband Jason Jones, *Detour* is a story of one totally messed up road trip, with kids. But it's got a different vibe than the classic *Vacation*, and each episode opens with a side plot in which husband Nate (Jones) explaining his precarious situation to a police detective, complete with white boards and photos of his family everywhere in an interrogation room, like a more fun version of *True Detective*. I'd recommend taking a trip with this family—but just through the TV.

Sanity Smörgåsbord

OTHER STUFF TO SHARE

Detours, Roadblocks, and Stumbles, Oh My!

It's funny that I mentioned my new love for the show *The Detour* on the previous page. Again, the show IS funny. However, there's more than a smidge of irony in all of this. I know my readers are quite astute, and also—like, *wicked smaht*. (Boston influences coming through here). So you probably noticed that there was a HUGE gap in time since the last newsletter came out. From February to May is not what I had in mind when I thought of a loose publication timetable. It frankly upsets me that this sweet little project got so delayed, or detoured.

One son's car got totaled, that alone turned into many tasks, phone calls, money worries, etc. Some other things happened, I can't even remember what, but my Sanity Update was not being updated enough. And my sanity was being tested.

Life handed me lemons and I made a poorly stirred lemonade, too much pulp and not sweet enough. But kind of drinkable?

However, I was busy with writing and other cool projects where I got to use my brain and creativity. I've also been working at my dōTERRA business as well, more on that below. And during some business-building meetings, talk of vision boards came up. I mentioned that my board, while lovingly created, has started to literally fall apart. Go ahead and peek, it's still cute if not a little sad.



But that's OK. Onward. Life is doable, even if your pretty dreams don't stayed glued to your life the way you hoped, you still have a map, and at the very least, interesting times to write about!

ESSENTIAL OILS—A Natural Gift That Keeps Giving!



I have mentioned Essential Oils on my before. They are wonderful products, and I'd like to share what I know and love about the oils.

Today I'd like to focus on **Frankincense Oil**. The more I use this oil, the more I realize that why it was a gift for the baby Jesus. I have found it helpful with heartburn for one thing. One of the special properties of Frankincense is that it is a natural enhancer, which means it can help boost the properties of other oils. This oil can also help support your immune system, your memory, and ease inflammation. It is also helps your skin's appearance.

Just last weekend, I met a man who ingests Frankincense to help him support his lungs, and brought him from a point of extreme fatigue and multiple coughing fits, to a happier place where he can pick up his grandchild and play with her with full energy. And his coughing is greatly diminished.

If you'd like to learn more, there are always classes being scheduled, and for now, take note that there will be a **FREE Essential Oils** class on **Friday, June 3rd, from 11:15—12:45**. The location is **Om Studio Central—1270 Westford Street, Lowell, MA**. And as far as I can tell, this class slot will remain for several subsequent Fridays at the same location.

OR—if you'd like to arrange for me to teach a class at your home, or any gathering place, like a meeting room in an office or church, I can do that too.