

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:

[The Sanity Search.com](http://TheSanitySearch.com)

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Thanks!

What's Inside

TV Stuff:

- *Game of Thrones*
- *Zoo*
- *Brain Dead*
- *Unreal*

PLUS MORE

BOOK STUFF:

- *The City*
- *Mudbound*
- *All the Stars in the Heavens*

Politics? Ugh. Never my favorite thing to read about, let alone write about. So I will definitely not make this a tirade. First, here's where I stand: I am pretty sure that I'm registered Independent, but I have mostly identified with Democrats and Liberals.

BUT—this does *not* mean that I vote Democrat every time, or that I believe Republicans are full of baloney. I've cheerfully voted for Republicans on occasion, and been angered by Democrats. That's life. I believe that's how things should work.

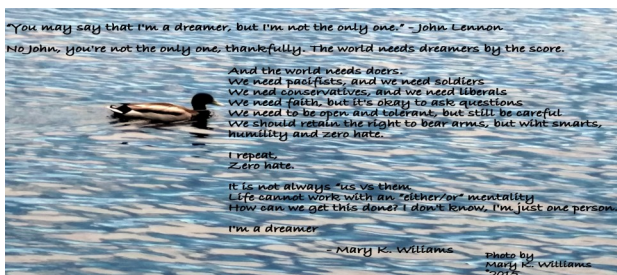
I do NOT believe that once you "pick a side" then every action must align with that side forever-and-ever in perpetuity.

I also do NOT believe that we should engage in an Us vs Them mentality. On my Sanity Search Blog, [I recently posted about this sort of thing](#), based on the meme below. Why am I on this subject? Because I DO believe that finding sanity is more about acceptance than anger. Open-mindedness rather than smug, unyielding

conviction.

And I also believe that while many of us will be disappointed with the outcome in November, it is in our own best interests, and the nation's if we can find a way to accept it, and do what is

best for our country. Work together and pray for wisdom and guidance for all.



What's The News

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



Because of a horrible act of domestic violence, a promising young woman was killed, and her mother was severely injured. Since this 2010 event, mom Jodi has recovered, and along with many friends and family became determined to make Olivia Marchand's life have a full and beautiful meaning. To that end, they started the [Live for Liv Foundation](#) which has truly touched others.

Whether listing resources such as the National Domestic Hotline, local police and shelters, along with resources for would-be attackers to get counseling—the site encourages us to really LIVE. From the site, the words of Nicole Kibbehouse, “Liv has had enough tears and wants you to get up and do everything you want and live your life. Live for Liv.” Liv's loved ones also remind us to practice kindness, spend time in nature, enjoy pets, and most importantly, tell others how much you

really care about them.

The group has also spent time planting a memorial garden, and continually promoting nature. One of Liv's goals was to major in environmental science or plant biology. So it's fitting that the local dōTERRA organization decided to have local business teams donate 5% of their sales to the cause. The monies raised by Live for Live go towards education on domestic violence and bullying issues. Please consider donating! Either by check to: **Enterprise Bank, 237 Littleton Road, Westford, MA 01886**—or [Donate Now!](#)

Once upon a time, there was a sweet boy named Joseph who was born with a heart problem. I never met this little lad, but I've read about him and his family, and the joy they have shared since his birth. They've also shared pain and worry, and when Joe was just six, his heart gave out and in his mom's words, “He looked like a pretty typical 6-year-old on Friday afternoon and *earned his angel wings on Monday.*”

Yes, it's a wrenching story, especially since Joseph's little brother Jack also has a defective heart and needs a transplant. Obviously, I can relate to some of this, especially waiting for a transplant. But as our family has become closely involved with the American Liver Foundation to help channel our emotions and receive support, Joe's family created the Joseph Middlemiss Big Heart Foundation. Their mission, besides celebrating the wonderful big-heartedness of little Joe, his kindness and empathy, is to encourage others to show kindness and love.



This “All you Need is Love” theme is all about paying it forward. The [JMBHF website](#) contains some great stories of this kind of love in action. The foundation also holds several fundraising events throughout the year, and provides music and martial arts scholarships. Fantastic! To donate, [please go here](#), or contact them at: Joseph Middlemiss BIG HEART Foundation, Inc. PO Box 428—Dracut, MA 01826

TV STUFF

What I'm Watching, Recording, or Deleting

I suppose the TV show that's captivated me has been *Game of Thrones*, but there are a few other goodies in there as well. So let's get on with it!

NOTE: Since this publication is late—all of these shows have ended, but they were great fun. Soon I will have my take on some new stuff for Fall 2016.

***Game of Thrones* (Sundays, 9:00pm ET, HBO)** Alright, so the show just finished a while ago, it's sixth season on the 26th. The finale was fantastic, but it's got to be said the much of the whole season was extremely satisfying. [SPOILERS AHEAD]. In no particular order, here are some highlights. Jon got his life back, Arya got her sight back, and Theon cast off his Reek. Ramsay got his due justice, Bran became the Three-Eyed Crow, Arya got to off Walder Frey. The Hound is still alive, as is Benjen Stark, otherwise known as "Cold Hands". Meanwhile, Melisandre, is like really freakin' old, Dany burned up a hall full of misogynists, Cersei, likewise. And Tommen took a leap of faith-less. One of my favorite moments though is when Tyrion taught Grey Worm and Missandei to tell jokes. But the moment that was both the most emotionally crippling and mind-blowing was the death of Hodor. *Sigh/Tear*



***Zoo* (Tuesdays, 9:00pm ET, CBS)** Imagine, if you will, (yes—I'm totally borrowing that from *The Twilight Zone*) a world where nearly all of the animals, both domesticated and wild, turn on humans, in a coordinated attack. Far-fetched? Yes. Interesting? Sure!! This series, which debuted in the summer of 2015, is based on a novel by James Patterson and features a small team of folks that happen to have complementary skills that allow them to make some progress in this ordeal. The story is a globe-trotting one, and requires much suspending of belief. Our team of attractive do-gooders was recently given a huge, high-tech plane complete with a lab, at least one SUV, and cocktails! Like that happens every day. Whatever, it's well written, acted, and fun. Check it out!

***Brain Dead* (Mondays, 10:00pm ET, CBS)** Here too, you've got to have an open mind. This stuff is insane! The setting is Washington DC, and the basic premise is while the government is facing a fiscal shutdown, several politicians and staffers are becoming 'infected' by wee ants who crawl inside their brain at night. When they awake, they are Stepfordian in their actions and appearance, and also manifest their political views SO MUCH MORE THAN BEFORE! Yeah, they get ALL-CAPS ranty on social media, some to the right, some to the left. All annoying. Interesting how it reflects politics in this decade, which appears to be the point of this fun, kinda silly show. Point being that no one wants to hear what someone else is saying, especially if there appears to be a—gasp— difference of opinion.

***Unreal* (Mondays, 10:00pm, ET, Lifetime)** This show is addicting, and if you still believe events happen exactly as they're shown on reality TV, then this show will convince you otherwise. "Unscripted" television ALWAYS has a script. Probably not as outrageous as what's depicted in this show within a show, but the backstage manipulations are plentiful on these sorts of television shows. This is the story of a dating show, called *Everlasting*, and there is likely MORE drama between the directors, producers, cameramen, and network peeps, than the suitor and his would-be brides.

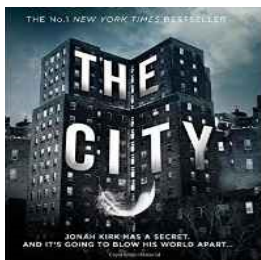
EXTRAS—

MTV's *Scream* reboot. I'm behind this season, but it's still a lot of fun.

Dead of Summer—is there a theme here? An 80s set campy show about a summer camp facing danger. The teen counselors are rarely hampered by their actual counseling duties, the little ones seem self-sufficient. Cool., gives them more time for making out and running from ghosts. Sure, you'll eye-roll, but it's worth sticking with.

BOOK STUFF

WHAT I'VE BEEN READING



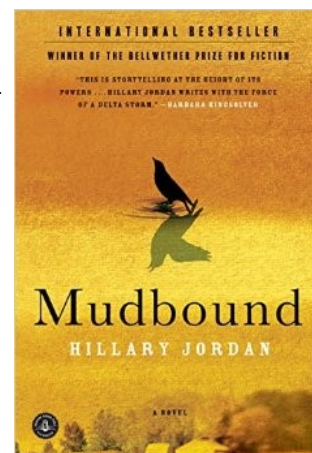
***The City*—By Dean Koontz (yes, him again!)**

The setting here, besides taking place in a major city, is in the 1960s, or thereabouts. Jonas Kirk is 9—going on 10— and he's a sweet little piano playing wannabe detective. He lives with his mom, a nightclub singer, and he gets his piano skills from his talented grandfather. They deal with the average ups and downs of life until Jonas encounters some real evil that threatens not only him and his family, but beyond.

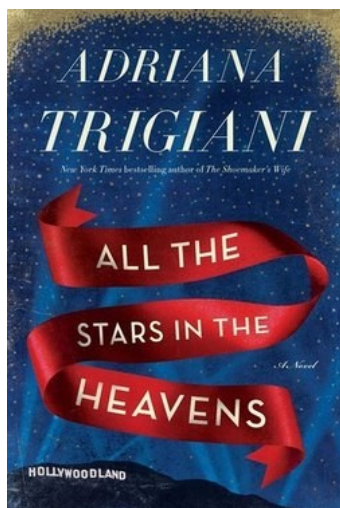
I've always loved Koontz's writing, but here, this middle-aged white author manages to write authentically in the voice of a young black kid. Good stuff. Oh, and he also creates a wonderful character, Mr. Yoshioka, Jonas's upstairs neighbor, a man who works his way to a graceful acceptance of the difficult time spent in an American internment camp. Reading his dialogue brought to mind the soft-spoken Keymaker of *The Matrix Reloaded*, played by Randall Duk Kim.

***Mudbound*—By Hillary Jordan—**

Jordan writes about the McAllen family with a sure elegance, whether describing the bigotry of 1940s Mississippi, or the never ending battle against mud on their remote farm. This novel, that covers that pain of reentry for WWII soldiers, the disappointment of a neglected farmwife, and the racial inequity of the times, is currently in production as a feature film. Slated to star are Jason Clarke, Jason Mitchell, Carey Mulligan, Mary J. Blige, and Garrett Hedlund.



***All the Stars in the Heavens*—by Adriana Trigiani**



It seems a theme is emerging here, but not by design. It's just coincidence that these three books are set in the past. Trigiani's *All the Stars* begins in the mid-1930s and moves on from there.

While Trigiani's fiction continually showcases well drawn characters, this story revolves around some very well known Hollywood stars such as Spencer Tracey, Loretta Young, Clark Gable, and Myrna Loy. The fictional character of Alda Ducci also receives top billing, she is a former nun who reluctantly leaves her convent and becomes a personal secretary, and lifelong friend to Loretta Young. The plot follows the love between Loretta and Spencer Tracey, and later, the long affair with Gable.

Sanity Smörgåsbord

OTHER STUFF TO SHARE

Essential Oil Highlight: **Wild Orange!** If there is an oil you can get high from, this is it. OK, not like the same thing as weed or alcohol, but I'm telling you, one sniff of this amazing oil makes you smile. The smell is intense, but light. Wild Orange can help manage depression, clean surfaces, and supports a healthy immune system.

Wild Orange comes from orange rinds, which are cold-pressed to produce the oil. If you are using a pure therapeutic grade, you can ingest it by putting a drop in a glass of water*, or diffuse it throughout your living or working space, or even just put a drop under your nose. Please [contact me](#) if you have any questions!

*Never put essential oils in a plastic water bottle. It's better to use glass or stainless steel.



THE BOOK UPDATE:

As mentioned on my website, I've been [writing a book](#) called *Driving Home From Boston: 12 Lessons to Help You Navigate Crisis*. This project is based on Tom's story, from diagnosis at the age of 12 with liver disease, to major surgery, recovery, numerous complications, and ultimately receiving a liver transplant in 2010, when he was 15. Throughout this ordeal, and even now, I try to find something redeeming and/or useful in the many moments of illness and coping. I've been working on a chapter about our cat Two-Bit, and how he has helped us all. Here's an excerpt:

"Two-Bit is a glutton for love. He's such a funny thing, and endearing at the same time. The moment I take a seat in the living room, he's hopping in the lap, settling down, and purposefully not making eye contact – he's avoiding the possibility that I'll turn him down. The purr-machine starts and I find myself relaxing along with him.

Or, it's late night. I make the Going to Bed movements, and he begins his shadow walk with me 'round the kitchen, bathroom, locking doors and turning off lights. As I head upstairs, he begins to meow quietly, questioning my intent. "It's time? It's definitely time? For realz?" I can barely get into bed without him taking my spot. As I lay down, his purring is so loud, I giggle. I set the AM alarm, start some relaxing quiet music, and close my eyes.

As I begin to quiet myself, Two-Bit stretches out one or both paws and finds my hands. I open them, and he slips his paws to rest in my open palm. His claws gently knead my skin, and I whisper to him, rubbing his ears or under his chin with my free hand. He seems to relax, I definitely relax. If I'm lucky, I feel myself relaxed enough to fall asleep.

And then – without warning – the cat is up and gone. His leave-taking is as abrupt as if he just remembered he had something on the stove, or is late for a bus. I guess this is his version of the Irish Goodbye.

The first few times this happened, I felt a bit abandoned. Gradually I realized that maybe this was his way of "tucking me in." And cats, being nocturnal, don't plan on spending a whole evening on Master's bed. There are creaks and shudders in the old walls that need attention, bugs to swipe at, and mice to chase.

It was just interesting timing, how he'd leap off the bed the moment I was falling asleep. Either he felt that his job was done in getting me all sleepy, or that since my petting and stroking slowed down too much, he felt neglected. I'd like to think it's the former.

I guess the biggest lesson I've learned from Two-Bit is to be more open about asking for help or affection. I don't have to pretend to be strong all the time. Also, when something is over and done, it's OK to just accept it and leave."