

# The Sanity Update



December 2021

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[TheSanitySearch.com](http://TheSanitySearch.com)

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Thanks!

So, here's a funny thing. Like a lot of areas in my life, "I've been meaning" to rev up this newsletter. Ya wanna know the last time I sent one out?

*DISCLAIMER: my TV and Books write-ups were written several years ago, but you may find them delightful, even now.]*

2016.

Yikes! Crazy, right? Well shit, life is crazy. You've all had those times, they last for a week, months, and more. Times when you can't get ahead financially, or a pipe breaks in your home, or a string of deaths in the family. Maybe you lost a job, started a new one, or got married. Lots of stuff can make you a little cray-cray, even the happy stuff, whatever keeps you off your usual routine, and it's draining to say the least.

And then there's politics, climate change, and FUCKING COVID. Oy!

A brief rundown of what's been going on since I first drafted this issue (in **2016**). And I'm probably leaving something out, and they're not specifically in chronological order.

- ◇ Tom ran his second marathon, and so far it's a total of four!
- ◇ Dave lost his job from Chase. Like Fidelity, it was a closing of a campus, not because he was a poor worker.
- ◇ Dave and Tom started working for a friend, doing light construction for several months.
- ◇ He was also diagnosed with Afib.

(continued on pg. 5)

What's Inside:

Just open and find out!

# What's The News

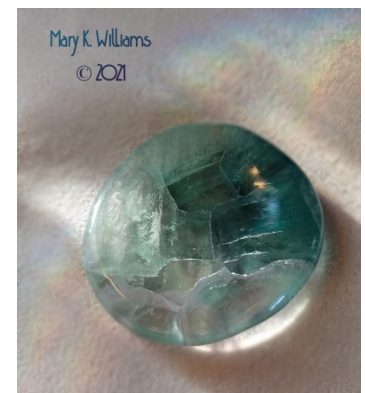
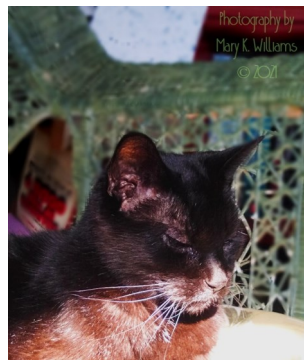
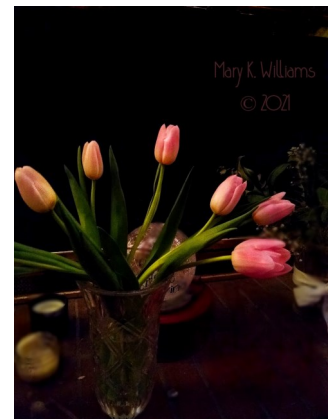
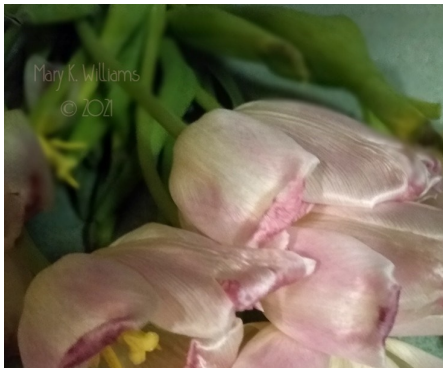
PEOPLE, EVENTS, AND OTHER COOL THINGS THAT HELP IN THE SANITY SEARCH

This is the spot where I typically highlight a cool non-profit/charitable organization. Since I want to ~~get this to press~~— I mean upload to Mailchimp; I'm just going to leave the mailing information for my own church, and my work church—they both do important work in the Greater Lowell community— and donations are not only welcome, but very much needed, so here you go:

Christ Church United—Dracut  
10 Arlington Street  
Dracut, MA 01826

First United Baptist Church  
99 Church Street  
Lowell, MA 01852

And now for some random, but pretty photography:





# TV STUFF

## What I'm Watching, Recording, or Deleting

***Westworld* (Sundays, 9:00pm ET, HBO)** So, I never saw the original film, but I knew a basic premise—that someone had devised a special environment that would seem realistic enough to entertain visitors. The season is now over, but wow, what a mind-trip! This endeavor by HBO takes the story and adds, twists, invents and bends, so the result is pretty captivating. It's fairly heady. You really need to pay attention to ALL the dialogue, but if you are lost, there are websites to fill in the blanks. The music is neat too. All the songs are done by composer Ramin Djawadi, who has composed music for *Game of*



*Thrones*, and here arranges such popular music from Nine Inch Nails, Radiohead, The Rolling Stones, and even Dubussy, so that they sound like pieces on a player piano.



***This is Us* (Tuesdays, 9:00pm ET, NBC)** A show that was heavily promoted during the summer has proven to be a winner. The family drama theme is not innovative, but this story has a twist of time-jumping between this family's origins and the present day. Top notch acting is a bonus too.

***Designated Survivor* (Wednesdays, 10:00pm ET, ABC)**

Who's been worried about the State of the Union since Jack Bauer retired, or went off the grid, or wherever he ended up? Well, me too. But look, he's back as a somewhat Milquetoast-y Washington DC dude who had the misfortune of being the necessary Administration member left behind during the annual SOTU address—just in case. Well, the worst happened in a horrible bombing of the Capitol building, killing just about all members of the current government. Ouch! Kiefer Sutherland stars as Tom Kirkman, the new President. Bonus—The new press sec. is Kumar! (Kal Penn) He lays off the weed to deliver a decent job of handling the WH press corps.

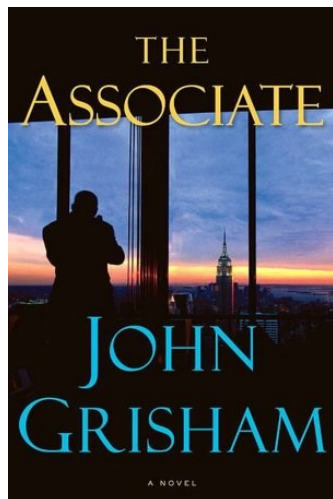


**EXTRAS: *The Walking Dead***—The family got me a bit hooked. It's quite the show!

**Hallmark Channel Holiday Shows**—I'm a sucker for romantic movies, and these are fine enough, but man, I realized that each movie is an elaborate advertisement for Hallmark. So many lingering close-ups on someone's interior decorations. Pretty but...contrived. Eh, it could be worse.

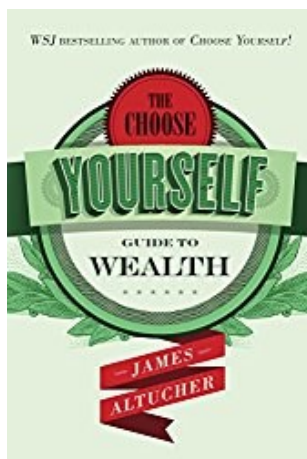
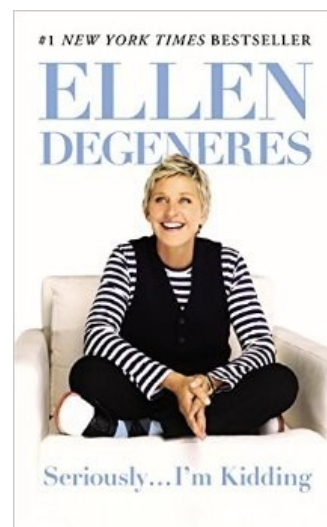
# BOOK STUFF

## WHAT I'VE BEEN READING



***The Associate*** by John Grisham. Fast-paced and tense. Successful law school senior is suddenly being blackmailed to do something highly illegal. Relaxing? No. Engaging? Absolutely. And full engagement is relaxing in the long run. Because I said so.

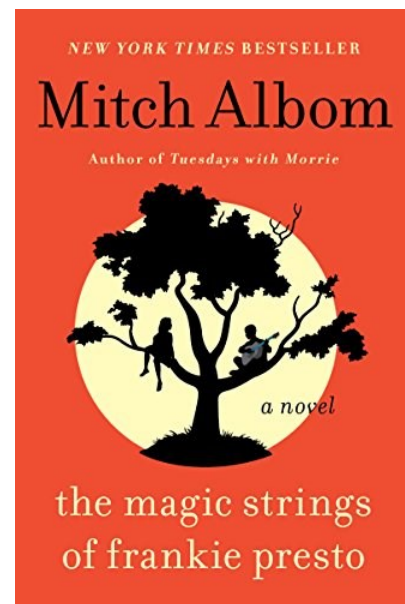
***Seriously...I'm Kidding*** by Ellen DeGeneres. A nice follow up to the above tension, this is the kind of book you can just pick up in the middle and be OK. It's not a novel, rather it's filled with small humorous observations, and perhaps a lesson here and there. "I believe with all my heart and soul that even if we try the teeniest tiniest bit we can make this world a much happier and healthier one."



***The Choose Yourself Guide to Wealth*** by James Altucher. I haven't started this one yet, but I have been intrigued by Altucher for a while. I know I asked for his *Choose Yourself* last year, and never got it. But this year, I bought it myself! Actually, an electronic version of it comes with the purchase of the guide here. Cool!

***The Magic Strings of Frankie Presto*** by Mitch Albom. *The Five People You Meet in Heaven*? *Tuesday's with Morrie*? C'mon man, it's Mitch Albom.

No explanation needed. So, I was wandering/limping through Costco and saw this on the book table. (Did I mention I'm a sucker for books?) I pointedly told my husband that I'd love this for Christmas. He suggested I just get it now. I did and wrapped it up too! I only started the first page, but I do like it so far!



# Sanity Smörgåsbord

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## OTHER STUFF TO SHARE

(Continued from pg. 1)

- ◇ Mike (my brother) and Cindy got married!
- ◇ I had a knee replacement and several months later began working a part time job. My first time “working outside the home” in over 20 years.
- ◇ Tom graduated university!
- ◇ He landed in the hospital the next day with hemolytic anemia. Multiple transfusions, started steroids, had a blood infection, came home after three weeks with steroid-induced diabetes. The whole summer was filled with counting carbs/sugars, finger pricks, and insulin shots.
- ◇ Dave had cardioversion in early 2020, it helped the Afib dramatically until...
- ◇ It didn't. Had catheter ablation in December of 2020, specifically to address an abnormal flutter. Things still good!
- ◇ Three family members (cousin/aunt/uncle) on Dave's side died in February, March, and June of 2020
- ◇ Fucking Covid—enough said.
- ◇ Dave worked as a contractor for a few clients
- ◇ I learned how to work from home. Did I mention I love my job? Because I do!
- ◇ Became clerk at my church—officially “an officer of the church.” No, I don't need a crown or scepter. ; )
- ◇ Dave's mom died. Shitty times. She was a great person and is missed deeply
- ◇ Mike broke his ankle
- ◇ Tom broke his elbow (back in 2020, wasn't diagnosed till 2021)
- ◇ Dave started a new permanent job.
- ◇ Our beloved Two-Bit died.
- ◇ Mike had his gallbladder out—a bit unexpectedly, but he feels better than before.
- ◇ Dave got Covid. Thanks to vaccinations, none of us got it, and he recovered quickly

# Welcome 2022!