

Bennett Radio

I'm glad to be back with all my listeners in Cleveland, Texas, Columbus, and Toledo with my website and blog. Check out my website at www.bennetradio.com . I am looking forward to hearing from you here.

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A Symbol of Peace In Space

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When I saw a TV ad about the upcoming Olympics featuring that handsome devil of a snowboarder, Shaun White – 2 thoughts popped in my head “Wow, no more flowing red locks for Shaun” and “Where’s Sochi?”

I’ve since done my homework and discovered Sochi to be in Russia and soon to be the opulent home of the Winter Olympics.

I also found out that after a successful launch last night, the Olympic Torch

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is in space, as we speak (November 7, 2013). This easily led me to jump to the conclusion that this must be why they're saying that this year's Olympic Torch Relay is the longest in history. *Au contraire, mon ami* – or should I say, *think again, comrade*.

And, like most of us that are riveted by Olympic trivia, sitting on the edge of our seats as they dole out each delicious little detail. I was surprised to learn that the Olympic Torch already traveled to space – twice. Once for the '96 Atlanta games aboard the Space Shuttle Columbia and again for the 2000 games in Sydney on the Space Shuttle Atlantis.

The new exciting destination for the torch is the North Pole. Apparently, nobody, not even Santa with his eight tiny reindeer ever made a run at getting the torch to that frosty vacation fun land, until now. This year the torch has made its ground breaking (or, nuclear powered ice-breaking) trip there for the first time ever in the history of the Olympics. Adding some hard earned miles to the 44,000 mile trek the Olympic torch is making this time around.

The torch trip is no picnic for the torch. Rumor has it that the torch flame has gone out 44 times during its travels in spite of the fact that it has been specially designed to withstand Russia's high winds and harsh minus forty degree temperatures.

Where's Romney when you need him. This guy who will brag to you that he single handedly saved the Salt Lake City games could've easily explained that the torch always goes out, it's to be expected. I tell ya, you can send a man to the moon, but you can't get a torch...back to the torch in space.

Here is the chain of events – earlier this year an Olympic Torch was passed to none other than the first guy ever to do a spacewalk, former cosmonaut, Alexey Leonov. Alexey passed it Mikhail Tyurin, who is the guy in charge of getting the torch to the International Space Station and take it on an historic spacewalk this Saturday.

Put on your best Boris and Natasha accent to read what the president of the Sochi Olympic Committee, Dmitry Chernyshenko tweeted about it on Monday (yes, he tweeted):

“Our ambition to conquer Space 1st time ever in the Olympic history becomes reality,” [“#Sochi2014’s Torch Relay will reach the open space!”](#)

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The torch is unlit for its journey into space partly to save oxygen and we know how precious oxygen is in space after seeing the trailers for that Sandra Bullock/George Clooney movie.

God speed to the guys in the space suits and God willing, we will see the very same torch lit up in all it's glory lighting the Olympic flame in Sochi in February. A moment that always brings a tear to my eye as the Olympic torch is a symbol of peace.

This entry was posted in [Entertainment](#), [News](#), [Politics](#) on [November 7, 2013](#).

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Hijinx In the High Court

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Herein lies a sordid tale of friendship, marriage, betrayal and....*murder!!!*
(Cue the dramatic music sting)

A love triangle of the worst kind that added an element of, shall we say, entertainment, to the Supreme Court on Tuesday. Yes, this squalid story was revealed in the highest court in our land. And, you won't guess why – at least I would've never guessed.

It all started when Carol Anne Bond learned that her BFF was in the family way. It was all joy and rapture until *Mrs.* Bond discovered *Mr.* Bond was part of that family (sort of), he was the father - *of her best friend's baby!*

And, Carol Anne's sinister plot was hatched.

She had decided to even the score – two could play this game (or three,

depending on how you look at it). What to do? What to do?

She did what any rational thinking, red-blooded American woman would do – kill her rival with *poison*. Not just any poison would do. No, it had to be an easily detectable orange chemical – this was no ordinary nacho cheese powder from Doritos or even the clingy orange dust from a bag of Cheetos – it was more disturbing than that.

This deadly orange chemical left a burn on Carol Bond's thumb as she spread it on her adversary's mail box, mail, front door, car and other surfaces. Leaving no trace except the conspicuous orange color that eventually led to her arrest.

In the end, a crack team of postal authorities were able to video tape her spreading her potentially lethal chemicals on a total of 24 surfaces. The charge – violating the 1993 Chemical Weapons Convention – wha???????

Apparently, trying to kill someone with chemical weapons is not only unsavory, but allegedly violates a treaty. Hilarity ensued as the discussion went from usurping states' police powers vs. enforcing the treaty to increasingly sillier hypothetical's.

At one point Justice Samuel Alito said, "Would it shock you if I told you that a few days ago my wife and I distributed toxic chemicals to a great number of children?" After all, observed Alito, chocolate is poisonous to dogs.

All this hijinx in the court did ultimately lead to a conviction for Carol Anne Bond. She was sentenced to six years in the gray bar hotel where the only orange thing she'll have access to is her outfit.

This entry was posted in [News](#), [Politics](#) on [November 6, 2013](#).

Change – Plan A, Plan B, I Think I'm On Plan "Anything Goes"

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“Those who cannot change their minds cannot change anything.”

— George Bernard Shaw

Change is inevitable. We change our minds, change our oil, change planes, change the sheets and this weekend we changed our clocks (*falling back*). So, what's not to love about more time? How about - it gets dark at 5:30? Or, what *happens* when you forget to *actually* change your clock? You can see where this gets tricky.

Resist or adjust? It can be so hard. For some, even the simple act of putting on different clothes is not without its angst. Then, there are the big life altering moments. Like, getting married, having a baby, moving and these days most people know someone who has had to change jobs.

For me, it's an all too familiar experience as of late. At first, I went for the tried and true approach after being downsized out of my current position. Hit the floor running and look for my next opportunity. I would shake it off and start making networking calls usually the same day. And, it was effective and efficient. Not so much anymore.

As the relentless recession marches on – I've had to change tactics. Notice the word change. First, lowering my expectations a little and eventually, lowering them a lot.

I have taken jobs against my better judgment, worked with and for some tyrants and con-men and lived in places that I wouldn't have considered before, just to keep a roof over my head and food on the table. And, I've had to listen to those who feel the right to place petty, negative judgement on those choices – usually people who are clueless that life isn't always fair.

With no seeming end to the economic downturn in site, I'm finding myself coping with yet another change. Back in the olden days, when finding a job

was troubling but not impossible, I would get a new job first and *then* move to be close to that job. Now, I've reversed my thinking. I'm exploring the option of moving to a new place *first*, then landing the job.

Sounds simple, but, take it from my loving family and friends who have counseled me regarding the matter – it's not. Right now, I'm living in Toledo after losing my job "through no fault of my own", as they say.

I have to tell you that Cleveland is my beloved hometown where I have family and friends that mean a great deal to me. Even when I'm not living there, I'm close enough to visit easily. I've also spent some great years working and living in Columbus. I am considering a move to either one of those familiar places and have plans to investigate further this week.

Now, the wildcard – A place I hadn't imagined before, that was totally off my radar until very recently and that's become very exciting to me as of last week– greater Washington, D. C.

I had the opportunity to spend a week there with my well connected, highly respected, wonderfully loving cousin. She showed me her beloved hometown and all of the glorious places within that have special meaning to her and now to me.

Our trip was blessed with great moment after great moment right down to the near perfect weather and peak season for the fall leaves. It filled my heart with a new perspective on my current situation and I saw a place ripe with possibilities.

Sometimes you have to go totally outside the box and embrace the unexpected change that's on the horizon calling your name.

I've already set things in motion by giving my notice to my landlord – so, I *will* be making a change. Hmmm, there's that word again.

This entry was posted in [Economy](#), [Jobs](#), [Unemployment](#) on [November 4, 2013](#).

[Garbanzo Bean Nirvana \(Invest In Futures Now\)](#)

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It looks as if the lowly chickpea, the garbanzo bean is finally getting its due – no longer relegated to the exotic-fare-from-faraway-places category of food.

It seems that every time I turn around I'm reading about another delightful recipe re-due involving chickpeas. Just last week, I was perusing a cookbook I had checked out of the library and discovered chickpea pancakes.

Now I found a recipe for Chickpea Fries on the web – add this to my growing list of yummy ways to eat chickpeas that I'd like to try.

So far I've tried 2, quintessential hummus and Chickpea Blondies (see earlier post for recipe). Now I find out that this recipe can be used as a healthy version of chocolate chip cookie dough – just don't bake it. How cool is that? I hear tell that even the most discerning of cookie dough aficionados can't tell the difference between the chickpea version and the original.

This got me wondering – how many new and exciting ways *are* there to include the fiberlicious (not a word, but it should be) chickpea into my diet. Then I found it – Garbanzo bean nirvana – a website touting a whopping 20 Garbanzo bean recipes with the headline – “There's BEANS in this?”

I had hit the jackpot with these, as they put it “Amazing Garbanzo Bean Recipes”

My beloved blondie recipe was among the 20 – I interpreted this as a good sign. There was also cake, pizza crust, chips, crackers....It seems that if it can be made with flour, it can be made healthier with chickpeas.

I do believe in giving credit where credit is due, so I've included the link to this chickpea wonderland below:

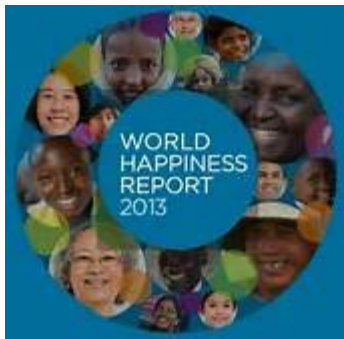
<http://www.mynaturalfamily.com/recipes/breakfast/my-favorite-garbanzo-bean-recipes/>

I plan to put these recipes to the test; I'll let you know how it goes. If the blondies are any indication, I think I'll invest in garbanzo bean futures. This bean is on its way UP.

This entry was posted in [Health and Fitness](#), [Ideas](#) on [October 24, 2013](#).

The Happiest Countries in the World (The U.S. Isn't At the Top of the List)

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The 2013 List of the Happiest Countries in the World was released by the UN General Assembly in September.

At first glance, I noticed a pattern – the top 5 are all in extreme northern Europe – Denmark coming in at number 1, followed by Norway, Switzerland, Netherlands and Sweden. Noticing the next two on the list were Canada and Finland – I thought maybe being cold made people happier.

Nothing like layers of clothing on a brisk winter day spent mostly in the dark to chase those blues away. I know this because I have spent the majority of my life in Cleveland, OH – which begs the question – are people in

Cleveland happier than people in Hawaii? Hmm.

As I worked my way down the list, I saw Austria at #8, then Iceland and then some warm places – Australia, Israel, Costa Rica, New Zealand, and United Arab Emirates. Apparently, even in Arab countries with all of their strife and questionable human rights issues – they're happier than we in the United States.

Just 2 more countries on the list – Panama at #15, then Mexico, *then* The U.S. – yes, Mexico is happier than us. Makes you wonder why they want to come to our sullen land. I know it's complicated – just sayin'.

So, who are the least happy countries? Out of the 156 represented – the dozen that are last on the list are all in Africa except Syria – I believe the common thread may be corruption and maybe poverty (partly caused by corruption), did I mention corruption?

What makes the fine citizens of Denmark so gosh darn happy?

They take care of their people. They consider it a social responsibility to look after one another – not just shirking it by labeling it “big government”. And, most of them vote, so they're part of the process.

For example recognizing that early childhood education is associated with health and well-being throughout life for both the child and the mother – they provide for that. Families get the paid time off work they need in the first year of the baby's life and then have access to low cost or free child care. No pulling themselves up by the bootstraps, left to fend for themselves in a dog eat dog world.

Danish citizens also receive health care as a basic civil right and a source of social support. Gender equality is a priority and they have a woman in charge of the country. As opposed to here in our country where women are paid less than men for the same jobs the majority of the time.

They ride their bikes a lot – about 50% of the people in Copenhagen regularly ride them to work. This is healthy for the rider, the economy and the environment – a win/win/win.

Another way they stay happy even in the darkest days of winter is they eat a lot of chocolate and drink a lot of coffee and wine. What's not to love about

that?

This entry was posted in [Economy](#), [Health and Fitness](#), [News](#) on [October 23, 2013](#).

It Was a Crazy Day in the Rose Garden (A Woman Almost Fainted!)

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President Obama took to the podium in the Rose Garden earlier today (Monday). He was addressing the Obamacare computer glitches surrounded by the presidential posse and the obligatory photo-op people. They actually managed to round up some of the lucky few who had successfully navigated the online health care exchanges.

And the anti-Obamacare pundits drooled in anticipation of that juicy sound bite. You know, those few words that could be taken out of context and used as ammunition to discredit their political adversary. Something happened that would overshadow the message (thwarted again – these guys just can't catch a break when it comes to making Obamacare look bad – first the shutdown, now this).

A visibly pregnant woman who had successfully signed up for healthcare in spite of her obvious pre-existing condition started to wobble and her eyes rolled back. She had “the vapors” as they said in the old south. Was it

something he said?

Her husband wanted to come to her rescue, but, wasn't sure what the Secret Service would do if he rushed the stage. Not to worry, Obama gallantly caught her by the arm before she fainted.

As she was escorted off the stage Obama joked, "This is what happens when I talk too long". (Ha! A sound bite – although, probably not the one the nay-sayers were looking for)

The woman is a diabetic, with child and is doing fine.

What's interesting is that "the incident" underlined the need for the new healthcare law.

You can watch a video of what happened by following this link

<http://www.nationalreview.com/corner/361767/woman-nearly-faints-during-obama-speech-exchange-glitches-andrew-johnson#!>

This entry was posted in [Economy](#), [Health and Fitness](#), [News](#), [Politics](#) on [October 21, 2013](#).

"Smart" Guns – Very Bond, James Bond

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Guns may go the way of phones – "smart". A smart gun knows who is allowed to fire it and who is not. Very Bond, James Bond.

In fact you may have seen just such a firearm in the movie, "Skyfall."

Now, a company out of Germany, Armitix, is looking to sell owner authorized guns to Americans. There is even a congressman, John Tierney of Massachusetts that would like to see all guns made safer by mandating safe technology.

This firearm technology is really thought-provoking, whether you are for or against gun control. Cars have been made safer over the years by making the vehicle safer and this would be the same principle at work.

How these particular high tech guns work is that they are synched up to a special watch. Put, simply – no watch, no firing the gun.

The watch is turned on using a pin or code number, a second line of defense against an unauthorized user firing the weapon. It can also be programmed to automatically turn off after an allotted time period – say 2 or 4 hours.

My imagination is going wild with scenes from a Dirty Harry movie where instead of counting the number of bullets fired – he knows the bad guy doesn't have the watch or the code.

How about a John Wayne movie where all the cowboys wear watches? Maybe a little too high tech in a movie where I've always wondered how they manage to not smell bad – what with the lack of plumbing and horses and all. Don't even get me started on war movies.

"Smart" guns? Hmmmm. Now if we could only program them to only shoot the bad guys.

This entry was posted in [Ideas](#), [News](#) on [October 18, 2013](#).

Fat Shaming or Inspirational – You Decide

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This is the picture that has some people's panties in a bunch or should I say their black and red exercise boy shorts in a bunch. No bunching, panty lines or wedgies for the woman in the photo, Maria Kang – she's pretty close to perfect. And, Kang begs to differ with those who say she's fat shaming – preferring the term *inspirational*, as in, I'm perfect and you can be too.

I don't think it's the picture that is bringing out some people's inner hater, although she does present as one of those skinny-bitches women love to hate – it's the caption. "What's your excuse?"

Where do I start? Maybe I'm not a former pageant queen (she is). Maybe I'm not a fitness competitor (she is). Maybe I didn't have 3 kids pop out of my body in the past 3 years (she did). Whoa? Pump the breaks – she is posing with her 3 kids ages 3, 2 and 8 months and she's the mom!

Actually it's pretty amazing that she looks that good – maybe a little too amazing – anybody else suspicious that it's a Photoshop job? She has a following of lovers and haters posting on her Facebook page. Makes me wonder how many of Kang's followers applauding her are skinny bitches themselves – and I mean that in the nicest way.

She *has* issued what she's calling a "Final apology" to the haters. In which she revealed that one of her secrets is that she didn't use her pregnancy as an excuse to be inactive or give into cravings. So the old diet and exercise routine. Yeah, yeah, yeah....

I refer back to what I think is the real problem – the caption "What's your excuse?" Is she just taunting us normal women with her skinniness and perfect discipline? Or is she sending another message? If she's really trying to help – here's a tip – nobody wants their bad habits thrown in their face.

If you're perfect, don't try to inspire the rest of us – just keep it to yourself, thank you very much.

All of this talk about perfection has me stressed out – I think I'll go sit on the couch, eat some chickpea blondies and get lost in an episode of NCIS. That's my excuse and I'm sticking to it.

(for the chickpea blondie recipe follow this link – <http://bennetradio.com/ask/?p=201>)

This entry was posted in [Entertainment](#), [Health and Fitness](#) on [October 16, 2013](#).

America Has Prize Winning Economists – Apparently, None of Them Are in Congress

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Three Americans have won the Nobel Memorial Prize for Economics. Take that in for a second. Americans... Nobel Prize... Economics...

Before you glaze over because of the word, *economics* – let's explore.

How did *that* even happen? Are there American's running around with all the answers to the economic crisis and not sharing with the rest of the class?

I'll state the obvious – these guys can't be members of Congress.

Surprisingly, Americans win a lot of these Nobel Prizes for Economic Sciences. The last time there was no American among the winners was in 1999.

To keep the record straight, Alfred Nobel's original prize plan back in 1895 included medicine, chemistry, literature, physics and peace. In 1968, a crack team of Swedish bankers hatched the idea of a prize for economics as a memorial to Nobel. How thoughtful.

Getting back to my astonishment that there are Americans running around with the keys to economic bliss and how we must not be taking their advice. Who are these three?

Eugene Fama, "the father of modern finance" and Lars Peter Hansen are professors at the University of Chicago and Robert Shiller is a professor at Yale.

These three guys are being rewarded for their research that is influencing the way we think about economics or as the committee put it, "Empirical analysis of asset prices".

And, they don't always agree with each other's findings. Certainty, uncertainty, boom, bust, predictable, unpredictable... you get the picture.

Shiller *did* accurately predict the dot com bubble that burst in 2000 and the housing bubble that we're still reeling from. He also offered this sage advice about our current crisis, he believes – if regulated properly, global finance is "at the core of our civilization"

"It seems to some people, it's selfish and money-grubbing," he said. "It doesn't really have to be that way. The financial crisis we've been through is traumatic, but we're learning from it."

A harder lesson for some than other, to be sure – for these guys, they should be gearing up for the royal pageantry at the ceremony where they'll accept their solid gold award and the prize money – a cool 1.2 million bucks.

This entry was posted in [Economy](#), [News](#) on [October 15, 2013](#).

Bobbing For Apples – 2013 Style

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When I think of the fall apple

harvest – I imagine a picturesque farm setting with an apple orchard reaching out as far as the eye can see. Apple pickers in the quintessential plaid shirt and overalls lovingly admire each apple as they gently place it into a rustic, wood slat basket – ready to go to market.

Think again!

Leave it to Michigan, the home of the Father of American Mass Production, Henry Ford to revolutionize apple farming. And, it was done with team work and pooling of resources. I think I just felt a cutthroat cringe.

Seven Michigan apple growers pitched in to build a seven million dollar apple packing plant, giving them a definitive edge getting their product to market. And, the plant is something out of *The Jetsons* – no jet pack man flying the fruit to the grocers, but, it's really high tech.

We're talking high resolution photography, robotic arms and computer vision washing, sorting and packaging apples at a whopping 2,000 apples per minute – the fastest speed in the business.

Here's how it works. First, a robot picks up the crate and dumps the apples into a conveyor belt filled with water, looks like bobbing for apples – on steroids. From there the fruit travels into the tunnel.

To the untrained eye this appears to be merely a dark space with a bunch of flashing lights. But, upon further investigation, one learns that this is the brains of the operation.

Each apple is getting its picture taken – the computer uses that picture to form a 3D model of the apple to determine the fruit's size, color and quality.

This all happens in a fraction of a second. Good fruit goes one way – the rejects get kicked out (we need to invent one of these for dating).

This wonder of modern technology couldn't have come at a better time; Michigan apple growers are harvesting a bumper crop this year.

The recipe for this high yield from the apple orchard is part technology, part innovation. Michigan growers have also been replacing older taller trees with newer shorter trees planted in what's call a fruiting wall. Making all of the apples easier to reach and easier to pick.

The final ingredient in producing a *fruitful* apple crop is a little bit of luck, when it comes to the weather. Last year was particularly bad in that department for Michigan growers and this year could turn out to be a record-breaking year. They've earned it. I think I'll go eat an apple. You know what they say, "An apple a day....."

This entry was posted in [Economy](#), [Health and Fitness](#), [Jobs](#) on [October 14, 2013](#).

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E-mail Changes, Ain't Nobody Got Time For That

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So, I opened my Yahoo email account yesterday and... SURPRISE!!!! They changed everything. The new look is harder to read *and* harder to navigate. I'm not adverse to all change, but, email? Come on. Ain't nobody got time for that.

First, the font made it very difficult for me to skim through and pick out the most important messages. Second, it had a *theme* – I don't need a *theme* with weird colored letters and background. They say a white background with black letters is usually the easiest to read and I agree.

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There went 15 minutes trying to reason with the machine that kept insisting that it wasn't a matter of whether or not to have a *theme*, but which one I wanted – how about purple? Light purple? Brown? Blue? How about an even harder to pick the words out of, picture of clouds? A sunset?

Today I tried to find a saved e-mail by sender. Oh, no can do. Not with the new format. There goes a half an hour trying to find that e-mail and remember when it was sent. The only upside to that joyful experience was that I may have burned enough calories working my brain that I may have lost 5 pounds.

I am on a time limit on the computer, because I'm using the one at the library. I haven't got time to waste exploring theme options for my email. Not to mention – *why* would I want to? Today I opened a new g-mail account in protest. I was able to do everything I wanted to do – yeah!

Then, I searched for answers to my Yahoo e-mail issues. No longer searching for a way to fix it, just wanting to know what they were thinking. Why? Why? Why?

What I found out is that they're celebrating their 16th birthday and some genius thought this would be a great way to do it. I also read that the updated version is mostly an attempt to please Flickr enthusiasts.

In my searching around for *why* I discovered a *how* – how to revert back to at least some of the old ways of Yahoo e-mail – like a readable font and searching by sender.

An interesting side note to this story is that the changes Yahoo made were in attempt to win back users that had defected to g-mail. They just created one – me.

This entry was posted in [Uncategorized](#) on [October 10, 2013](#).

What's Going On in Washington (While We're Looking the Other Way)

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While the House

Republicans are dreaming up new ways to dupe the American people into thinking they had nothing to do with the shutdown, like calling it the Obama Shutdown – oh, that clears it up. There is actual important business taking place in Washington.

The Supreme Court is deciding on a case involving campaign finance limits for individual donors. It's more complex than that, but, most people see the problem with money influencing politics. And, kudos to the Supreme Court Justices – I hear they're like the mailman, showing up to do their duty no matter what – rain, snow, sleet, hail...a government shutdown.

The President just announced a nominee to replace Ben Bernanke as Federal Reserve Chairman, or should we say Chairwoman? Yes, the boys on Wall Street could be dealing with a woman in charge, Janet Yellen. And, she's a Democrat. This could also be the first time in a generation that a Democrat will be in charge of monetary policy.

Will this go under the radar as the Tea Party and the GOP go after the Affordable Care Act like a pit bull focused on prey? They don't have much left in their arsenal after shutting down the government and threatening to default on the National debt.



Oh, and we have a sexy new one hundred dollar bill. If you're lucky enough to get your hands on one – I heard you

can actually feel the texture on Ben Franklin's collar – ooh lah lah.

Here are some of the latest nonsense regarding the Shutdown:

- Michelle Bachman told reporters that it was NOT her twerking on Saturday Night Live.

- John Boehner's office refused to comment on why the tax-payer funded House gym and spa remains open and the janitor is still charged with restocking the towels and other "essential items" while there's a shutdown.

- Former Disney chairman Michael Eisner was on television earlier today talking about if the government shutdown was 'The Godfather', House Speaker John Boehner would be the family's weak-minded, spineless yet wildly ambitious black-sheep brother, Fredo. And, I'm sure Eisner meant it in the nicest way.

This entry was posted in [Economy](#), [Politics](#) on [October 9, 2013](#).

Halloween – Tricking, Treating or Twerking?

[1 Reply](#)



For about a week now, I've been driving past a front lawn sporting a giant skeleton head in an even bigger clear plastic globe, like a Santa head snow globe that went terribly wrong. It seems every year Halloween is starting to look more and more like a creepy Christmas when it comes to decorating the house.

Maybe the 2 holidays will just merge and squeeze out Thanksgiving – which may have been the master plan all along. If only we could find a way to guilt people into spending money by merchandising Thanksgiving, hmmm – giant clear globe with a Pilgrim head inside, anyone?

Halloween has always been what I call a candy holiday, the first in a string of them that kicks off with fun size versions of our favorite sweet treats and ends with jelly beans and chocolate bunnies. So far there isn't any St. Patrick's Day candy; I'm guessing that's only because chocolate doesn't go with green beer.

One of the scariest things about Halloween is not the haunted houses, the giant spider webs, bats, cackling witches or even vampires – it's the young girls that use it as an excuse to dress like a slut. Not that there's anything wrong with sluts. Grown women make their own choices – but, if you're under 18 and you are pretty much wearing lingerie out in public – that's kind of frightening.



I was reading that the “it girl” costume this year is a Miley Cyrus style “twerkin teddy”. And, what’s a “twerkin teddy” without the infamous red nailed foam finger? I hear those fingers are flying off the shelves.

The only saving grace for anyone daring the Miley look is that the shoes she wore on the awards show actually look kind of comfortable – she was wearing shoes?

The couple’s version of this get-up includes a man dressed like Robin Thicke as Beetlejuice like on the VMA’s. What’s not new about this? The girl is almost naked and the man is fully dressed.

Here are some pointers I hope anybody in a Miley costume takes to heart. Keep your tongue in your mouth at all times. No freaky simulation with the foam finger – once on TV was enough. And, if you’re thinking of twerking....don’t, just...don’t.

And, if you're under age – maybe Hanna Montana is the scariest thing you can be – especially if you run into the real Miley Cyrus.

This entry was posted in [Entertainment](#), [Ideas](#) on [October 8, 2013](#).

Math Geeks and Gangsters

[Leave a reply](#)



If you've ever watched a gangster movie set during prohibition times – you know cash is king – I'm talking untraceable, unmarked bills. Al Capone knew this well and if it hadn't been for that pesky gambling ledger, he would've literally gotten away with murder.

Al Capone didn't have much formal education, but was extremely street smart. Known for imparting wisdom like, *"I am like any other man. All I do is supply a demand"* and *"Capitalism is the legitimate racket of the ruling class"*.

Today's Capone's are internet savvy, hacker types and some deal in bit coins what a 1920's gangster might have called dough, clams or rubes. And, instead of spending them on hooch in a speakeasy, some are spending them in the online black marketplace called Silk Road - a sort of Amazon dot com for the contraband enthusiast.

I might not have ever known about bit coins if not for the crack team of FBI agents who busted the Silk Road kingpin, "Dread Pirate Roberts".

Bit coins bypass the banking system and are accepted without an exchange

system throughout the world and some say immune from governmental control and manipulation. No undervalued currency contributing to a trade imbalance or “too big to fail” problems here.

They say anybody can get bit coins, but, it's a bit tricky. You have to mine them. Not to worry, no 7 year olds digging in the mud 20 hours a day, passing out from dehydration and heat exhaustion. Bit coins are mined by doing something perhaps more difficult, but infinitely more humane –
SOLVING MATH PROBLEMS.

Oh woe to you if you are one of the many who drifted off into daydreams during math class – you may never get your hands on any bit coins. But, you can increase your odds by joining a pool – literally “pooling” your resources with other bit coin buffs solving algorithms as a group activity.

Bit coins are a fascinating, out-of-the box idea. A way to earn money doing math – could we consider these guys “job creators”? We've come a long way since my high school math class when we were all amazed by the newfangled math tool that replaced the slide rule – the Texas Instruments calculator.

Could math geeks someday rule the world? Maybe they already are.

I'll end with another quote, not from Al Capone, but from Abraham Lincoln, *“Prohibition... goes beyond the bounds of reason in that it attempts to control a man's appetite by legislation and makes a crime out of things that are not crimes... A prohibition law strikes a blow at the very principles upon which our government was founded.”*

This entry was posted in [Economy](#), [News](#), [Politics](#) on [October 7, 2013](#).

Little Kids Throw Temper Tantrums Because Their Brains Aren't Fully Developed – What's Congress' Excuse?

[1 Reply](#)



I don't like to take sides and stir the pot when it comes to partisan politics – but, enough is enough!

When at first you don't succeed try, try again and again and again – a full 37 times if your one of the members of congress trying to repeal the Affordable Care Act.

These guys and gals are acting like a kid throwing a temper tantrum in the cereal aisle who's already been told "No Fruitloops!" 37 times.

The main difference is that the kid has a somewhat legitimate reason for the behavior – his or her brain isn't fully developed.

Another aspect of this crisis created by the anti-government crowd is that it's shining a spotlight on some good and popular government programs. Who doesn't like the National Parks?

The fantasyland of the extreme conservatives prevails. For example, Michelle Bachman kissing a WWII Veteran at the Memorial doesn't change the fact that her insistence at extorting the American people to get her way was part of what closed the memorial in the first place.

If repealing the Affordable Care Act was possible at this point in the game, and yes, John Boehner, it is a damn game, it would've happened already.

America doesn't negotiate with hostage takers and it doesn't succumb to extortion.

Next year we get to vote for elected officials at the Federal Level, something to keep in mind. Assuming that the American people are stupid and believe bold faced lies is not the best way to get their votes. BTW – the deadline to register to vote in some states is today, others it's Monday.

This entry was posted in [News](#), [Politics](#) on [October 4, 2013](#).

News From the Tech World – Oh Snap!

[1 Reply](#)



Google just bought Flutter. What does that mean to us regular people?

Flutter is a program that recognizes hand gestures, magically allowing the user to do things on the computer with a simple wave of the hand, like Samantha on Bewitched (if you're too young to remember this – ask your Mom).

Sounds good on paper – no need for a pesky mouse or thumb typing – and if it's anything like the Google I know and love, it might even auto-correct using the question, DID YOU MEAN?

For example, if you're like most people you've felt the anger and frustration when the computer just won't do what you want it to do. With the hand gesture recognition software perhaps a one fingered hand gesture would seem appropriate. Then Google auto-correct kicks in and asks - Did you

mean finger? Showing results for finger.

Something else in the tech world that isn't official, but, I've heard through the grapevine is that some teenagers have abandoned Facebook. Can I get a hallelujah, amen?

I also heard that the social network filling the Facebook void in those circles is Snapchat, or as my college student niece calls it "Facebook for people who can't read".

Snapchat boasts that you can post pictures and send them to your friends and like the tape recorder on Mission Impossible they will self-destruct in 10 seconds. There are some interesting applications for disappearing photos, but, we won't go there.

For some 10 seconds simply wasn't enough time – so, Snapchat has added a new feature that allows the user to have those photos displayed for a full 24 hours before they disappear – it's called "My Story"

"My Story" organizes the "snaps" in chronological order creating a "snapsterpeice", get it, *snap* – sterpeice? Snapchat also seems to have created a veritable plethora of snappy new ways to use the word snap in a sentence.

Oh snap.

This entry was posted in [News](#), [Social Networking](#) on [October 3, 2013](#).

[Chickpeas, Blondies and Congress – What Do They Have In Common? Read On...](#)

[4 Replies](#)



Government shutdown, yes, we know. OK, that's out of the way.



All this talk about Government shutdown makes me want to eat cookies, but, so does the fact that it's Wednesday. So, I did. Last night. Well, Blondies. These are a somewhat healthier version, flour free and fiberlicious (not a real word, but it should be).

A whopping 1.8 grams of fiber per blondie, which means if you eat the whole batch of 16 you get your daily allowance of fiber. Not that I'm recommending this.

Unless you just broke up with your significant other, lost your job, the government shutdowns or any other catastrophe of greater or equal proportions befalls you.

The secret ingredient is chickpeas – wha???? If you're trying to add more delicious, nutritious chickpeas to your diet – this could get you off the humus merry-go-round.

I made them with honey and may have been a little generous with the chocolate chips. Did I mention that chocolate has antioxidants?

I also employed a brownie method I saw on a Martha Stewart baking show on PBS, I buttered the baking pan, lined it with parchment paper leaving enough sticking up to use as a sling to remove the finished product, and buttered the parchment – worked like a charm.

These came out so rich and delicious – one or two was very satisfying.

The thing that is the most surprising to me is that I didn't miss the flour at all. And, the fiber content is an added bonus, keeping me heathly in case congress is successful in there obsessive mission to obliterate "Obamacare".

Which got me thinking about what fiber does to one's colon – perhaps our friends in congress need a good dose of the fiber filled delights to get them "moving" again, you know – clear the, shall we say, bologna.

Here's a link to the recipe:

<http://www.ambitiouskitchen.com/2013/04/flourless-chocolate-chip-chickpea-blondies-with-sea-salt-vegan-gluten-free-healthy/>

This entry was posted in [Health and Fitness](#), [Politics](#) on [October 2, 2013](#).

Burka Avenger – Love This!

[1 Reply](#)



Step aside Gloria Steinem, there's a new feminist in town, the Burka Avenger. Who knows? Maybe Ms. Steinem helped pave the way for this burka wearing superhero. Amazingly, this children's cartoon hero comes from a land not known for women's rights and was created by a *man* – Pakistani pop star, Harood.

With a pop star at the helm, it's no surprise that the show opens with a

catchy little tune. The show theme song only has one lyric, Burkaaa! But, Harood expands on the theme in the equally catchy and downloadable [Lady in Black](#) that warns “don’t mess with the lady in black... when she’s on the attack”.

Like all good superheroes she has two identities – Jiya, the demure school teacher and (cue the dramatic music)...the Burka Avenger. Jiya is a champion of women’s rights and the right to an education. And, when danger’s afoot, Jiya morphs into her alter identity and steps out of the shadows cloaked in her Burka to combat evil.

Following the superhero tradition, only one man knows of the Burka Avenger’s true identity, and he is her father, Kabaddi Jan. Kabaddi Jaan is a kind wise old man and kabaddi master. He adopted Jiya as a young orphan child and taught her the mystic martial art of Takht Kabaddi.

Every hero must have a villain, and Baba Bandoog aka Jaali Jadoogar (fake magician), is the guy in this story. Bandoog thirsts for power and wealth and is always coming up with evil schemes to spread terror and take over control of Halwapur city. Any progress of the people of Halwapur threatens him as content and aware people will have no use for a Jadoogar.

Sound familiar?

This animated series launched on July 29, 2013 and Harood says it would’ve crashed the server if not for his rash decision to pony up for the bigger, more expensive, private server. They got 4 million hits in the first 3 days.

I watched part of an episode with English subtitles before writing this post. It’s a hoot and is worth the time. You can find it at www.burkaavenger.com.

This entry was posted in [Entertainment](#), [Politics](#) on [September 30, 2013](#).

Couch Potatoes Rejoice! New Fall TV Is In Full Swing!

[3 Replies](#)

Whew! I made it through a week of new fall programming on TV. I have yet to watch some of the new shows, there are only 24 hours in a day! I have them safely saved on my DVR for future viewing.

I've noticed that there are themes emerging. There are the night time soaps usually with one word titles like *Revenge*, *Betrayal* and *Scandal*. And, just like their daytime predecessors these shows leave us clamoring to find out what happens next when they end with a cliff hanger.

Then there's the old stand-by crime drama, who-dun-it types of shows like *CSI*, *Criminal Minds*, *NCIS* and *Law and Order*. My only gripe with these shows is that they've become increasingly graphic – just gross out stuff that leaves me thinking, “I didn't need to see *that*”.

One premise that emerged recently and seems to be taking off is the programs featuring classic characters from fairy tales and the like. These include “*Once Upon a Time*”, “*Sleepy Hollow*” and “*Grimm*”. I haven't figured out if this is because it's video comfort food, kind of like a mac and cheese on TV or if they don't want to take the time to develop new characters.

If you enjoy a good conspiracy theory there's the big brother is watching you drama in *Person of Interest*. The new show *Blacklist* reveals a seedy underbelly that even the FBI doesn't know about. And if stories warning of a future apocalypse are more your style, try *Revolution* – a cautionary tale about modern technology gone wrong.

There are sit-coms if you don't want to have to pay attention too hard to get the joke (if there is one) and the talent shows like “*The Voice*” and “*Dancing with the Stars*”.

Don't get too attached to any of these shows, people are already taking bets on which ones will be cancelled first. Don't know if there are any bookies for this, yet. I'll let you know if I hear anything.

This entry was posted in [Entertainment](#) on [September 27, 2013](#).

Economy, Documentary, Stay With Me, It's Good, Really, It Is.

[Leave a reply](#)

A new movie called “Inequality For All” opens tomorrow. I have seen some interviews and read some articles about it – sounds interesting to me, but, I like PBS.

It's being billed as the “Inconvenient Truth” for the economy. Sure to have extreme right wing pundits grabbing their mikes and espousing negative thoughts whether they've seen it or not.

The documentary does talk about how income equality would benefit the very wealthy as well as the poor and features actual people representing the top 1%.

Yes, it's a documentary and it's about the economy – before you glaze over, hear me out. I know it doesn't sound as exciting as watching a love triangle or stuff blow up, but, it is filled with ideas that affect our day to day lives.

The film attempts to make sense of why so many of us feel like we're spinning our wheels and getting nowhere or worse going backwards. I hear it ends on a positive note.

The star of the film, Robert Reich can be a polarizing figure in some circles. He recently published a petition asking Wal-Mart and McDonalds to pay their employees a living wage of \$15/hour. It's an interesting perspective on the rhetoric that they can't *afford* to pay a living wage. You can find the petition and sign it if you want to at:

<http://petitions.moveon.org/sign/mcdonalds-and-walmart/>

This issue of the widening gap between the haves and have-nots deserves our attention. It's not inevitable and it's not because most people are lazy, uneducated or otherwise unmotivated to make something of their lives.

I for one would love to see “Inequality For All” at the theater, but, being a have-not, I can't afford a ticket. Maybe I need to get a job at Wal-Mart and a second job at McDonald's (I probably still couldn't afford the ticket).

This entry was posted in [Economy](#), [Jobs](#), [Politics](#) on [September 26, 2013](#).

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Bennett Radio

I'm glad to be back with all my listeners in Cleveland, Texas, Columbus, and Toledo with my website and blog. Check out my website at www.bennetradio.com . I am looking forward to hearing from you here.

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Sandy Bennett

Charle Vasar

HOME EXPERIENCE AWARDS ABOUT

Charle Vasar and then Sandy Bennett have been a favorite voice in Ohio radio for many years. **SEE THE ARBITRON RATINGS.**

See how and why Charle became Sandy in the **ABOUT** page.

Since February 2013, Sandy has been exploring how to bolster the sagging radio business by using the internet as a tool to enhance marketing for advertisers and link the virtues of radio with the power of the internet.

Since Sandy has collaborated in the development and implementation of internet marketing and has written award-winning copy, she is uniquely situated and qualified to blend the old media (radio) with the exciting new technology of the internet.

Have You Seen the Guy With a Nose on His Forehead?

[3 Replies](#)

I was going to write about the economy, but I tripped on this little gem that makes Michael Jackson's nose seem normal, well, almost normal. It's affectionately referred to as the "forehead nose" and is a solution to the problem of what to do when your original nose is beyond repair.



December 2013

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You may be asking the same question I was when I first laid eyes on this oddity? How did this happen?

According to the Huffington Post, this gentleman is from China and suffered a nose injury in a car accident followed by a bad infection that left him without a functioning nose.

The solution was for reconstructive surgeons to make a nose by stretching the skin and transplanting vital nasal elements into his forehead. And, voila, the forehead nose lives – maybe a little too Dr. Frankenstein this close to Halloween.

It's supposed to be functional, but, I would recommend a good umbrella on a rainy day. And what if he gets a cold?

The plays on words are racing through my head, like “nose in the air”. But, I'll resist the urge.

I do have a code of ethics that I try to live by that includes not making fun of someone for something they can't help. God bless this man and his nose... (s).

This entry was posted in [News](#) on [September 25, 2013](#).

The World's Largest Living Roof

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The world's largest living

roof is in... wait for it.....greater Detroit! Yes, *that* Detroit – an unlikely suspect for something so innovative and green. Even more astonishing is that it sits atop the Ford Truck Assembly Plant in Dearborn, Michigan.

Basically, the factory is busy cranking out Ford F-150's while the roof is busy saving the company money and creating a better environment for the surrounding area.

Here's how it works. The roofs is made of a lightweight 4 layer mat that supports a groundcover plant called Sedum which is about as tough as an F-150. This enviromentally friendly roofing material serves several purposes.

It saves money on energy costs (15-30%) while it's helping to purify the air and the water quality in the Rouge River near the plant.

This massive expanse of green also creates a natural habitat for birds, butterflies and insects. And it's built to last – twice as long as a regular roof.

How big does a roof have to be to qualify as “the world's largest”? It's a whopping 10.4 acres or roughly the size of 10 regulation size basketball courts.

Apparently they give tours of the plant and the roof you can learn more at <http://www.thehenryford.org/rouge/leedlivingroof.aspx>

This entry was posted in [Economy](#), [Enviroment](#), [Health and Fitness](#) on [September 24, 2013](#).

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What's So Bad About Commercials?

[1 Reply](#)

You don't have to listen to a radio or television station for long to get the idea that commercials are a necessary evil, to be avoided at all costs. Radio stations promote commercial free hours, TV hosts tell you they'll be back “after these messages”. Where are they going? And, why can't you go with them?

Television viewers go to great lengths to watch programs without commercials, buzzing through them via a digital recording device; or avoiding them altogether by receiving shows on a personal satellite or a service like Netflix.

Broadcast radio stations have eliminated the need for fancy tricks through extended periods without the dreaded commercial breaks.

Have the stations themselves been encouraging us to hate commercials for so long that we've become convinced that they are the bane of traditional media? Or did we already dislike them?

Maybe it's time to rethink the paradigm. First by examining why commercials are unpleasant.

Most people don't like the idea that they are being sold snake oil by a slippery salesman. While it may or may not be the case, there's a perception that there is less than absolute truth in advertising.

Another distasteful attribute of some commercials is that they are poorly written and produced. These uninspiring examples of salesmanship become more humdrum the more they are run.

What if all commercials were so fun to watch we could look forward to them?

What if there were watchdogs that could be trusted to call out the snake oil guys and get them off the air?

Commercials could be seen as a valuable source of information for consumers *and* add value to the programming that they help pay for. This would be a win/win/win for the customer, the advertiser and the station.

This would require an investment in quality talent to write and produce these advertisements and the creation of a supervisory body to ensure truth in advertising.

In the current climate of cutbacks to generate incomes for investors it probably won't happen any time soon. But, it's a thought worth considering. It may even produce more income in the long run, but that would require long term thinking.

This entry was posted in [Economy](#), [Ideas](#), [Radio](#) on [September 18, 2013](#).

Register To Vote

[Leave a reply](#)

As tempting as it is to recommend that only the people who agree with my political views should vote. That would mean that we no longer live in a democracy.

One week from today, September 24, 2013 is Constitution Day and National Voter Registration Day.

There is great information about National Voter Registration Day and the upcoming elections, on November 5th on the League of Women Voters website www.lwv.org.

The League of Women Voters is a non-partisan organization dedicated to "Making Democracy Work".

I live in Ohio and my deadline to register to vote is October 7, 2013. There is a ton of election information on Ohio Secretary of State, Jon Husted's website:

<http://www.sos.state.oh.us/SOS/elections.aspx>

Make your voice heard. It matters.

This entry was posted in [News](#), [Politics](#) on [September 17, 2013](#).

Paraskevidekatriaphobic

[1 Reply](#)

Paraskevidekatriaphobic is not the name of that yoga guru.

Paraskevidekatriaphobic is what you call someone who has a fear of Friday the 13th – I'm not making this up. And, I assume neither are the 21 million people in the U.S. that are afflicted with this phobia according to the Stress Management Center and Phobia Institute in Ashville, North Carolina.

Some of these fine folks can't even get out of bed on the dreaded date. Others use it as a reason to take off work and probably lie about why – perhaps a bout of food poisoning, or that bug that's been going around (fake cough anyone?)

No stats on how many people in the Netherlands have a freaky fear of Friday the 13th, apparently, not enough to have to cancel flight 666 to HEL. Finnair's daily flight from Copenhagen to Helsinki (HEL) took off with a near capacity crowd of plucky passengers daring to beat the odds.

Some people are even afraid to utter the words "Friday the 13th" – I'm not afraid of those words, but I am afraid to try and say "Paraskevidekatriaphobic". Does that make me a Paraskevidekatriaphobic – phobic?

This entry was posted in [News](#) on [September 13, 2013](#).

Twerk – Look It Up

[1 Reply](#)

"Twerk" tops the list of the Oxford Dictionaries Online quarterly list of new words.

I just had the joyful experience of discovering "twerking" thanks to Jimmy Kimmel's recent viral video prank.

So *that's* what Miley Cyrus was doing on the MTV Awards. I can think of other descriptions, but this is a family blog.

Here's the dictionary definition:

Twerk - dance to popular music in a sexually provocative manner involving thrusting hip movements and a low, squatting stance.

And, used in a sentence:

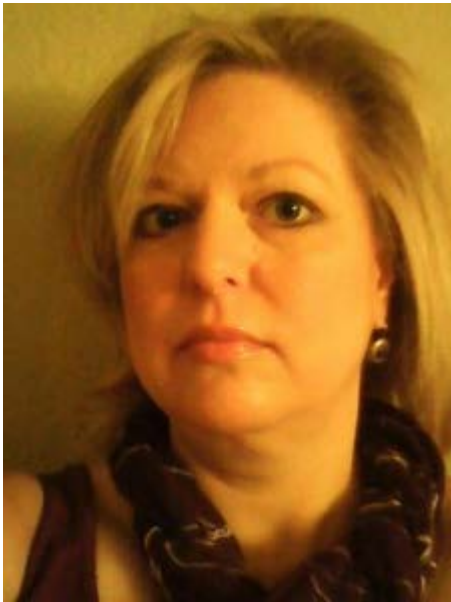
just wait till they catch their daughters twerking to this song

Selfie also made the new word list - defined as:

a photograph that one has taken of oneself, typically one taken with a smartphone or webcam and uploaded to a social media website:

occasional selfies are acceptable, but posting a new picture of yourself every day isn't necessary

You won't catch me twerking anytime soon, well, *never*. But, here's one of those occasional selfies:



This entry was posted in [News](#) on [September 12, 2013](#).

Blogging About a Blob

2 Replies

And the winner is... the blobfish.

The blobfish was just named the “world’s ugliest animal” by the Ugly Animal Society. This freaky fish beat out hot contenders like the proboscis monkey and the flightless dung beetle for the coveted title of mascot. Not exactly Miss Universe, but, you have to work with what God gave you.

At first glance, a shot of this blobstrosity looks vaguely familiar; did I used to work for this guy? Date him?

At second glance it’s clearly something out of a science-fiction movie, a creature from the blob-lagoon.

Just like it sounds the blobfish is well, a blob-like creature that blobs around in the waters off Australia, not to be mistaken for a floppy (or blobby) water balloon.

The good folks at the National Oceanic and Atmospheric Administration describe the blobfish as a “big, blobby tadpole, just a mass of pale, jelly-like flesh with puffy, loose skin, a big nose, and beady, staring eyes”. Are you sure I don’t know this guy?



Blobfish

This entry was posted in [Health and Fitness](#), [News](#) on [September 12, 2013](#).

Bigger, Better, Faster – The New iPhone

[Leave a reply](#)

Here we are again, on the precipice of a new iPhone. Will wonders never cease?

I figure by the time most 20 year olds are 50 they may very well have seen 1,000 of them. Each one allegedly better than the last, with more splashy extra features and of course *faster!*

This time there is the top of the line model that sells for a mere \$399.00 and the budget model that can be had for as low as \$99.00 (still way out of my price range).

The high end phone is instantly recognizable by its color options – silver, gold and “space grey” – *ooo-la-la*. If your phone is green, blue, yellow, pink or white your friends will know that you had to settle for the budget model 😞

No need to really advertise the phone – it's all over the news and is sure to have anybody still lucky enough to have a good paying job clamoring to show off their status by being the first to have one.

The guy with the most gigabytes wins.

As one of the casualties of the Great Recession, I would love to be a part of the smart-phone craze, but, alas, I cannot. I am a have-not.

The interesting thing to note is that the companies that manufacture these phones and sell the pricey plans that bring them to life are missing out on an untapped market, *in America*.

No need to tap into third world countries when our own country is so full of need. Food for thought when considering what constitutes a living wage – it would be a win/win for business and the people that work for them.

This entry was posted in [Economy](#), [News](#) and tagged [economy](#), [iphone](#) on [September 10, 2013](#).

Poor People Have Static Cling

[Leave a reply](#)

In the fall of 2007, I was reaping the rewards of over 25 years of building a career – I had a good job (good conditions, paid well). Then, I was laid-off.

My life went into a tail-spin and life has been a struggle for survival ever since.

Three years ago, I found myself working 2 part-time jobs – one in my field and a second job that paid minimum wage.

I was working that minimum wage job when, much to my chagrin, I had contracted a bad case of static cling.

One of my co-workers thoughtfully suggested I use fabric softener and I told her I couldn't afford fabric softener.

"Then what do poor people do?"

"I guess, poor people have static cling"

Sucking it up and living with static cling is one thing, but there are things like medical, dental and eye care, car repairs and even things like food and clothing that are out-of-reach for people like myself.

Clothes and hair-dos used to be a luxury, not a necessary evil. But, I've discovered that if you can't buy clothes for 6 years (my budget is \$0), the ones you have fade and start to disintegrate.

I would love to replace things like my broken blender, but, these days when something breaks I simply don't have it anymore.

I am writing this on the library computer and am grateful for that, but, if I had the money I would have a home computer and maybe even a smart phone.

I long to be able to make plans for the future, not just limp along hoping to finally land a *good* job.

I'm sure I'm not alone.

The point I'm trying to make is that part of the answer to ending the recession lies in more than *just* jobs. It's the *quality* of those jobs that will help bring our country back to prosperity for all and restore the middle-class.

A full-time job that pays a living wage would allow me and people like me to make a much larger contribution to the economy. I have a pent-up need for a lot of goods and services.

Consider the snowball effect on the economy if the underemployed and victims of the housing crisis were able to become middle-class consumers (again).

This entry was posted in [Economy](#), [Jobs](#), [Politics](#), [Unemployment](#) on [September 9, 2013](#).

50 Shades of ...Kale??????

[Leave a reply](#)

Kale is more popular than ever these days. Yes, Kale – the queen of greens.

“Eat More Kale” t-shirts have been flying off the shelves, partly thanks to the publicity from a lawsuit.

I can only assume that Chik-Fil-A felt threatened that Kale would somehow take over the fast-food chicken sandwich market, because their suit claimed that “Eat More Kale” sounded too much like “Eat More Chicken”. Think about it – eat more kale... eat more chicken... kale... chicken...

If you're more the “fun and sexy romp powered by kale” type, check out the book, “50 Shades of Kale” by Dr. Drew Ramsey and Jennifer Iserloh. I wish I was making up that fun and sexy romp stuff, but that's a quote from the

website www.50shadesofkale.com.

Kale is a nutritional powerhouse and is supposed to taste like collard greens, too bad I don't like collard greens, either. Perhaps I just haven't discovered the right way to eat it.

It's supposed to be mighty tasty in the Batersby's Kale Salad, Bon Appetit's dish of the year 2012. There's pickled kale, kale with eggs, kale pizza, kale pasta, kale pie, kale pancakes, kale ice cream and kale soup. Maybe I should try kale as a refreshing juice, smoothie or cocktail.

I was reading about a 12 year old kid that substitute's kale chips for bacon on a BLT, or should I say KLT? Kale chips the new bacon? I think not.

I still long get on the Kale train. Be part of the in crowd. Maybe, I'll try making kale chips. The recipe is simple:

Wash and thoroughly dry Kale leaves, tear into bite size pieces, and toss with a tablespoon or 2 of olive oil and a teaspoon of course salt

Lay prepared kale on cookie sheet without overlapping or touching

For dry crisp chips – bake at 300 degrees for 30-35 minutes stirring half-way through

For toasted chips with browned edges – bake at 350 degrees for 12-15 minutes stirring 2 or 3 times.

If I can't find a way to "eat more kale" – there's always the ornamental variety – a wonderful addition to any garden.

This entry was posted in [Health and Fitness](#) on [September 6, 2013](#).

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Sandy Bennett

Charle Vasar

HOME EXPERIENCE AWARDS ABOUT

Charle Vasar and then Sandy Bennett have been a favorite voice in Ohio radio for many years. **SEE THE ARBITRON RATINGS.**

See how and why Charle became Sandy in the **ABOUT** page.

Since February 2013, Sandy has been exploring how to bolster the sagging radio business by using the internet as a tool to enhance marketing for advertisers and link the virtues of radio with the power of the internet.

Since Sandy has collaborated in the development and implementation of internet marketing and has written award-winning copy, she is uniquely situated and qualified to blend the old media (radio) with the exciting new technology of the internet.

Ghetto Tracker – Wha???????

[Leave a reply](#)

Tracking ghettos? There's an app for that – "Ghetto Tracker". That app is now history. It only took 24 hours and numerous complaints to make that happen.

Not to worry, you can still track ghetto's using the same app with a kinder, gentler name – "Good Part of Town". You may also notice that the all-white family of four seeking to avoid "unsafe" neighborhoods has been replaced with a more diverse family.

I can see why this might have been seen as offensive – it's no Elvis singing "In the Ghetto".

As a person who has lived in one of Cleveland's "ghettos" at one time, I can tell you that there's more to it than meets the eye.

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Most people who live in poor, crime-ridden neighborhoods are hard-working, good people and would love to better their living conditions.

Next time you find yourself being quick to judge the dilapidated house or the beater car, think about our policies concerning minimum wage vs. a living wage and alleged Free Trade. Know that for most of us, all it takes is a devastating illness, accident, job loss or maybe an unscrupulous housing lender to become poor.

Maybe we should consider the "ghetto" with more compassion and try and find solutions to this problem and leave the judgments to God.

This entry was posted in [Economy](#) and tagged [apps](#), [compassion](#), [economy](#), [ghetto](#), [poor](#) on [September 5, 2013](#).

The Best Exercise For Me (Maybe For You Too)

[1 Reply](#)

Exercise seems to be the key to good health. Over the years I've studied to be a yoga teacher, had a personal trainer, spent time working out in gyms and taken exercise classes. I have become convinced that walking is the best exercise for me. It's simple, you can do it almost anywhere and it's free!

When I was in my late 20's I was in pretty good shape (as most people are in their 20's) and would use walking as a way to clear my head. After a good walk, I came home in a better mood, slept better and sometimes worked out problems during my walk.

There has always been an ebb and tide of motivation to do this regularly. In the spring of 1988, I was back at it for about a month, creating a habit. When the unexpected happened – my clothes started fitting looser and I appeared to be losing weight and I didn't need to lose weight. I wasn't doing anything to try and lose weight. How could that be? The only variable in my lifestyle was walking.

Over the years, I have experimented with the theory that the walking was the

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key to the weight loss phenomenon and it has tested true every time. You would think that would be enough to make me Walky Walkington, but there seems to be more to it.

It's a sort of catch 22, if started walking I would feel like walking and if I felt like walking...you get the idea. My amateur theory on it is that it's not just the exercise that causes the weight loss. It's the positive effects like better sleep and a better mood *combined* with the exercise that make the weight drop.

No matter why it works, it does work. Granted the weight doesn't fall off as quickly in my 50's as it did in my 20's, but I still believe in it. In fact I plan to do it this afternoon. I've already got my walking shoes on.

This entry was posted in [Advice](#), [Health and Fitness](#) and tagged [better sleep](#), [exercise](#), [good mood](#), [health](#), [walking](#), [weight loss](#) on [September 4, 2013](#).

Always Networking

[1 Reply](#)

I have a theory that we are always networking and I got a chance to put it to the test yesterday.

I struck up a conversation with a friendly young man in the grocery store. As we talked, I discovered that he not only knows about a job I recently applied for, but, *could* help me land that job.

It was a great opportunity to glean information as to the status of the employment possibility and make a good impression with a decision maker. Luckily, I always carry a pen and paper and was able to make sure he had my name and number, just in case.

I hope that I was following my own advice about projecting a good image whenever you leave the house. It was Labor Day and I was dressed for the beach at Maumee Bay State Park – nothing too scandalous, like a bathing suit, just a tank top, jeans and sandals. My friend, Joe thinks I'll get a pass because of

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the holiday weekend and I agree.

I did walk out of the store with more than just groceries – I had a little spring in my step.

Do you have any networking stories of your own? Share them on www.bennettradio.com

This entry was posted in [Advice](#), [Jobs](#), [Unemployment](#) and tagged [#labor day](#), [employment](#), [job](#), [networking](#) on [September 3, 2013](#).

Happy Labor Day

[1 Reply](#)

My paternal Grandfather immigrated to the United States from Hungary to escape his war ravaged homeland, save the family name and seek the American Dream. He met his wife, my grandmother, here in the states and had 3 children.

He took great pride in his work at a cast iron foundry in Cleveland in the early 1900's, before labor unions paved the way for safer conditions. He contracted Silicosis of the lungs from breathing in silica dust and was forced to stop working.

I knew him as Grandpa and he lived in our house on the Near West Side of Cleveland. Because he had lung disease, he had low energy, belabored breathing and an enlarged heart.

When I was a mere 5 years old, he called to me in a weak voice to ask me to bring him a glass of water. I returned to his bedside with the water and thought he was sleeping, so I left the water on the nightstand. He wasn't sleeping. He had passed.

Who knows if he would've lived a longer and happier life without the hardship of disease and poverty? Perhaps if he worked in a union shop he would've been working under safer conditions and received a decent paycheck in exchange for all of his hard work and dedication.

This blog column is dedicated to the legacy that the labor movement and unions, yes, I said unions, have made to America and our way of life.

Thanks to them, we have child labor laws, safety regulations, a 40 hour work week and minimum wage – which used to mean a living wage. These human rights are slowly being eroded in the current business climate.

I stand with the workers fighting for wage increases at fast food restaurants and retail establishments and pray that all involved do the right thing.

In the past, people have made great sacrifice to create the middle class in America and some paid with their lives.

Labor Day is a day to remember the contributions American workers have made to the strength, prosperity, and well-being of our country. God Bless America.

This entry was posted in [Economy](#), [Jobs](#), [News](#), [Politics](#), [Uncategorized](#), [Unemployment](#) and tagged [labor](#), [middle-class](#), [safety](#), [weekend](#), [workers](#) on [August 30, 2013](#).

Networking, You're Doing It Whether You Know It Or Not

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The most wonderful thing about networking is that you don't have to take a class, have a Facebook account or join a group. You're always networking. Every person you encounter throughout the day is a person in your network.

Perhaps one of the biggest challenges is to keep that in mind at all times. Next time you think about running up to the corner store in gross sweat pants and flip flops – you're networking. Not that the way you look should matter, but it does.

You are always projecting an image and most people size you up pretty quickly. And that works both ways, as I discovered in my misspent youth.

The Stardust is a country music bar boasting the biggest dance floor in West Texas and a live band and I worked there back in the day. I made a snap judgment about a man who always dressed in sloppy worn out clothes, drove a beater car and repeated the same old stale jokes when he drank too much. I assumed he was not a good prospect for a good tip.

Turns out this genius was the patent holder for the tail cones on a certain kind of jet, helped famous race car drivers build their cars and went to parties with movers and shakers like the Governor. He was well connected and rolling in dough. I did not know this when I struck up a conversation with him on a slow night and he took a long time revealing it to me. I never asked, but I assume his first impression of me didn't include the fact that I have a near genius IQ.

We eventually became great friends and he helped me find a great little house to rent so I could have a dog. He even introduced me to one of his friends who let my dog run and play on his big ole' Texas ranch while I was at work. I helped him quit drinking – he says I saved his life, but, I think there's more to it than that.

This is an example of how we evaluate people on their looks, their current position in life and so on. You could meet the love of your life, your next employer and/or the person who inspires you to greatness the next time you leave the house. Be ready. Wear a smile and a friendly attitude. Project the image that tells people who you are and who you aspire to be – even you want to be the person who wears gross sweat pants and flip flops out in public. Just do it with purpose.

Have you discovered a wonderful connection through networking? Do you have tips about networking to share? Write me at my blog at www.bennettradio.com.

This entry was posted in [Advice](#), [Economy](#), [Jobs](#), [Uncategorized](#), [Unemployment](#) and tagged [image](#), [networking](#), [sweats](#) on [August 29, 2013](#).

Strategies For a Smooth Landing (After You Lose Your Job)

1 Reply

I was recently working at a start-up radio station and I was one of 2 full time programming employees. There always seemed to be pressing issues for engineering and it took a couple of years for me to gain access to my air-checks.

I planned to have an air-check at the ready in case the unthinkable happened, when my co-worker ended up in the hospital. I was slammed. I thought as soon as things settle down, I'll put together an air-check.

After a few weeks, they hired another full-time guy. Sweet relief was on the way and I thought as soon as he was broken in, I would make that air-check.

Weeks later, my co-worker was on the mend and back to work on a part-time basis. And, I was on the brink of finally being able to produce that air-check.

Then, they dropped the bombshell. I LOST MY JOB! It was a budget cut, but, it caught me off-guard. I asked in the exit interview if I could use the studios to make an air-check to look for a job, which is customary in my experience. They said yes, but, my subsequent attempts to make that happen have been met with opposition and I never did get to make that air-check.

This is a cautionary tale. Hind sight is 20/20, but, I really should have sucked it up and got that air-check together. Dust off that resume and have it up-to-date. Make sure to have any materials you need to find that next job at the ready at all times – just in case. It also doesn't hurt to keep up with contacts and maybe even meet a few new ones. Networking is important and I will talk more about that in my next blog.

Have you had a similar experience? What are your tips for being at the ready for the unthinkable? Let me know what you think. Write me here at www.bennettradio.com.

This entry was posted in [Economy](#), [Jobs](#), [Radio](#), [Uncategorized](#), [Unemployment](#) and tagged [job](#), [radio](#), [unemployment](#) on [August 28, 2013](#).

Jobs

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"If you haven't been fired, you haven't worked in radio long enough" and if you work in radio long enough, you've probably heard somebody say that. Who knew that the revolving door of employment in the radio business was going to become trendy? We were pioneers.

I've personally lost my job almost every way possible over the past 30 plus years. And whether it's your first experience or you're an old pro – it's never easy.

Most radio professionals are familiar with what is affectionately referred to as the "bloodbath" – this is when the station changes hands and the new management makes sweeping changes that include letting the entire staff go and replacing them with their own people.

Then, there's the downsizing model that seems to go hand in hand with consolidation and automation. Some companies did it in December – Happy Holidays, hope you haven't bought your presents yet, here's your pink slip.

Sometimes nepotism plays a role and management gets rid of you to make room for their friends and family, regardless of their qualifications.

These days it seems that a flabbergasting number of the most talented, dedicated people I know have lost their jobs.

Do you know one of these talented professionals that are out of work? Have you been unjustly fired? Are you still reeling from the experience of losing your job? Let us know what you think by posting a comment.

Visit my blog tomorrow for things you can do while you're still employed to prepare for a smooth landing in the event that you lose your job.

This entry was posted in [Economy](#), [Jobs](#), [News](#), [Radio](#), [Unemployment](#) on [August 27, 2013](#).

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Tell me what's on your mind. And check out my website at www.bennettradio.com

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2 thoughts on "I'm Listening"



joe

August 28, 2013 at 12:12 pm

Where do you feel the future of radio lies?

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Charle Post author

August 29, 2013 at 2:32 pm

That's the 6 million dollar question. The future of radio depends on what radio professionals decide to do. Radio is a powerful medium, always has been. Radio should lead, not follow as we head into the age of computers and social media. Some are already doing this. Just think how much richer some stations would be if they were getting paid to promote social media sites like Facebook, for example.

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2 thoughts on “Radio”



Tom

September 5, 2013 at 5:37 pm

When you were at Majic in Cleveland, you did a lot of community outreach and appearances in which you supported good causes. You were fun to listen to, and you helped people out.

Now there are so many of the opposite kinds of people on the radio. They

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are super aggressive and hostile and fill the air waves with hatred. The most notorious has been on for decades even though he's done things to cause a lot of complaints. The personalities like this also seem to hate women and minorities. In spite of their hate-speech, they get away with it.

Is there really hope for decent radio when it has sunk to this level for so long? If so, what do you think it could morph into in order to become respectable again?

[Reply](#) ↓



Charle Post author

September 9, 2013 at 2:52 pm

The interesting thing to note about the hate-mongering radio hosts is that they get ratings, which translate to profits for their affiliates. There are people that listen to have their own beliefs reinforced and others who listen because they love to hate the host. Some of these listeners will vow never to listen again, only to tune in the next day and say the very same thing.

Some of these hosts are presenting the information (correct or not) as fact and that is wrong. So much of what is considered news these days is really just opinion – a sad reality. A lot of times the misinformation is presented in an entertaining fashion and which is fun to listen to, as long as you remember that it's just entertainment, not news.

Perhaps the answer to whether the respectable radio host can thrive in today's crazy world, lies in how the information is presented. I believe that honest, thoughtful information can be presented in an engaging way. I had the good fortune of working with a news director who did just that, Lou Herbert. His wit and charm came through in his writing style and the news was no longer just a boring factual account, but an engaging tale of what happened.

Radio is a money making venture and as long as the hostile host is a ratings powerhouse raking in the bucks, we will continue to hear them broadcasting their bull. If we want to put them out of business, stop listening.

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4 thoughts on "Today"



Charle Post author

September 12, 2013 at 3:04 pm

I took a class about Facebook today. Really enjoyed it.

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Jud

September 13, 2013 at 6:45 pm

Surely, you're kidding. Facebook is such a mess!

[Reply](#) ↓



Charle

Post author

September 17, 2013 at 1:45 pm

I said I enjoyed *the class*, the instructor was delightful and I discovered that you can actually make your facebook site disappear for a time – say, your looking for a job and have posted some not so professional photos. Some people do it because they feel like they're addicted to checking Facebook and need to take a break.

[Reply](#) ↓



Jud

September 18, 2013 at 1:39 pm

OK. That makes sense.

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Charle Vasar

HOME EXPERIENCE AWARDS ABOUT

Charle Vasar and then Sandy Bennett have been a favorite voice in Ohio radio for many years. **SEE THE ARBITRON RATINGS.**

See how and why Charle became Sandy in the **ABOUT** page.

Since February 2013, Sandy has been exploring how to bolster the sagging radio business by using the internet as a tool to enhance marketing for advertisers and link the virtues of radio with the power of the internet.

Since Sandy has collaborated in the development and implementation of internet marketing and has written award-winning copy, she is uniquely situated and qualified to blend the old media (radio) with the exciting new technology of the internet.

Welcome

I'm glad to be back with all my listeners in Cleveland, Texas, Columbus, and Toledo with my website and blog. Check out my website at www.bennettradio.com

I am now exploring ways to create a mutually beneficial relationship between terrestrial radio and the new technologies like the internet.

I am looking forward to hearing from you here.

December 2013

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8 thoughts on "Welcome"

Susy



August 18, 2013 at 3:32 am

You used give advice for personal problems. Are you still going to do that?

[Reply](#) ↓



Charle Post author

August 27, 2013 at 1:55 pm

Absolutely! Just tell me what's on your mind and I'll get back to you.
Thanks, Susy!

[Reply](#) ↓



Susy

August 27, 2013 at 3:31 pm

How do you keep your spirits up when a company lets you know that they are shipping jobs over-seas two days before Christmas and you won't be back after a hard-earned vacation?

[Reply](#) ↓



Charle Post author

August 28, 2013 at 1:07 pm

The Christmas season is such a hectic time of year and it's a time when most of us wish we had a few extra dollars to spend. A job loss at that time can be devastating. Let yourself grieve – it is a loss. Don't feel ashamed to open up about it to friends and family, you may be in touch with more of them during

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the holidays. If you don't want to talk about it during Christmas dinner, just ask. If you feel a need to speak about it, share your feelings about that too. You might be surprised by just how much those closest to you want to lend a hand, you just need to let them know the best way to help YOU. Also, no need to feel guilty about not baking cookies or bringing presents, most people understand. The good thing about the holidays is that we can feel the love and support of friends and family – let yourself enjoy the season.

[Reply](#) ↓



Tom

August 28, 2013 at 9:18 am

I really love your interviews. Are you going to do more of that?

[Reply](#) ↓



Charle

Post author

August 28, 2013 at 12:57 pm

Thanks so much. I really enjoy doing interviews and plan to look into posting interviews on this site as things progress

[Reply](#) ↓



Gary F

August 28, 2013 at 11:18 am

Greetings Char..so glad to see you resurface. So much to gab about when we catch up one of these days. Like so many others in the industry, your radio talents are missed.. Best wishes to you always. Gary F.

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Charle Post author

August 28, 2013 at 1:10 pm

Gary, so glad to hear from you. Thanks for your kind words. I love radio and you never know when or where one of us will pop up on the air again. God bless.

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