

#1163  
1.7.2019

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## 1. Reflections

If you're reading this via Facebook or LinkedIn, please be advised that you will get it quicker if you get it via email. Another advantage: You'll never miss it that way because you may not have logged in for a day or two. And in the unlikely event you're not already a subscriber, all you need to do is send an email to: [hgjnbc@aol.com](mailto:hgjnbc@aol.com) and put SUBSCRIPTION in the subject line.

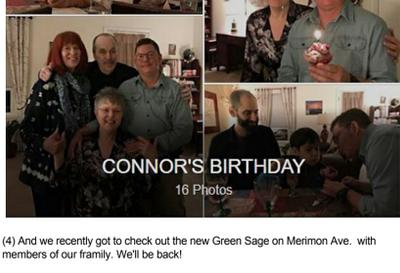
A. Cynthia, my beautiful bride, and I:

(1) Had a blast at our New Year's Eve party at Yao Buffet. The food was great, as was the service we received from Gift. As always, we moved the clock ahead at 7:30 p.m., so we could drop the (exercise) ball and leave by 8 p.m. If you want to watch that happen, see both more pictures and the video at the end by clicking: [Here](#)

The highlight of the evening was the performance of Adam Putnam—mental extraordinaire. He was amazing!



(2) The next day, we celebrated the beginning of 2019 with a party at the home of our friends Barrie Barton and Russ Gowan. To see these pictures at full size, please click: [Here](#)



(3) Also found time to celebrate our friend Connor Ray's birthday. For more pictures, please click: [Here](#)



(4) And we recently got to check out the new Green Sage on Merimon Ave. with members of our family. We'll be back!



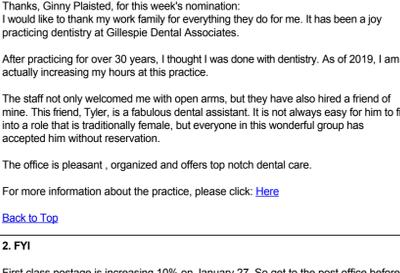
B. WPV/MFM invites you to listen to the BLAINESWORLD show from Wednesday, Jan. 9, 2019. The guests were: Jimmy Ferraro (left) in the first half, theatrical producer/director, The Center for Art & Inspiration; for more information: [Here](#); and Chandler Smith (right) in the second half, actor, voice over artist, and stand up comedian; for more information: [williamchandlermithnc@gmail.com](mailto:williamchandlermithnc@gmail.com) ... to listen to the broadcast, click: [Here](#) ... to view it via Facebook Live, click: [Here](#)



C. During the week, I went with my fellow Breakfast Club members to Well-Bred Bakery Billmore and had the French Toast Casserole. It was spectacular!



D. Cynthia became an official dog godmother when our neighbors Ed and Tracy Hackett brought Aspen to visit her.



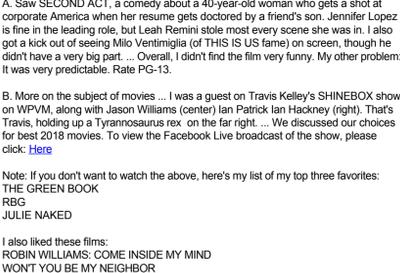
E. Congratulations to:

- (1) Zoe Shevack and Retep Burleigh on their engagement.
- (2) Denise Bltz on her new position, in February as an animal rights and environmental activist. (And thanks, Denise, for also forming Brother Wolf and serving as the organization's president)
- (3) Rose-Marie Vieira on her new job as Office Manager at The Garage Authority.
- (4) Danny Brice on his new position as an IT Specialist at the U.S. Department of Veteran Affairs.
- (5) Karen Marinoff, winner of Contest 1: a copy of THIS IS ME: LOVING THE PERSON YOU ARE TODAY by Chrissy Metz. ... All told, there were six entries. And that reminds me it is now time to introduce ...

\*\*\*\* Contest #2 \*\*\*\*

One lucky reader will win a copy of HOW TO READ FOR AN AUDIENCE: THE STUFF NOBODY TEACHES YOU, written by my friend James Nave (pictured below, enjoying an early lunch with me at Rise 'n Shine Cafe) and Abigra Huston. I'm currently reading and enjoying the book. It is the perfect book for novelists and memoirists, for poets and storytellers, for award-winners and speech makers, for bookstore, open mic, cafe and stage events.

To enter the contest, send an email to: [hgjnbc@aol.com](mailto:hgjnbc@aol.com) and put CONTEST #2 in the subject line, then include your name and snail mail address in the body of the email. ... All entries must be received by 9 p.m. on Monday, Jan. 21.



\*\*\*\* BLAINESWORLD BEST AWARD \*\*\*\*

Thanks, Ginny Plaisted, for this week's nomination: I would like to thank my work family for everything they do for me. It has been a joy practicing dentistry at Gillespie Dental Associates.

After practicing for over 30 years, I thought I was done with dentistry. As of 2019, I am actually increasing my hours at this practice.

The staff not only welcomed me with open arms, but they have also hired a friend of mine. This friend, Tyler, is a fabulous dental assistant. It is not always easy for him to fit into a role that is traditionally female, but everyone in this wonderful group has accepted him without reservation.

The office is pleasant, organized and offers top notch dental care.

For more information about the practice, please click: [Here](#)

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## 2. FYI

First class postage is increasing 10% on January 27. So get to the post office before that date and stock up on the stamps you plan to use for at least the next year. ... Fortunately, other rates are not increasing—and some are even decreasing. For more information, please click: [Here](#)

FYI, part 2

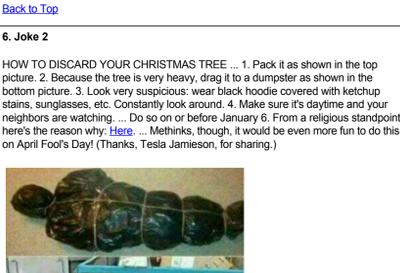
To read each of the following contributions in full, please click: [Here](#)

- (1) Elaine Bilk: Regarding the medical list, I have used something like this for years.
- (2) Ken Greenfield: If it was up to you CINDERELLA would be given an R rating. (3) Roberta Gurwood: 14 Incredible Discounts Seniors Are Taking Advantage Of In 2019.
- (4) The Unbearable Heaviness of Clutter. (5) How to Dodge a Market Dip That Threatens Your Retirement.

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## 3. Joke 1

Guess it's also time to remember that the year goes up by one ... or maybe even give a try to that newfangled fad known as internet banking. (Thanks, Doug Hauschild, for posting.)



"There I go—still writing 'B.C.' on my checks."

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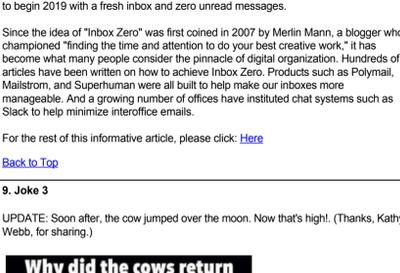
## 4. Reviews

A. Saw RECON ACT, a comedy about a 40-year-old woman who gets a shot at corporate America when her resume gets doctored by a friend's son. Jennifer Lopez is fine in the leading role, but Leah Remini stole most every scene she was in. I also got a kick out of seeing Milo Ventimiglia (of THIS IS US fame) on screen, though he didn't have a very big part. ... Overall, I didn't find the film very funny. My other problem: It was very predictable. Rate PG-13.

B. More on the subject of movies ... I was a guest on Travis Kelley's SHINEBOX show on WPV/M, along with Jason Williams (center) Ian Patrick Ian Hackney (right). That's Travis, holding up a Tyrannosaurus rex on the far right. ... We discussed our choices for best 2018 movies. To view the Facebook Live broadcast of the show, please click: [Here](#)

Note: If you don't want to watch the above, here's my list of my top three favorites: THE GREEN BOOK  
RBG  
JULIE NAKED

I also liked these films:  
ROBIN WILLIAMS: COME INSIDE MY MIND  
WONT YOU BE MY NEIGHBOR  
THREE IDENTICAL STRANGERS  
GLDA  
A STAR IS BORN  
INSTANT FAMILY  
DUMPLIN'  
THE HATE U GIVE  
THE TALE  
THE LAND OF STEADY HABITS



C. Heard HAPPINESS IS A CHOICE YOU MAKE: LESSONS FROM A YEAR AMONG THE OLDEST (Macmillan Audio), written by John Leland and read by Robert Petkoff. It is an award-winning journalist's account of a series of meetings with six New Yorkers who number among the "oldest old"—those 85 and up.

I absolutely loved this book and encourage you to read. It is both funny and touching, and I found myself not wanting it to end.

I was hooked from the very beginning when David Bowie was quoted: "Aging is an extraordinary process where you become the person you always should have been."

From then on, there were many other tidbits of wisdom; among them:

\* Even as our various faculties decline, we still yield extraordinary influence over the quality of our lives. As Ping put it, "When you are old, you have to make yourself happy, otherwise you get older."

\* No one wants to lose his partner of 60 years or to give up walking because it hurts too much. But we have some choice in how we process the loss and the life left to us. We can focus on what we lost or on the life we have now.

\* You can go to a museum and think, 'I'm confined to a wheelchair in a group of half deaf old people. Or you can think, 'Matisse!

\* Spend your remaining time and energy on the things you can still do that give you satisfaction, not on lamenting those you once did and now can't.

\* If you have 30% of your former capacity, use it on things you love.

\* Fred's life experience taught him that the worst hardships were temporary, so he didn't spend his days thinking about them. This was the optimism of my father who believed that the world was getting better and that sickness was just another word for something human genius one day would someday eliminate. My mother, whose hardship was chronic back pain, knew that it would only get worse and spent a lot of energy chasing treatments that mostly disappointed her. Fred took the physical therapy with confidence that he would walk the stairs again. My mother resisted in the knowledge that her back pain only increased.

Perhaps my favorite part of HAPPINESS was the ending where I got to hear the actual voices of the interviewees. This put a big smile on my face.

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## 5. TV alert

A. A LEAGUE OF THEIR OWN: Sunday, Jan. 13, at 8 p.m. on TCM  
A look at the first women's professional baseball league focuses on the rivalry between sisters on the same team. I'll watch in memory of the director, Penny Marshall, who recently passed away.

B. VALLEY OF THE BOOM: Season premiere on Sunday, Jan. 13, at 9 p.m. on National Geographic  
This 6-part docudrama is about the internet gold rush in the 1990s. Steve Zahn is one of the stars. He plays a con man who pitches investors a video. Steve Zahn serves, Pixelon, with nonexistent tech.

C. GRACE AND FRANKIE: Returns for Season 5 on Friday, Jan. 18, on Netflix  
I'll be watching to see what happens with the relationship between Jane Fonda and Peter Gallagher, her younger suitor. I'm also curious to see what happens with their adult toy business.

D. BREXIT: THE UNCIVIL WAR: Debuts on Saturday, Jan. 19, at 9 pm. on HBO  
Benedict Cumberbatch plays Dominic Cummings, the man who led the campaign to take Britain out of the European Union ahead of the 2016 referendum. To read about the making of the movie, please click: [Here](#)

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## 6. Joke 2

HOW TO DISCARD YOUR CHRISTMAS TREE ... 1. Pack it as shown in the top picture. 2. Because the tree is very heavy, drag it to a dumpster as shown in the bottom picture. 3. Look very suspicious: wear black hoodie covered with setup stairs, sunglasses, etc. Constantly look around. 4. Make sure it's daytime and your neighbors are watching. ... Do so on or before January 6. From a religious standpoint, here's the reason why: [Here](#). ... Methinks, though, it would be even more fun to do this on April Fool's Day! (Thanks, Tesla Jamieson, for sharing.)



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## 7. Clips/Websites

A. Check out these clips at your convenience:

- (1) The Clairvoyants: Mind-Readers Reveal Judges' Love Lives - America's Got Talent: The Champions: [Here](#)
- (2) Herb Spiegel: Hilarious video show 17 year old teenagers baffled by rotary phone: [Here](#)
- (3) Lois Rosenthal: If You've Been Rejected - WATCH THIS | by Jay Shetty: [Here](#)
- (4) Ed Hackett: Our new pup: [Here](#)
- (5) Linda Williams: Awkward phone calls: [Here](#)
- (6) Paul Marks: Roberta Flack: Killing Me Softly: [Here](#)

B. Have too much time on your hands? Then check out I Waste So Much Time by clicking: [Here](#)

There are no long articles, just funny pictures and/or messages. For example: GROUP PROJECTS ... Around 60 people agreed to stand Julius Caesar. At the end of it, Caesar's body only had 23 stab wounds. Even back then, not all the members for a group project would do their part.

C. BLAINESWORLD, the website, remains up and running ... to view it, please click: [Here](#)

D. Are you on Facebook? In the unlikely event we have not yet connected as friends there, please feel free to send me an invite by clicking: [Here](#)

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## 8. Technology tip

Don't Reply to Your Emails  
by Taylor Lorenz

The day after Christmas, I spent seven hours sifting through more than 2,700 unread emails I had accumulated over the previous month. Like many other people, I intended to begin 2019 with a fresh inbox and zero unread messages.

Since the idea of "inbox zero" was first coined in 2007 by Merlin Mann, a blogger who championed "finding the time and attention to do your best creative work," it has become what many people consider the pinnacle of digital organization. Hundreds of articles have been written on how to achieve Inbox Zero. Products such as Polymail, Mailstrom, and Superhuman were all built to help make our inboxes more manageable. And a growing number of offices have instituted chat systems such as Slack to help minimize interoffice emails.

For the rest of this informative article, please click: [Here](#)

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## 9. Joke 3

UPDATE: Soon after, the cow jumped over the moon. Now that's high! (Thanks, Kathy Webb, for sharing.)



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## 10. A quote I like

"To get back to my youth I would do anything in the world, except take exercise, get up early, or be respectable."—Oscar Wilde (1854-1900), Irish poet and playwright. (Thanks, Lois Lytingaie Henrickson, for sharing.)

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## 11. Thought for the day

The King and Macaw Parrots

Once upon a time, there was a king who had gone to visit neighboring kingdoms. He was gifted a pair of baby Macaw Parrots by the king of the last kingdom where he was visiting. They were the most beautiful birds he had ever seen. So, upon returning to his kingdom, he called for a bird trainer and asked him to train macaw parrots.

The king also arranged a place in the palace garden for the parrots. He often looked at the room through a window. As time passed, one day the trainer came to the palace and informed the king that though one of the parrots was flying majestically high in the sky, the other one was not moving from its branch since the day it had arrived.

Upon hearing this, the king summoned trainer and healers from the nearby kingdoms. They all tried their best, but couldn't make the parrot fly. He even asked his courtiers to try to find a way to make the parrot fly but they all failed. The parrot was not moving from his branch at all. Finally, after trying everything, the king thought that maybe he needs someone who may be more familiar with natural habitat. He asked his courtier to get a farmer from the countryside and take him to the parrot to see if he can understand the problem with the parrot.

The next morning, the king was thrilled to see the parrot flying high above the palace gardens. He asked his servant to call that farmer to meet him. The servant quickly went and located the farmer, who came and stood before the king. The king asked him, "How did you make the parrot fly?" With his hands folded with respect, the farmer said to the king, "It was very easy, your majesty. I simply cut the branch where the bird was sitting."

Moral: We are all gifted with energy to find a success in our life, but failing to gather a courage which is required to reach heights of success and end up being to the things that are familiar to us. We need to free ourselves from our comfort zone to explore new opportunities and find a success beyond our capacity.

Source: [Here](#)

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## 12. Advance planning department

To read about each of the following events in full, please click: [Here](#)

- (1) AUDITIONS BEING HELD FOR THE CENTER STAGE REPERTORY COMPANY.
- (2) NUNSENSE-A-MEN at 35below.

A. NC events

B. PA/NJ event

NOISES OFF at Kelsey Theatre (Mercer County Community College).

PS. Make it a wonderful week!

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