

BLAINES WORLD

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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: bginbc@aol.com and put SUBSCRIPTION in the subject line.

A. Cynthia, my beautiful bride, and I:

(1) Had the pleasure of seeing a riveting drama, OTHER DESERT CITIES, at NC Stage. The show runs through April 8 and features outstanding performances from Scott Keel, Trinity Smith Keel, Callan White, Kelly Hinman and (not pictured) Ellen Sandweiss, along with spot-on direction from Charlie Flynn-McGiver.

For tickets, please click:
[Here](#)





Afterward, we went to Hemingway's Cuba Asheville and enjoyed the food, which is always fabulous. We also received fine service from Bree ... And now we have still another reason to go there; i.e., to dine outside and catch this fantastic view of Asheville!



(2) We also had several enjoyable meals. In this picture below, we met our friend Sunny Cook at Green Sage at Westgate where she interviewed us on an article she is writing about folks who met their spouses or partners online.



On another night, we had fantastic burgers and fries at the Gerber Village location of

Five Guys.



We also went to Mellow Mushroom for some great pizza.



B. WPVM/FM invites you to listen to the BLAINESWORLD show from Wed., March 21, 2018Guest (first half): Chris Oaks, illusionist; for more information: chrisoaks24@gmail.com Guest (second half): Ian Williams, Site Coordinator for the Asheville Buncombe Community Christian 's (ABCCM) Hominy Valley Crisis Ministry; for more information: [Here](#).... Pictured, l-r: Chris Oaks, Blaine Greenfield and Ian Williams ... To listen to the show, please click: [Here](#)





C. During the week, I saw a preview performance of LUNA GALE at The Magnetic Theatre. This gripping play runs through March 31. ... You'll be blown away by the performances of the entire cast: Emma Heisey, Lee Wilson, Kay Galvin, Karen Covington-Yow, Carrie Kimbrell Kimzey, Jon Stockdale and Mike Yow .. Andrew Gall's direction is spot on

For tickets, please click:

[Here](#)



D. Condolences to:

(1) Norean Frenza and family on the passing of Norean's mother.

(2) The family of John "Jack" Mahon, a former college of mine from Bucks County

Community College. To read his obituary, please click:
[Here](#)

E. Congratulations to:

(1) Bruny Lugo for starting a new position as Research Project Manager at Mountain Area Health Education Center (MAHEC).

(2) Gayle Crist on her new job as Editorial Assistant at The Marks Group.

(3) Daniel Henry on his acceptance into the summer intensive acting program at New York Conservatory for Dramatic Arts.

(4) Judith Loniak on having received her trademark for her business: Judith Loniak Photography "Revealing The Light Within."

(5) Trissa King on coming in first in the 60-69 women category and 30th out of 192 runners in the 2018 Get Your Rear in Gear race.

(6) Miles Rice on his new management position at Regal Biltmore Grande.

F. Reminder:

There's still time to enter ...

***** CONTEST #7 *****

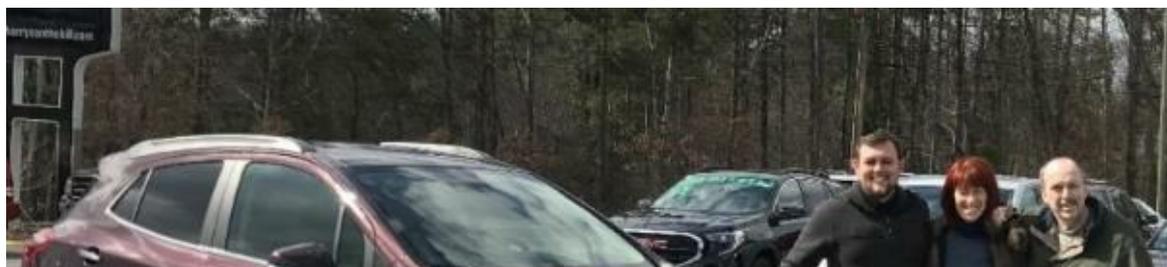
One lucky reader will win a copy of FIND YOUR OWN CALCUTTA: LIVING A LIFE OF SERVICE AND MEANING IN A SELFISH WORLD. He based this book on the great example of Mother Teresa and others who have found a life of joy and meaning in reaching out to those in need. I reviewed it in BLAINESWORLD #1118 and really enjoyed it. ... To enter the contest, send an email to: bginbc@aol.com and put CONTEST #7 in the subject line, then include your snail mail address in the body of the email. All entries must be received by 9 p.m. on Monday, March 26, 2018.

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

This week, it goes to Shane Rawlings--the Sales Consultant at Harry's On the Hill who sold us our new Buick Encore (pictured below). He was both knowledgeable and friendly, and he helped us get just the right car for us. ... We've only had it for a few days, but we're already loving it. One safety feature, in particular, is amazing; i.e., the car gives a warning whenever somebody comes up behind you. The other day that came in handy when we were near a gym. Runners were coming out of the facility, many without looking. But fortunately I was alerted to them by my car's warning system.

We also liked how Shane gave us a tour of the service facility after we finalized our purchase. We were impressed with how clean it was, along with the fact that the service manager and several employees at Harry's made it a point to greet us and, also, to wish us well with our new car.

Shane can be reached at 828.258.5207 or via email: shane@harrysonthehill.com.





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2. FYI

The Last Conversation You'll Ever Need to Have About Eating Right
by Mark Bittman and David L. Katz

It's beyond strange that so many humans are clueless about how they should feed themselves. Every wild species on the planet knows how to do it; presumably ours did, too, before our oversized brains found new ways to complicate things. Now, we're the only species that can be baffled about the "right" way to eat.

Really, we know how we should eat, but that understanding is continually undermined by hyperbolic headlines, internet echo chambers, and predatory profiteers all too happy to peddle purposefully addictive junk food and nutrition-limiting fad diets. Eating well remains difficult not because it's complicated but because the choices are hard even when they're clear.

For the rest of this article that answers pretty much every question you'd want to find out about eating healthy food, please click:

[Here](#)

FYI, part 2

To read each of the following contributions in full, please click:

[Here](#)

(1) Janeen Ravkin: In case I don't mention it enough to you, I absolutely love getting Blainesworld. (2) Aisles of Dogs. (3) Inside Broadway's Secret Laboratory: Hamilton, Frozen and So Much more. (4) Deborah Belcher: Reduced to scrolling for the jokes. (5) Len Ennis: Harris Teeter had all their pies for \$3.14 on pi day. (6) (6) Pat Hannigan: Spoke to a friend who lived in Charleston NC for about 10 years. I asked him about Asheville. (7) Grant Randall: You can not go wrong with an Audi. (8) Maria Mason: Beautiful congratulations on your star!

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3. Joke 1

An old man in Oklahoma calls his NYC son and says, "Listen, your mother and I are getting divorced. 45 years of misery is enough." ... "Dad, what are you talking about?" the son yells. ... "We can't stand each other any longer," he says. "I'm sick of her face, and I'm sick of talking about this. Call your sister in Chicago and tell her!" ... Frantic, he calls up his sister. She explodes: "Like hell they're getting divorced! I'll take care of this." She calls her father and screams: "You're not getting divorced! Don't do another thing. The two of us are flying home tomorrow to talk about this." ... The old man turns

to his wife and says, "OK, they're coming for the holidays and even paying their own airfares." (Thanks, Paul Marks, for sharing.)



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4. Reviews

Note: I recently read and reviewed a great book by Michael Gelb, *The Art of Connections*. To hear him discussing it on a podcast, please click:

[Here](#)

A. Revisited *THE BODYGUARD*, a 1992 romantic thriller starring Kevin Costner and Whitney Houston. The story is about a music superstar who begins receiving death threats. It was a bit melodramatic, but it nevertheless kept my attention. So did the soundtrack, which featured five songs that became hit singles for Houston and two Oscar-nominated songs. The album also became the best-selling soundtrack of all time.

B. Bill Kormos: Check out Neil Young's new film on Netflix called *Paradox*. I think you'll be quite impressed with one of the tunes they play in particular!

Response: Thanks for the recommendation. I just reserved the film on Netflix and look forward to seeing it. In addition, I found more information on the film that can be seen by clicking:

[Here](#)

C. Leslie Daniel-Jack: I just watched an interesting movie starring Nicole Kidman and Colin Firth called *'Before I Go To Sleep'*. A woman is an amnesiac and wakes up every morning with no memory of her past. I know, sounds familiar, right? But, this is no comedy and has an unexpected twist at the end.

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5. TV alert

A. *60 MINUTES*: Sunday, March 25, at 7 p.m. on CBS
I'll admit to being curious to wanting to find out more about President Trump's relationship with Stormy Daniels, so I will be watching.

Note: In case you missed the Anderson Cooper interview with Karen McDougal, still another woman who has alleged a sexual affair with Trump, you can view it by clicking: [Here](#)

B. TRUST: Premieres on Sunday, March 25, at 10 p.m. on FX
The family of J. Paul Getty is profiled in this new series about dynastic greed. Stars include Donald Sutherland, Hilary Swank and Brendan Fraser.

C. BARRY: Premieres on Sunday, March 25, at 10:30 p.m. on HBO
Bill Hader plays a hit man in a dark comedy who winds up in an acting class taught by Henry Winkler.

D. ROSEANN: Returns on Tuesday, March 27, at 8 p.m. on ABC
The classic comedy is back with its original core cast intact, featuring Roseann Barr and John Goodman.

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6. Joke 2

That way in Asheville, too. In fact, it's even colder. ... I saw a chicken with a capon.
(Thanks, Ed Nasta, for sharing.)



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7. Clips/Websites

A. Check out these clips at your convenience:

(1) Lori Lyn Mullet: Husband sings to dying wife
[Here](#)

(2) Lucille Eckert: Steve Harvey: Preaching About Gifts
[Here](#)

(3) Giant dog approaches little girl in hospital bed
[Here](#)

B. The Billfold is a website that proposes to inform you about everything you wanted to know about money. To view it, please click:

[Here](#)

You'll find interesting articles about the following topics:

The Cost of My Newfound Knitting Habit

Planning for Retirement When There's an Age Gap

What's Your Financial Goal for This Week?

How to Stock Your First Kitchen

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

How to Cut Down on Unwanted Junk Mail
by Whitson Gordon

If your mailbox feels like it's just a holding cell for your trash can, don't worry:
Unsubscribing from snail mail is almost as easy as unsubscribing from email spam.

In fact, you can do most of it online, using a few simple services. It's kind of like the "Do Not Call" list, but for junk mail. With a few clicks and a bit of waiting, your mailbox should be home to far fewer dead trees.

For the rest of this informative article, please click:

[Here](#)

Note: I also use something called Unroll.Me. Instantly, I see a list of all my subscription emails. In addition, I can unsubscribe easily from whatever I don't want. It is fantastic. For more information, please click:

[Here](#)

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9. Joke 3

A woman, sitting next to a man on a plane, sneezed. She took out a tissue, gently wiped her nose and then shuddered quite violently for 15 seconds. A few minutes later, the woman sneezed again, took a tissue, gently wiped her nose and shuddered even more violently--this time for 20 seconds. ... Finally, after a third long sneeze, the man had to say something. He turned to her and asked, "Are you all right?" ... She replied, "I'm sorry if I disturbed you. I have a rare condition that causes me to have an orgasm every time I sneeze." ... The man replied, "I've never heard of that before. What are you taking for it?" ... She answered, "Pepper."

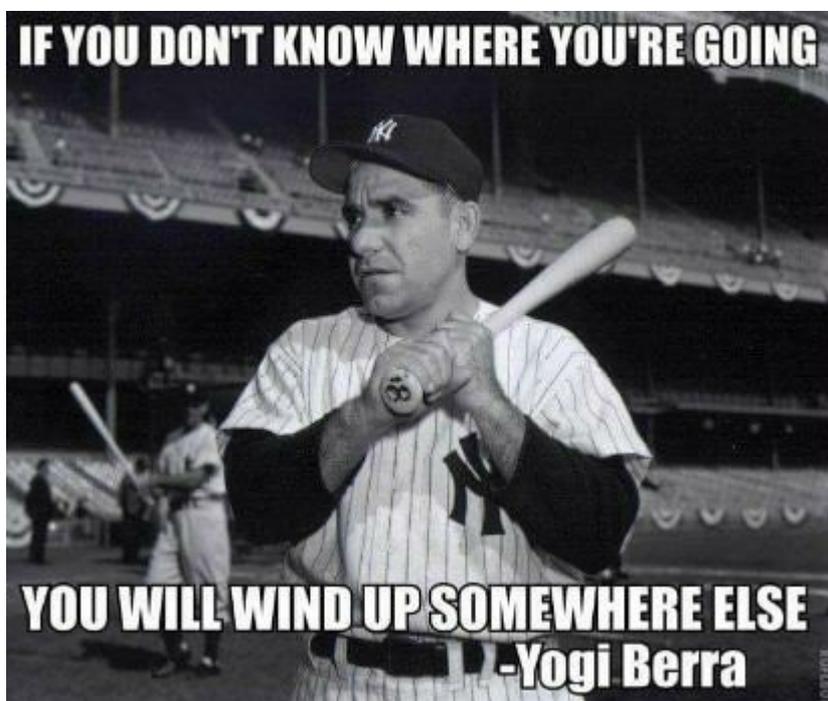




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10. A quote I like

And to quote Berra again, "When you come to a fork in the road, take it." (Thanks, Jean Dolan, for sharing.)



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11. Thought for the day

The Magic Orchid
by Lauren Foster*
(reprinted with her gracious permission)

There was once a woman who lived in a very cluttered and untidy home. We don't really know the reason, maybe she just never learned to keep a nice home, maybe she knew how, but didn't have the energy to keep up her house because she was depressed, or heart-broken, or both. At any rate, she was miserable and her surroundings were a direct reflection of her internal state.

One day, a delivery person delivered to her door a beautiful plant. It had no card and the messenger did not say from whence it came, so the woman accepted the gift, perplexed but feeling a small spark of pleasure ignite in her heart. This plant was not in any way ordinary. For one thing, it was a breathtakingly beautiful flower, rare and

precious as orchids are, and the woman took great pleasure in just looking at it, standing in the doorway of her messy home. After a time, she decided to put the plant down, but when she looked around, there was not a clean surface that had room for it. She placed the plant gently on the floor at her feet, chose a table in her sitting room and speedily got to work clearing off a space in which to place her plant.

When she had a space cleared, she reverently placed the plant in the clear space and stood back to admire it again. At first, she just basked in the beauty of the plant and marveled at how its warmth seemed to spread out into the room. After a few moments, she noticed the clutter that was still on the rest of the table and thought how much prettier the plant would be when the table was also clear and clean and lovely, so she finished cleaning the table. Then she noticed that the beautiful plant and table were very out of place in the untidy room, so she set about straightening, organizing, dusting and cleaning the room and heard herself start to hum.

Startled at how much she was enjoying herself, she kept on until the entire room was bright and sparkling, a worthy setting for the beautiful plant. By now, she was feeling exhilarated, but a little tired and thirsty, so she decided to take the plant into the kitchen with her to make a snack and a cup of tea. Instantly, she noticed that her kitchen did not match her pretty sitting room and there was no place to put her plant, so the process repeated itself.

She soon had a sparkling kitchen and was beginning to feel herself full of hope and accomplishment and her efforts spread to her entire house, to her yard, to her person and to her life. Before too long, this woman was thinking in a clear way, living in a clear way, thriving in the uncluttered space in her home and in her mind.

The Magic Orchid lived on and was often moved from room to room with the woman as her appreciation for the plant and her life continued to expand and fill with more and more joy.

Source: I think I heard this story from my mother or another female relative, maybe an aunt. I could not find it repeated anywhere in my research, so I am happy that it lived on in my memory.

* Lauren Foster is a Happiness Coach and Certified Life Mastery Consultant, To find out more about the work that she does, please click:

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PS. Make it a wonderful week!

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