

#1176  
4.1.2019

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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: [bjnbc@aol.com](mailto:bjnbc@aol.com) and put SUBSCRIPTION in the subject line.

A. Cynthia, my beautiful bride, and I:

(1) Had a blast at the Happy Together + 1 event that helped raise funds for the upcoming Ryan and Nicholas Garcia adoption. We were glad that our bid for a much-needed window cleaning was the high one, and we also were glad to have won the right to have the talented Jay Portoni sing his beautiful song for Cynthia that you can listen to by clicking: [Here](#).

You can also hear all the singers perform arguably the greatest song of all time by clicking: [Here](#).

I was especially honored to have been the emcee/auctioneer for the event and was glad that it was as successful as it was. For more information and how you can still help out, please click: [Here](#).

And lastly, Facebook no longer allows for albums to be shared via a link, so if you would like to see the rest of the pictures and additional video clips, send an email to: [bjnbc@aol.com](mailto:bjnbc@aol.com) and put ADOPTION in subject line



(2) Saw the Immediate Theatre Project's superb production at North Carolina Stage Company. ... Though the fact that this was a physio-oriented play didn't initially thrill us, we were glad that this didn't prevent us from seeing it. ... All those in the cast (Rebecca Morris, Willie Repolev, Trinity Smith Keel, Callan White and Katie Langwell) made history come alive in this touching play that also had some humor in it. And Jan Powell's original music, Jason Williams' lighting and Hans Meyer's spot on direction also added to what was a fine day of theatre.

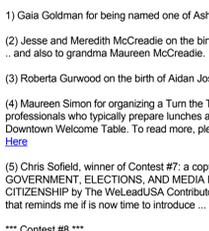


Afterward, we met our friends Grant Randall and Ginny Plaisted for a delicious dinner at Wasabi. I'm not sure if the picture does the food justice, but it always looks like it could have been taken from a magazine photo whenever it is served. In addition, the portions are huge, and our server Reza contributes to our enjoyment of the evening with both her knowledge and friendliness.



(3) If you're like me, and you celebrate all holidays (more food, fun and friends that way), HAPPY APRIL FOOLS' DAY. ... Click below to see the video clip how Cynthia, my beautiful bride, got the: [Here](#).

And feel free to use this on your partners, friends, etc., but when you do, say you got the idea "from the internet." I don't want any more folks upset with me than who already are.



B. I was fortunate to catch VENUS IN FUR, which had a limited run at The Feichter Studio at HART. This sexy dramedy had many twists and turns, and it featured outstanding performances from both Mandy Bean and Jason Williams.



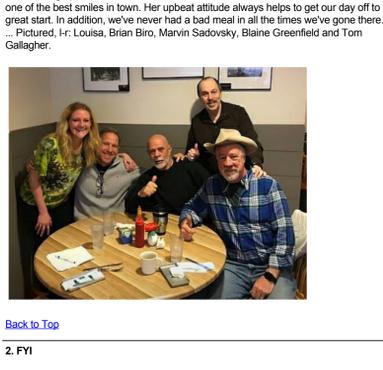
C. I'm feeling a bit like Wally Pipp (left photo), a baseball player and Yankee first baseman. One day, he complained of a headache and asked to be taken out of the starting line-up for any number of reasons. ... I can't remember how long he played the 2,130 straight games, so Pipp lost his job. He was eventually traded away from the Yankees.

I mention this because after two years, I recently had to miss my first show. Should I be concerned here, i.e., that this could happen to me?

Also, I'm still not quite back to my usual self. More information on that next week. But in the meantime, I'm trying to shake a lingering cough that just won't seem to go away. Any ideas on how to deal with this condition would be much appreciated.

The good news: As can be seen below, the show did go on:

WPVPMFM invites you to listen to the BLAINESWORLD show from Wednesday, April 3, 2019. ... The guests were Blaine Kerr (top right with Mark Lieberman), host, creator and producer of Appalachian Pi Productions, in the first half; and Gwen Sidlow and Seraphina Syren (bottom right with Mark Lieberman), co-writer of Black Garter Revue in the second half. ... To listen to show, please click: [Here](#); to view the show, please click: [Here](#). ... Special thanks to Mark Lieberman who hosted the show in Blaine Greenfield's absence because he was sick, as well as to Shelley Lieberman for producing it.



D. Condolences to the Gallagher family (Jim, Tom, Matt, etc.) on the passing of Margarete McKelarian, Jim's sister and Tom and Matt's aunt.

E. Congratulations to:

- (1) Gaia Goldman for being named one of Asheville's Top 100 Realtors for 2018.
- (2) Jesse and Meredith McCreadie on the birth of Cole Samuel McCreadie-their son... and also to grandma Maureen McCreadie.
- (3) Roberta Gurwood on the birth of Aidan Joseph Geller--her great grandson.
- (4) Maureen Simon for organizing a Turn the Tables luncheon, recognizing restaurant professionals who typically prepare lunches at Haywood Street Congregation's Downtown Welcome Table. To read more, please click: [Here](#).
- (5) Chris Sofield, winner of Contest #7: a copy of UNBROKEN AMERICA: SELF-GOVERNMENT, ELECTIONS, AND MEDIA IN THE ABSENCE OF AMERICAN CITIZENSHIP by The WeLeadUSA Contributors. All told, there were three entries. And that reminds me of the well-timed to introduce ...

\*\*\* Contest #8 \*\*\*

One lucky reader will win a gift package from Crow Bar Farm Goods. See picture below for what is included: NC Crafted Pale Ale with Orange Jelly, Herb Patch Seasoning and Blackberry Lavender Citrus Jam.

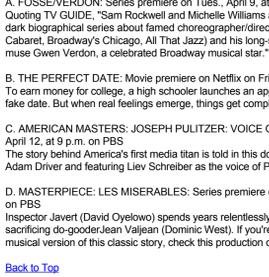
To enter the contest, send an email to: [bjnbc@aol.com](mailto:bjnbc@aol.com) and put CONTEST #8 in the subject line, then include your name and email address in the body of the email. All entries must be received by 9 p.m. on Mon., April 15.



F. Invites to those living in Western NC--or planning to visit in the near future:

(1) Comes see LETTERS FROM HOME, featuring Erin Dearth (left) and Dan Beckman. As an added bonus, you'll get to see local favorite Heather Nicole Bronson make a guest performance. ... The evening is a USO-style show with singing, tap dancing, audience interaction and laughter to make your spirit bright. ... Date: Friday, April 19, at 7:30 p.m. ... Location: ABC Sall Theatre, 2002 Riverside Drive, Asheville. ... Tickets are free, but you must request them in advance. To do so, send an email to: [wpvpmfm@aol.com](mailto:wpvpmfm@aol.com) with your name and the number in your party.

Note: To find out more about what you'll be seeing that evening, please see this video by clicking: [Here](#).



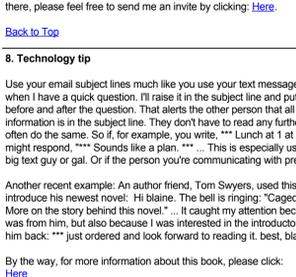
(2) Attend my free Marketing Your Business seminar, sponsored by Asheville SCORE, on Sat., April 27, at 9 a.m. To quote from the brochure: Marketing for the 21st Century small business is more dynamic and challenging than ever. Discover how to effectively and efficiently use marketing tools. Gain insights to understand and reach your customer, analyze your industry and business environment and differentiate between branding, advertising and grassroots marketing techniques.

Learn how you can use marketing in such diverse situations as getting chosen at an audition, having folks come to your play or store opening, increasing the odds of getting your email opened, making your business unique from the competition, etc.

Seating is extremely limited, so please register now by clicking: [Here](#).

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

This week, it goes to Louisiana Daniel-----extraordinaire at Rise 'n Shine Café in Asheville. This eatery has definitely become the favorite place for our breakfast club to meet, in large part because of fine servers such as Louisa. As can be seen, she has one of the best smiles in town. Her upbeat attitude always helps get our day off to a great start. In addition, we've never had a bad meal in all the times we've gone there. ... Pictured: Fr. Louisa, Brian Biro, Marvin Sadovsky, Blaine Greenfield and Tom Gallagher.



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### 2. FYI

Thanks, Duane Adams, for this recent post on LinkedIn that he as graciously allowed me to use here:

Why You Should Hire a Certified Personal Trainer

Most people realize that just about anyone can say, "I'm a personal trainer" although the majority of people have no clue that one can, and should, be certified if he or she is going to make a legitimate claim. Individuals who are seriously looking to make a lifestyle change aren't looking to waste their hard earned money to put their health and well-being in the hands of someone who has no idea of how to help them reach their health and wellness goals. Getting the best value for your buck means finding a trainer who is certified with an accredited agency. Accreditation means that the trainer has been instructed on how to work with healthy individuals as well as special populations. Special populations include those who are dealing with a range of afflictions from orthopedic restrictions to heart disease, diabetes, cancer, and a host of other conditions that should never be left in the hands of an individual who has not been adequately trained.

Accredited trainers have to complete a certain amount of continuing education credits over a designated time frame in order to be able to renew their certification, which means gaining more knowledge and staying up to date on changes within the industry. Trainers from accredited agencies also have to maintain a current CPR/AED certification, because the client's safety is important.

Some of the more popular accredited agencies include the American Council on Exercise (ACE), the National Academy of Sports Medicine (NASM), the American College of Sports Medicine (ACSM), and the National Strength and Conditioning Association (NSCA). The National Commission for Certifying Agencies (NCCA) accredits all of these agencies, holding each to a higher standard. There are a number of additional opportunities available to fitness professionals who work with accredited agencies but, for the sake of time, we will revisit that in another article.

Here are a few key things that you should look for if you are considering hiring a fitness professional:

- \* Does he or she hold a current certification from an accredited agency? This will usually include a current CPR/AED certification.
- \* Does the trainer have a specialty or specific area of focus? There are many and you need to make sure what they know is applicable to you.
- \* What is the trainer's relevant experience in their field? It's not just about books. Confirm that the trainer's experience aligns with your fitness goals.
- \* Does the trainer conduct an assessment prior to developing customized programs? All trainers should assess their clients properly prior to developing a program - regardless of whether or not the client is part of a special population.
- \* How long have they been in the business?
- \* Can they provide you with a list of references?

One thing that I have found most troubling is that many "fly-by-night" trainers will charge their clients just as much as a certified professional will, taking advantage of someone who they have no clue of how to help. Their current fitness level, which leads to a lack of adherence to any type of program causing burnout or injury before the client can ever realize any benefit.

I have been involved in the health and fitness world for a number of years as an avid trainer, drug-free, competitive bodybuilder, and wide-eyed, enthusiastic fan. I have had numerous opportunities to take on clients prior to ever obtaining any type of degree, diploma, or certification in the field. But, I have refused to take on any client prior to going through the process of understanding the proper protocol. You should make sure that the person you are looking to hire meets all of the previously mentioned parameters before shelling out your hard-earned money. Your health and well-being deserve it.

Until next time ...

Stay strong!

Note: Duane is Associate Director at Asheville-Buncombe Technical Community College's Small Business Center. He can be reached at: [duanecadams@abtech.edu](mailto:duanecadams@abtech.edu), FYI, part 2

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

(1) Wendy Rothkopf. Her 9 CMO's recommends invite you to journey to Ireland. (2) Amanda Levesque: Hey, I'm now in charge of hiring my own aides [in Asheville]. I have a two aides working for me and am looking to hiring a third aide. (3) Falls Can Kill You. Here's How to Minimize the Risk (4) Supplements Won't Prevent Dementia. But These Steps Might. (5) How to Help Teens Weather Their Emotional Storm.

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### 3. Joke 1

A physicist, a chemist and a statistician are at a meeting when a fire breaks out. They all have different methods of dealing with the emergency. ... The physicist says, "I know what to do! We must cool down the materials until their temperature is lower than their ignition temperature and then the fire will go out." ... The chemist says, "No! I know what to do. We must cut off the supply of oxygen, so that the fire will go out due to lack of one of the reactants." ... As the physicist and the chemist continue debating, the statistician runs around the room lighting more fires. "What are you doing?" the others scream. ... The statistician replies, "We're going to need a larger sample size."



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### 4. Reviews

A. Thanks, Clay Macormac, for the following review: Great time watching an Advance Screening of "The Best of Enemies." Great flick. Very moving and sadly hard to think of this true story of segregation in the Durham, NC, school system not so long ago in 1971. Sam Rockwell and Taraji P. Henson were great as CP Ellis & Ann Atwater.... A must-see film.

Note: I was fortunate to see a magnificent film version of the above in 2017. Different strokes produced it, and if the stage is anything as good as the play was, I'm in for a treat.

B. Saw THE MISEDUCATION OF CAMERON POST, a 2018 drama about a seemingly perfect high school girl who is caught with another girl on prom night. She is quickly shipped off to a conversion therapy center that treats teens "struggling with same-sex attraction." ... If you're not familiar with such centers (that unfortunately still exists in parts of the country), you owe it to yourself to see this film. Chloe Grace Moretz is outstanding in the leading role. NR, but appropriate for mature teenagers.

Note: A similarly-themed BOY ERASED also came out for last year. It wasn't bad. However, I thought MISEDUCATION was far superior.

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### 5. TV alert

A. FOSSE/VERDON: Series premiere on Tues., April 9, at 10 p.m. on FX. Cuing TV GUIDE: "Sam Rockwell and Michelle Williams are razzle-dazzling in a dark biographical series about famed choreographer/director Bob Fosse (the movie Cabaret, Broadway's Chicago, All That Jazz) and his long-suffering wife/creative muse Gwen Verdon, a celebrated Broadway musical star."

B. THE PERFECT DATE: Movie premiere on Netflix on Fri., April 12. To earn money for college, a high schooler launches an app offering his services as a fake date. But when real feelings emerge, things get complicated.

C. AMERICAN MASTERS: JOSEPH PULITZER: VOICE OF THE PEOPLE: Fri., April 12, at 9 p.m. on PBS. The story behind America's first media titan is told in this documentary, narrated by Adam Driver and featuring Liev Schreiber as the voice of Pulitzer.

D. MASTERPIECE: LES MISERABLES: Series premiere on Sun, April 14, at 9 p.m. on PBS. Inspector Javert (David Oyelowo) spends years relentlessly pursuing self-sacrificing do-gooder Jean Valjean (Dominic West). If you're only familiar with the musical version of this classic story, check this production out.

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### 6. Joke 2

I can't believe that I still remember this from my days as a student in eighth grade--and even the name of the teacher: Mr. Sverdick! (Thanks, Sharon Lewis, for sharing.)



"I wish I'd known this is what they meant by conjugated visit."

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### 7. ClipsWebsites

A. Check out these clips at your convenience:

- (1) Linda Williams: When people get bored at the airport: [Here](#).
- (2) Roberta Gurwood: How to fold fitted sheets: [Here](#).
- (3) Thank You For Your Service (A Moment of Truth): [Here](#).

B. To get the best coupon code, the best price and alerts when items you viewed go on sale, add Wikibuy to Chrome for free. You can do so by clicking: [Here](#).

Recent offers that caught my attention included 2% back on purchases from Walmart, 4% back on purchases from Groupon and \$20.31 savings for the purchase of a Jabra Stereo Headset.

Mr. Curious here: Do you use Wikibuy? If so, what have been your experiences with it?

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 been connected as friends there, please feel free to send me an invite by clicking: [Here](#).

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### 8. Technology tip

Use your email subject lines much like you use your text messages. I do this with folks when I have a quick question. I'll raise it in the subject line and put three stars both before and after the question. That alerts the other person that all the relevant information is in the subject line. They don't have to read any further. . . To respond, I'll often do the same. So if, for example, you write, "Hi Blaine," I'll reply "Hi Blaine." I might respond, "\*\*\*\* Sounds like a plan. \*\*\*\*." This is especially useful if you're not a big text guy or gal. Or if the person you're communicating with prefers email.

Another recent example: A former friend, Tom Swyers, used this great subject line to introduce his newest novel: "Hi Blaine. The bell is ringing: "Caged to Kill" is 99 (cents). Here on the story line: "I must cool down the materials until their temperature is lower than their ignition temperature and then the fire will go out." ... Lucas: "Six." Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?" ... Lucas: "Seven." Teacher: "Who, by now, is quite exasperated: "Lucas, where in the world do you keep getting seven from?" ... Lucas: "Because I already have a freaking cat!"

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### 9. Joke 3

Teacher: "If I gave you two cats and another two cats and another two, how many would you have?" ... Lucas: "Seven." ... Teacher: "No, listen carefully. If I gave you two cats, and another two cats and another two, how many would you have? ... Lucas: "Seven." ... Teacher: "Let me put it to you differently: If I gave you two apples, and another two apples and another two, how many would you have?" ... Lucas: "Six." ... Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?" ... Lucas: "Seven." ... Teacher (who, by now, is quite exasperated): "Lucas, where in the world do you keep getting seven from?" ... Lucas: "Because I already have a freaking cat!"



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### 10. A Quote I like

"Identify talented people around you and then instead of going into competition with them, try to help them then out, make alliances, make creative friendships that allow you and your friends to grow together."--Harold Ramis (1984-2014), American actor, director, writer and comedian. (Thanks, Travis Kelley for posting.)

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### 11. Thought for the day

Thanks, Murphy Funkhouser Capps, for this recent post on Facebook that she has graciously allowed me to use here: I want to tell you a great story. One I am hoping someone needs to hear tonight.

10 years ago, I arrived in Asheville after quitting my job and taking my play on the road. As a single mother, it hadn't been the smartest decision. Or, so I thought.

The first month here, I applied for what I thought was my dream job. And, even though I made it to the final interview, I got turned down. That rejection hurt. And, at the time, felt like the end of the world.

But that rejection set me down a path of strange twists and turns that eventually led me to take a different job (one I never knew I wanted). Through that job, I met my husband. Through that husband, I started my business. And, a beautiful family.

And, I've never looked back.

Today, the woman who interviewed me for that job, 10 years ago, called and asked me to speak at her company's annual meeting.

As we closed our call, she asked, "Why didn't I hire you 10 years ago?"

I paused and then answered, "Because you weren't supposed to. I can't thank you enough for saying 'no'."

If you are facing a "no" right now. . . I offer some peace in this. . . one day. . . that "no" might become the biggest YES of your life.

Note: Murphy is a business and inspirational speaker, brand strategist and business mentor and coach, committed her life to sharing her stories and to helping others tell and write their own. For more information, please click: [Here](#).

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### 12. Advance planning department

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

A. NC events

(1) Don Talleys' Symphony of Serenity with Kennedy OneSelf. (2) Major John Madden: Major comeback tour on Friday, May 17. (3) Rodney Smith: Magnetic Comedy Showcase on Friday, April 12. (4) Barbara Brady: Forgiveness to Transform Your Life. (5) Peggy Ratusz: An Evening with Allen Music Club.

B. PANU events

(1) At Actors' Net of Bucks County: The Last Days of Judas Iscariot/ (2) At Kelsey Theatre at Mercer County Community College: Sunset Boulevard.

PS. Make it a wonderful week!

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