

#1130
5.21.2018

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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: bglnbc@aol.com and put SUBSCRIBE HN in the Subject line.

A. Cynthia, my beautiful bride, and I:

(1) Loved MILLION DOLLAR QUARTET, now at HART through June 10. The music is soooooo cool ... If it rocks us, please click: [Here](#).



(2) From there, we went to Angelo's--our favorite restaurant in Waynesville. The food is always top notch and so is the service. We were joined by our theatre companions: Bonnie Solomon (right rear) and Judy Ray (right front).



(3) Greeted our new Biltmore Lake neighbor (below) who had made two recent appearances. Thanks, Gloria Schrader, for sharing this picture.... I'm grateful for the fact that I have sufficiently recovered from my hernia operation, in that I can at least outrun some of my neighbors should that bear decide to visit our home.



B. WPM/FM invites you to listen to the BLAINESWORLD show from Wed., May 23, 2018 ... Guest (first half): Elle Erickson, the Booth Fairy; for more information: [Here](#) ... Guest (second half): Marvin Sadovsky, author, speaker and seminar leader; for more information: ms@msadovsky.com ... To listen to the show, please click: [Here](#)

Note: I'll also be trying to make most of my shows available via Facebook Live. So if you missed the above when it was originally on air, please click [Here](#)



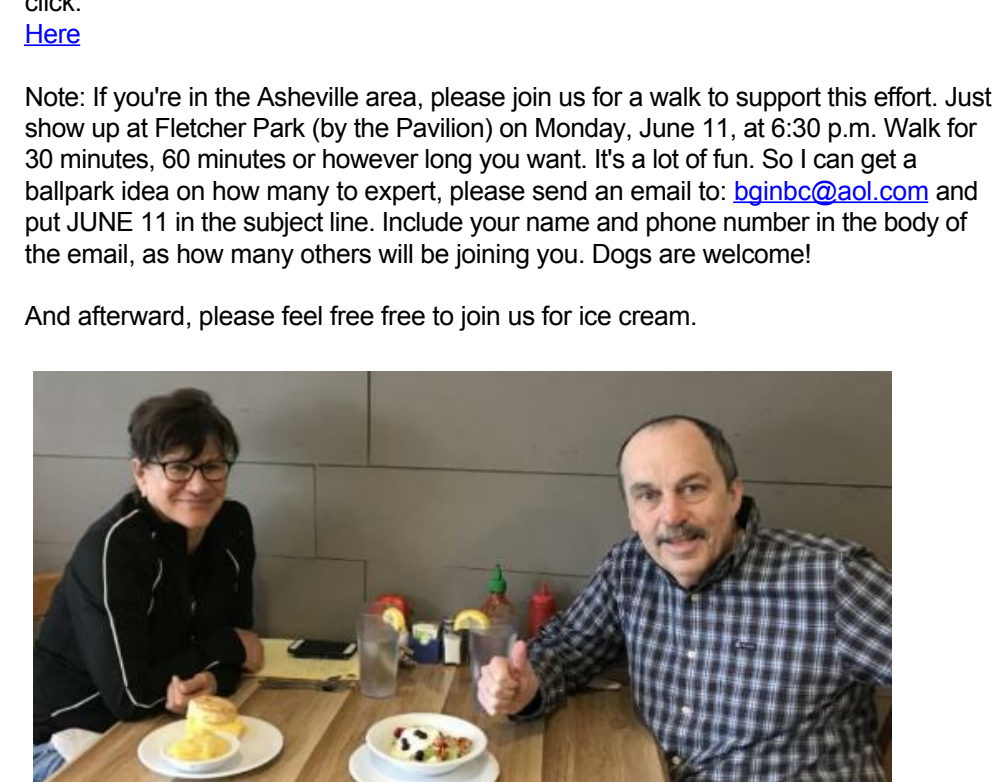
C. During the week, I:

(1) Saw a terrific production of GIJYS AND DOLLS at Hendersonville Community Theatre. It runs through June 3. Don't miss this tuneful musical. You can obtain tickets by clicking: [Here](#)

Note: For additional pictures from the evening, please click: [Here](#)



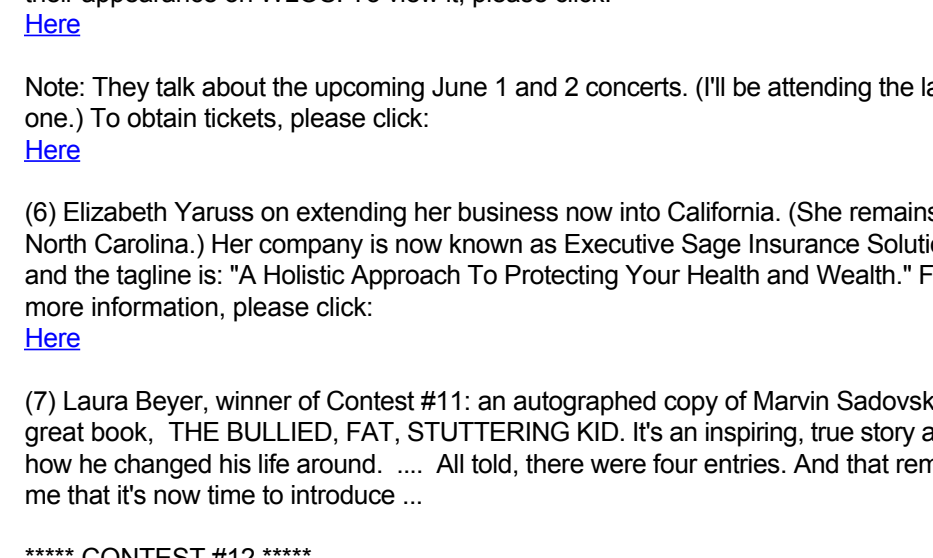
(2) Enjoyed an exciting Asheville Tourists' game with (top photo) Mike Yow and Ted E. Tourist and (bottom photo), I- Grant Randoli, Mike Yow and Jim Meyer. Though the Tourists lost the game, it was a fun evening. Thanks, Brian DeVine, for making the tickets available as part of Biltmore Lake Night at the ballpark.



(3) Finished my teaching career at Bucks County Community College, submitting my grades for a last time for an online Creativity course that I've enjoyed teaching for well over 20 years. Unfortunately, the course is no longer a graduation requirement, so it has been phased out.

I will miss teaching it--and especially the fact that I got to learn teach with several esteemed colleagues who became my friend: Bill Ford, Cara Cotelless, Diana Moore, Mary Dura and Caren Friedman.

Note: I began at Bucks in 1976. In reflecting about all that transpired there, I came across this picture taken around 1986 when I had both a beard and a full head of hair. I'm with several of my fellow officers in the College's Federation of Teachers, I- Lou Hoelzle, Bill Heaslip, Maureen McCreadie, Bunny Conn and Sylvia Pfearman.



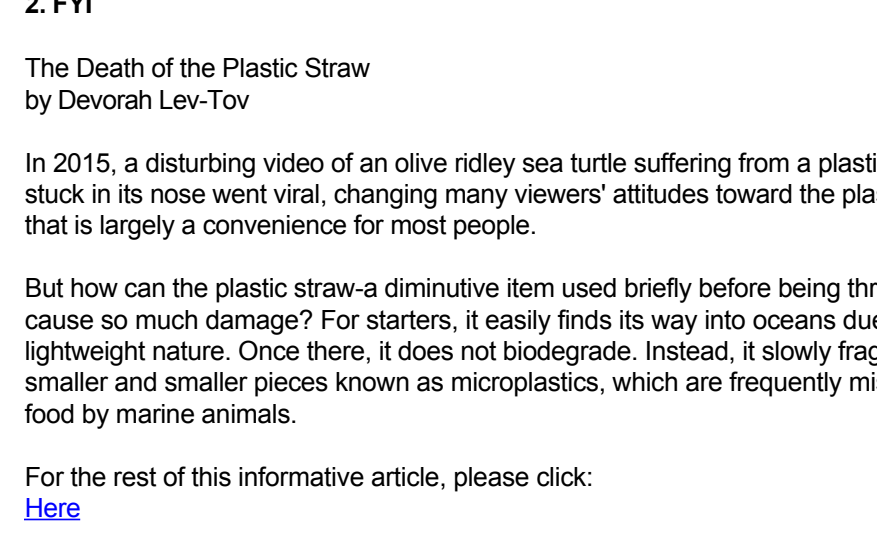
D. I recently met my friend Marilyn Ball for breakfast at Rise 'n Shine Cafe--another of my favorite eateries in Asheville. We solved all of the world's problems and also discussed something that I'd like to invite y'all to participate in: Step 2 Rise, an event sponsored by the Dementia Society of America. Registration is already underway and is open to anybody in the country. All you need to do is walk or run over the next month and have your steps counted.

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

To register for the BLAINESWORLD team (and there is no charge to do so), please click: [Here](#)

Note: If you're in the Asheville area, please join us for a walk to support this effort. Just show up at Fletcher Park (by the Pavilion) on Monday, June 11, at 6:30 p.m. Walk for 30 minutes, 60 minutes or however long you want. It's a lot of fun. So I can get a ballpark idea on how many to expect, please send an email to: bglnbc@aol.com and put JUNE 11 in the subject line. Include your name and phone number in the body of the email, as how many others will be joining you. Dogs are welcome!

And afterward, please feel free to join us for ice cream.



E. Condolences to:

- (1) Zuzu Welsh and family on the passing of Zuzu's Uncle Joe.
- (2) David Joe Miller and family on the passing of Emily Miller, David Joe's sister-in-law.

F. Congratulations to:

- (1) Joe McDermott and Rick Theiner for winning a Bronze Metal in the 2018 Wine Maker International Amateur Wine Competition.
- (2) Mark and Shelly Lieberman on having an article about them in MOUNTAIN EXPRESS. To read it, please click: [Here](#)
- (3) Jamie Wade on having her eatery, Sand Hill Kitchen, win the 1018 Asheville Fried Chicken Challenge run by the readers and social media followers of Stu Helm: Fried Fan.
- (4) Candice and Charlie Burchill on being named this year's Blue Devil Advocates.
- (5) Sunny Ruble, Althea Gonzales, Lytingale and other members of Womansong on their appearance on WLOS. To view it, please click: [Here](#)

Note: They talk about the upcoming June 1 and 2 concerts. (I'll be attending the latter one.) To obtain tickets, please click: [Here](#)

(6) Elizabeth Yarus on extending her business now into California. (She remains in North Carolina.) Her company is now known to Executive Sage Insurance Solutions, and the tagline is: "A Holistic Approach To Protecting Your Health and Wealth." For more information, please click: [Here](#)

(7) Laura Beyer, winner of Contest #11: an autographed copy of Marvin Sadovsky's great book, THE BULLIED, FAT, STUTTERING KID. It's an inspiring, true story about how he changed his life around. All told, there were four entries. And that reminds me that it's now time to introduce ...

***** CONTEST #12 *****

One lucky reader will win a box of Split Bars, the delicious organic bar developed by my friend Emily Shaules--CEO and Founder of the company with the same name. This product has only 1 gram of sugar and is Gluten-Free, Soy-Free, GMO-Free, Kosher, Vegan, Paleo-Friendly, Keto-Friendly, and is packed with 10 grams of protein and 15 grams of fiber.... To enter the contest, send an email to: bglnbc@aol.com and put CONTEST #12 in the subject line. Then include your snail mail address in the body of the email, along with your choice of flavors (dark chocolate enhancement, raspberry raspberry or almond butter blessing).... All entries must be received by 9 p.m. on Mon., June 3, 2018.

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

Thanks, Cynthia Greenfield, for this week's nomination: Specialized Physical Therapy has surprised me in numerous ways. Having been to many different kinds of offices to get help for my issues, they are the first people to have helped me considerably with knees and a lower back pain issue. ... Even more than that is the way one feels when you walk into the office. Starting with Sherry Williams: she is the Office Manager....she is always cheerful, kind, efficient and always makes you feel as if you are important. Sean Simonds, Clinical Director, is friendly, extremely knowledgeable and offers much in helpful knowledge on how to go forward. ... Jackie Burris, who works most closely with me, is a physical therapist and a real prize. She is knowledgeable, kind and is 100% present with you. When I had extra issues in between sessions, she made herself available by phone and squeezed me in to help me out. She touches your heart and makes you feel as if you are a friend. ... Being expert in a field is one thing, but to add a loving atmosphere is equally if not even more important. I highly recommend Specialized Physical Therapy.

Note: For more information about this firm, please click: [Here](#)

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2. FYI

The Death of the Plastic Straw
by Deborah Lev-Tov
In 2015, a disturbing video of an olive ridley sea turtle suffering from a plastic straw stuck in its nose went viral, changing many viewers' attitudes toward the plastic tool that is largely a convenience for most people.

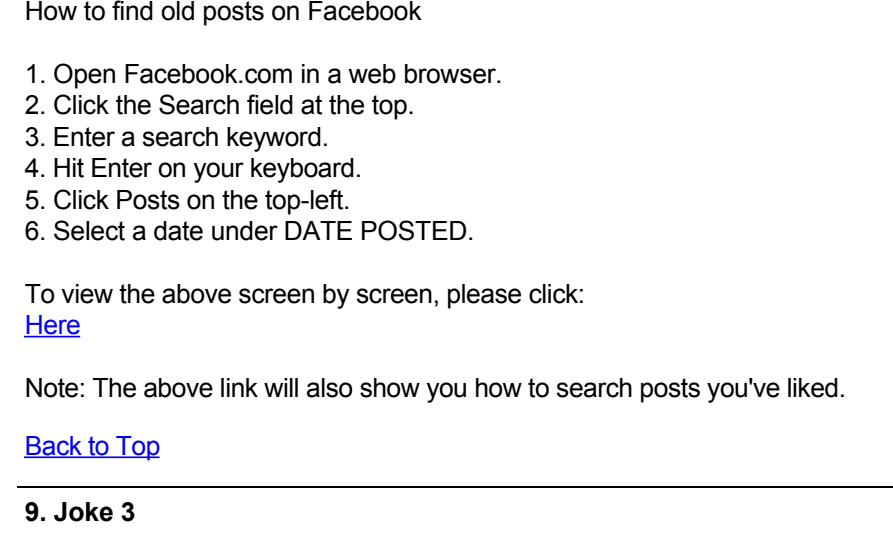
But how can the plastic straw--a diminutive item used briefly before being thrown away--cause so much damage? For starters, it easily finds its way into oceans due to its lightweight nature. Once there, it does not biodegrade. Instead, it slowly fragments into smaller and smaller pieces known as microplastics, which are frequently mistaken for food by marine animals.

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

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3. Joke 1

Two young boys decide that they are old enough to begin using swear words, so they hatch a plan. "Today at breakfast," says one, "I'm going to use the word 'hell,' and I want you to use the word 'ass.'" They then proceed down to the breakfast table.... Their mother asks, "What do you boys want for breakfast?..." The one who came up with the plan quickly replies, "Aw hell, just give me some Cheerios!" Their mother immediately slaps him, scolds him and sends him up to his room. She then glares at the other boy and asks him what he wants.... After a moment he replies, "I dunno, but you can bet your ass it's not going to be Cheerios!"



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4. Reviews

A. Saw SHOOKS CLUB, a funny combination of four women whose book club tackles FIFTY FIFTY OF GREY, Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen are all dead in their roles, and I also took out of seeing their male counterparts: Andy Garcia, Don Johnson, Ed Begley Jr. and Craig T. Nelson. Richard Dreyfuss also had me laughing in a small part. The ending comes together just perfectly. Rated PG-13.

B. Read LOOKING BACK: A CHRONICLE OF GROWING UP OLD IN THE SIXTIES (Open Road Media) by Joy Wilkinson. I remember the author's 1976 cover story in THE NEW YORK TIMES MAGAZINE, in which as an 18-year-old she looked back on her life. I was a few years older, at the time, but still remember how many of her opinions resonated with me. ... This memoir, written a year later, expands on the early period and describes what it was like to come of age during that turbulent period of time. ... In the special anniversary edition I read that was published in 2012, Maynard includes a candid introductory section, as well as rare photos from her personal collection. ... If you're from the era that the author writes about, you'll enjoy LOOKING BACK. If you're from a later era, you'll be surprised that many of her experiences probably still ring true.

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5. TV alert

A. THE TRIALS OF MUHAMMAD ALI: On Netflix through June 9
This documentary avoids boxing altogether, focusing instead on the period in which Ali was barred from the ring after his conversion to Islam.

B. BEST YEARS OF OUR LIVES: Mon., May 28, at 5 p.m. on TCM
A drama about three United States servicemen readjusting to civilian life after coming home from World War II. It won seven Academy Awards in 1946, including Best Picture, Best Director (William Wyler) and Best Actor (Fredric March).

Note: It is also on my list of favorite films. If you'd like a copy of that list, send an email to: bglnbc@aol.com and put FAVORITES in the subject line.

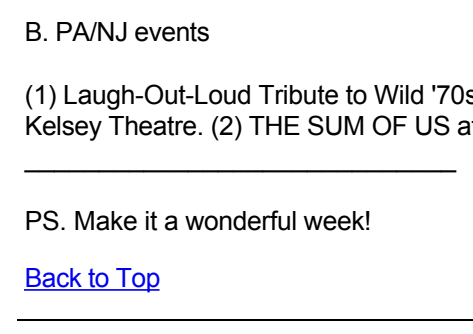
C. JOHN MCCAIN: FOR WHOM THE BELL TOLLS: Mon., May 28, at 8 p.m. on HBO
This portrait of the war hero-turned-politician is from Emmy-winning documentarian Peter Kurthard, who was granted exclusive access to the Arizona senator after his diagnosis with brain cancer.

D. AMERICA'S GOT TALENT: Returns on Tues., May 29, at 8 p.m. on NBC
The multi-generational talent extravaganza is back for a 13th season. It remains one of my favorite shows.

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6. Joke 2

Good reminder to treat me well. And hint, hint: Gifts are always appreciated! (Thanks, David Miller, for sharing.)



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7. Clips/Web sites

A. Check out these clips at your convenience:

- (1) Miles Rice: Types of Directors [Here](#)
- (2) UK Royal Wedding: Gospel Choir sings "Stand by Me" [Here](#)
- (3) Aaron Judge shows off arm twice vs. Angels [Here](#)
- (4) Steep Canyon Rangers: Out in the Open [Here](#)
- (5) Walter Weeks: Illusionist Kevin James [Here](#)

B. BRIGHT Magazine is reinventing storytelling behind the gates, education and social impact. It is made possible from The Bill & Melinda Gates Foundation. To view it, please click: [Here](#)

Some of the recent pieces were these:
Traveling Home Amidst Ireland's Raging Abortion Debate
Mental Health Is All Over The News. Why Are We So Bad At Talking About It?
The Surprisingly Simple Way To Save Babies' Lives
5 Dirty Secrets From The Cruise Industry

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 find old posts on Facebook

1. Open Facebook.com in a web browser.
2. Click the Search field at the top.
3. Enter a search keyword.
4. Hit Enter on your keyboard.
5. Click Posts on the top-left.
6. Select a date under DATE POSTED.

To view the above screen by screen, please click: [Here](#)

Note: The above link will also show you how to search posts you've liked.

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9. Joke 3

During the wedding rehearsal, the groom slipped the pastor \$100 and said, "Change the wedding vows. When you get to me, skip that part about 'forsaking all others'.... On the big day, the pastor asked the young man, 'Will you promise to prostate yourself before her, obey her every command and wish, serve her best life in bed every morning of your life and swear eternally before God and your lovely wife that you will not ever even look at another woman as long as you both shall live?...' The groom had no choice but to meekly answer, 'yes.' Afterward, he asked the pastor what happened. The pastor put the \$100 back in his hand and whispered back, "She made me a better offer."

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10. A quote I like

Philip Roth (1933-2018), R.I.P. He was an American novelist. He won almost all the major literary awards and published an exceptional sequence of historical novels in his 60s, an age when many writers are winding down. For his obituary, please click: [Here](#)

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11. Thought for the day

The story of the "Lucky Guy"
by Jeff Dershin

When Susan passed, I joined a bereavement group that met in the basement of the Wellness Center in Warrington, PA. At one meeting, a lady told us about her late husband who always considered himself the "lucky guy." Naturally, we all assumed she was going to tell us how he won the lottery or some such thing. I was, as you may very raw at the time and not particularly in the mood for hearing about someone else's good fortune. But I had it all wrong.

Her husband had come home from the war with only one leg.

Rather than being bitter and angry, he described how happy he was to be alive and, largely, intact. Some of his comrades were not as fortunate. When he returned to his home in Bucks County, he was able to secure SOME kind of employment, certainly nothing fancy as I recall, but a steady job that he held for many years. "How lucky!" In addition, he met his wife and they had a couple of kids, with the usual ups and downs. "How can you top that?"

My reaction (aside from feeling like a total schmuck) was to re-define the word "lucky," as you might imagine.

As I continue to recover from my accident, I look at my left side and wonder if it will ever function completely normally again. But at the same time, as I report to the doctors at the emergency room at Jefferson Center City, NO, I did not hit my head. And YES, the injury was to my left side, while I am right-handed. I'm back to wearing regular clothes instead of pajamas, back to driving my car (hallelujah!), back to playing the piano--albeit in a slightly cockeyed fashion, and even doing a bit of dating. Three months post-top I am back to work, and able to handle my musical equipment without assistance, which I'm very proud of. I'm rehearsing regularly with the Angels (the latest iteration of our name is "Angels, Inc.") and am eagerly anticipating upcoming performances both with them and with Bruce Clough & his group. My son Gaby reports that all is going well in the construction business (he's currently stationed in Edmonton, Alberta). Andrea reports that she is well with my grandsons (Jax, age 9, is now wearing glasses which look awfully cute), and Spring has finally come to Cambridge Lane.

In short, with great respect and admiration, I'd like to join in gratitude with the gentleman who gave this piece its title.

* Reprinted with Jeff's gracious permission from his Facebook post of May 21, 2018.

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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) FULL-TILT BOOGIE AT THE BIG BANG DINER. (2) Yoga & Your Doshia with Jamie.

B. PANJ events

(1) Laugh-Out-Loud Tribute to Wild '70s in Disaster! A Musical, Coming to MCCC's Kelsey Theatre. (2) THE SUM OF US at Actors' Neat.

PS. Make it a wonderful week!

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