

BLAINESWORLD

#1132
6.4.2018

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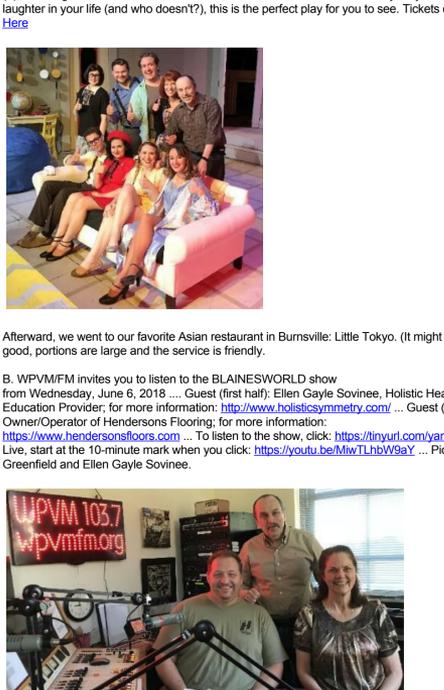
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1. Reflections

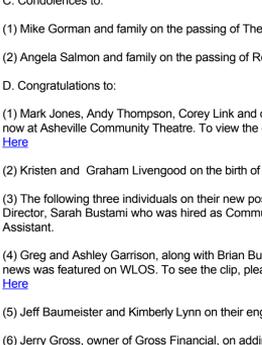
If you're reading this via Facebook or LinkedIn, please be advised that you will get it quicker if you get it via email. Another advantage: You'll never miss it that way because you may not have logged in for a day or two. And in the unlikely event you're not already a subscriber, all you need to do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

A. Cynthia, my beautiful bride, and I:

(1) Had a blast with Joyce and Marty Litchman, Cynthia's sister and brother-in-law. We showed them all around Asheville. ... To see pictures of the many places we visited, please click: [Here](#)

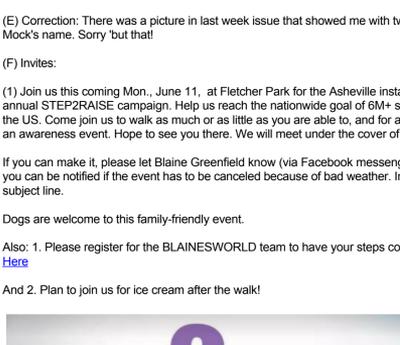


(2) Got a big kick out of BOEING BOEING, a hilarious farce now at Parkway Playhouse through June 16. If you need some laughter in your life (and who doesn't?), this is the perfect play for you to see. Tickets can be obtained by clicking: [Here](#)



Afterward, we went to our favorite Asian restaurant in Burnsville: Little Tokyo. (It might be the only one?) The food is always good, portions are large and the service is friendly.

B. WPMVMFM invites you to listen to the BLAINESWORLD show from Wednesday, June 6, 2018. ... Guest (first half): Ellen Gayle Sovinee, Holistic Health Practitioner and Continuing Education Provider; for more information: <http://www.holisticsymmetry.com/> ... Guest (second half): Chris Henderson, Owner/Operator of Hendersons Flooring; for more information: <https://www.hendersonsfloors.com> ... To listen to the show, click: <https://tinyurl.com/yambczgq>; to view the show via Facebook Live, start at the 10-minute mark when you click: <https://youtu.be/MwTLhbW9aY> ... Pictured, l-r: Chris Henderson, Blaine Greenfield and Ellen Gayle Sovinee.



C. Condolences to:

- (1) Mike Gorman and family on the passing of Theresa Gorman, Mike's mother.
- (2) Angela Salmon and family on the passing of Roseann Procopio, Angela's sister.

D. Congratulations to:

- (1) Mark Jones, Andy Thompson, Corey Link and others on being featured on WLOS about their roles in THE FULL MONTY, now at Asheville Community Theatre. To view the clip, please click: [Here](#)
- (2) Kristen and Graham Livengood on the birth of baby Grey.
- (3) The following three individuals on their new positions at Biltmore Lake: Kim Maynard who has been promoted to Lifestyle Director, Sarah Bustami who was hired as Community Assistant Manager and Mary Driscoll who was hired as Administrative Assistant.
- (4) Greg and Ashley Garrison, along with Brian Bullman, about the fact that The Hop will be selling hemp ice cream. This news was featured on WLOS. To see the clip, please click: [Here](#)
- (5) Jeff Baumeister and Kimberly Lynn on their engagement.
- (6) Jerry Gross, owner of Gross Financial, on adding a new line of products to his company. He can now offer free quotes for auto and homeowners insurance. For more information, please click: [Here](#)
- (7) Trissa King on finishing first in the 60 to 64 age group in the Asheville 10K race.
- (8) Steve Darter, winner of Contest #12: He won a box of Shift 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. ... All told, there were a record-breaking 14 entries (the most who have entered any contest). And that reminds me that it's now time to introduce ...

***** CONTEST #13 *****

Emily was soooo impressed with the interest in her product that she has decided to sponsor the above contest in this week's issue. Consequently, a second reader will get a chance to win a box of these great-tasting bars (the chocolate enhancement flavor). ... To enter the contest, send an email to: bjnbc@aol.com and put CONTEST #13 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 Mon., June 17, 2018.

(E) Correction: There was a picture in last week issue that showed me with two of my SCORE colleagues. I misspelled Tom Mock's name. Sorry 'but that!

(F) Invites:

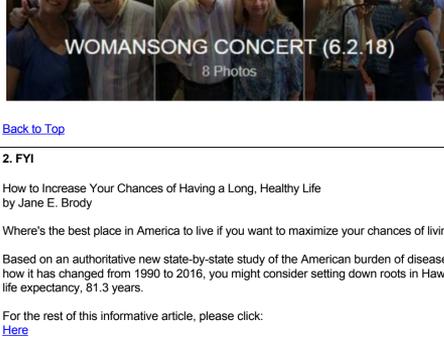
(1) Join us this coming Mon., June 11, at Fletcher Park for the Asheville installment of the Dementia Society of America's annual STEP2RAISE campaign. Help us reach the nationwide goal of 6M+ steps to represent the 6M+ with dementia in the US. Come join us to walk as much or as little as you are able to, and for as long or as short as you choose. This is purely an awareness event. Hope to see you there. We will meet under the cover of the main pavilion by the soccer field!

If you can make it, please let Blaine Greenfield know (via Facebook messenger or send an email to: bjnbc@aol.com), so you can be notified if the event has to be canceled because of bad weather. Include your phone number. Put WALK in the subject line.

Dogs are welcome to this family-friendly event.

Also: 1. Please register for the BLAINESWORLD team to have your steps count. (There is no charge.) To do so, click: [Here](#)

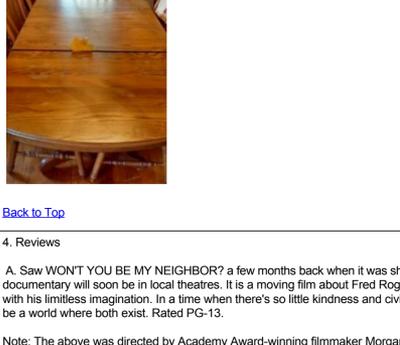
And 2. Plan to join us for ice cream after the walk!



(2) Come see the talented cast of the HAPPY TOGETHER REVUE (pictured below) on July 22 and/or July 29, both nights at 7:30 p.m. at the Attic Salt Theatre Studio, 2002 Riverside Drive, Woodfin. ... You should be prepared to sing and dance along to songs of the 50s, 60s and 70s in this family-friendly event. ... For tickets, please click: [Here](#)

We were at a Del Velveccio's, planning and singing the songs that will be performed. I got a kick out of the fact that many patrons heard the music and stopped by to ask us for more details.

Notes: This eatery is rapidly becoming one of my favorite places for pizza in the area. Stop by to see why. In addition, you'll enjoy the service provided by the very friendly staff.



G. Mr. Curious here: I need somebody NOT on Facebook to check this out for me. Or if you are on Facebook, can you ask somebody who is NOT on Facebook to check out the following:

I'm trying to determine if those folks can read Facebook links; e.g.:

(1) This invite to the aforementioned Step2Raise challenge: <https://www.facebook.com/events/2093423614010847?permalink=2093531704000038/>

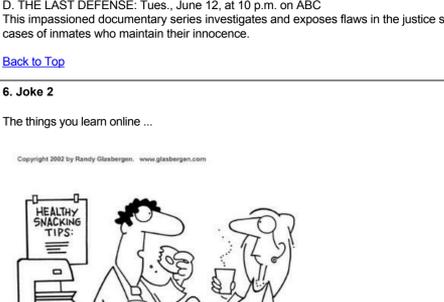
(2) This link in Section 8: <https://www.facebook.com/michaelsmind/videos/1134144003395442/UzpfSTQ2MjEwOTcxOjEwMTAyOT14MzE4MjQ5MjE4ZDZl/>

(3) And this cute clip sent to me by my friend Ed Hackett: <https://www.facebook.com/GolfMonthlyMagazine/videos/1813741001979696/>

If you can let me know, I'd be most appreciative!

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

This week, it goes to all the women (and men) who helped make the recent Womansong concert the success that it was. Not only was it a terrific concert, but it also raised funds for Womansong's New Start Program (providing stipends and scholarships for local women in need who are seeking a new beginning.) ... Special kudos to Althea Gonzalez, artistic director who directed her first program; Amanda Carroll, assistant director; Lyntingale, piano accompanist, Jane Snyder, percussionist; Shineder Antonio, music sign language interpreter; and my other friends Walela Dobroski, Lilah Schwartz and Terri Crosby who we got to see perform. ... To see other pictures from the performance, please also click: [Here](#)



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2. FYI

How to Increase Your Chances of Having a Long, Healthy Life

by Jane E. Brody

Where's the best place in America to live if you want to maximize your chances of living longer?

Based on an authoritative new state-by-state study of the American burden of disease, disability and premature death, and how it has changed from 1990 to 2016, you might consider setting down roots in Hawaii, where residents have the longest life expectancy, 81.3 years.

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

FYI, part 2

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

- (1) Kathy Edwards: Love Seeing These Photos! (2) Booking With Airbnb? Here's Your Survival Guide. (3) Weight Training May Help to Ease or Prevent Depression. (4) What Religion Gives Us (That Science Can't).

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3. Joke 1

I was invited to my friend's house for dinner and then asked to put a leaf in the table. So I did. (Thanks, Paul Licotra, for posting.)



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4. Reviews

A. Saw WONT YOU BE MY NEIGHBOR? a few months back when it was shown on PBS. In luck, in that this sweet documentary will soon be in local theatres. It is a moving film about Fred Rogers, the man who inspired countless children with his limitless imagination. In a time when there's so little kindness and civility, it's good to be reminded that there can be a world where both exist. Rated PG-13.

Note: The above was directed by Academy Award-winning filmmaker Morgan Neville (of 20 FEET FROM STARDOM fame). That film is already on my list of favorites. I've just added WONT YOU BE MY NEIGHBOR? If you'd like to get my complete list, just send an email to: bjnbc@aol.com and put FAVORITES in the subject line.

B. Read LESSONS FROM LIFE: FOUR KEYS TO LIVING WITH MORE MEANING, PURPOSE, AND SUCCESS (Kindle edition). ... I must admit to having a bias toward this book even before I read it, in that Steve Darter was a high school classmate of mine. Though we were not particularly close during our days at Lawrence High School in Cedarhurst, NY, reading this book brought me much closer to him—and we have actually become good friends as a result of many discussions we have since had about what he has written. ... I could relate to much of it, especially the part about working while going to school. His experiences, however, were a bit different than mine. I'm still chucking over the fact that he spent a summer parking cars while neglecting to tell anybody that he didn't have a license. ... I also got a kick out of the story he told about having to take a parent to a conference with his guidance counselor. He instead hired a man who owed him money to pay off the debt by posing as his father. ... Perhaps the most touching part of the book was how Darter talked him into his relationship with his family members and, in particular, his father. The guest editorial he wrote after the latter's death was my favorite chapter in the book. ... I also liked how each chapter contained a story, then a series of thought-provoking questions. ... I'm ordinarily a speed reader, but I can tell when I really like reading something by the fact that I take my time to read every single word of it. That was the case with LESSONS FROM LIFE. In addition, I kept taking notes on what I had read because I knew I wanted to discuss a particular point in greater detail with the author.

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5. TV alert

A. ALEX STRANGELOVE: Now on Netflix

The film has received excellent reviews. To quote Rotten Tomatoes:

[I]t tells the story of Alex Truelove (Daniel Cooney), a well-rounded high school senior with a wonderful girlfriend Claire (Madeline Weinstein) and a bright future ahead of him—and with plans to achieve his last teenage milestone by losing his virginity. But things get complicated when he meets Elliot (Antonio Marziale), a handsome and charming gay kid from the other side of town, who unwittingly sends Alex on a rollercoaster journey of sexual exploration, kicking off a hilarious and moving adventure of love, sex and friendship in our liberated and confusing modern times.

B. THE 72ND ANNUAL TONY AWARDS: Sun., June 10, at 8 p.m. on CBS

Musicians Sara Bareilles (WAITRESS) and Josh Groban, both former Tony nominees, host this celebration of the Broadway season

C. CELEBRITY FAMILY FEUD: Sun., June 10, at 8 p.m. on ABC

The network's "Sunday Fun & Games" lineup returns, led by a Feud faceoff, hosted by Steve Harvey, between the Kardashians and the West families, with Kim and husband Kanye facing her mom Kris and sisters Kholé and Kendall. Then stay tuned for new episodes of THE \$100,000 PYRAMID and TO TELL THE TRUTH.

D. THE LAST DEFENSE: Tues., June 12, at 10 p.m. on ABC

This impassioned documentary series investigates and exposes flaws in the justice system as it profiles two death-row cases of inmates who maintain their innocence.

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6. Joke 2

The things you learn online ...

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7. Clips/Websites

A. Check out these clips at your convenience:

(1) Stephen Forbes: Texting and walking [Here](#)

(2) Ed Hackett: Irish dancing squirell [Here](#)

(3) A Capella THX Logo Theme [Here](#)

(4) Drone Fashion Show [Here](#)

B. For an interesting collection of fiction, poetry, comics and more, check out The Caffeolicious. You can do so by clicking: [Here](#)

These were just some of the tidbits that caught my attention:
A Senior's Commencement Address
How Timeless Wisdom Can Help you Thrive in Life
Are Self-Fulfilling Prophecies Holding You Back?
Lenders, Lost Chances and a Las Vegas Stripper

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

My friend Michael Spremlili shows a very cool gadget that you have to see to believe. It will change the way you travel. As a bonus trip, he talks about a virtually indestructible iPhone charging cable that he has used for over four years. ... To find out more, watch this episode from his new Facebook Live series by clicking:

[Here](#)

Note: Michael is also an amazing speaker/entertainer. To find out more about that side of him, please click: [Here](#)

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9. Joke 3

I can relate. When I began full-time teaching, I had a full head of hair. When I left, I hardly had any! (Thanks, Kathy Webb, for sharing.)

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10. A quote I like

Now that's a scary thought! (Thanks, Justin Slack, for sharing.)

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11. Thought for the day

The sign on the back window read, "Student driver. Sick shift. Be patient please!" ... Knowing this piece of information, I was very patient with his slow shifting, and honestly he was doing pretty well for one still learning. Then I asked myself a tough question: Would I have been just as patient if the sign hadn't been there? I can almost definitely say no. ... We don't know what someone else is going through. We don't wear signs that illustrate our personal struggles. You don't see signs taped to people's shirts that say, "Going through a divorce," or "Lost a child," or "Feeling depressed," or "Diagnosed with cancer." ... If we could read visually what those around us were going through, we would definitely be nicer; but we shouldn't have to see signs or have reasons for treating strangers with kindness. We should do it anyway, whether we know what is going on or not - whether they deserve it or not.... Let's give everyone an extra dose of patience, kindness and love.

Source: Source: Author unknown If you know who wrote this and/or the source, please let me know.(Thanks, Jean Dolan, for sharing.)

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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) The Super-Happy Radio Hour: True Crime! (2) A Brush of Music with pianist David Troy Francis.

B. PA/NJ event

The Triplets on Fri., June 22.

PS. Make it a wonderful week!

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