

#1138
7.16.2018

In this issue

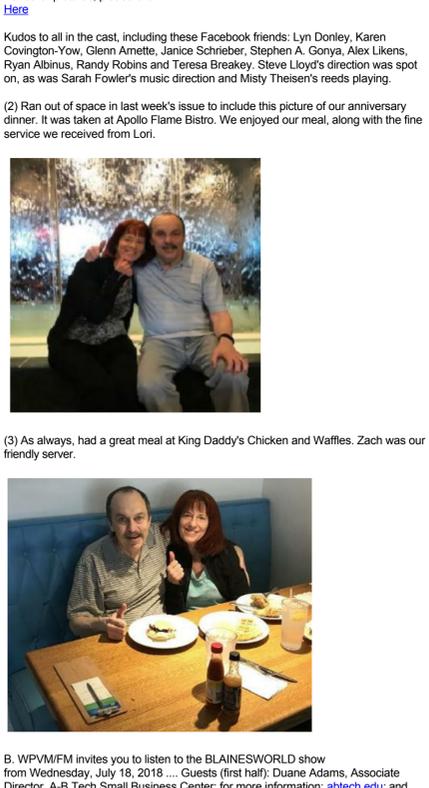
- [1. Reflections](#)
- [2. FYI](#)
- [3. Joke 1](#)
- [4. Reviews](#)
- [5. TV alert](#)
- [6. Joke 2](#)
- [7. Clips/Webbsites](#)
- [8. Technology tip](#)
- [9. Joke 3](#)
- [10. A quote I like](#)
- [11. Thought for the day](#)
- [12. Advance planning department](#)

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

A. Cynthia, my beautiful bride, and I:

(1) Loved seeing MAME at HART! I hope y'all can get to see this tuneful musical at HART before its run ends on July 29. For tickets, just click: [Here](#)



For other pictures, please click: [Here](#)

Kudos to all in the cast, including these Facebook friends: Lyn Donley, Karen Covington-Yow, Glenn Arnette, Janice Schrieber, Stephen A. Gonya, Alex Likens, Ryan Albinus, Randy Robins and Teresa Breakey. Steve Lloyd's direction was spot on, as was Sarah Fowler's music direction and Misty Theisen's reeds playing.

(2) Ran out of space in last week's issue to include this picture of our anniversary dinner. It was taken at Apollo Flame Bistro. We enjoyed our meal, along with the fine service we received from Lori.



(3) As always, had a great meal at King Daddy's Chicken and Waffles. Zach was our friendly server.



B. WPVM/FM invites you to listen to the BLAINESWORLD show from Wednesday, July 18, 2018 ... Guests (first half): Duane Adams, Associate Director, A-B Tech Small Business Center; for more information: abtech.edu; and Sandra Dennison, Regional Center Director of Small Business & Technology Development Center at Western Carolina University; for more information: sdnc@wcu.edu ... Guests (second half): Ellen Pappas, director and singer, THE HAPPY TOGETHER REVUE; for more information: mstetred@aol.com; and Ruth Planey, singer, THE HAPPY TOGETHER REVUE; for more information: rs03nc@gmail.com ... Pictured, l-r: (left photo): Sandra Dennison, Blaine Greenfield and Duane Adams; and (right photo) Ruth Planey, Blaine Greenfield and Ellen Pappas ... To listen to the entire radio show, click <https://tinyurl.com/8duyugi> ... You can also view the show on Facebook Live by clicking: <https://youtu.be/F3ZKOsJxwIs>



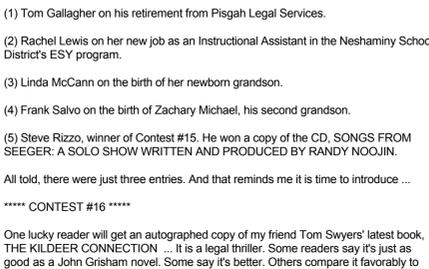
C. During the week, I got a kick out of being a guest on two separate radio shows: with Matt Mittan (top photo) on Asheville Biz Radio and with Philip Bowditch (bottom photo) on Asheville FM. Pictured, l-r: Jim Meyer, Philip Bowditch, Cecil Bothwell and Blaine Greenfield.



D. I also broke some boards at a seminar run by my friend Brian Biro. He is America's Breakthrough Coach. Pictures are from a program at the Center for Spiritual Living on July 9, 2018.

For more pictures from the event, please click: [Here](#)

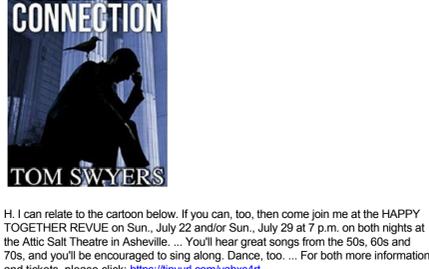
For more information about Brian Biro, please click: [Here](#)



The Amazing Brian Biro

7 Photos

E. And I had a fun time at Attic Salt's Totally Rad '80s Dance Party. For more pictures from the event, please click: [Here](#)



Totally Rad '80s Dance Party

6 Photos

F. Condolences to Michael Trayford and family on the passing of Michael's dad.

G. Congratulations to:

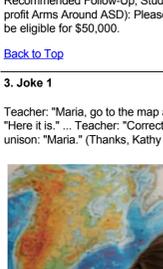
- (1) Tom Gallagher on his retirement from Pisgah Local Services.
- (2) Rachel Lewis on her new job as an Instructional Assistant in the Neshaminy School District's ESY program.
- (3) Linda McCann on the birth of her newborn grandson.
- (4) Frank Salvo on the birth of Zachary and his second grandson.
- (5) Steve Rizzo, winner of Contest #15. He won a copy of the CD, SONGS FROM SEEGER: A SOLO SHOW WRITTEN AND PRODUCED BY RANDY NOOJIN.

All told, there were just three entries. And that reminds me it is time to introduce ...

****** CONTEST #16 ******

One lucky reader will get an autographed copy of my friend Tom Swyers' latest book, THE KILDEER CONNECTION ... It is a legal thriller. Some readers say it's just as good as a John Grisham novel. Some say it's better. Others compare it favorably to books by Lee Child, Michael Connelly or David Baldacci. ... I'm halfway through the book, and I'm enjoying it—a lot.

To enter the contest, send an email to: bjinbc@aol.com and put CONTEST #16 in the subject line, then include your name and small mail address in the body of the email.... All entries must be received by 9 p.m. on Mon., July 30, 2018.

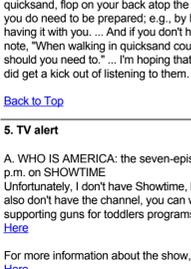


H. I can relate to the cartoon below. If you can, too, then come join me at the HAPPY TOGETHER REVUE on Sun., July 22 and/or Sun., July 29 at 7 p.m. on both nights at the Attic Salt Theatre in Asheville. ... You'll hear great songs from the 50s, 60s and 70s, and you'll be encouraged to sing along! Dance, too. ... For both more information and tickets, please click: <https://tinyurl.com/yahxs4t>

This is a family-friendly event.

If you want to read more about it, please click the following link that takes you to a fine article that was written about the event by Mark Bennett. You can read it by clicking this link and then going to the bottom of the first page: <http://www.biltmorebeacon.com/e-edition/#tp-carousel-22309>

And to get you psyched, take a look at the Happy Together cast performing what's arguably the greatest rock song of all time. It was taped at a recent rehearsal and can be viewed by clicking: <https://www.youtube.com/watch?v=YGg9INMMBr8>



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

This week, it goes to the The Carolina Benmark in Asheville. ... We always enjoy going to this location, in large part because of the following staffers: Carolyn Derreberry is both friendly and helpful when she sells us our tickets. Shane Clemmer is the same way—both when selling tickets and at the concession stand. And we get a kick out of how John Davis greets us when he takes our tickets and/or says good bye on our way out. ... Recently, we met the manager, Chris Church, and we were also impressed by him.

[Back to Top](#)

2. FYI

The Power of Positive People
by Tara Parker-Pope

Are you spending time with the right people for your health and happiness?

While many of us focus primarily on diet and exercise to achieve better health, science suggests that our well-being also is influenced by the company we keep. Researchers have found that certain health behaviors appear to be contagious and that our social networks—in person and online—can influence obesity, anxiety and overall happiness. A recent report found that a person's exercise routine was strongly influenced by his or her social network.

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

FYI, part 2

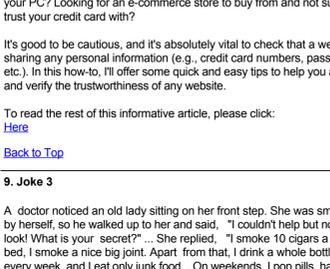
To read each of the following contributions in full, please click: [Here](#)

- (1) Susan Feinman: A very happy and healthy anniversary to you and Cynthia! (2) Peter Rigas: That image [Section 11 in last week's BLAINESWORLD] is a very conservative post... to be self-reliant. (3) Many Breast Cancer Patients Don't Get Recommended Follow-Up. Study Suggests. (4) Michele Louzon (head of the the non-profit Arms Around ASD); Please tell everyone you know to vote early on day, in order to be eligible for \$50,000.

[Back to Top](#)

3. Joke 1

Teacher: "Maria, go to the map and find North America." ... Maria points and says, "Here it is." ... Teacher: "Correct. Now, class, who discovered America?" ... Class in unison: "Maria." (Thanks, Kathy Webb, for sharing.)



[Back to Top](#)

4. Reviews

A. Saw THREE IDENTICAL STRANGERS, an enthralling documentary about three young adults who are born identical triplets but then get adopted to different families. When they are reunited, the feel-good story becomes a viral hit in the pre-internet age. ... The reunion soon sets off a chain of events that uncovers a secret that transforms their story into a thriller that truly proves that truth is stranger than fiction. Rated PG-13.

Note: I've just added this title to my list of favorite films. If you'd like to get to get a copy of the entire list, send an email to: bjinbc@aol.com and put FAVORITES in the subject line.

B. Heard THE WORST-CASE SURVIVAL HANDBOOK (Listen & Live Audio), written by Joshua Piven and David Bergeron and narrated by Burt Reynolds. ... This book has useful, step-by-step instructions for you to follow if you ever needed to take over a plane if the pilot blacked out or deliver a baby in the back of a cab. ... I even learned how to escape from quicksand: You will need to pull a pole on the surface of the quicksand, flop on your back atop the pole and lay your legs out one by one. However, you do need to be prepared; e.g., by having read HANDBOOK beforehand or at least having it with you. ... And if you don't have a pole? You're out of luck. As the authors note: "When walking in quicksand country, carry a stout pole—it will help you get out should you need to." ... I'm hoping that I don't ever have to use any of these skills, but I did get a kick out of listening to them.

[Back to Top](#)

5. TV alert

A. WHO IS AMERICA: the seven-episode series premiered on Sun. July 15, at 10 p.m. on SHOWTIME. Unfortunately, I don't have Showtime, but I'd check this show out if I did. Even if you also don't have the channel, you can watch Sacha Baron Cohen trick Republicans into supporting guns for toddlers programs by clicking this preview: [Here](#)

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

B. OMNIBUS: Sun., July 22, on TCM, starting at 8 p.m. and running through Mon., July 23 at 4 a.m. Former New York Philharmonic composer Leonard Bernstein delves into such topics as jazz, opera and Bach. I'm especially looking forward to the 10:45 p.m. segment that will look at the development of American musical comedy.

C. TED WILLIAMS: THE GREATEST HITTER WHO EVER LIVED Mon., July 23, at 9 p.m. on PBS (check local listings at pbs.org) Jon Hamm narrates the American Masters biography of the Boston Red Sox "Splendid Splinter" and Hall of Famer who batted .406 in 1941.

D. VICTORIA & ABDUL: Sat., July 29, at 8 p.m. on HBO. A film "based on real events—mostly," that tells the story of the unexpected friendship in the later years of Queen Victoria's life. It is then that she meets a young clerk from India, and they quickly become friends with each other. Judy Dench is excellent in the leading role. Rated PG-13.

[Back to Top](#)

6. Joke 2

A photographer for a national magazine was assigned to take pictures of a great forest fire. He was advised that a plane would be waiting to fly him over the fire. ... The photographer arrived at the airstrip just an hour before sundown. Sure enough, a plane was there. He jumped in with his equipment and shouted, "Let's go!" The tense man sitting in the pilot's seat swung the plane into the wind and soon they were in the air, though flying erratically. ... "Fly over the north side of the fire," said the photographer, "and make several low-level passes." ... "Why?" asked the nervous pilot. ... "Because I'm going to take pictures!" yelled the photographer. "You mean you're not the flight instructor?" ... The pilot replied, "You mean you're not the flight instructor?"

[Back to Top](#)

7. Clips/Webbsites

A. Check out these clips at your convenience:

- (1) Avid Doubler: Brad Upton: Will Be Funny For Money [Here](#)
- (2) Lois Rosenthal: 8 Things Happy People Do Differently [Here](#)
- (3) Lucile Eckert: Four Women: Lisa Simone, Dianne Reeves, Lizz Wright, Angélique Kidjo [Here](#)
- (4) Jerry Crouch: Have you ever seen a cat have so much fun in the snow?! [Here](#)
- (5) Neal Appel: Playground caters to the over 50 crowd [Here](#)

B. For trustworthy writing on human potential and self-improvement, check out Better Humans by clicking: [Here](#)

Among the posts that caught my attention were the following: Use Inbox Shadowing to Free Up 8 or More Hours a Week. The Complete Guide to Overcoming Gymtimidity. How to Prevent Injuries Even if You Work a Desk Job. How to Be a Better Neighbor to Homeless People

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](#)

[Back to Top](#)

8. Technology tip

How to tell if a website is safe
by Clayton Weeks

Not sure if a website is safe to visit? Afraid a sketchy video streaming site might infect your PC? Looking for an e-commerce store to buy from and not sure which you can trust your credit card with?

It's good to be cautious, and it's absolutely vital to check that a website is safe before sharing any personal information (e.g., credit card numbers, passwords, addresses, etc.). In this how-to, I'll offer some quick and easy tips to help you avoid dodgy URLs and verify the trustworthiness of any website.

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

[Back to Top](#)

9. Joke 3

A doctor noticed an old lady sitting on her front step. She was smoking a cigar and all by herself, so he walked up to her and said, "I couldn't help but notice how happy you look! What is your secret?" ... She replied, "I smoke 10 cigars a day. Before I go to bed, I smoke a nice big joint. Apart from that, I drink a whole bottle of Jack Daniels every week, and I eat only junk food. ... On weekends, I pop pills, have sex and never exercise." ... The doctor was amazed. "If you don't mind my asking, how old are you?" ... "34."

[Back to Top](#)

10. A quote I like

"Educating the mind without educating the heart is no education at all."—Aristotle (Thanks, Howard Debbs, for sharing.)

[Back to Top](#)

11. Thought for the day

Mark Belyon: Les Brown - How Bamboo Trees Will Bring Out The Best Self. To view this thought-provoking presentation, please click: [Here](#)

[Back to Top](#)

12. Advance planning department

To read about each of the following NC events in full, please click: <https://wp.me/p1g9EY-2CS>

- (1) Love Makes a Home: The Life of Rebecca Boone. (2) Judy Ray: A "HEALING THERAPIES" SEMINAR.

PS. Make it a wonderful week!

[Back to Top](#)

[Join Our Mailing List!](#)