

#1086
7.17.2017

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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 blainbc@aol.com and put SUBSCRIBER in the subject line.

A. Cynthia, my beautiful bride, and I:

(1) Had a great tour of the Carolina Hemp Company, hosted by Brian Morris (second from left) and Brian Bullman (far right). Also joining us was Bonnie Sibrer (far left). For more information about this dynamic company, please click: [Here](#)



(2) Enjoyed getting together with friends at our neighborhood's annual block party. Featured: Carolyn Haynes, Diane Greenfield, Cynthia Greenfield, Beth Byas and Sheila Croucher ... Special thanks to Kristi Mizen and Joanne Roubdebush for all their help in helping to make the evening the success that it was.



C. Joined our neighbors Steve and Beth Byas (on the left) for delicious burgers that they made, at which time we also had the pleasure of spending time with Grant Randall and Ginny Plaisted (on the right).



B. During the week: I:

(1) Hosted my BLAINESWORLD radio show on WPVM ... Guest in first half: Carolina Arias (left), community garden network coordinator for Bountiful Cities. For more information: [Here](#) ... Guests in second half: Nicole Rotundo (right), author and advocate for people with disabilities, and Roxanni Colwell, former program manager of the Family Support Network of WNC. For more information: 828.230.3555 ... To listen to the show, please click: [Here](#) and go down to the July 19 show. Note: Please skip forward to the 4:25 mark for the show to begin.



(2) Saw an amazing production of BONNIE & CLYDE at Parkway Playhouse. To see the pictures (below) at full size, please click: [Here](#)



(3) Had a fun time at Cyrus' Baby Shower/Cheley's Birthday Lunch at the Gondolier of Asheville. For more pictures and to see them at full size, please click: [Here](#)



C. If you're in the PA and/or NJ area, please do join me at ... My Annual Trek Up North

Sunday, August 27 from 1:59 PM - 5:01 PM
Sycamore Grill, 255 N Sycamore St, Newtown, PA

Stop by to say "hello," greet old friends and meet new ones. There will be plenty of great food and drink that will be available on a cash basis.

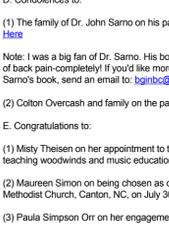
In addition, you'll get to see Bill Lewis perform his all new, sit-down routine, and John Strauss (along with possibly others) will be providing music for your listening enjoyment.

And make sure you're there at approximately 3:43 p.m., at which time John will lead all who are there in a rendition of what's arguably the greatest rock song of all time: "Happy Together."

***** PLEASE RSVP *****

So I can have a ballpark of how many to expect, indicate if you'll be able to join me by responding to the Facebook invite if you see it there. Or if you see it in my BLAINESWORLD blog or elsewhere, send an email to: blainbc@aol.com and put AUGUST 27 in the subject line.

PS. If the above date doesn't work for you and/or you'd also like to get together some other time, I will be in the area from August 21-28. I'm looking to possibly see WAIT UNTIL DARK at the Langhorne Players on Aug. 25 or 26, a comedy show, get to eat at some diners and other places I miss in Bucks County, etc. Please let me know.



D. Condolences to:

(1) The family of Dr. John Samo on his passing. To read his obituary, please click: [Here](#)

Note: I was a big fan of Dr. Samo. His book, HEALING BACK PAIN, helped me get rid of back pain-completely! If you'd like more information about both my experience and Samo's book, send an email to: blainbc@aol.com and put SARNO in the subject line.

(2) Colton Overcash and family on the passing of Colton's grandfather.

E. Congratulations to:

- (1) Misty Theisen on her appointment to the full-time faculty at Mars Hill University, teaching woodwinds and music education.
- (2) Maureen Simon on being chosen as one of the guest speakers at Long's United Methodist Church, Canton, NC, on July 30th.
- (3) Paula Simpson Orr on her engagement to Bryan McCure.

F. Correction: In last week's review of WONDER WOMAN, I had one typo that perhaps gave you the wrong option of what I thought about the film ... In line 1, I typed majority instead of minority. The corrected version appears below.

Saw WONDER WOMAN and realize I may be in the minority, but must admit to not loving it. The first half was good. I enjoyed watching Gal Gadot kick a lot of ass. But then the film fell apart for me in the second part. The villains became less and less believable, and when they started flying all over the place, I decided that I will probably miss the many sequels that are sure to follow. Rated PG-13.

G. Reminder: There's still time to enter ...

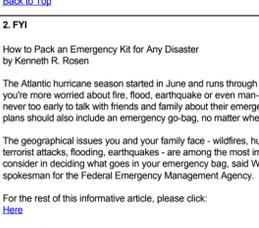
***** CONTEST #14 *****

One lucky reader will win a copy of DISSOLVING PAIN: SIMPLE BRAIN-TRAINING EXERCISES FOR OVERCOMING CHRONIC PAIN by Les Fermi and Jim Robbins. To quote Dr. Andrew Weil, "The techniques described in this book can make life fuller, more enjoyable and more productive." ... To enter: Send an email to: blainbc@aol.com and put CONTEST #14 in the subject line. All entries must be received by 9 p.m. on Monday, July 24.

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

This week, it goes to The Montford Pull Up. To quote one of my recent Facebook posts:

WHAT A SURPRISE! ... Cynthia, my beautiful bride, and I heard that The Montford Pull Up recently won the Peoples' Choice for only get take out orders. But we recommend that you definitely check it out. You won't be disappointed. ... Our hamburgers were as good as we've ever had. And whatever you do, make sure you also get a side order of the sweet chips, which are actually fried sweet potatoes with sweet salt. They are incredibly delicious. (Thanks, Chuck Fink, for the recommendation.) ... For more information, please click: [Here](#)



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2. FYI

How to Pack an Emergency Kit for Any Disaster

by Kenneth R. Rosen

The Atlantic hurricane season started in June and runs through September, but if you're more worried about fire, flood, earthquake or even man-made disasters, it's never too early to talk with friends and family about their emergency plans. Those plans should also include an emergency go-bag, no matter where in the world you live.

The geographical issues you and your family face - wildfires, hurricanes, tornadoes, terrorist attacks, flooding, earthquakes - are among the most important factors to consider in deciding what goes in your emergency bag, said William Booher, a spokesman for the Federal Emergency Management Agency.

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) Yoga With Cats. (2) Lucas Gregg: Help SART. (3) Ginger Heskett: The three best tips for customer retention. (4) As Paperwork Goes Missing, Private Student Loan Debts May Be Wiped Away. (5) As Workouts Intensify, A Harmful Side Effect Grows More Common. (6) Are You a Carboho? Why Cutting Carbs is So Tough. (7) Natalie Kaye: Saw My Big Fat Creek Wedding 2. (8) Bill Rech: (Saw) Dunkirk the movie, today. (9) Jacquie Vollins: Alpine/Snowmass offer alpine skiers four great mountains.

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3. Joke 1

NEWS FLASH ... \$45 billion found in a Nigerian man's flat. He had spent ten years trying to get rid of it, but no one answered his email! (Thanks, Deborah Belcher, for sharing.)



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4. Reviews

A. Saw THE BIG SICK, a terrific romantic comedy that's my favorite film of the year thus far. It's based on the real-life courtship between a Pakistani-born aspiring comedian and a grad student Emily (Kazan) after one of his standup sets. Kumail Nanjiani and Zoe Kazan are both extremely appealing in the leading roles, and Ray Romano and Holly Hunter score as Kazan's parents. Whatever you do, stay around for an additional part after the last credits end. Rated R, though methinks it would also be appropriate for mature teenagers.

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

B. Out on DVD this week is GIFTED. Here's my review from BLAINESWORLD #1072: Saw GIFTED, a sweet drama about a single man focused on raising his young niece when her mother dies. Chris Evans and McKenna Grace are both excellent in the leading roles, and I also liked the work of Jenny Fast as the teacher who first realizes the child's amazing mathematical abilities. This is a feel good film that has some very touching moments. Rated PG-13.

C. Read JOEL (Zondervan) by Joel Sonnenberg with Gregg Lewis, the true story of a boy who was 22 months when his family car was rear-ended by an 18-wheeler. He quickly lost his fingers, toes, lips, ears and nose, yet somehow managed to not only survive but to flourish ... With the help of his family's strong support, he has managed to get an Eagle Scout award, serve as his high school's student body president, get elected Citizen of the Year for western South Carolina, carry the Olympic torch and graduate from Taylor University. ... I was particularly moved by his account of his time in court when the driver of the truck was being sentenced. In addition, I liked the fact that my friend Susan Reinhardt's article was quoted in the book ... if you are looking for something inspirational to read, you won't go wrong with JOEL.

D. Heard A TRUCK FULL OF MONEY: ONE MAN'S QUEST TO RECOVER FROM GREAT SUCCESS (Random House Audio), written by Tracy Kidder and read by Paul Michael. ... It traces the rise of Paul English, Kayak.com co-founder, who dealt with undiagnosed bipolar disease for much of his life. I enjoyed the fact that the book presented not only his successes, but also his failures ... Though a non-fiction book, it read like a novel. I highly recommend it, especially if you are bipolar and/or know somebody who is.

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5. TV alert

A. OZARK: Now available via Netflix Jason Bateman and Laura Linney star as a couple who whisk their family from Chicago to a lakeside backwater in the Ozarks when money-launderer Bateman runs afoul of a deadly Mexican cartel. TV GUIDE calls it "a gripping thriller of money, murder and justice."

B. COLD JUSTICE: Sun., July 23, at 7 p.m. on Oxygen and ordinarily at 8 p.m. on Saturday Dumped by TNT and resurrected by Oxygen for its rebranding as a true-crime network, a new season reintroduces prosecutor Kelly Siegler as she reopens cold cases with the help of veteran detectives.

C. PHELPS VS. SHARK: GREAT GOLD VS. GREAT WHITE: Sun., July 23, at 8 p.m. on Discovery Olympic legend Michael Phelps is pitting against one of the sea's fastest and scariest swimmers in a 100-meter open-water race off the coast of Cape Town, South Africa.

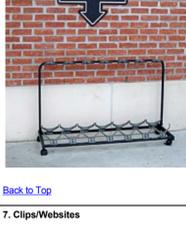
D. THE LAST TYCOON: Available on Amazon, starting on Fri., July 28

F. Scott Fitzgerald's unfinished final novel goes the streaming route. Kelsey Grammer stars.

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6. Joke 2

Bummer that they were all gone when I got there. But now I know where Bradley Cooper got his before performing Neil Young's "Down by the River" on THE TONIGHT SHOW. You can see this appearance by clicking [Here](#). (Thanks, Stephanie Brown Robertson, for sharing.)



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7. Clips/Websites

A. Check out these clips at your convenience:

(1) Jean Dolan: Eat This! Sandy's Beef & Ale [Here](#)

Note: Sandy's is one of my favorite eateries in Bucks County, PA. I try to go there whenever I'm up North.

(2) Dog pulls deer to safety [Here](#)

And for more information, see the accompanying article: [Here](#)

(3) State capitals song [Here](#)

(4) Zume delivers made-to-order pizza with robots [Here](#)

B. I love what The Mission is all about. To quote from the website: Most media and news today spreads fear, uncertainty, and doubt. We've all seen what happens to those who choose to consume that media ... it doesn't work out well. We founded The Mission to fix that problem. We publish stories, videos, and podcasts to help. We partner with people. To get our best stuff, you can subscribe to our daily (M-F) newsletter here. It's packed with stories, quotes, videos, and inspiration to help you level up in every area of your life.

To see some of these for yourself, please click: [Here](#)

For example, here's just a small sampling of interesting stuff that's available on this website: Why divided America has united against the media The fading art of philosophy 4 surprising reasons writers fail How I deal with up sand downs in my life

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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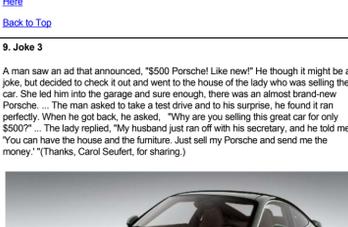
8. Technology tip

If you have a Gmail address (or know somebody who does), make sure they are seeing this blog-and other stuff, too. To do so, make sure you read the following article that shows you how Gmail puts some email into a Promotions tab and what you need to do to make sure it instead goes into your Primary tab: [Here](#)

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9. Joke 3

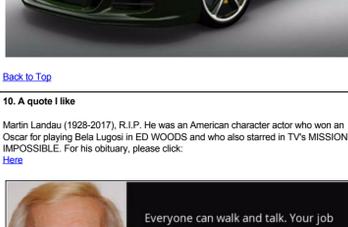
A man saw an ad that announced, "5500 Porsche Like new!" He thought it might be a joke, but decided to check it out and went to the house of the lady who was selling the car. She led him into the garage and sure enough, there was an almost brand-new Porsche ... The man asked to take a test drive and to his surprise, he found it ran perfectly. When he got back, he asked, "Why are you selling this great car for only \$500?" ... The lady replied, "My husband just ran off with his secretary, and he told me, 'You can have the house and the furniture. Just sell my Porsche and send me the money.'" (Thanks, Carol Seufert, for sharing.)



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10. A quote I like

Martin Landau (1928-2017), R.I.P. He was an American character actor who won an Oscar for playing Bela Lugosi in ED WOODS and who also starred in TV's MISSION IMPOSSIBLE. For his obituary, please click: [Here](#)



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11. Thought for the day

Where Does the Time Go? You Can Find Out, If You Dare

by Carl Richards, aka Sketch Guy

Finding time is hard. I often think about all the things I would do if I could just find the time. But really, what a crazy thing that is to say. Find the time? Where should I look? Did I hide it in the bushes outside the White House? Can I find it on Aisle 10 at Whole Foods next to the biodegradable toilet paper?

For the rest of this informative article, 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. NYC events

(1) Richard Shulman: "Yesterday, Today and Tomorrow: A Journey in Jazz" with Wendy Jones, Russ Wilson, and Richard Shulman. (2) Disney's THE LION KING JR. at Hendersonville Community Theatre. (3) David Francis' final recital in the area. (4) Travis Low: Tickets are on sale now for Six Knots at The Magnetic Theatre. (5) Nathan Singer: Different Strokes! Performing Arts Collective presents BEST OF ENEMIES. (6) Kai Elijah Hamilton: Workshops inspired by THE APPARTIONIST: National Ghost Story competition.

B. PA/NJ events

(1) "The Threepenny Opera" at ActonsNET through July 30. (2) ANNIE GET YOUR GUN at Mercer County Community Colleges's Kelsey Theatre.

PS: Make it a wonderful week!

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