

#1087
7.24.2017

1. Reflections

[1. Reflections](#)

[2. FYI](#)

[3. Joke 1](#)

[4. Reviews](#)

[5. TV alert](#)

[6. Joke 2](#)

[7. Clips/Websites](#)

[8. Technology tip](#)

[9. Joke 3](#)

[10. A quote I like](#)

[11. Thought for the day](#)

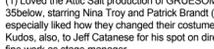
[12. Advance planning department](#)

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

A. Cynthia, my beautiful bride, and I:

(1) Loved the Attic Salt production of GRUESOME PLAYGROUND INJURIES at 35below, starring Nina Troy and Patrick Brandt (pictured). I especially liked how they changed their costumes in a way I had never seen before. Kudos, also, to Jeff Calanese for his spot on direction, as well as to Lily Mills for her fine work as stage manager.



(2) We were invited to the show by our friends and then we all went for an excellent dinner at Wasabi. Pictured, l-r: Beth Byas, Tracy Hackett and Ed Hackett. ... Santie was our server, and she was most attentive.



(3) On another day, we had a tasty dinner at P.F. Chang's with our friends Annemarie Brown and Marvin Sadovsky. Haley provided fine service.



B. During the week, I:

(1) Hosted Brian Bullman (left), Owner/Co-Founder of Carolina Hemp Company, and Phil Hensel (right), Identity Theft Expert, on my radio show on WPVM. To listen to it, go to July 26 when you click: [Here](#)



(2) Joined my friend Tom Gallagher for a great breakfast at City Bakery.



(3) Had some delicious ice cream at Frostbite Ice Cream Bar & Grill where Icky provided very friendly service.



C. Congratulations to:

(1) Chelsey and Badi Gaddy Mirthell on the birth of Cyrus, their first child. And to Vickie Gaddy on being a grandmother again.

(2) Eric Naimark and family on the birth of Leo Bernard Naimark, Eric's grandson.

(3) John Russell on his appointment to the Board of Directors of the North Carolina Arts Council. For more information, please click: [Here](#)

(4) Victor Ferafu on being chosen to rejoin the chambers of U.S. District Court Judge Staci M. Yandle.

(5) Olivia Grant on her Reiki certification.

(6) Maureen Simon on having her article, "Humans Expressing Homelessness," published in WNC Woman.

(7) Carole Biro, winner of CONTEST #14: a copy of DISSOLVING PAIN: SIMPLE BRAIN-TRAINING EXERCISES FOR OVERCOMING CHRONIC PAIN by Les Fehmi and Jim Robbins.

All told, there were seven entries. And that reminds me that's now time for:

***** CONTEST #15 *****

One lucky reader will win a copy of MOTIVATION by Brian Tracy. I reviewed it in BLAINESWORLD #955 and enjoyed it. I especially liked this tip: When employees come to me with a question or concern about a job, I simply ask them, "What do you think we should do?" I force them to think through the problem or obstacle and come up with a suggestion or an idea to solve it or overcome it. Inevitably, employees will come back with a suggestion or suggestions about how to go over or around the obstacle. At this point, I always say, "That's a good idea." ... To enter the contest, send an email to bginbc@aol.com and put CONTEST #15 in the subject line. All entries must be received by 9 p.m. on Monday, AUG 7.

D. Correction: Last week's issue labeled a video clip incorrectly. Here's the corrected version: [Dog pulls deer to safety](#)

[Here](#)

And for more information, see the accompanying article:

[Here](#)

Thanks, Patti Amor, for brining this to my attention via the following email: So I am still trying to find out how a door pulled a deer to safety!

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

This week, it goes to Kashi, manufacturer of GOLEAN cereals that are high in both plant protein and fiber. My favorite varieties are Vanilla Clusters, Toasted Berry Crisp and Cinnamon Crisp, as well as the newest one on the market: Chocolate Crunch. ... They all also have a terrific taste. For more information, please click:

[Here](#)

[Back to Top](#)

2. FYI

My friend, Ginger Heskett (pictured below), often gives out crisp \$2 bills. She has even given me some from time to time. ... When she does, she tells me: "I'm sharing this \$2 bill with you to insure good fortune in the coming year. Blessings!" ... She then adds that I can keep it, but suggests another option, i.e., to pass it forward. Her thinking: "\$2 bills possess the ability to bestow good fortune to the bearer, yet when shared, the good fortune is multiplied." ... Consequently, I now carry a supply of \$2 bills in my wallet.



FYI, part 2

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

[Here](#)

(1) Your best tips for beating procrastination. (2) The Ethics of Adjusting Your Assets to Qualify for Medicaid. (3) How to Improve Resilience in Midlife. (4) Self-Driving People, Enabled by AI/robots. (5) Carole Biro: How our lives will change dramatically in 20 years. (6) The Case for Cursing. (7) Want to be Happy? Buy More Takeout and Hire a Maid. Study Suggests. (8) An Ode to Shopping Malls.

[Back to Top](#)

3. Joke 1

Based on my calculations, I can retire about 5 years after I die. (Thanks, Stacy Deber Hoffman, for posting.)



[Back to Top](#)

4. Reviews

A. Saw MAUDIE, a true story about the unlikely romance between a reclusive man (Ethan Hawke) who hires a fragile yet determined woman (Sally Hawkins) to be his housekeeper. They get married, and she eventually becomes a popular folk painter. The film is a bit slow, especially in the beginning, but it is worth seeing for Hawkins' performance that I predict will receive an Oscar nomination. Rated PG-13.

B. Thanks, Ed and Tracy Hackett, for the following recommendation: Now available via Netflix is A STREET CAT NAMED BOB, a life-affirming true story of the unlikely friendship between a young homeless busker and a stray ginger cat who changed his life. Luke Treadaway is excellent as the busker, but the real star of the film is Bob. If there was an Oscar category for best performance, he would win it hands down. I loved this film and just added it to my favorites list. Rated NR, but appropriate for any teenager. Younger children might like it, too, but be forewarned there are some scenes involving drugs that might be upsetting.

If you're curious how many cats were used in the filming of the above, please click:

[Here](#)

And to read more about the making of the film, please click:

[Here](#)

Note: If you'd like a list of my other favorite films, please send an email to: bginbc@aol.com and put FAVORITES in the subject line.

[Back to Top](#)

5. TV alert

A. CBSN: ON ASSIGNMENT: Mon., July 31, at 10 p.m. on CBS
CBS News' digital counterpart features non-fiction storytelling from around the work, including (this week) a report about how a generation of youths has been indoctrinated by ISIS into potential killers and a piece about Japan's unusual use of robots to combat population decline.

B. MANHUNT: UNABOMBER: Tues., August 1, at 9 p.m. on Discovery
According to TV GUIDE, this is "An unusually brainy and bold docudrama series begins with a two-hour opener, in which new FBI profiler Jim 'Flak' Fitzgerald (a solemn Sam Worthington) begins his pursuit of the elusive and notorious Unabomber, Ted Kaczynski (a gaunt, arrogant Paul Bettany)."

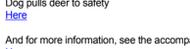
C. THE SINNER: Wed. August 2, at 10 p.m. on USA
Jessica Biel stars in this 8-episode psychological drama about a wife and mother who commits a crime in public view, prompting a detective (Bill Pullman) to investigate what could have caused her to do such a thing.

D. ICARUS: Premieres on FxI, August 4 on Netflix
Bryan Fogel, an endurance cyclist, decided to make a documentary about doping in sports by taking the drugs himself.

[Back to Top](#)

6. Joke 2

Same thing happened to cakes my mother when I was a kid--and we didn't even have a dog! (Thanks, Judy Chadwick, for sharing.)



[Back to Top](#)

7. Clips/Websites

A. Check out these clips at your convenience:

(1) Mary Lou Sartoris: You've Gotta Love Millennials - Mical Tyler

[Here](#)

(2) Gil Calderwood: Dance or die: Syrian dancer Ahmad fights the war in his own way

[Here](#)

(3) Lois Rosenthal: Tiny homes are making a huge difference for low income workers

[Here](#)

(4) Carole Biro: Coconut oil kills

[Here](#)

B. For the products you love in bulk delivered to your door, please click:

[Here](#)

If you sign up to shop, you'll get free shipping plus 15% off your first order with code GETBULK.

I haven't tried this site yet, but did find the following review that compared it favorably with Amazon: [Here](#)

Mr. Curious here: If you've tried this site or plan to do so, please share your feedback.

C. BLAINESWORLD, the website, remains up and running. . . . to view it, please click:

[Here](#)

D. Are you on Facebook? In the unlikely event that I have not yet connected as friends there, please feel free to send me an invite by clicking: [Here](#)

[Back to Top](#)

8. Technology tip

Thanks, Jhan Brannon, for reminding me about something called Google Scholar. What it is (quoting from its website):

Google Scholar provides a simple way to broadly search for scholarly literature. From one place, you can search across many disciplines and sources: articles, theses, books, abstracts and court opinions, from academic publishers, professional societies, online repositories, universities and other web sites.

To go there, please click:

[Here](#)

Or if you forget the above, do a regular Google search and look up "Google Scholar."

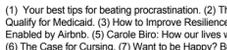
I tried this out myself by looking up my name. There were four results, including a shopping study guide that I had written back in 1971, along with my work on three textbooks.

Note: If you search my name, some other name or anything else, remember to use quotes at both the beginning and end of your search. That way, you narrow down your search to just the relevant terms.

[Back to Top](#)

9. Joke 3

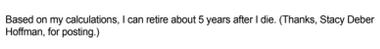
Mr. Curious here: Can anybody help me out with bill money? I was only following directions! (Thanks, Ricky Boone, for sharing.)



[Back to Top](#)

10. A quote I like

Margaret Mead (1901-1978) was an American cultural anthropologist who was best known for her studies and publications on cultural anthropology. (Thanks, Trissa King, for sharing.)



[Back to Top](#)

11. Thought for the day

Making An Idol Of Trauma?

by Guy Sayles

Cancer has changed-is changing-me in, I imagine, the ways that a variety of life-limiting, life-diminishing, and life-threatening experiences change other people.

When, 3½ years ago, my oncologist confirmed that I have Multiple Myeloma (MM), I began a relationship with "Frank" which is the name I gave this cancer. Since MM is presently incurable, I will be in this relationship for the rest of my life. I will either die at Frank's hands or in his company.

For the rest of this beautiful blog entry that has been reprinted with the author's gracious permission, please go to Section 11 when you click: [Here](#)



Myeloma Cells

[Back to Top](#)

12. Advance planning department

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

[Here](#)

A. NC events

(1) Lareesa Griffin: SafeLight - hope and healing for families--a FUNdraiser to highlight SafeLight's services for children. (2) The Magnetic Theatre proudly presents the world premiere of Six Knots.

(3) PA/NJ events

(1) Blaine Greenfield's Annual Trek Up North. (2) The Kelsey Awards.

PS. Make it a wonderful week!

[Back to Top](#)

[Join Our Mailing List!](#)