

#1141
8.6.2018

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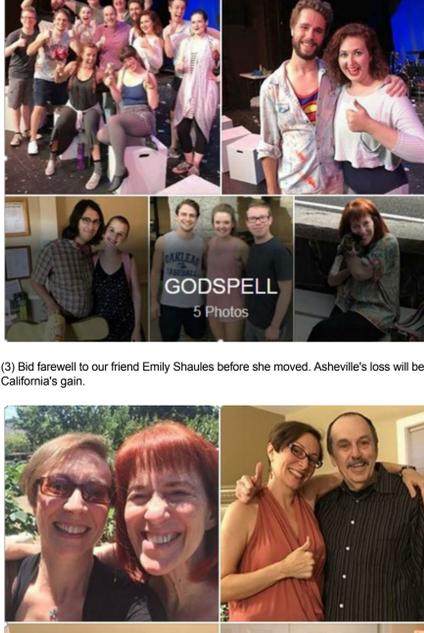
1. Reflections

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

A. Cynthia, my beautiful bride, and I:

(1) Had a blast at Attic Salt's Happy Together Revue. For more pictures, please click: [Here](#)

Note: Please click the above link if you also want to see video clips of the songs that were performed. In particular, make sure you see the third one where you'll hear a cover of arguably the greatest rock song of all time.



(2) Enjoyed Parkway Playhouse's terrific production of GODSPELL. To see the pictures (below) at full size, please click: [Here](#)



(3) Bid farewell to our friend Emily Shaules before she moved. Asheville's loss will be California's gain.



B. WPVM/FM invites you to listen to the BLAINESWORLD show from Wednesday, Aug. 8, 2018. Guest (first half): Philip Bowditch, head of House of Dogs; for more information: pbowdith@gmail.com. Guest (second half): Bob Bond, volunteer consultant for US AID; for more information: robertbond1@frontier.com. Pictured, l-r: Philip Bowditch, Blaine Greenfield and Bob Bond ... To listen to the show, click: [Here](#)



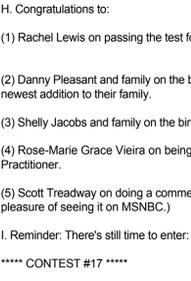
C. I got to meet with my friend Mark Lieberman at what has become of my favorite sandwich places: Asheville Sandwich Company. We not only had a great dinner, but we also saved all the world's problems!



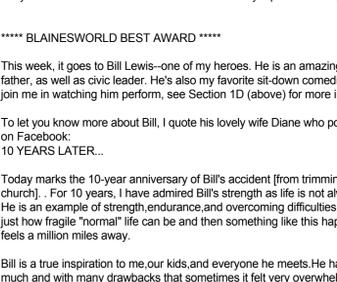
D. If you live in the Pennsylvania, New Jersey or New York area, please join me for my annual Trek North. It will take place this coming September 13-18, and there's a full slate of activities. Among them: (1) Dementia Society of America's 5th anniversary concert, dinner and recognition gala; (2) Annual get together at the Sycamore Grill, featuring performances from Bill Lewis, John Strauss and Tod Siben; and (3) Presentation at Bucks County Community College on the Platinum Rule. ... For more information about all these events and more, please click: [Here](#)



E. BE FOREWARNED DEPARTMENT ... Cynthia is working with her physical therapist and getting better than ever. So if you see her, don't challenge her to a fight!



F. Thanks, Chelsey Lee Mirheli, for sharing this picture of her son Cyrus. I love her caption of the picture: "Working on our thumbs up." ... He was obviously referring to his critique of her performance in Attic Salt's WORKING WITH She rocked in that, as did all the others in the talented cast.



G. Condolences to:

- (1) Jim Freeman and family on the passing of Jim's father.
- (2) Blaine Lee Mobley and family on the passing of Marvin (Moe) Mobley, Blaine's father.
- (3) Rose-Marie Grace Vieira and family on the passing of Diane Antoscia, Rose-Marie's cousin.

H. Congratulations to:

- (1) Rachel Lewis on passing the test for Pennsylvania Education Teacher Certification.
- (2) Danny Pleasant and family on the birth of Londyn Hila Pleasant, their daughter and newest addition to their family.
- (3) Shelly Jacobs and family on the birth of Shelly's newest grandson.
- (4) Rose-Marie Grace Vieira on being certified as an Access Consciousness Bars Practitioner.
- (5) Scott Treadway on doing a commercial for Toby's Mattress Outlet. (I recently had the pleasure of seeing it on MSNBC.)

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

**** CONTEST #17 ****

One lucky reader will get an autographed copy of NICOLE'S FABULOUS LIFE by Nicole Rotundo. ... The author, an amazing woman with Down Syndrome, sums up what the book is about in its subtitle: THE STORY OF MY LIFE TO INSPIRE YOU TO LIVE YOUR FABULOUS LIFE ... I liked the book, as well as the many pictures in it. In addition, I enjoyed having the opportunity to meet Nicole when she was a guest on my radio show. ... To enter the contest, send an email to: lginbc@aol.com and put CONTEST #17 in the subject line, then include your name and snail mail address in the body of the email.... All entries must be received by 9 p.m. on Mon., August 13, 2018.

**** BLAINESWORLD BEST AWARD ****

This week, it goes to Bill Lewis—one of my heroes. He is an amazing husband and father, as well as civic leader. He's also my favorite sit-down comedian. If you'd like to join me in watching him perform, see Section 1D (above) for more information.

To let you know more about Bill, I quote his lovely wife Diane who posted the following on Facebook:
10 YEARS LATER...

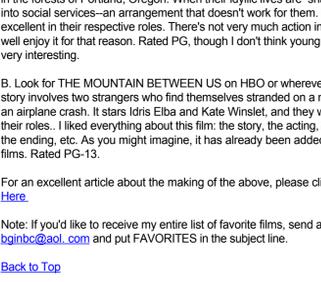
Today marks the 10-year anniversary of Bill's accident (from trimming branches at his church). For 10 years, I have admired Bill's strength as life is not always easy for him. He is an example of strength, endurance, and overcoming difficulties. It's easy to forget just how fragile "normal" life can be and then something like this happens, and "normal" feels a million miles away.

Bill is a true inspiration to me, our kids, and everyone he meets. He has been through so much and with many drawbacks that sometimes it felt very overwhelming and left us wondering how we were going to cope with all the changes and have the strength to handle it all. But it was never held Bill back over these 10 years or slowed him down in any way from countless challenges he wanted to do, including driving again, painting, shoveling, raking and so many other things that he does through strength and determination. He proves that he can accomplish anything he sets out to do. He believes that he has what it takes to overcome obstacles and grow from every experience life brings his way. He lives his life to the absolute fullest and does not take one thing ever for granted.

Challenges don't STAND a chance around him. He is our hero in every way and I'm sure you would agree with me how much he has touched each and every one of our lives in some way. He is my best friend and soul mate and I am very proud of him.

Thank you everyone for being a part of Bill's life. We love you, Hun.

Please watch this video [that our family put together] as it is very inspiring about how far he has come! To do so, please click: [Here](#)



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2. FYI

A few years ago, my cholesterol was creeping up slightly. So during my annual physical, my excellent physician (Dr. Michael Weizman) recommended that I start taking red yeast rice.

As I usually do, I took his advice. And the latest results speak for themselves:
Cholesterol: 191
Triglycerides: 53.0
HDL: 57.0
LDL: 123.0
TC:HDL: 3.4

My TSH (thyroid stimulating hormone) level was 3.13. That was within the normal range, but Dr. Weizman pointed out that it could be tightened up just a bit. So he increased my synthroid level slightly.

I'm especially interested in how this turns out, in that I've also gained a little weight. That could be, in part, because I had cut down on exercise after my recent hernia and Mols surgeries. (I'm since back to almost where I was.)

Stay tuned for future results. Or when you next see me, tell me if I'm back to my usual svelte self.

Note: For more information about red yeast rice, please click: [Here](#)

FYI, part 2

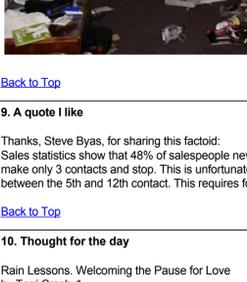
To read each of the following contributions in full, please click: [Here](#)

- (1) The theater talkback: Why they're popular, and why playwrights aren't always pleased.
- (2) We Use Sports Terms All the Time.
- (3) Ruth Planey: Where did you see Shattered Glass?
- (4) Carol Seufert: How one email from you could help students succeed.
- (5) Candace Mullet: Check out "Coco" on Netflix.
- (6) Zuzu Welsh: Vote please.
- (7) How to Quantify a Nurse's "Gut Feelings."
- (8) Kai Hamilton: It's Time To Get Spooky Again At Tryon Arts and Crafts School!
- (9) My Voice Got Deeper. Suddenly, People Listened.

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3. Joke 1

Please view now before it's too late! (Thanks, Zuzu Welsh, for sharing.)



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4. Reviews

A. Saw LEAVE NO TRACE, an engrossing drama about a father (Ben Foster) and his teenage daughter (Thomasin Harcourt McKenzie) who have lived off the grid for years in the forests of Portland, Oregon. When their idyllic lives are shattered, both are put into social services—an arrangement that doesn't work for them. Both actors were excellent in their respective roles. There's not very much action in the film, but you might well enjoy it for that reason. Rated PG, though I don't think young children would find it very interesting.

B. Look for THE MOUNTAIN BETWEEN US on HBO or wherever you can find it. The story involves two strangers who find themselves stranded on a mountain as a result of an airplane crash. It stars Idris Elba and Kate Winslet, and they were both perfect in their roles. I liked everything about this film: the story, the acting, the music, the scenery, the ending, etc. As you might imagine, it has already been added to my list of favorite films. Rated PG-13.

For an excellent article about the making of the above, please click: [Here](#)

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

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5. TV alert

A. GREAT PERFORMANCES ("Chicago Voices"): Wednesday, Aug. 15, at 4 a.m. on PBS Channel WNTV.
Note: You can also view it by clicking: [Here](#)

A tribute to Chicago voices, featuring performances by Renee Fleming, Jessie Mueller and Kurt Elling, among others.

B. THE GONG SHOW: Continues on Thursdays at 8 p.m. on NBC
Long before AMERICA'S GOT TALENT, the original version of this show was the place to see all sorts of different acts. It still is, and I continue to enjoy it.

Note: For more information, read this article: Mike Myers Finally Explains His Gong Show Stunt, and It's Weirder Than You Thought by clicking: [Here](#)

C. DIONNE WARWICK: THEN CAME YOU: Saturday, Aug. 18, at 8 p.m. on PBS Channel WUNF
Rare, full-length archival performances by the Grammy Award-winning singer.

D. LOVER IN THE ATTIC: Saturday, Aug. 18, at 8 p.m. on Lifetime
Drama about a 1930s housewife who installs a repairman in the attic for secret dalliances. I might watch just for the title.

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6. Joke 2

So saddened to learn that this guy's band got beat out by another with the name of 1024 megabytes! (Thanks, Carol Duermitt, for sharing.)

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8. Joke 3

I will be starting group meetings at my house for people with OCD. Not because I have it, but surely someone will get the urge to start cleaning! (Thanks, Chris Field-Funk, for sharing.)

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9. A quote I like

Thanks, Steve Byas, for sharing this factoid:
Sales statistics show that 48% of salespeople never follow-up with a prospect and 12% make only 3 contacts and stop. This is unfortunate because 80% of sales are made between the 5th and 12th contact. This requires fortitude and perseverance!

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10. Thought for the day

Rain Lessons: Welcoming the Pause for Love
by Terri Crosby*

Water falling from the sky is the perfect antidote for busy. The rain softens me.

As a storm travels across the valley below, it brushes the upper edges of the mountain range in the distance, inviting sky and mountain to meet gently, blur boundaries.

When rain moves in, the Blue Ridge Mountains, dark blue as blue can be, begin to take rest. They fall back. Some peaks disappear completely. Some recede draped in sheets of translucent mist.

When it rains, I do what the mountains do. What's front and center, what's urgent retreats in favor of the sound of water, lush moisture, and earthy smells.

It's quieter, too, after a downpour. Livings things pause to drink. Absorb. Take in nourishment.

And what about you?

Do you take moments to soften like the mountains do? Do you let the rain have her way with you?

Do you set aside the spade, the rake, and the hand trowel to notice the shower of love coming from all around you? Quiet, steady love from the trees, let's say. Or from living things (you can't even see) who do their daily part. Do you feel the love from spring blossoms about to burst?

Do you enjoy rain moments with your loved ones? That moment when your fork pauses in midair while the fondness (floating like happy mist) between you and your dear friend soaks into your heart.

May rain on misty mountains guide your days today and always.

* Reprinted with Terri's gracious permission. She is a relationship mentor, writer, blogger and speaker with a private consulting practice for individuals and couples. She believes improving relationships with others starts (and stays) with ourselves, and that it takes only one person to change a marriage. Find out more about her work and blog at InCareofRelationships.com. Terri is currently writing a book for women who have been married multiple times which will be published by Balboa Press later this year.

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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) Kiesa Kay: Tickets are on sale now for LOVE MAKES A HOME: The Life of Rebecca Boone, wife of Daniel Boone. (2) Michele Louzon: Hop til you Drop 2018. (3) Allen Law: Take a break from the ordinary with Blacklist Improv at a show all about the best part of summer, VACATION!

B. PAWN event

MCCC's Kelsey Theatre Opens 2018-19 Season with 'Newsies.'

PS. Make it a wonderful week!

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