

BLAINES WORLD

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

A. Cynthia, my beautiful bride, and I:

(1) Had a fun day at our friend Sunny Ruble's farm. To see more pictures, please click: [Here](#)



(2) Joined Nathaniel Litchman, the nephew of Cynthia's brother-in-law and sister, for a tasty lunch at Green Sage. He was visiting from Brooklyn.



B. During the week, I:

(1) Hosted two interesting guests on my BLAINESWORLD radio show on WPVM: In the first half: Julie Hanson (left), Vibrational Medicine Practitioner at Sophias Logos. For more information: 828.281.3700. ... And in the second half: Frances Figart, Editor of The Laurel of Asheville and author of SEASONS OF LETTING GO. For more information: [Here](#). To hear what you missed, please go down to Aug. 9 when you click: [Here](#).



(2) Had a blast at the Montford Park Players' lively production of PETER PAN. It runs through Sunday, Sept. 2, at the Hazel Robinson Amphitheatre, and it is the perfect show for Asheville folks to see—especially if they have children or grandchildren. (Or are young at heart themselves.) ... I loved the performances of those in the picture with me: Trissa King and Jason Williams, and kudos to Jason for his spot on direction. ... It was also great to see the outstanding work of other Facebook friends on stage, including Dakota Mann and Darren Marshall, as well as the efforts behind the scenes turned in by Mandy Bean, Jim Julien, Kristi DeVille and Victoria Smith. ... In addition, all the others in both the cast and production staff distinguished themselves.



(3) Also got some great snacks from Jenni Robinson, my friend who operates Fox Tasket Picnic Baskets.



(4) Saw SIX KNOTS, a dramedy about greed that runs through Aug. 10 at The Magnetic Theatre. It is fantastic! ... Pictured (left photo): Travis Lowe and Andrew Gall; (right photo) Jeff Messer and Christine Eidie. ... I'm hopeful that y'all can catch the world premiere of this show that Travis wrote before its run ends on Aug. 19. ... For tickets, please click: [Here](#)





(5) Joined my friend Andi Block for an excellent lunch at Corner Kitchen.



(6) Attended a Mountain BizWorks Press Conference, at which Patrick Fitzsimmons (top left photo, second from the right) received the Small Business Administration's Women in Business Advocate of the Year for North Carolina award. In addition, it was announced that Mountain BizWorks had secured \$2.9 million in federal funding to continue and expand lending. ... For more pictures, please click:

[Here](#)



B. Congratulations to:

- (1) Paula Simpson McClure and Bryan McClure on their marriage.
- (2) Nicole Rotundo for being recognized as a Queen for her appearance as Miss Amazing North Carolina in the National Miss Amazing Pageant.
- (3) Mike Yow on the upcoming publication of his third book, *Savage Kingdoms: Reforged*. It is slated to be officially released within the next two weeks.
- (4) Jane Hallstrom on the birth of Elliot, her grandson.
- (5) Chuck Beattie on completing 1 unit of ACPE Clinical Pastoral Education at Emory Healthcare.
- (6) Bill Mance, winner of Contest #15: a copy of *MOTIVATION* by Brian Tracy. All told, there were three entries. And that reminds me that you still have time to enter:

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

Thanks to the generosity of Bob Bowles, I will be giving away TWO FREE TICKETS (valued at \$140 apiece) to the grand tasting weekend of the 2017 Asheville Wine & Food Festival this Aug. 18 and 19. ,, To read more about the event, please click: [Here](#) ... To see a list of sponsors, please click: [Here](#) ... And to see a list of

exhibitors/vendors, please click: [Here ...](#) To enter the contest, send an email to: bginbc@aol.com and put CONTEST #16 in the subject line. All entries must be received by 9 p.m. on Monday, Aug. 14.

C. Please come and join me if you're in the PA/NJ area ...

On: Sunday, Aug. 27

Note:



The new time is anytime between 12:59-4:01 p.m.
At: 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 sometime between 2-3 p.m., and John Strauss (along with possibly others) will be providing music for your listening enjoyment.

And make sure you're there sometime during the above time framework, 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: bginbc@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.

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

This week, it goes to Glen Campbell (1936-2017), R.I.P. ... He was an American singer, songwriter, musician, television host and actor, best known for a series of hits in the 1960s and 1970s, as well as for hosting a music and comedy variety show called THE GLEN CAMPBELL GOODTIME HOUR on CBS television. ... Out of all his songs, I'll perhaps most remember his last one that can be viewed by clicking the following link: [Here](#) ... This was featured in the documentary about the nature of his progressing Alzheimer's disease: GLEN CAMPBELL, I'LL BE ME. The song won a Grammy Award and was nominated for the Academy Award for Best Original Song. ...For more information about his life and another of his songs, please click: [Here](#)

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2. FYI

Are Wines from Costco and Sam's Club Worth Drinking?
by Lettie Teague

"Let's go for a wine walk," said Darel, a member order specialist at Sam's Club in Secaucus, N.J., when I asked for his help in finding the Sam's Club private-label wines. His assistance would include no wine advice, Darel warned, "unless you want me to make stuff up." Darel was a Scotch-drinking man.

You'll find no dedicated wine salespeople in the 651 Sam's Clubs across the country, though 500 of them carry the Member's Mark private-label wines. In Secaucus, the 2016 Member's Mark Mosel Riesling loomed large over the other wine offerings in giant blue bottles a foot and a half tall, but they seemed proportionate to the store's towering rolls of toilet paper and crates of potato chips. These bottles were also a great talisman of sorts for my recent quest: to find the best private-label wines at three of the country's biggest chain stores.

For the rest of this article, please click the following link (and when you do, you'll get an invite to subscribe to the Journal; close it out via the "X" in the upper right hand corner, and you'll be able to continue reading):

[Here](#)

FYI, part 2

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

[Here](#)

(1) Should I Help My Patients Die? (2) Len Ennis: I agree wholeheartedly with your review of Dunkirk. (3) Jean Brenner: Thank you for the suggestions about the books. (4) Tony Ray Fogleman: That's a great newsletter Blaine! (5) Ingrid Sofield: Enjoy reading the newsletter and always learn something new especially the technology tips. (6) Daryl Slaton: Re: Dunkirk. You are not alone. (7) The toll of exercise on the heart. (8) Smart pet? Audible wants Fido to listen to Jane Austen. (9) Steven Darter: I agree with you about Dunkirk. (10) Juliet Mitchell: I had a second last week to read your blog. Love it and the jokes. (11) The secret life of pain. (12) How to deal with stress. (13) India plants 66 million trees in 12 hours with more than 1.5 millions people involved in huge operation.

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3. Joke 1

I hate it when I see an old person and then realize that we went to high school together! (Thanks, Kandi Deaver, for sharing.)



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4. Reviews

A. Saw GLASS CASTLE, the real-life story of a young woman who manages to succeed in life despite her deeply dysfunctional father. It was watchable, but not great. Don't rush out to see it, but when it becomes available via disc or streaming, you might want to catch it if for no other reason than Woody Harrelson's Oscar-worthy performance. Brie Larson was also quite good. Rated PG-13.

B. See if you can find on disc or via streaming the 2016 documentary, MERRILY WE ROLL ALONG. It is the tale of a Stephen Sondheim and Hal Prince musical that closed after just 16 performances in 1981, but has since achieved almost legendary status. Original cast members from the show—including Jason Alexander—are featured, including Jason Alexander. I got a special kick out of watching the clips from when they were young. If you're a fan of musical theatre, this is film you won't want to miss. Rated NR, but appropriate for any teenager.

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

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5. TV alert

A. THE STANDUPS: Now available via Netflix
The Standups is Netflix's way of experimenting with both. It's a series of six standup specials from Deon Cole, Nikki Glaser, Fortune Feimster, Nate Bargatze, Beth Stelling and Dan Soder: Comedians who might not be marquee names, but that Netflix thinks are worth your time.

Note: I watched the series and enjoyed it.

B. THE INCREDIBLE JESSICA JAMES: Now available via Netflix
An aspiring playwright in New York strikes up a friendship with a guy while on the rebound from a break-up. Jessica Williams is supposed to be excellent, but I'll be watching to see Chris O'Dowd—one of my favorites.

C. ATYPICAL: Now available via Netflix
According to TV GUIDE, "This eight-episode winner follows Sam (Keir Gilchrist), an 18-year-old on the high-functioning end of the autistic spectrum, whose awkward yearnings for adolescent affection and romantic connection can make you laugh out loud and choke back tears with the manipulative panache of THIS IS US.

D. DIANA: IN HER OWN WORDS: Monday, Aug. 14, at 9 p.m. on National Geographic Channel
This special goes straight to the source, featuring never-before-broadcast recordings of a 1991 interview she gave to a friend on behalf of journalist Andrew Morton.

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6. Joke 2

And on the way out, require drug testing before any member of Congress gets his or her pension. We'd probably save millions--make that billions--of dollars! (Thanks, Ginger Heskett, for sharing.)



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7. Clips/Websites

A. Check out these clips at your convenience:

(1) Michael Lilly: Kevin Bacon, Kyra Sedgwick Join Jimmy Fallon For Hilarious Rendition Of 'Blowin' In The Wind'

[Here](#)

(2) Jackson flips over wall for potential catch of the year

[Here](#)

(3) Double Dutch Is Back

[Here](#)

(4) Betty Strange: 4 Men Perform Stunning Rendition of Dolly Parton Classic

[Here](#)

(5) Anita Manders: 3 Men In An Empty Church Cover Beatles Hit Song

[Here](#)

B. If you are into dining, please click:

[Here](#)

You'll find features, reviews, video clips and lots more.

Some items that caught my attention included:

The Best Restaurants in America

Taco Bell Is Testing a Sweet and Spicy Pop Rocks Burrito

What Brands Are Actually Behind Trader Joe's Snacks?

Fake Mike Pence Food Diary Is the Funniest Food Thing on the Internet

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

Hate Robocalls? Help is on the way!

by Jensen Gelfond (and reprinted with his gracious permission)

Have you noticed a recent epidemic of robocalls and scam calls? You're not alone! Lately people have been complaining about an explosion of junk calls. What's up with that?

Internet technology makes it cheaper than ever to use a computer to make thousands of calls for pennies. Consumers are the ones who lose, and the government has yet to come up with effective technology to stop it. Of course you can put your name on the Do Not Call registry, but many scammers just don't care, and law enforcement is doing little to help.

Why is this happening? Our phone system currently has no security to verify that you are who you say you are, or even that you own the phone number you are "calling from." Bright minds are working on this, but with landlines and cell phones intertwined, it is difficult to create a more secure system without locking out older technology.

Luckily, there is an easy way you can take this problem into your own hands and protect yourself. Just as you (hopefully) have an antivirus for your computer, you can also have an anti-robocall app for your phone. Two of the top apps are Avast Call Blocker and NoMoRobo.

Avast Call Blocker (\$10/yr) is available for both iPhone and Android.

NoMoRobo (\$24/year) is available now for iPhone and coming soon for Android.

These apps won't eliminate robocalls entirely, but they make quick work of known robocallers, ensuring that your phone doesn't ring and those callers get sent straight to voicemail. We know there's another place you'd like to send them, but the technology for that hasn't been invented yet.

Need help setting up a call blocker in your mobile device? Call Jensen at Asheville Digital Lifestyle today: 828.354.0371.

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9. Joke 3

A woman canvassed a wealthy neighborhood looking for odd jobs. She went to the front door of the first house and asked the owner if he had anything for her to do. "Well, you can paint my porch. How much will you charge?" ... She replied, "How about \$50?" ... The man agreed and told her the paint was in the garage. A short time later, she came to the door to collect her money. ... "You're finished already?" he asked. ... "Yes," the woman answered, "and I had paint left over, so I gave it two coats." Impressed, the man reached in his pocket for the \$50. ... "And by the way," she added, "that's not a Porsche; it's a Ferrari."



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10. A quote I like

"Let's not choose to be against one another. Let's choose to be for one another. ... I pray we dedicate ourselves to being the best team we can be, working and living together, representing the highest ideals of mankind. Leading the way for all nations to follow."--LaDainian Tomlinson, the great running back of the San Diego Chargers at his induction into the Pro Football Hall of Fame

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11. Thought for the day

Activities to foster positive emotions include:

Do good things for other people. In addition to making others happier, this enhances your own positive feelings. It can be something as simple as helping someone carry heavy packages or providing directions for a stranger.

Appreciate the world around you. It could be a bird, a tree, a beautiful sunrise or sunset or even an article of clothing someone is wearing. I met a man recently who was reveling in the architectural details of the 19th-century houses in my neighborhood.

Develop and bolster relationships. Building strong social connections with friends or family members enhances feelings of self-worth and, long-term studies have shown, is associated with better health and a longer life.

Establish goals that can be accomplished. Perhaps you want to improve your tennis or read more books. But be realistic; a goal that is impractical or too challenging can create unnecessary stress.

Learn something new. It can be a sport, a language, an instrument or a game that instills a sense of achievement, self-confidence and resilience. But here, too, be realistic about how long this may take and be sure you have the time needed.

Choose to accept yourself, flaws and all. Rather than imperfections and failures, focus on your positive attributes and achievements. The loveliest people I know have none of the external features of loveliness but shine with the internal beauty of caring, compassion and consideration of others.

Source: "Turning Negative Thinkers Into Positive Ones." To read the entire 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. NC events

(1) Asheville Wine & Food Festival 2017. (2) A Gaggle of Giggles Youth Improv.

B. PA/NJ events

(1) Mike Andrus: Women's Self-Defense Seminar. (2) The 2017 Kelsey Awards.

PS. Make it a wonderful week!

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