

#1037  
8.8.2016

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**1. Reflections**

Note: Please see Sections 4C and 11 for poems by Nelson Sartoris.  
Also, 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 [bjnlbc@aol.com](mailto:bjnlbc@aol.com) and put SUBSCRIPTION in the subject line.

**A. Cynthia, my beautiful bride, and I:**

(1) Got a kick out of the Asheville Creative Arts' production of HOW I BECAME A PRIVATE. Pictured, in from the front row: Rick Eiden, Cynthia Greenfield, Blaine Greenfield and Reed Atherton; and back row: Tiffany Renee Bear, Tristan Cameron and Kelsey Sewell. In addition, I would be remiss if I didn't also recognize the contributions of these following other individuals: Abby Fiedler, producer; Robbie Jaeger, director; Katie Jones, stage manager; and Kylie Brown, musical director.



(2) Attended a great party at the home of our friends Jonathan and Sandi Freedberg. Pictured, in: Sandi Freedberg, Eric and Frankie Weinberger, Jonathan Freedberg, Cynthia Greenfield and Blaine Greenfield.

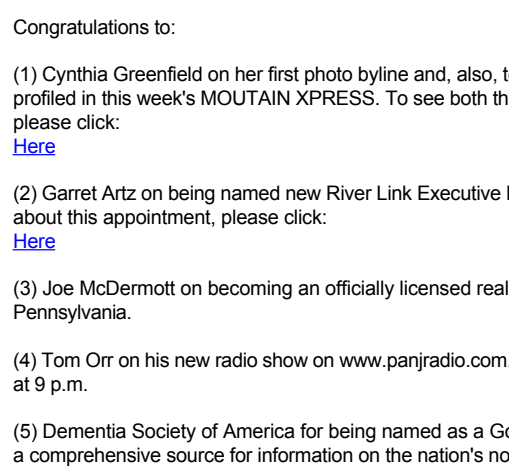


(3) Joined our friends Tom and Marcy Gallagher for lunch at The Local Joint and to celebrate National Friendship Day. Michelle's friendly service made the celebration even more enjoyable.

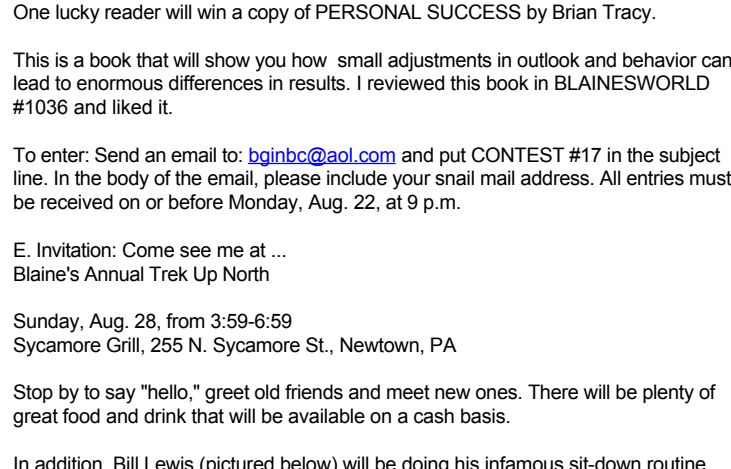


**B. During the week, I:**

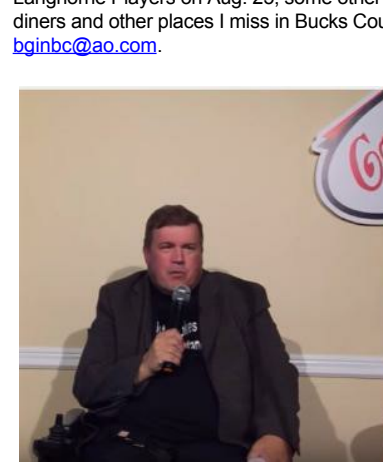
(1) Had the pleasure of going to the Lees-McRae Summer Theatre to see dazzling performances from Dominic Michael Aquilino and Clara Roy Burns in THE PUJAMA GAME. All the others in the large cast were outstanding, and the direction was spot on from Dr. Janet Barton Speer, Dr. William A. Martins music direction was also excellent.



(2) Joined an informative tour of the Linville Caverns from Kelly Buchanan who I then joined that evening, for a tasty dinner at Spear's BBQ & Grill.



(3) Heard an interesting presentation from David Feingold, general manager and CEO of WCDS, on his radio station. He spoke at the monthly event of the Asheville Jewish Business Forum. For more pictures, please click: [Here](#)



**C. Condolences to:**

- (1) Darlene Kucken and family on the passing of Darlene's mother.  
(2) Cora Lee Palma-Hayden and family on the passing of Joe Perry, Cora Lee's brother.

**Congratulations to:**

- (1) Cynthia Greenfield on her first photo byline and, also, to Sage Linden for being profiled in this week's MOUNTAIN XPRESS. To see both the picture and the article, please click: [Here](#)  
(2) Garret Artz on being named new River Link Executive Director. To read more about this appointment, please click: [Here](#)  
(3) Joe McDermott on becoming an officially licensed real estate salesperson in Pennsylvania.  
(4) Tom Orr on his new radio show on www.parradio.com. The show airs every night at 9 p.m.  
(5) Dementia Society of America for being named as a Gold participant by GuideStar, a comprehensive source for information on the nation's nonprofits.  
(6) Eric Martinez for his appearance in a commercial that aired during the Rio Olympics. To view it, please click: [Here](#)  
(7) Candace M. in NC, winner of Contest #16: copy of THE FOUR-FOOT GIANT AND THE VANISHING WHEELCHAIR by T.J. Shimeld. All told, there were four entries.

And that reminds me it's now time for ...

\*\*\*\*\* CONTEST #17 \*\*\*\*\*

One lucky reader will win a copy of PERSONAL SUCCESS by Brian Tracy.

This is a book that will show you how small adjustments in outlook and behavior can lead to enormous differences in results. I reviewed this book in BLAINESWORLD #1036 and liked it.

To enter: Send an email to: [bjnlbc@aol.com](mailto:bjnlbc@aol.com) and put CONTEST #17 in the subject line. In the body of the email, please include your small mail address. All entries must be received on or before Monday, Aug. 22, at 9 p.m.

E. Invitation: Come see me at ...  
Blaine's Annual Trek Up North

Sunday, Aug. 28, from 3:59-6:59  
Sycamore Grill, 255 N. Sycamore St., Newtown, PA

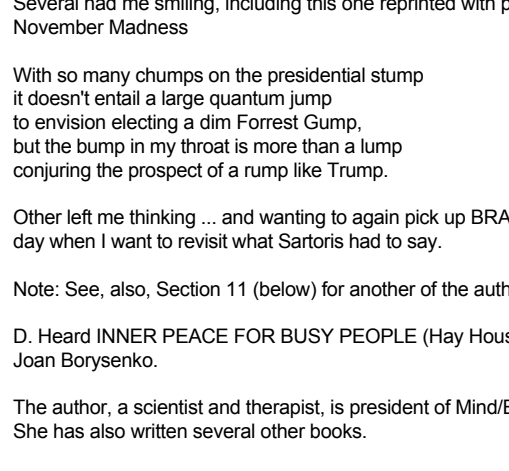
Stop by to say "hello," greet old friends and meet new ones. There will be plenty of great food and drink that will be available on a cash basis.

In addition, Bill Lewis (pictured below) will be doing his infamous sit-down routine. Others slated to perform include Jerry Gross, Bill Kormos, Jim Freeman, Rich Orth, John Strauss, Todd Siben, Rick Pine and Kevin Jameson.

There's also the possibility that you will get to see the recent short play that was written about me: MR. POSITIVITY.

And as a special bonus: All those in attendance will learn the difference between a left- and right-hand pencil in the unlikely event you don't already know this.

Note: If the above date doesn't work for you and/or you'd like to get together some other time, I will be in the area from August 22-29. I'm looking to possibly see a play at Langhorne Players on Aug. 25, some other play, a comedy show, get to eat at some diners and other places I miss in Bucks County, etc. Let me know via email: [bjnlbc@aol.com](mailto:bjnlbc@aol.com).



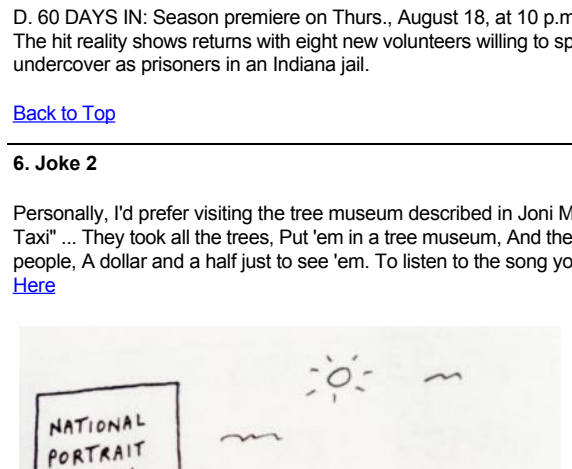
**\*\*\*\*\* BLAINESWORLD BEST AWARD \*\*\*\*\***

This week, it goes to the Buncombe County Sheriff's Office—the group that does such a fine job of protecting all the citizens of the great county where I live in Western North Carolina.

Recently, it co-sponsored a National Night Out event designed to increase awareness about police programs in communities, such as drug prevention, town watch, neighborhood watch and other anti-crime efforts.

Special kudos to Sgt. Kim Mull (center in the top photo) who helped with the arrangements, as well as to Sheriff Van Duncan (right in the top photo) who spoke to all who attended.

Thanks, also, to LT Kevin Calhoun and McGruff the Crime Dog, aka Billy Morissey (bottom left photo) and to Professor Whizzpop, aka Tom Hughes (bottom right photo) for their assistance in making the evening the success that it was. For more pictures, please click: [Here](#)



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**2. FYI**

Last week's issue made reference to an exercise that I've been doing, here's a video clip of me doing it: [Here](#)

Note: I tapped the above just to give you an idea of what I'm doing. When I checked it out with Michael Abbas, the physical therapy assistant at Mountain Physical Therapy who initially showed it to me, he made this suggestion on how I could improve on what I'm doing:  
The set up seems fine, but the arm movement should be a bit less circular out in front. And a bit more lifting out and away with arms back to the wall to make the letter "T."

Also, I thought you'd like to see the following article on "6 Tips to Use a Standing Desk" that Anitra Ranney, Mountain Physical Therapy's owner/director, sent me: [Here](#)

FYI, part 2

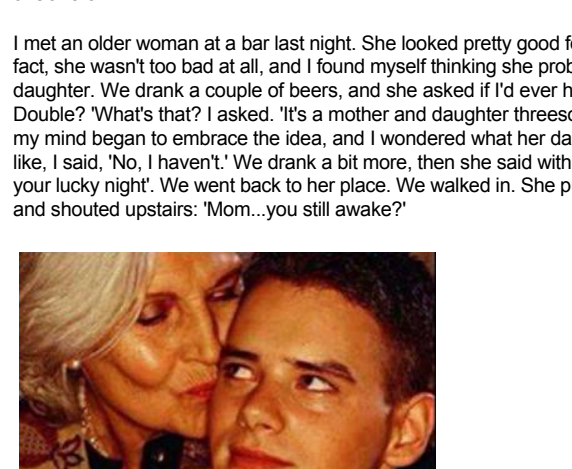
To read each of the following contributions in full, please click:

- [Here](#)  
(1) Chuck F. in NC: Can you tell me about the regimen your physical therapist lays out for your posture? (2) Pat H. in PA: What is the one exercise that the PT guy showed you for your slouching? (3) Bob P. in NC: This is the website mentioned in Section 7C: Project Alexandria) was interesting. (4) Mary Lou S. in NC: This website [Project Alexandria] is awesome! (5) Rodney R. in NJ: re sharing phone numbers etc.... great idea is to carry a business card or card with your info on it to hand out. (6) What Are the Purple Dots on Michael Phelps' Cupping Has an Olympic Moment? (7) The merits of reading real books to children. (8) Need a babysitter? Don't count on grandma. (9) Joe D. in PA: An open letter to the theatre where I grew up. (10) Glamping Adds a Touch of Luxe to the National Parks.

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**3. Joke 1**

Before taking to the balance beam at the Olympics, Laurie Hernandez whispered to herself, "I got this." Coincidentally, I do the exact same thing before eating a burrito. (Thanks, Sarah Fowler, for sharing her oh-so-valuable insight via Facebook.)



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**4. Reviews**

A. Saw FLORENCE FOSTER JENKINS, a biopic about a wealthy New York heiress who attempts to become an opera singer despite having a terrible singing voice. Meryl Streep, as usual, was great in the leading role, and I also liked Hugh Grant's work. But it was Simon Hetsberg (of BIG BANG THEORY fame) who made me laugh the most. His reactions to Streep's singing were the best thing in the film ... Overall, I liked this especially having seen SOUVENIR a few years ago at Flat Rock Playhouse. This latter production was more touching. ... Rated PG-13.

B. A HOLOGRAM FOR THE KING is now on DVD ... my review from BLAINESWORLD #1023 follows:  
Saw A HOLOGRAM FOR THE KING, a drama about an American businessman who is sent to Saudi Arabia to close what he hopes will be biggest deal of his life. It meanders, but nevertheless kept my interest. I also liked the relationship that developed between Tom Hanks and Sarita Chodury. Don't rush out to see it, but when it comes out on DVD, give it a shot. Rated R.

C. Read BRAIN SLIVERS: POEMS BY NELSON SARTORIS (Arts Poetica) by Nelson Sartoris.

The author became a poet just recently after a distinguished teaching career of 37 years.

Ordinarily, I'm not a big fan of poetry. But full disclosure here: I'm also Nelson's friend. So I decided to give this book a try. And I'm glad that I did.

There are 135 poems here, ranging from such topics as Family and Aging to Reveries and Culture.

Several had me smiling, including this one reprinted with permission of the author: November Madness

With so many clumps on the presidential stump  
it doesn't entail a large quantum jump  
to envision electing a dim Forrest Gump,  
but the bump in my throat is more than a lump  
contemplating the prospect of a rump like Trump.

Other left me thinking ... and wanting to again pick up BRAIN SLIVERS on some future day when I want to revisit what Sartoris had to say.

Note: See, also, Section 11 (below) for another of the author's poems.

D. Heard INNER PEACE FOR BUSY PEOPLE (Hay House), written and narrated by Joan Borysenko.

The author, a scientist and therapist, is president of Mind/Body Health Sciences, Inc. She has also written several other books.

In this program, abridged from her best-selling book of the same name, Borysenko lives with the fact that we have very little peace of mind because of phones, beepers, emails, piles of snail mail and pushy telemarketers who call during dinner. Consequently, we have very little peace of mind.

So to help rectify the situation, she has put together many useful suggestions that will help you regain a sense of balance and harmony. For example, she notes: The things you dislike the most succeed in taking up the majority of your mental time. How do you make that uncontrollable phone call to apologize to the friend you let down? What about completing the completed application for new health insurance? ... Undone "to dos" pulling you out of the moment, create stress and tension, and siphon a lot of juice that could be spent more productively.

I've heard several of the suggestions in INNER PEACE before, but still, they were a good reminder of what needs to be done to make my life less hectic.

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**5. TV alert**

A. 50 YEARS OF STAR TREK: Mon., August 15, at 12:03 a.m. on HISTORY Producers and cast members from TREK's many versions share their memories, including favorite episodes.

B. THE NIGHT MANAGER: Mon., August 15, starting at 10 p.m. on SUNDANCE Six-part adaptation of Tom Hanks' international thriller, featuring Tom Hiddleston and Hugh Laurie who both earned Emmy nominations for their performances. TV GUIDE: click is "fantastic."

C. BROOKLYN: Thurs., August 18, at 9:45 a.m. on HBO A young Irish woman leaves her home country for New York City, but she is soon forced to choose between the two countries.

Note: The above is one of my favorite films. If you'd want to see my entire list, please send an email to: [bjnlbc@aol.com](mailto:bjnlbc@aol.com) and put the word FAVORITES and the subject line.

D. 60 DAYS IN: Season premiere on Thurs., August 18, at 10 p.m. on A&E The hit reality shows returns with eight new volunteers willing to spend two months undercover as prisoners in an Indiana jail.

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**6. Joke 2**

Personally, I'd prefer visiting the tree museum described in Joni Mitchell's "Big Yellow Taxi" ... They look all the trees, Put 'em in a tree museum, And they charged the people, A dollar and a half just to see 'em. To listen to the song yourself, please click: [Here](#)



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**7. Clips/Websites**

A. Check out these clips at your convenience:

- (1) Chuck S. in NJ: Dear Kitten-Regarding Friendship [Here](#)  
(2) Kimberly R. in NC: Benji Schwimmer & Torri Smith - 2013 San Francisco Dance Sensation [Here](#)  
(3) Tim G. in NJ: It's a Beautiful Day-White Bird [Here](#)  
(4) Sara Barelles - Brave [Here](#)  
(5) Mary Lou S. in NC: The 11-Year-Old Kid That Monsanto Doesn't Want You To See [Here](#)  
B. The Fine Line: Simone Biles, Gymnast  
If you were amazed by her performances as I was, please click the following link to find out more about this amazing athlete: [Here](#)  
Note: Make sure you also see the top of the page for equally interesting pieces about Derek Drouot, high jump; Ryan Lochte, swimming; and Christian Taylor, triple jump.  
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](#)

**8. Technology tip**

11 Things Highly Organized People Do on Their Smartphone by Abbey Schubert

Take advantage of these neat tips and let your phone keep your life together.

1. They master their to-do list  
To-do lists are key to living an organized life, and having access to them wherever you go with a smartphone only makes them even more effective. Organizing expert Donna Smailin Kuper recommends using an app like Any.Do to create a master list of everything you know you need to accomplish. Then, pick a few tasks each day that you want to get done, and add them into the open slots on your calendar.  
"There's a saying that what gets scheduled gets done, and I really think it's true," Kuper says. Once you take care of your to-do list, make sure to have a stress-free weekend.  
For the other 10 things, please click: [Here](#)

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**9. Joke 3**

I met an older woman at a bar last night. She looked pretty good for a 60-year-old. In fact, she wasn't too bad at all, and I found myself thinking she probably had a really hot daughter. We drank a couple of beers, and she asked if I'd ever had a Sportsman's Double? "What's that?" I asked. "It's a mother and daughter threesome," she said. As my mind began to embrace the idea, and I wondered what her daughter might look like, I said, "No, I haven't." We drank a bit more, then she said with a wink, "tonight's your lucky night." We went back to her place. We walked in. She put on the hall light and shouted upstairs: "Mom...you still awake?"



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**10. A quote I like**

"Don't ask kids what they want to be when they grow up. Ask them what problems they want to solve. This changes the conversation from who I want to work for to what do I need to learn in order to be able to do that."--Jaime Casap, Chief Education Evangelist at Google, Inc.

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**11. Thought for the day**

Enoughness by Nelson Sartoris

Blacks can relate to receiving slave wages not long ago during real "darkie ages." Their minimum wage started at zero, not even a dollar, let alone a cent.

Now the minimum rate is not that much higher, barely enough to live on, let alone retire.

Meanwhile paychecks and perks of CEOs escalate on high, with no way to dispose of their excess billions, on what heaven knows.

They tell us they earned it, or so they supposed, they mostly got lucky. I'd like to propose, no way should they think themselves grandiose.

They don't give a thought to equality and justice, nor even a clue of the concept of enoughness.

Stop debating what minimum wages should be, instead, maximum salaries should be our decree. It cannot be said with any more clarity, America's biggest problem is income disparity.

\*Reprinted with the gracious permission of Nelson Sartoris from BRAIN SLIVERS, his book of poems reviewed in Section 4C (above). To order your own copy, please click: [Here](#)



Photo: Marilynne Herbert  
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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) RED PILL DIARIES (2) THE MUSIC AND DANCING OF DIRTY DANCING (3) Community Choreography Projects presents a 9-week artistic conversation and workshop starting Sept. 12.  
B. PAIN events  
(1) Entertainment on Demand! at the 1867 Sanctuary. (2) MCCO's Kelsey Theatre Opens Season with "The Music and Dancing of Dirty Dancing" Sept. 9 to 25.

PS: Make it a wonderful week!  
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