

BLAINES WORLD

#1093
9.4.2017

In this issue

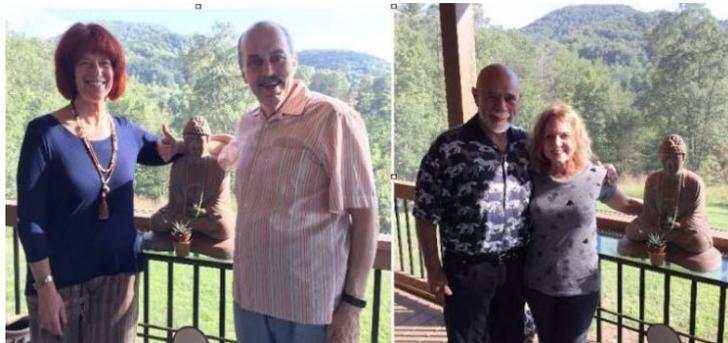
- [1. Reflections](#)
- [2. FYI](#)
- [3. Joke 1](#)
- [4. Reviews](#)
- [5. TV alert](#)
- [6. Joke 2](#)
- [7. Clips/Websites](#)
- [8. Technology tip](#)
- [9. Joke 3](#)
- [10. A quote I like](#)
- [11. Thought for the day](#)
- [12. Advance planning department](#)

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

A. Cynthia, my beautiful bride, and I:

(1) Had a super time with our friends Marvin Sadovsky and Annemarie Brown, first observing the view from their magnificent new home.



From there, we went for a great dinner at Garden Deli in Burnsville where we received fine service from Tonya.



And then it was on to Parkway Playhouse where we caught a Dress(y) Rehearsal of the hilarious farce that runs through Sept. 16. ... Kudos to Kristen Donelle Livengood for her spot on direction, as well as to the entire cast for their very funny performances: Graham Livengood, Jenny Pearson Martin, Myra McCoury, Jeff Messer, Kelli Brown Mullinix and Jered Jackson Shults. ... Make sure you get tickets while they are still available. To do so, please click: [Here](#)





B. During the week, I:

(1) Had the pleasure of hosting the following two guests on my BLAINESWORLD radio show on WPVM/FM: in the first half, Elizabeth Yaruss, insurance consultant; for more information:

[Here](#)

And in the second half: John Russell, executive director, Montford Park Players; for more information:

[Here](#)

Pictured, l-r: Elizabeth Yaruss, Blaine Greenfield and John Russell. To hear what you missed, please go to 9.6.2017 when you click:

[Here](#)



(2) Saw THE KIDS' SHOW (DEFINITELY NOT FOR KIDS), a production that had it all: fairy tales for adults, magic, music, dancing and performances unlike you've ever seen before from, l-r: Jeff Catanese, Rodney Smith, Candice Burchill, Barbie Angell and Pat LaCorte. Carrie Kimbrell Kimzey also appeared on some nights. ... Attic Salt paired up with SuperHappy Productions for this funny, R-rated production that recently completed its run.



(3) Solved all the world's problems with my friend David Weiner at Early Girl Eatery. As unlikely as it sounds, our breakfasts were even better than they look in this picture! We also appreciated the enthusiastic service we received from Lene.





C. And, recently, I bumped into my friend Melanie Brethauer at the Asheville Wine & Food Festival. Kudos to Bob Bowles for the fantastic job he did in organizing the event.



D. Condolences to:

- (1) Linda Soltis and family on the passing of Sarah Elizabeth Brown Bartz Marshall, Linda's mother.
- (2) David Brown and family on the passing of David's father in law.
- (3) The family of Gene "Stick" Michael on his passing. (Thanks, Carol Seufert, for sharing.) If you're a Yankee--or baseball--fan and want to read more about his life, please click:
[Here](#)
- (4) Beverly Todd and family on the passing of Sam Todd, Beverly's brother.
- (5) JP Reavely and family on the passing of John Kelly, JP's cousin.

E. Congratulations to:

- (1) Pat and Gloria Hannigan on the birth of their new granddaughters, Lucy and Amelia.
 - (2) Rabbi Justin Goldstein on being named a 2017-2018 Rabbinic Global Justice Fellow by the American Jewish World Service.
 - (3) Alan Malpass for his appearance on the cover of MOUNTAIN XPRESS. In case you missed it, please click:
[Here](#)
- And for more another picture and information on where Alan will be appearing, please click:
[Here](#)
- (4) Strother Stingley and Tabitha Judy on their wedding.
 - (5) Asheville for being named the Number One town in the Southeast. For more information, please click:
[Here](#)

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

***** CONTEST #18 *****

One lucky reader will win a copy of SALES SUCCESS by Brian Tracy. The author, a popular motivational speaker, has drawn from what he has spoken about over the years and put the information down into this short but oh-so-valuable book that covers 21 ideas for selling success that can be immediately implemented. I reviewed it in BLAINESWORLD #996 and enjoyed it. ...To enter the contest, send an email to: bginbc@aol.com and put CONTEST #18 in the subject line, then include your snail mail address in the body of the email. All entries must be received by 9 p.m. on Monday, Sept. 11.

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

This week, it goes to Cate Bergrud--an employee at Arms Around ASD. To quote Michele Louzon, executive director of this fine organization for people on the autism spectrum and their families:
My assistant, Cate Bergrud, is a behind the scenes kinda gal. She just does her thing and wants no recognition, which is exactly why I'm nominating her for a BLAINESWORLD best award. She is wickedly funny, compassionate and

hardworking and despite being a mom of two school age boys (one with special needs), she always finds time to coordinate massage appointments that help keep Arms Around ASD running.

Here's her bio:

Cate is a former Air Force Brat. She was lucky enough to travel the globe before her family settled in South Louisiana, a region she still calls home. Cate graduated from LSU (Geaux Tigers!) with a degree in English with minors in French and Theatre. She naturally went into retail upon graduation. It was during her career as a corporate trainer for a national shoe brand that she met and married the fantastic Dag Bergrud.

The couple lived in Los Angeles and Baton Rouge before settling in the beautiful mountains of Western North Carolina. Cate has two beautiful sons, Haiden and Tait.

Both boys are special, but Tait is what we call "special needs" and Cate has spent the past 9 years advocating for their well being. A long time client and supporter of Arms Around ASD, Cate is thrilled to join the organization in a more official role.

[Back to Top](#)

2. FYI

Equifax's Instructions Are Confusing. Here's What to Do Now.
by Ron Lieber

It's time for all of us to play defense, because Equifax clearly did not.

In the wake of the epic breach of as many as 143 million of our Social Security numbers, names and addresses from the company's credit files, the company put up a website that attempted to make sense of things for consumers.

For the rest of this informative article, please click:

[Here](#)

Also, here's another interesting article for you to read:
How to Protect Your Information Online

To read it, please click:

[Here](#)

FYI, part 2

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

[Here](#)

(1) Ruth Planey: GREAT interview with Anthony Cerrato. (2) Margie Zack: I loved this issue! (3) Relationship Problems? Try Getting More Sleep. (4) How to Recognize Burnout Before You're Burned Out. (5) Exercise as a Weight-Loss strategy. (6) Women Are Making the Rest Rock Music Today: Listen Now. (7) Diane Milikan: "The Amazing Adventures of Marchello the Cat." (8) Jerry Crouch: Hal Prince's 10 Greatest Broadway Musicals, Ranked. (9) How to Fix the Person You Love. (10) A radio host's rules on having difficult conversations.

[Back to Top](#)

3. Joke 1

I was visiting my daughter last night when I asked if I could borrow a newspaper. ... "This is the 21st century," she said. "We don't waste money on newspapers. Here, use my iPad." ... I can tell you this: That housefly never knew what hit it!



[Back to Top](#)

4. Reviews

A. Saw I DO ... UNTIL I DON'T, an ensemble comedy following three couples who are involved in a filmmaker's attempt to prove that marriage should be a seven-year contract with an option to renew. Lake Bell is both the writer and director of this film, and she also stars in it, along with Ed Helms, Mary Steenburgen and Paul Reiser. There were a few funny spots, but not enough for you to rush out to see it. Rather, wait for it to come out on disc or via streaming. You'll find it watchable, though not very believable. Rated PG-13.

B. Out on disc and via streaming is MEGAN LEAVEY. Here was my review from BLAINESWORLD #1081:

Saw MEGAN LEAVEY, a true life story of a young marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq. Kate Mara is good in the leading role and so were the various dogs used in the film. If you're a dog lover, you'll like this film--but others will, too. Rated PG-13.

C. Heard OPTION B: FACING ADVERSITY, BUILDING RESILIENCE, AND FINDING JOY (Random House Audio), written by Sheryl Sandberg and Adam Grant and read by Elisa Donovan. ... The book tells the story about how Sandberg dealt with the sudden death of her husband through the help of Grant, a psychologist, who told her there are concrete steps people can take to recover and rebound from life-shattering experiences. ... For example: Two weeks after losing her husband, Sheryl was preparing for a father-child activity. "I want Dave," she cried. Her friend replied, "Option A is not available," and then promised to help her make the most of Option B. ... I also liked how Sandberg discovered to flip the golden rule: When a loved one is in distress, instead of treating them how you would want to be treated, consider how they want to be treated, which may be quite different. ... Lastly, I thought this was a great recommendation on what to do before falling asleep at night: Think about the three most positive parts of your day. I'm going to try that myself!

[Back to Top](#)

5. TV alert

A. TOP OF THE LAKE: CHINA GIRL: Sunday, Sept. 10, at 9 p.m. on SundanceTV
Emmy nominees Elisabeth Moss and Nicole Kidman star in this sequel to Jane Campion's 2013 miniseries about a detective who returns to Sydney to reconnect with the child she gave up at birth. TV GUIDE says they are both "outstanding."

B. HAROLD AND LILLIAN; A HOLLYWOOD LOVE STORY: Wednesday, Sept. 13, at 8 p.m. on TCM.
Documentary about a couple who work in Hollywood as, respectively, a storyboard artist and film researcher.

C. LA LA LAND: Saturday, Sept. 16, at 8 p.m. on HBO
Best Actress Emma Stone and Ryan Gosling team in this bittersweet tribute to Hollywood musicals.

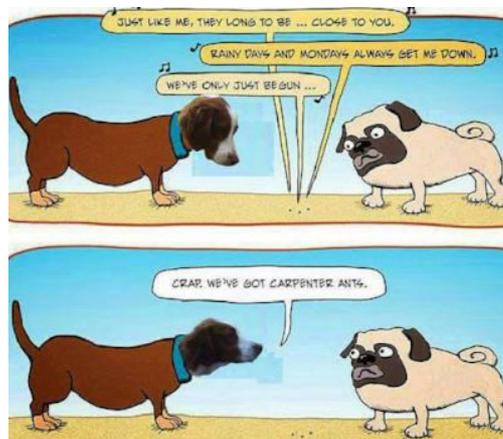
[Back to Top](#)

6. Joke 2

I now can't keep from singing this song incessantly:

[Here](#)

(Thanks, Kathy Blackshire, for sharing.)



[Back to Top](#)

7. Clips/Websites

A. Check out these clips at your convenience:

(1) Grant Randall: The perfect personal trainer

[Here](#)

(2) Alyson Miller-Greenfield: Chris Rodrigues & Spoon Lady - Mrs. Jones

[Here](#)

(3) William Kormos: When you're watching a movie and someone keeps asking questions

[Here](#)

(4) Mandolin Orange - Hey Stranger (Live on The Current)

[Here](#)

(5) Janet Zofchak: It's a Small World at the New York World's Fair 1964

[Here](#)

(6) Pizza tosser on The Gong Show

[Here](#)

(7) Playing by air on The Gong Show

[Here](#)

(8) Michael Hennessey: Simon & Garfunkel's 'Sound Of Silence' Is Played On An 18 String Guitar

[Here](#)

B. Visit the Library of Congress, the largest library in the world, by clicking:

[Here](#)

To quote from a Welcome Message from Carola Hayden, the 14th Librarian of Congress:

[There are] millions of books, recordings, photographs, newspapers, maps and manuscripts in its collections. The Library is the main research arm of the U.S. Congress and the home of the U.S. Copyright Office.

The Library preserves and provides access to a rich, diverse and enduring source of knowledge to inform, inspire and engage you in your intellectual and creative endeavors. Whether you are new to the Library of Congress or an experienced researcher, we have a world-class staff ready to assist you online and in person.

Note: I specially like the option to Ask a Librarian. If you want to do so, please click:

[Here](#)

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](#)

[Back to Top](#)

8. Technology tip

How to See What the Internet Knows About You (And How to Stop It)
by Tim Herrera

My mom (Hi mom!) isn't exactly a tech expert. We have the stereotypical boomer parent/millennial child relationship. I help her update her OS and figure out her cable bill, she cautions me about sketchy hackers stealing my identity and warns me not to open strange email attachments.

"Just because you're paranoid," she likes to joke in her motherly way, "doesn't mean they aren't out to get you." I laugh then brush it off.

For the rest of this informative article, please click:

[Here](#)

[Back to Top](#)

9. Joke 3

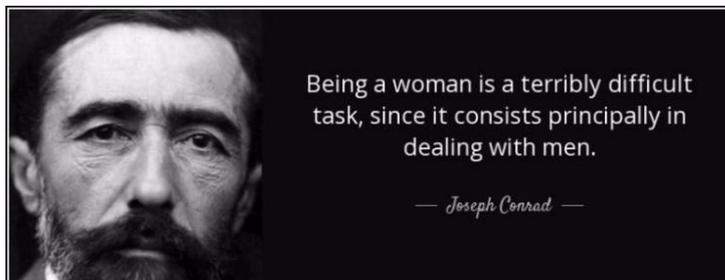
My gardener insisted I use this sign so that my lawn wouldn't be ruined by inconsiderate others. (Thanks, Michael Glaeser, for posting.)

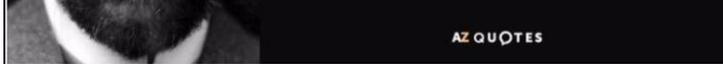


[Back to Top](#)

10. A quote I like

Joseph Conrad (1857-1924) was a Polish-British writer regarded as one of the greatest novelists to write in the English language. (Thanks, Trissa King, for sharing.)





[Back to Top](#)

11. Thought for the day

Every day be kind to a stranger

On his deathbed, Aldous Huxley reflected on his entire life's learning and then summed it up in seven simple words: "Let us be kinder to one another."

All too often, we believe that in order to live a truly fulfilling life, we must achieve some great act or grand feat that will put us on the front covers of magazines and newspapers. Nothing could be further from the truth. A meaningful life is made up of a series of daily acts of decency and kindness, which adds up to something great over the course of a lifetime.

Everyone who enters your life has a story to tell and/or a lesson to teach. Take the moments of your day to listen and, in doing so, show a little more of the compassion that defines your humanity.

Why not start being more of the person you truly are during your days and doing what you can to enrich the world around you? In my mind, if you make even one person smile during your day or brighten the mood of even one stranger, your day has been a worthwhile one.

Become more creative in the ways you show compassion to strangers. Paying the toll for the person in the car behind you, offering your seat on the subway and being the first to say "hello" are great places to start.

Author unknown; if you know who wrote this and/or where it came from, please let me know.



[Back to Top](#)

12. Advance planning department

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

[Here](#)

A. NC events

(1) Michel Louzon: Hop 'til you Drop Sock Hop and Silent Auction. (2) Jeff Messer: Marquee Comedy Presents: Blue Ridge Pride Comedy Night 2017. (3) Jensen Gelfond: Internet Safety in a Nutshell: Protect Your Identity Online. (4) Poverty Simulations.

B. PA/NJ events

(1) MEMPHIS at Kelsey Theatre at Mercer County Community College. (2) Cyndy "Snake Dancer" Paige: 2017 Fall Equinox Retreat.

PS. Make it a wonderful week!

[Back to Top](#)

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