

BLAINESWORLD

#1161
10.15.2018

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

A. Cynthia, my beautiful bride, and I:

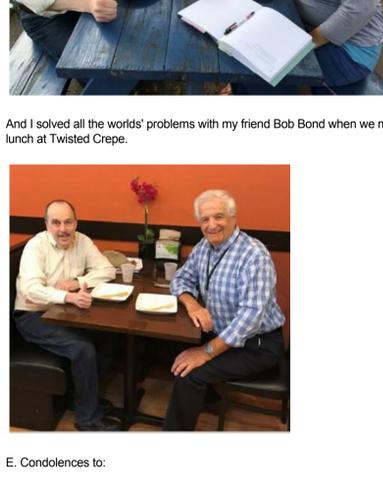
(1) Enjoyed our annual visit to Hard Lox, the Jewish festival in downtown Asheville. We had delicious corned beef sandwiches, noodle pudding, a black-and-white cookie and Dr. Brown's diet creme soda. I'm getting hungry just typing this! ... Special thanks to Marty Gillen the event's chair, for all his hard work in making the day the success that it was. ... Pictured, l-r: Tino Prociada, Irene Gallagher, Blaine Greenfield, Cynthia Greenfield, Tom Gallagher and Mary Prociada.



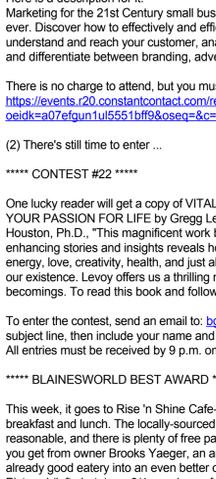
From there, we went to the final performance of OVER THE RIVER AND THROUGH THE WOODS at HART. ... It was the second time that I had seen the play, but since Cynthia hadn't seen it the first time, I wanted her to join me. I'm glad she did, too, in that we both got a kick out of it. ... Pictured, l-r: (front row) Pasquale LaCorte, Lyn Donley, Allison Stinson and David Pivey; and (rear row) Blaine Greenfield, Cynthia Greenfield, Amanda Klinikowski and Josiah McManus. ... Kudos to Candice Dickinson for her outstanding direction.



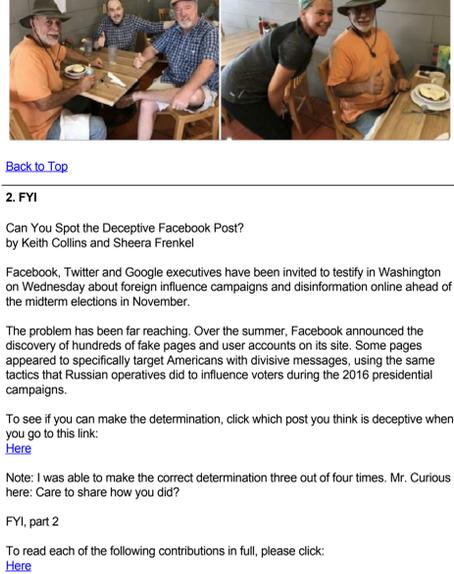
B. WPMV/FM invites you to listen to the BLAINESWORLD show from Wednesday, October 17, 2018 ... Guests (first half): Linda Williams, Owner/Founder of RelationSHAPE; for more information: <http://www.relationshape.today>, and Sara Stender, Founder and Executive Director of Africa Healing Exchange; for more information: [Here](#) ... and (second half): Katie Damien, Independent Filmmaker; for more information: [Here](#) ... Pictured in front, l-r: Katie Damien and Sara Stender; in rear, Blaine Greenfield and Linda Williams. ... To listen to the show, click: [Here](#)



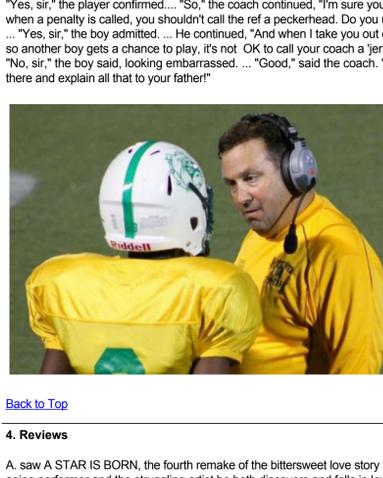
I was honored to be a guest on THE SHINE BOX, another show on WPMV/FM. Thanks to the host, T Rex, for having me. We had a fun discussion about movies, along with Meg Hale Burton. To view it, please click: [Here](#)



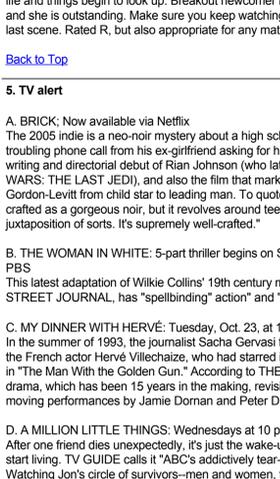
C. One of the high spots of my week was serving as the emcee at our Biltmore Lake community's annual Pet Parade/Musical Chairs event. For more pictures, please click: [Here](#)



D. I got to meet Jamie Knox for some tasty sandwiches at the appropriately-named Taste Diner, at which time we also kicked around ideas for Jamie's upcoming Yonathon Open House Fundraiser on Saturday, Dec. 1. For more information about that, please click: [Here](#)



And I solved all the world's problems with my friend Bob Bond when we met for a great lunch at Twisted Crepe.



E. Condolences to:

- (1) Charles and Candice Burchill on the passing of Emmett Hunter-Eden Burchill, their son.
- (2) Darlene Kucken and family on the passing of Rosemary A. Stark, Darlene's sister.

F. Congratulations to Allen Law on his new job as a tour guide with LaZoom Tours.

G. Reminders:

- (1) My next public seminar, Marketing Your Business Fall 2018, takes place on Saturday, Nov. 3 at AB Tech Enka campus.

Here is a description for it: Making for the 21st Century small business is more dynamic and challenging than ever. Discover how to effectively and efficiently use marketing tools. Gain insights to understand and reach your customer, analyze your industry and business environment and differentiate between branding, advertising and grassroots marketing techniques.

There is no charge to attend, but you must pre-register. You can do so by clicking: <https://events.r20.constantcontact.com/register/eventReg?oidtk=a07efgun1ul5551bf9&oseq=&c=&ch=>

- (2) There's still time to enter ...

***** CONTEST #22 *****

One lucky reader will get a copy of VITAL SIGNS: DISCOVERING AND SUSTAINING OUR PASSION FOR LIFE by Gregg Levey. Quoting one reviewer of the book, Jean Houston, Ph.D., "This magnificent work brimming with gorgeous prose and life enhancing stories and insights reveals how the cultivation of passion is key to our existence, love, creativity, health, and just about everything else that is good and true in our experience. Levey offers us a thrilling new map to the vital core of all our becoming. To read this book and follow its principles is to stop boring God!"

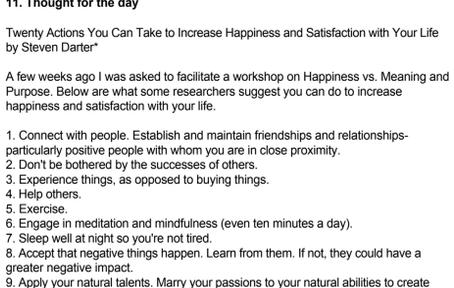
To subject line, then include your name and snail mail address in the body of the email.... All entries must be received by 9 p.m. on Mon., October 22, 2018.

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

This week, it goes to Rise 'n Shine Cafe--among my favorite Asheville places for both breakfast and lunch. The locally-sourced food is always excellent, the prices are very reasonable, and there is plenty of free parking. ... You'll also enjoy the friendly greeting you get from owner Brooks Yaeger, an amazing 24-year old who transformed an already good eatery into an even better one when he took over a few years ago. ... Pictured (left photo) are 3/4 members of my breakfast club that often meets there: l-r: Marvin Sadovsky, Blaine Greenfield and Tom Gallagher. Not pictured: Brian Biro who was missed, but excused because he was out of town on a speaking gig. We were celebrating Marvin's almost 70th birthday (right photo) with Linzy, one of the friendly servers that help make our meals even more enjoyable.

Rise 'n Shine is located at 640 Merrimon. For more information, please click: [Here](#)

Also, check out this clip when the restaurant was featured on WLOS: [Here](#)



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2. FYI

Can You Spot the Deceptive Facebook Post?

by Keith Collins and Sheera Frenkel

Facebook, Twitter and Google executives have been invited to testify in Washington on Wednesday about foreign influence campaigns and disinformation online ahead of the midterm elections in November.

The problem has been far reaching. Over the summer, Facebook announced the discovery of hundreds of fake pages and user accounts on its site. Some pages appeared to specifically target Americans with divisive messages, using the same tactics that Russian operatives did to influence voters during the 2016 presidential campaigns.

To see if you can make the determination, click which post you think is deceptive when you go to this link: [Here](#)

Note: I was able to make the correct determination three out of four times. Mr. Curious here: Care to share how you did?

FYI, part 2

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

- (1) Howard Debs: Science says you should embrace hugging. (2) Maria Porambo: Don't know if you've seen/reviewed the movie, The Wife, starring Glenn Close. (3) (3) Irene Logelin: I want to thank you for sharing about Arms around ASD. (4) How to Harness Your Anxiety. (5) Gear to Help Your Baby (and You) Sleep Better.

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3. Joke 1

During a game, the coach called one of his 9-year-old players aside and asked, "Do you understand what cooperation is?" ... "Yes, sir," the youngster answered. ... "Do you understand that what matters is whether we win or lose together as a team?" ... "Yes, sir," the player confirmed. ... "So," the coach continued, "I'm sure you know that when a penalty is called, you shouldn't call the ref a peckerhead. Do you understand?" ... "Yes, sir," the boy admitted. ... He continued, "And when I take you out of the game so another boy gets a chance to play, it's not OK to call your coach a 'birk.' Is it?" "No, sir," the boy said, looking embarrassed. ... "Good," said the coach. "Now go over there and explain all that to your father!"

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4. Reviews

A. saw A STAR IS BORN, the fourth remake of the heartsweet love story between an aging performer and the struggling artist he both discovers and falls in love with. Lady Gaga is deservedly getting Oscar buzz for her performance, but it is her co-star (Bradley Cooper) who blew me away. He also wrote and directed, and he did all his singing. And that's his dog you'll see, too. ... When watching it, I thought it was good. Now thinking about it, I'd say it was very good. Rated R, though appropriate for any mature teenager.

Note: For more secrets that you might not know about the film, please click: [Here](#)

B. Saw PRIVATE LIFE, which is now available via Netflix. It is the moving story of a couple (extremely well-acted by Paul Giamatti and Kathryn Hahn) who are in the throes of infertility. Just as all appears hopeless, a recent college dropout enters their life and their beings begin to look up. Breakout newcomer Kayli Carter plays the latter role, and she is outstanding. Make sure you keep watching through the credits for a sweet last scene. Rated R, but also appropriate for any mature teenager.

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5. TV alert

A. BRICK; Now available via Netflix
The 2005 indie is a neo-noir mystery about a high school student who receives a troubling phone call from his ex-girlfriend asking for his help. It is notable for being the writing and directorial debut of Rian Johnson (who later wrote and directed STAR WARS: THE LAST JEDI), and also the film that marked the transition of star Joseph Gordon-Levitt from child star to leading man. To quote COLLIDER, the whole film is crafted as a gorgeous noir, but it revolves around teenagers, offering a refreshing juxtaposition of sorts. It's supremely well-crafted."

B. THE WOMAN IN WHITE: 5-part thriller begins on Sunday, Oct. 21, at 10 p.m. on PBS
This latest adaptation of Wilkie Collins' 19th century mystery novel, notes THE WALL STREET JOURNAL, has "spellbinding" action" and "perfect" characters.

C. MY DINNER WITH THE HERVEY: Tuesday, Oct. 23, at 11:30 p.m. on HBO
In the summer of 1993, the journalist Sacha Gervasi flew to Los Angeles to interview the French actor Hervé Villechaze, who had starred in "Fantasy Island" and appeared in "The Man With the Golden Gun." According to THE NEW YORK TIMES, "This new drama, which has been 15 years in the making, revisits that surreal interview with moving performances by Jamie Dornan and Peter Dinklage."

D. A MILLION LITTLE THINGS: Wednesdays at 10 p.m. on ABC
After one friend dies unexpectedly, it's just the wake-up call for others to need to finally start living. TV GUIDE calls it "ABC's addictively tear-stained answer to THIS IS US. ... Watching Jon's circle of survivors--men and women, friends and spouses--as they pick up the pieces should make for some memorable TV."

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6. Joke 2

A couple is lying in bed. The man says, "I am going to make you the happiest woman in the world." ... The woman replies, "I'll miss you!" (Thanks, Janeen Ravkin, for sharing.)

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7. Clips/Websites

A. Check out these clips at your convenience:

- (1) Paul Marks: Homeless Ex-Marine Will Take Your Breath Away Playing Piano in the Streets [Here](#)

Note: For an update on the above, click: [Here](#)

- (2) Roberta Gunwood: Hatikva national anthem played on restored Jewish Holocaust violins [Here](#)
- (3) Ed Hackett: The Pied Piper of Raccoons [Here](#)

B. Looking for a good movie or TV program to watch? Then check out this website: [Here](#)

As the website indicates, these are "recommended to you by humans, not algorithms." You can also contribute your own suggestions.

Among the latest films: LEAVE NO TRACE, EIGHTH GRADE, AQUARIUS AND HOSTILES.

And here are some TV recommendation: THE END OF THE F***KING WORLD, ATLANTA, ABSTRACT: THE ART OF DESIGN and CHEF'S TABLE.

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

The New iPhones Look Fine. But My Old One Is Better Than Ever.
by Jeff Sommer

Apple's new offerings are so good that I'm not buying a new iPhone.
I expect to save hundreds of dollars this year and enjoy what I've already got, because, thanks to Apple, my old iPhone 6 is performing better than ever.

For the rest of this informative article, please click: [Here](#)

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9. Joke 3

An 85-year-old man was given a container and asked to provide a sperm sample for his doctor. The next day he returned with the container that was as empty as when he had been given it. He explained, "Well, doc, it's like this: First I tried with my right hand, then I tried with my left. I asked my wife to help, too. We even called up Arlene, the lady next door. She even tried with both hands and her mouth, too, but still nothing. ... The doctor was shocked. He said, "You asked your neighbor?" ... "Yep," the old man replied. "But no matter what we tried, we couldn't get the damn jar open!" (Thanks, John Crawley, for sharing.)

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10. A quote I like

Booker T. Washington (1856-1915) was an American educator, author, orator and adviser to presidents of the United States. Between 1890 and 1915, Washington was the dominant leader in the African-American community. (Thanks, Joyce Litchman, for sharing.)

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11. Thought for the day

Twenty Actions You Can Take to Increase Happiness and Satisfaction with Your Life by Steven Darter

A few weeks ago I was asked to facilitate a workshop on Happiness vs. Meaning and Purpose. Below are what some researchers suggest you can do to increase happiness and satisfaction with your life.

1. Connect with people. Establish and maintain friendships and relationships-particularly positive people with whom you are in close proximity.
2. Don't be bothered by the successes of others.
3. Experience things, as opposed to buying things.
4. Help others.
5. Exercise.
6. Engage in meditation and mindfulness (even ten minutes a day).
7. Sleep well at night so you're not tired.
8. Accept that negative things happen. Learn from them. If not, they could have a greater negative impact.
9. Apply your natural talents. Marry your passions to your natural abilities to create value in your life and the lives of others.
10. Contribute to something beyond yourself (family, friends, people, community, causes, your work, nature, God).
11. Engage in activities that reinforce that your existence matters and is significant and valued.
12. Watch or read less negative news.
13. Learn something new.
14. Be optimistic. Have a positive mindset. Optimistic people are more resilient.
15. Be grateful. Cultivate feelings of gratitude.
16. Don't dwell on unpleasant things.
17. Have responsibility for something you care about.
18. Savor life's pleasures (large and small).
19. Don't lose your sense of wonder in the world and what you see, hear, smell and touch.
20. Laugh a lot.

Happiness is an important emotion, but it is felt in the here and now. It ultimately fades away. The positive effects of pleasure are fleeting. In contrast, the sense of meaningfulness is enduring. People who had meaning in their lives, in the form of a clearly defined purpose, rate their satisfaction with life higher, even when they were feeling bad, as compared to those who did not feel they had a clearly defined purpose.

* Reprinted with the gracious permission of Steven Darter, author of Lessons From Life: Four Keys to Living with More Meaning, Purpose, and Success (2018); and Managing Yourself Managing Others: Learn How to Improve Effectiveness, Productivity, and Work Satisfaction (2015). He can be reached at smdarter@gmail.com.

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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) HCT Offers Spooky Double Feature: The Love Talker and A Ghost Story. (2) Sharon Lewis: Sandy and I would like to invite you to see at least one of Deep Rivers' last three shows of 2018. (3) Jenny Bunn: LOVE, LOSS AND WHAT I WORE. (4) Mark Jones: 13.

B. PA/NJ event

At Kelsey Theatre: A RAISIN IN THE SUN

PS. Make it a wonderful week!

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