

#1152
10.22.2018

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

A. Cynthia, my beautiful bride, and I:

(1) N of only voted early ... but we also had the pleasure of both meeting and voting for Brian Turner (our favorite candidate for District 116 in the N.C. House of Representatives) ... In addition, we got to vote for Terry Van Duyn (our favorite candidate for District 49 in the N.C. Senate) ...early voting in Buncombe County runs through Saturday, Nov. 3 ... To find out locations and dates, please click: [Here](#)

Early voting makes life sooooo easy; however, if you can't do that, then please make sure you vote on Tuesday, Nov. 6, from 6:30 a.m.-7:30 p.m. ... for where to do so in Buncombe County, please click: [Here](#)



(2) Saw Asheville Community Theatre's fun, tuneful production of AVENUE Q. Kudos to all those pictured for their fine performances, as well as to the rest of the cast and crew not pictured. ... And great work, Jeff Catanesse and Rob Blackwell, for their great job of, respectively, directing and music directing. ... To see all these pictures at full size, please click: [Here](#)



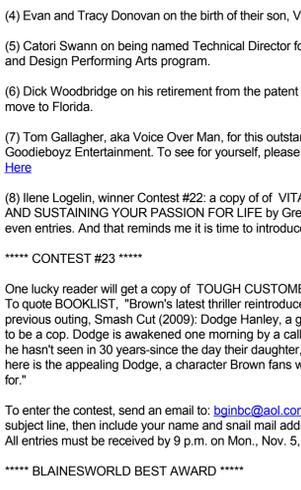
Afterward, we went to a delicious dinner at Wasabi where we were joined by our friends, I-r, Ann Redfield and Kevin Jameson (visiting from Pennsylvania) and Grant Rantall on the right. Santie, as she always does, provided excellent service.



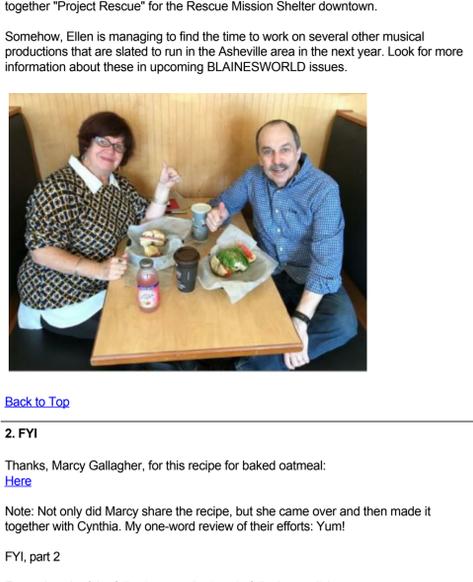
(3) Had a tasty breakfast at the international House of Pancakes on Smokey Parky Highway. I hadn't been to an IHOP for quite some time and must admit to being pleasantly surprised by the pancakes. They were oh-so-fluffy. Cynthia very much enjoyed her omelette.



B. Please view the recent BLAINESWORLD show on WPVM. You'll see my interview with Jennifer McDuff (left), life coach, in the first half, and with Abby Landry (right), president of Asheville Slow Foods, in the second half. To so so, just click: [Here](#)



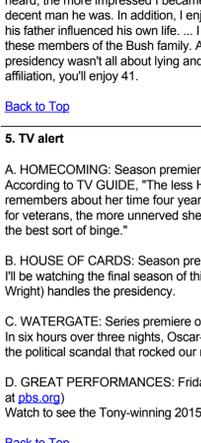
C. I attended the Mountain BizWorks green "test drive" for BewBeals Lifecasting that was part of Art in the Park in downtown Asheville. At it, I even got a cast if my thumb up. It was a very cool experience. ... For more pictures, as well as for information on how you can get your very own lifecast (of your thumb, hand, belly, etc.), please click: [Here](#)



D. I was blown away by Attic Salt's production of THE MAN FROM EARTH, starring Allen Law (left), John Preston Mendenhall (right), Ashli Rose, Cary Nichols, Rebekah Benateau, Davyn Ray Villarreal and Bill Parks. Ryan Martin's direction was spot on.



E. Thanks, Chelsey Lee Mirheli, for making my day with this picture with her son Cyrus with his thumb up. She's training him right!



F. Condolences to the families of the 11 people killed in the Pittsburgh synagogue massacre, as well as prayers for a speedy recovery to all those who were injured.

G. Congratulations to:

- (1) Karyn Panek and Kyle Shepard on their marriage.
- (2) Jensen Gelfond on being named as president of BNI Mountain Synergy.
- (3) North Carolina Stage Company on being named the recipient of a 2018 National Theatre Company Grant.
- (4) Evan and Tracy Donovan on the birth of their son, Valen James Donovan.
- (5) Catori Swann on being named Technical Director for the Savannah College of Art and Design Performing Arts program.
- (6) Dick Woodbridge on his retirement from the patent business, as well as on his move to Florida.
- (7) Tom Gallagher, aka Voice Over Man, for this outstanding work that he did for Goodieboyz Entertainment. To see for yourself, please click: [Here](#)
- (8) Ilene SUGALIN, winner Contest #22: A LIFE of VITAL LEGOS: DISCOVERING AND SUSTAINING YOUR PASSION FOR COFFY by Gregg Levoy. All told, there were even entries. And that reminds me it is time to introduce ...

***** CONTEST #23 *****

One lucky reader will get a copy of TOUGH CUSTOMER, a novel by Sandra Brown. To quote BOOKLIST, "Brown's latest thriller reintroduces a character from her previous outing, Smash Cut (2009): Dodge Hanley, a grizzled investigator who used to be a cop. Dodge is awakened one morning by a call from Caroline King, a woman he hasn't seen in 30 years--since the day their daughter, Berry, was born. ... the draw here is the appealing Dodge, a character Brown fans will have no problem rooting for."

To enter the contest, send an email to: bjnbc@aol.com and put CONTEST #23 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., Nov. 5, 2018.

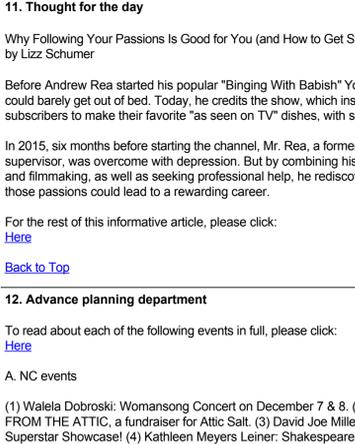
***** BLAINESWORLD BEST AWARD *****

This week, it goes to Ellen Pappas--my amazing, talented friend. That's her, pictured below, with me at a recent meeting at one of our favorite places, Bruegger's Bagels on Merrimon Ave. We can be seen planning for the Happy Together Revue 2, which is slated for Feb. 9 and 10 at the Attic Salt Theatre. (Details to follow, but please hold the date now.)

As you may know, Ellen did a spectacular job both performing in and directing the first Happy Together Revue. She will be doing the same this next time around. ... She is also finishing up her role in the Autumn Players' production of LOVE, ... AND WHAT I WORE.

In addition, Ellen is a fellow Board Member of the Attic Salt Theatre Company, and she does much of the publicity for the Autumn Players. And she is currently pulling together "Project Rescue" for the Rescue Mission Shelter downtown.

Somehow, Ellen is managing to find the time to work on several other musical productions that are slated to run in the Asheville area in the next year. Look for more information about these in upcoming BLAINESWORLD issues.



[Back to Top](#)

2. FYI

Thanks, Marcy Gallagher, for this recipe for baked oatmeal:

[Here](#)

Note: Not only did Marcy share the recipe, but she came over and then made it together with Cynthia. My one-word review of their efforts: Yum!

FYI, part 2

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

[Here](#)

- (1) Walter Weeks: 3/4 ON FACEBOOK [quiz from BLAINESWORLD #1151]. (2) Carole Biro: Cow cuddling is the new wellness trend. (3) Carolyn Derreberry Beckner: Thank u once again! (4) Why Are We Still Teaching Reading the Wrong Way? (5) Even a 10-Minute Walk May Be Good for the Brain.

[Back to Top](#)

3. Joke 1

If you answer the phone and say, "Hello, you're on the air," most telemarketers will hang up on you! (Thanks, Sharon Butler, for sharing.)

[Back to Top](#)

4. Reviews

A. Saw THE HATE U GIVE, a powerful drama about a high school student who witnesses the shooting of her childhood best friend by a police officer. Amanda Stenberg is outstanding in the leading role, and I also liked the work both Russell Hornsby and Anthony Mackie. This is a film for today that will get you thinking. Rated PG-13.

B. Heard 41: A PORTRAIT OF MY FATHER (Random House Audio), written and read by George W. Bush. I didn't know all that much about George H. W. Bush, the 41st president, but that has changed as a result of this book. This personal biography covers the entire scope of the elder President Bush's life and career, and the more I heard, the more impressed I became--especially about hearing about what a warm, decent man he was. In addition, I enjoyed listening to George W. Bush talk about how his father influenced his own life. ... I now have a much greater appreciation of both these members of the Bush family. And it made me yearn for a time when the presidency wasn't all about lying and name-calling. ... Regardless of your political affiliation, you'll enjoy 41.

[Back to Top](#)

5. TV alert

A. HOMECOMING: Season premiere on Friday, Nov. 2, via Amazon Prime According to TV GUIDE, "The less Heidi Berman (a taut, terrific Julia Roberts) remembers about her time four years earlier as a caseworker at a transitional center for veterans, the more unerved she becomes. ... This brisk and mesmerizing thriller is the best sort of binge."

B. HOUSE OF CARDS: Season premiere on Friday, Nov. 2, via Netflix I'll be watching the final season of this show to see how Claire Underwood (Robin Wright) handles the presidency.

C. WATERGATE: Series premiere on Friday, Nov. 2, at 9 p.m. on History In six hours over three nights, Oscar-winning documentary Charles Ferguson retells the political scandal that rocked our nation during the summer of 1973.

D. GREAT PERFORMANCES: Friday, Nov. 2, at 9 p.m. on PBS (check local listings at pbs.org) Watch to see the Tony-winning 2015 stage musical.

[Back to Top](#)

6. Joke 2

HOMEMAKING TIP OF THE DAY ... Follow my approach for folding a fitted sheet: 1. Take it out of dryer exactly as pictured below! 2. Shove it back in the linen closet. ... Then also rejoice in all the years you've saved! (Thanks, Sharon Lewis, for sharing.)

[Back to Top](#)

7. Clips/Websites

A. Check out these clips at your convenience:

- (1) Paul Marks: It looks relaxing

[Here](#)

Note: If you are not on Facebook, please let me know if you can see the above.

- (2) Rock Eblen: Waiting Just For Me

[Here](#)

- (3) Ed Hackett: Cats ring bell

[Here](#)

- (4) Homeless Herbie Hallelujah

[Here](#)

B. If you love the art of storytelling, you are going to love The Moth:

[Here](#)

This website houses real life stories told by the people themselves. It also has a podcast, which features all the stories told across the world on Moth stages.

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

Apple iPhone XR Review: A Cheaper Phone Suited to Most of Us by Brian X. Chen

Good news, Apple loyalists: You won't have to burn \$1,000 on your next iPhone. That's because for about \$750, you can have the iPhone XR, which is just as fast and nearly as capable as its more expensive counterparts.

The cheaper iPhone, which becomes available this Friday, is the model that most people should buy. This year's other iPhones - namely the XS and XS Max devices, which cost about \$1,000 and \$1,100 and are already in stores - are luxury devices better suited for enthusiasts willing to spend a premium for superior cameras or a jumbo screen.

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

[Back to Top](#)

9. Joke 3

A man wanted to be dismissed from jury duty, but none of his excuses worked. So on the day of the trial, he asked to approach the bench. "Your Honor," he said, "I must be excused from this trial because I am prejudiced against the defendant." ... "Oh?" the judge said. ... "Yes!" the man replied. "I took one look at the man in the blue suit with those beady eyes and that dishonest face, and I thought, 'He's a crook! He's 100% guilty.' So, your Honor, I couldn't possibly be on this jury!" ... The judge replied, "Get back in the jury box. You are just the kind of juror we are seeking--a good judge of character." ... The man protested, "How can you say that?" ... "Because," the judge said, "that man is the defendant's lawyer."

[Back to Top](#)

10. A quote I like

We all need to heed this now, more than ever. Thanks, Ed Hackett, for sharing: "Let us not seek the Republican answer or the Democratic answer, but the right answer. Let us not seek to fix the blame for the past. Let us accept our own responsibility for the future."--John F. Kennedy (1917-1963), American politician who served as the 35th President of the United States from January, 1961 until his assassination on November 22, 1963

[Back to Top](#)

11. Thought for the day

Why Following Your Passions Is Good for You (and How to Get Started) by Lizz Schurner

Before Andrew Rea started his popular "Binging With Babish" YouTube channel, he could barely get out of bed. Today, he credits the show, which inspires its three million subscribers to make their favorite "as seen on TV" dishes, with saving his life.

In 2015, six months before starting the channel, Mr. Rea, a former visual effects supervisor, was overcome with depression. But by combining his passions for food and filmmaking, as well as seeking professional help, he rediscovered how using those passions could lead to a rewarding career.

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

[Back to Top](#)

12. Advance planning department

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

[Here](#)

A. NC events

- (1) Walela Dobroski: Womansong Concert on December 7 & 8. (2) BIG STORIES FROM THE ATTIC, a fundraiser for Attic Salt. (3) David Joe Miller: WORD Storytelling Superstar Showcase! (4) Kathleen Meyers Leiner: Shakespeare Theater Workshop for Local Students and Teachers.

B. PANJ event

At Mercer County Community College's Kelsey Theatre: DISNEY'S BEAUTY AND THE BEAST.

PS. Make it a wonderful week!

[Back to Top](#)

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