

# BLAINESWORLD

#1104

11.20.2017

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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: [bginbc@aol.com](mailto:bginbc@aol.com) and put SUBSCRIPTION in the subject line.

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A. Cynthia, my beautiful bride, and I:

(1) Spent a lovely evening at Hendersonville Community Theatre for a Coffee House Cabaret where we went to recognize the tireless work done by Carole Saich to help all the local theatre community. ... Make sure you see all 25 photos, along with clips of several of the acts, by clicking:

[Here](#)

And if you just want to see my stand-up routine, please click:

[Here](#)

Thanks to Coy Theobalt for his excellent work as emcee, Bob Stain for his fine work as accompanist, and to the following performers: Lora Ristau, Blaine Greenfield, Alex Guazzo, Allison Stinson, Jim Walker, Liz Aiello, Jorja Ursin, Phillippe Andre Coquet, Trisaa King and Ellen Pappas.

Note: See also the BLAINESWORLD BEST AWARD recipients at the end of this section.



B. WPVM/FM invites you to listen to the BLAINESWORLD show from Wed., November 22, 2017. ... Guest (first half): Phillipe Andre Coquet, Playwright, Director, Actor and Cauldron Theater founder; for more information: [Pcoq50@gmail.com](mailto:Pcoq50@gmail.com) .... Guest (second half): Andrew D. Atherton, Estates and Elder Law Practice Group Chair, McGuire, Wood & Bissette, PA; for more information: [Here](#) ... Pictured with Blaine Greenfield: (left) Phillipe Andre Coquet and (right) Andrew D. Atherton.

To listen to the show, please click:  
[Here](#)



C. During the week, I:

(1) Met with David Bluth at Edna's of Asheville to discuss his taking over as president of the Asheville Jewish Business Forum.





(2) Solved all the world's problems at Bruegger's Bagels with my friend Ezekiel Christophoulos.



(3) Was impressed with the fact that my friend Mike Martinelli was able to reserve his favorite table for us at LongHorn Steakhouse. I took care of the place cards. ... Great food and company, along with fine service from Michelle. ... Nothing could be better!





(4) Attended an Attic Salt/Big Brothers Big Sisters fundraiser, featuring three fantastic storytellers graciously sponsored by WORD: David Joe Miller, Betsy Puckett and Raymond Christian. For more pictures, please click:

[Here](#)



D. Condolences to the family of Della Reese (1931-2017), R.I.P. ... She was an American jazz and gospel singer, actress and ordained minister who saw no conflict between her religious beliefs and the enjoyment of stardom's perquisites. A 2003 Los Angeles Times article quoted one of her sermons: "I like to sit on soft things and sleep late," she told her congregation, adding playfully: "I like 45 \$100 bills in my pocketbook. It kind of makes me feel like a real woman."

Her biggest hit was "Don't You Know." To listen to it, please click:

[Here](#)

For her obituary, please click:

[Here](#)

E. Congratulations to:

(1) Asheville Airport on its new parking deck. And to Lew Bleiweis, the airport's executive director, for doing his usual great job in talking about this welcome improvement. To learn more, please click:

[Here](#)

(2) Savannah Hayes and Zach Cummins on their engagement.

(3) Karen Gunderson, Len Ennis and Tom Gallagher--all winners of Contest #23--an

autographed copy of REQUESTS, my friend Bruce Lang's CD. There are 25 great songs on it, including "The Letter," which can be heard by clicking:

[Here](#)

Note: If you'd like to purchase a copy of this CD, please click this link for details:

[Here](#)

All told, there were 4 entries. And that reminds me that it's now time for:

\*\*\*\*\* CONTEST #24 \*\*\*\*\*

Two lucky readers will win a book (courtesy of Brian Smith) by Doug Elliott, a naturalist, herbalist and storyteller. So if you're "into" any of these subjects, this is the contest for you! ... To enter, send an email to: [bjinbc@aol.com](mailto:bjinbc@aol.com) and put CONTEST #24 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, Dec. 4.

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

This week, it goes to Lora Ristau and Coy Austin Theobalt for both planning and running the aforementioned Coffee House Cabaret. (See also Section 1A). It was a huge success, largely because of their tireless efforts. ... Lora and Coy are both relatively new to the Asheville area, but they've already made a big impact on theatre-going fans because of their outstanding performances in several local productions. ... When not acting, Lora is busy as a nanny in the Weaverville area, and Coy is in the process of getting his business, A Bit Of It All, off the ground. This latter endeavor has Coy providing home maintenance, appliance and computer repair, landscape design, maintenance Implementation services to folks in Buncombe, Madison, Henderson and Yancey Counties. For more information about it, contact him at 828.348.7255.



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## 2. FYI

My cholesterol levels were creeping up, so my very fine doctor (Dr. Michael Weizman) prescribed that I start taking red yeast rice a few years ago. ...I followed his advice, as I usually do, and it certainly seems to have helped.

Here are some of my recent test results:  
Total cholesterol: 190 from 231 in 2014  
Triglycerides: 48 from 69 in 2014  
LDL, bad cholesterol 113 from 155 in 2014  
HDL, good cholesterol: 67 from 66 in 2014  
CHO/HDL ratio: 2.8 from 3.6 in 2014

For more information about the value of taking red yeast rice, please click:

[Here](#)

FYI, part 2

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

[Here](#)

(1) Ken Greenfield: Isn't it easier just to open mail on your phone, copy the email or the article and paste to a text message? (2) Barbara Hains: Ellen DeGeneres Will Donate Money Every Time Someone Tweets #BeKindToElephants. (3) Steven Darter: Loved the pie chart. (4) Becky Gautreaux: JK Rowling's 8 Rules of Writing. (5) Mike Martinelli: WONDER \*\*\* and THREE BILLBOARDS OUTSIDE EBBLING, MISSOURI \*\*\*\*. (6) Oh, No! Live Drama and Unwritten Humor. (7) Howard Debs: Please vote for Gallery. (8) Margie Zack: Good issue. (9) Nelson Sartoris: Who'd a thought that the BLAINESWORLD radio show, would have made it all the way to Delaware!

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### 3. Joke 1

HAPPY TURKEY DAY! ... I'm thankful to y'all for reading my posts--and for being my friend (both on Facebook and in real life). ... I'm also thankful for the fact that many of you read my BLAINESWORLD blog. ... In the unlikely event you don't yet get it, email your address to: [bjinbc@aol.com](mailto:bjinbc@aol.com) and put SUBSCRIPTION in the subject line.



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### 4. Reviews

A. Saw LADY BIRD, Greta Gerwig's directorial debut about the turbulent bond

between a mother and her teenage daughter. Gerwig also wrote this film that features terrific performances from Laurie Mecalif and Saoirse Ronan (so fine in BROOKLYN). It was both realistic and touching, and there were also some funny parts in it. Rated R.

B. Read *THE ART OF CONNECTION: 7 RELATIONSHIP-BUILDING SKILLS EVERY LEADER NEEDS NOW* (The World Library) by Michael J. Gelb ... The author, long one of my favorite authors, offers timeless strategies for building success by improving relationships. To quote him, "Conjungere ad solvendum is Latin for 'Connect before solving.' I've made up this motto because through teaching and facilitating innovative thinking for decades, I've discovered that the most powerful analyst for inspiring creative breakthroughs, and for translating those breakthroughs into sustainable innovations, is to guide people to connect with one another first, before trying to solve a problem."

Gelb shows how to do the above through a combination of insightful quotes, memorable stories, relevant scientific research and hands-on exercises.

I especially liked his acronym for PRAISE:

P Precise

R Relevant

A Amiable

I Inspiring

S Sincere

E Encouraging

And how he then showed how to give it. In addition, including Bill Walsh's quote helped to drive Gelb's points home. The famed football quote once said, "Nothing is more effective than sincere, accurate praise, and nothing is more lame than a cookie-cutter compliment."

I also got a kick of his explanation of the AI Rule that he based on this interview with Keith McFarland:

I found my way to a therapist named AI, and I credit him for putting me on the path to the life I have today. The help he gave me wasn't a function of some exceptional insight into my childhood or analysis of the motives of my behavior; it simply was the experience of his presence. He was able to just be there and listen to me. I felt that he accepted me fully, just as I was, and that I could always call him, that he would always be there if I needed him. ... The AI Rule is to meet people where they are and to be as present with them as I can be, to listen with care, patience and kindness every chance I get.

The only problem I had with *THE ART OF CONNECTION* is that it took me a long time to read. I'm ordinarily a pretty quick speed reader, but this I chose to read this book very slowly because there's so much good stuff in it--and I didn't want to miss anything!

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## 5. TV alert

A. *A VERY PENTATONIX CHRISTMAS*: Monday, Nov. 27, at 10 p.m. on NBC  
Jay Leno, Jennifer Hudson and *AMERICA'S GOT TALENT* winner Darci Lynne Farmer are just a few of the guests joining the platinum-selling a cappella group.

B. *HUMAN NATURE*; *JUKEBOX IN CONCERT FROM THE VENETIAN*: Sunday, Nov. 26, at 10 p.m. on PBS (check pbs.org. for local listings)  
The group Human Nature celebrates a mix of pop classics with doo-wop, bandstand and soul standards.

C. *THE MARVELOUS MRS. MAISEL*: Amazon, starting on Wednesday, Nov. 29

Rachel Brosnahan plays a 1950s NYC Jewish housewife who turns to stand-up comedy when her life turns upside down. Tony Shalhoub also stars.

D. Kay Galvin: HE BEATLES: EIGHT DAYS A WEEK-THE TOURING YEARS: Wednesday, Nov. 29, at 10 p.m. on PBS (check pbs.org for local listings)  
Filmmaker Ron Howard examines the early years of the Beatles and their club dates in Liverpool, England, to their concert tours in Europe and the rest of the world.  
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## 6. Joke 2

Something for you to remember: 39R! So when you're out shopping today or any other day over the next few weeks, you now have my jacket size. (Hint, hint.)



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## 7. Clips/Websites

A. Check out these clips at your convenience:

(1) Nelson Sartoris: Two facial concerts

[Here](#)

And:

[Here](#)

(2) Gordon Lightfoot: If You Could Read My Mind

[Here](#)

(3) Jewish Baseball Player Music Video

[Here](#)

And for more information on the subject, please click:

[Here](#)

(4) Robin Schoen: Actual answering machine in Australia

[Here](#)

(5) Tammy Strange: Just watched this really good comedian [Monique Marvez]  
[Here](#)

B. Become the man You Were meant to be at this website that also has some informative articles for women:

[Here](#)

For example, here were just some recent articles that caught my attention:

The Power of Gratitude

Living the Fit Life

Every Man a Marketer

Humility Is Strength

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

Thanks, Becky Gautreaux, for putting this article on my radar screen:  
Net Neutrality Repeal: What Could Happen and How It Could Affect You  
by Steve Lohr

For you and me, the Federal Communications Commission's plan to repeal net neutrality rules can be boiled down to two questions: What might happen? And whom do you trust?

Here's our guide for internet users looking for answers.

For the rest of this informatix article, please click:

[Here](#)

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## 9. Joke 3

At a restaurant, a man sees an attractive woman sitting alone at the next table. Suddenly, she sneezes, and a glass eye comes flying out of her eye socket. It hurls by the man, and he snatches it from the air and hands it back to her. ... "This is so embarrassing," the woman says, and she pops her eye back in place. "I'm sorry to have disturbed you. Let me buy dinner to make it up to you. May I join you?" He nods. ... The woman is a stimulating conversationalist, stunningly pretty, and the man finds they have a lot in common. He gets her phone number and says, "You are the most charming woman I've ever encountered. Are you this nice to every guy you meet?" ... "No," she replies. "You just happened to catch my eye." (Thanks, Jim Chewning, for sharing.)



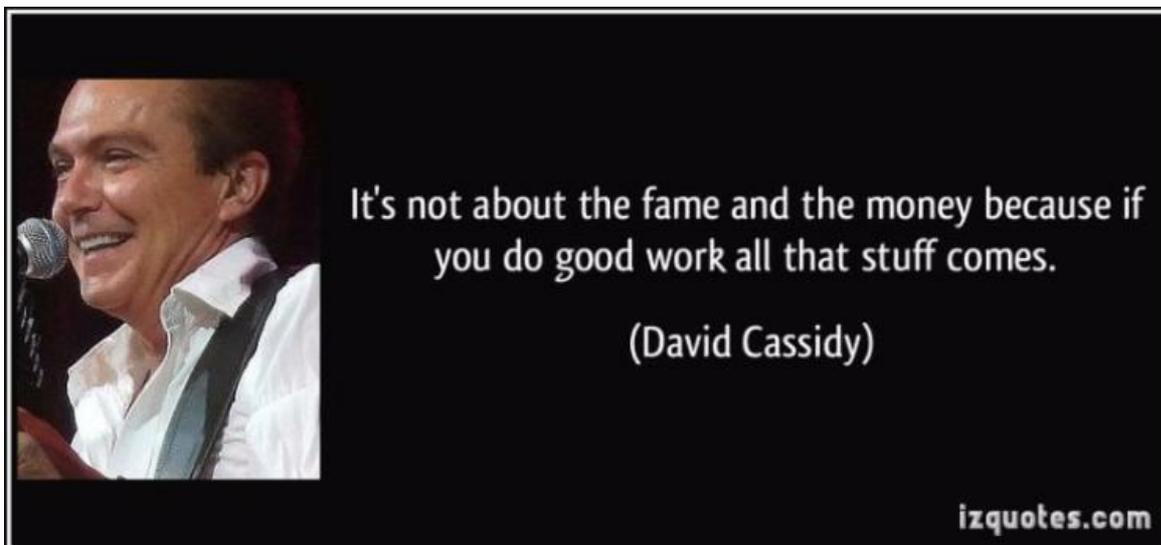


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## 10. A quote I like

David Cassidy (1950-2017), R.I.P. ... He was an American actor, singer, songwriter and guitarist, best known for his role as Keith Partridge in THE PARTRIDGE FAMILY. ... Join me in singing along with his most popular song, "I Think I Love You," by clicking: [Here](#).... And to read his obituary, please click: [Here](#)



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## 11. Thought for the day

Thanks, Mike Martinelli, for sharing:  
Zip It

Not every thought needs to become a spoken word. Not every feeling needs to become an action. Sometimes I need to just keep quiet. If my words will seem harsh--if they will ridicule, judge, or critique--I won't say them. If they will be unkind, I will be kind and leave them unsaid. If I have an opinion (or advice) that hasn't been asked for, I will keep it to myself. If it's not an objective fact, I won't present it; if it's not a truth, I won't spread it; if it's not mine to discuss, I won't discuss it. If I don't want to know or don't need to know-and if I cannot or should not do anything about it-then I will not ask about it. If I'm mad, I don't need to yell it; if I'm resentful, I don't need to prove it; if I'm hurting, I don't need to hurt someone back. I need to think before I speak or act. Mostly, I just need to zip it.

And I need to remember ...



**A closed mouth  
gathers no foot**

Source: Author unknown. If you know who wrote this and/or where it came from, please let me know.

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## **12. Advance planning department**

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

[Here](#)

(1) Marilynne Herbert: On Monday, December 4th, at 6:30 p.m., CJJ/West and the ACLU of North Carolina's Western NC Chapter will be co-sponsoring the screening of "13th," a documentary. (2) Rodney Smith: THE 34TH ANNUAL BERNSTEIN FAMILY CHRISTMAS SPECTACULAR.

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**PS.** Make it a wonderful week!

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