

#1159
12.10.2018

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1. Reflections

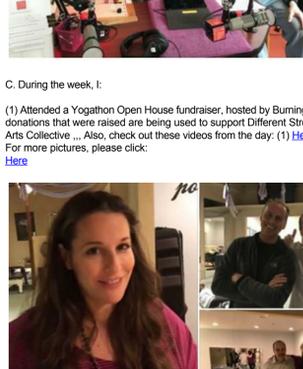
If you're reading this via Facebook or LinkedIn, please be advised that you will get it quicker if you get it via email. Another advantage: You'll never miss it that way because you may not have logged in for a day or two. And in the unlikely event you're not already a subscriber, all you need to do is send an email to: blainbc@aol.com and put SUBSCRIPTION in the subject line.

A. Cynthia, my beautiful bride, and I:

(1) Saw a fantastic Womansong concert at Rainbow Community School. Featured guests were Peggy Ratusz and Kathryn O'Shea. Kudos to Althea Gonzalez, Artistic Director; Lyntingale, Piano Accompanist; Jane Snyder, Percussionist; Shiner Antiorio, Music Sign Language Interpreter; and to all the other members of the organization who made the evening the success that it was. ... For more pictures, please click: [Here](#)



(2) Enjoyed our first meal at the new Early Girl Eatery location in West Asheville (that had previously housed King Daddy's Chicken and Waffle). Our only disappointment: Chicken and waffles are not on Early Girl's current menu. We're hoping that might change.



B. WPM/FM invites you to listen to the BLAINESWORLD show from Wednesday, Dec. 12, 2018. ... You'll hear Sean Simonds (top photo), Physical Therapist at Specialized Physical Therapy, in the first half; for more information, click [Here](#). ... and Charlie Flynn-McIver (bottom photo), Artistic Director and Founder of North Carolina Stage Company; for more information, click [Here](#). ... to listen to the broadcast, click [Here](#).

Note: The show is broadcast every Wednesday at 9 a.m. and repeated on Saturday at the same time. You can also listen online at WPM/103.7 or via the internet. [Here](#)



C. During the week, I:

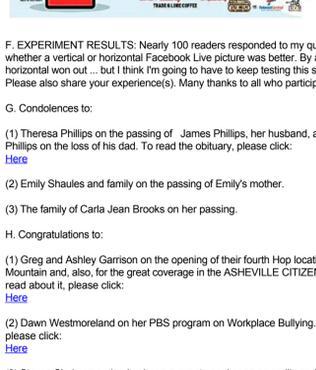
(1) Attended a Yogathon Open House fundraiser, hosted by Burning Sage Yoga. ... All donations that were raised are being used to support Different Strokes Performing Arts Collective. ... Also, check out these videos from the day: (1) [Here](#); and (2) [Here](#). ... For more pictures, please click: [Here](#)



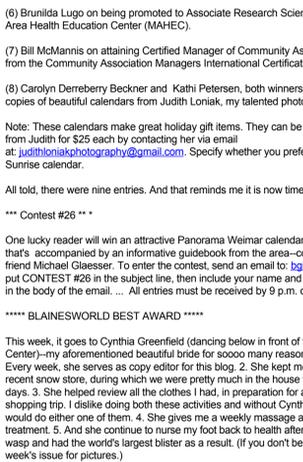
(2) Went for a tasty breakfast at the Cornerstone Restaurant and met this guy named Ed. When I was walking in, from a distance, my friends who were with me (Brian Biro, Tom Gallagher and Marvin Sadosky) all thought Ed was my double.



D. Every day I walk in my Biltmore Lake community, I realize how blessed I am to live in such a beautiful area--as indicated by these two pictures that were taken a few months ago when I was with my friend Steve Byas.



E. You're invited to attend this event being run by Stu "Food Fan" Helm, at which I'll be one of the judges who will be deciding Asheville's top cookies. It will take place on Wednesday, Dec. 19, and after the judging, you'll even be able to purchase the cookies in front of 34 Wall Street at around 1:30 p.m.



F. EXPERIMENT RESULTS: Nearly 100 readers responded to my question about whether a vertical or horizontal Facebook Live picture was better. By a slight majority, horizontal won out ... but I think I'm going to have to keep testing this some more. Please also share your experience(s). Many thanks to all who participated!

G. Condolences to:

- (1) Theresa Phillips on the passing of James Phillips, her husband, and to Ryan Phillips on the loss of his dad. To read the obituary, please click: [Here](#)
- (2) Emily Shaules and family on the passing of Emily's mother.
- (3) The family of Carla Jean Brooks on her passing.

H. Congratulations to:

- (1) Greg and Ashley Garrison on the opening of their fourth Hop location in Black Mountain and, also, for the great coverage in the ASHEVILLE CITIZEN-TIMES. To read about it, please click: [Here](#)
- (2) Dawn Westmoreland on her PBS program on Workplace Bullying. To view it, please click: [Here](#)
- (3) Steven Shulman on having been a guest speaker on sexuality and substance abuse for the Therapist Certification Association.
- (4) Terry Van Duyn on her decision to run for NC Lieutenant Governor. She is the best and would do a fantastic job!
- (5) Zuzu Welsh on his band placing second in the Music Mafia Radio 2018 Group Of The Year balloting.
- (6) Brunilda Lugo on being promoted to Associate Research Scientist at Mountain Area Health Education Center (MAHEC).
- (7) Bill McMannis on attaining Certified Manager of Community Associations status from the Community Association Managers International Certification Board.
- (8) Carolyn Derreberry Beckner and Kathi Petersen, both winners of Contest #25: copies of beautiful calendars from Judith Loriani, my talented photographer friend.

Note: These calendars make great holiday gift items. They can be ordered directly from Judith for \$25 each by contacting her via email at: judithloniakphotography@gmail.com. Specify whether you prefer the Seasonal or Sunrise calendar.

All told, there were nine entries. And that reminds me it is now time to announce ...

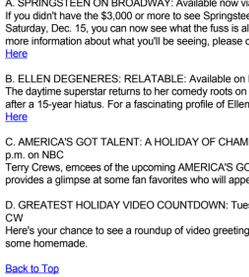
*** Contest #26 ***

One lucky reader will win an attractive Panorama Weimar calendar from Germany that's accompanied by an informative guidebook from the area--compliments of my friend Michael Glaesser. To enter the contest, send an email to: blainbc@aol.com and put CONTEST #26 in the subject line, then include your name and small mail address in the body of the email. ... All entries must be received by 9 p.m. on Mon., Dec. 24

THIS BLAINESWORLD BEST AWARD *****

This week it goes to Cynthia Greenfield (dancing below in front of the U.S. Cellular Center)--my aforementioned copy editor for so many reasons. Among them: 1. Every week, she serves as copy editor for this blog. 2. She kept me sane during the recent snow storm, during which we were pretty much in the house for three straight days. 3. She helped review all the clothes I had, in preparation for an upcoming shopping trip. I dislike doing both these activities and without Cynthia's help, I doubt I would do either one of them. 4. She gives me a weekly message and/or reflexology treatment. 5. And she continue to nurse my foot back to health after I was stung by a wasp and had the world's largest blister as a result. (If you don't believe me, check last week's issue for pictures.)

I could continue with this list, but for more reasons, you'll just have to keep reading BLAINESWORLD on a weekly basis. And in the meantime, I think you get the idea ... I'm crazy about this woman!



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2. FYI

Check out Blake's, a company that has a belief in the goodness of real food grown and harvested from living things. It has been in business since 1929.

Cynthia and I have tried, thus far, the gluten-free chicken pot pie and the old fashioned mac & cheese--and we very much enjoyed both. We were less impressed with the chicken & dumplings dish, so probably won't try that again. But we do look forward to trying some of their other items, including turkey pot pie and beef pot pie.

All the above include a good amount of protein, and they have surprisingly few calories given their taste; i.e., all in the 350-400 range.

For more information, please click: [Here](#)

FYI, part 2

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

- (1) Yes, You Should Walk Your Cat. (2) Older Americans Are Flooding to Medical Marijuana. (3) What Straight-A Students Get Wrong. (4) Senior Homeowners Give Reverse Jumbo Mortgages New Life. (5) Kloser Bacon?

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3. Joke 1

I DID YOU NOT! ... This was an actual newspaper headline that recently appeared in the POST-JOURNAL, a local newspaper in Jamestown, NY. ... The actual story following was one from the Associated Press, praising Roberts for her performances in both BEN IS BACK, a current movie, and in the Amazon series HOMECOMING. ... Although a correction (but not an apology) was later made that indicated that the word "Roles" should have instead been used, Twitter users had lots to say about the subject, including: "@fake_rhynde, 'I love a good wholesome headline' and celebrity Busy Phillips, 'This is why she's a movie star. My hoes have only gotten worse with age.'"



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4. Reviews

A. I thought you would like to see this listing from THE NEW YORK TIMES on "The Best Movies of 2018." I haven't seen and/or even heard of most of these ... have you? To view, please click: [Here](#)

And Mr. Curious here: What are your favorite movies of the past year?

B. Saw DUMPLIN' via Netflix. It is a sweet comedy about a plus-size, teenage daughter of a former beauty queen who signs up for her mom's pageant as a protest. Things escalate when some other contestants follow her footsteps. There's a terrific soundtrack from Dolly Parton, along with fine leading performances from Danielle Macdonald and Jennifer Aniston as, respectively, the mother and daughter. I also very much liked the work of Maddie Baillio as one of the contestants. Rated PG-13.

C. READ SOLVING THE WORLD'S TITANIC STRUGGLES: ANSWERS FROM BAHAI PHILOSOPHY AND SPIRITUALITY (ABLA Media Company) by Rodney Richards. This book is a collection of 100 short essays written between 2014 and 2017 that offer personal, practical insights into solving the world problems that divide us. Richards reinforces his points with excerpts from the Baha'i Writings on spirituality, mindfulness, reality, love, philosophy and other subjects.

I especially liked his chapter entitled, "Prosperous? Be Generous. Troubled Be Thankful." In it, he writes, "Be someone. If not for yourself, for your Mom or Dad, friend or mate, stranger or foe. ... Not and say Hello to passerbys on your street instead of keeping eyes averted or start up a conversation on the elevator with strangers. ... Teach a literacy class for zero remuneration, just for the joy of learning the craft. ... Don't just hold the door open for the old couple-wish them a blessed day. Smile back when the Walmart or Acme clerk says Good morning and say, 'How's it goin'?' and listen to their answer."

His chapter on Gambling: To Wager or Work? also had valuable insights, including this one: The next time you think about placing a wager or playing a game of chance, remember how hard you worked to obtain your livelihood, and count on the power of your own labor rather than Dame Fortune--she'll let you down just about every time."

SOLVING THE WORLD'S TITANIC STRUGGLES got me thinking, which is always a good thing.

Note: I also encourage you to read Richards' memoir, EPISODES, about how he dealt with overwhelming bouts of bipolar mania while living and working normally. I found it inspiring!

D. Bob Player: Your "to read" list is likely as backed up and as full as mine, but I'm going to tip you off to one seemingly excellent addition that I have just made to my list. I don't know whether or not you use Goodreads as a source of new reading material or as a means of keeping abreast of new books and sharing insights on literature.

Goodreads.com is one of my first daily online stops. It's also a convenient place to keep thumbnail reviews of books you read for future reference or sharing along with lists of books you want to read.

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5. TV alert

A. SPRINGSTEEN ON BROADWAY: Available now via Netflix
If you didn't have the \$3,000 or more to see Springsteen's last live performance on Saturday, Dec. 15, you can now see what the fuss is all about if you have Netflix. For more information about what you'll be seeing, please click: [Here](#)

B. ELLEN DEGENERES' RELATABLE: Available on Dec. 18 via Netflix
The daytime superstar returns to her comedy roots on the stand-up stage in Seattle after a 15-year hiatus. For a fascinating profile of Ellen, please click: [Here](#)

C. AMERICA'S GOT TALENT: A HOLIDAY OF CHAMPIONS: Monday, Dec. 17, at 10 p.m. on NBC
Terry Crews, emcee of the upcoming AMERICA'S GOT TALENT: THE CHAMPIONS, provides a glimpse at some fan favorites who will appear on next year's spinoff.

D. GREATEST HOLIDAY VIDEO COUNTDOWN: Tuesday, Dec. 18, at 9 p.m. on The CW
Here's your chance to see a roundup of video greeting cards--some highly produced, some homemade.

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6. Joke 2

MR. HELPFUL HERE ... great way to get snow removed from your property! (Thanks, Nancy Clark, for sharing.)

Note: As you may have heard, Asheville recently got hit with about 10 inches of snow. That didn't make me a happy camper, in that I moved here to get away from the snow. But it could have been worse. Some predictions called for nearly 20 inches. And fortunately, we didn't lose our power except for a few brief minutes.

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7. Clips/Websites

A. Check out these clips at your convenience:

- (1) Jeff Messer: Love Actually Honest Trailer [Here](#)
- (2) Hank Eder: Hillary Clinton and Donald Trump sing "Baby It's Cold Outside" [Here](#)
- (3) Carol Duermit: Kid Sings Bohemian Rhapsody [Here](#)
- (4) Lois Rosenthal: Techno Mix Christmas [Here](#)
- (5) Linda Williams: Awkward phone calls [Here](#)

B. THE ONION is considered as the pioneer of satirical news coverage. It still may be the best among its class.

To see for yourself, please click: [Here](#)

You'll find such articles as the following:
Report: Greatest Factor in Employee Retention Boss Sending Out End-Of-Year Note Titled "Thanks Team"
Michael Cohen Granted Prison Work Release For New Job With Trump 2020 Campaign
MLB Hoping To Boost Attendance At League Meetings With 'Star Wars' Night
Night Man Worried The 6th 'Transformers' Movie Will Just Be Stupid

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

Can you ditch your smartphone for a whole year? If so, enter the following contest for a chance to win \$100,000.

To enter the contest, all you have to do is share a photo on Twitter or Instagram showing "what you'd do instead of scrolling" with the hashtags #noiphoneforever and #contest by January 8. Vitaminwater says on its website: A panel of judges will determine which submission is the funniest, most original, etc., and the winner will be invited to spend an entire year without a smartphone. If they succeed and can prove it, Vitaminwater says a lie detector test will be used, which is intense--they'll get the money.

For more information, please click: [Here](#)

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9. Joke 3

The attorney tells the accused, "I have some good news and some bad news. ...
"What's the bad news?" asks the accused. ... "The bad news is, your blood is all over the crime scene, and the DNA tests prove you did it." ... "What's the good news?" ...
"Your cholesterol is 130."

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10. A Quote I like

Eppie Lederer (1918-2002), better known by the pen name Ann Landers, was an American advice columnist and eventually a nationwide media celebrity.

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11. Thought for the day

A Look Back at the Words of 2018

by Rob Kyff, aka The Word Guy

My goodness, what a year we had. With mayhem, storms, and fires so bad, our language seemed to fall from grace. Sometimes nasty, sometimes base. With "flee and fly" we rudely "flew shade," Aspersions flew like hand grenades. Online postings flew great tensions, "Hashtags," "likes" and multiple "mentions."

For the rest of this piece, please go to Section 11 when you click: [Here](#)

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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) SANDERS FAMILY CHRISTMAS. (2) Elvis "The Early Years" A Tribute to the King on his 84th Birthday. (3) Michael Trayford: Light Heals the Brain - The science behind photobiomodulation.

B. PA/NJ event

At Princeton Center for Yoga and Health: Introduction to Insight Meditation.

PS. Make it a wonderful week!

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