

# BLAINES WORLD

#1107

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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) Enjoyed making Hanukkah meal deliveries for Jewish Family Services.





(2) Bumped into one of our favorite local actors, the very talented Cody Magouirk, when we had a great dinner at O'Charley's. Cody was our server, and he did an excellent job making sure that our order came out just right.



(3) Space limitations made it impossible to run this picture of Marilyn Ball, a friend who had everybody in hysterics at a recent PechaKucha Night. She has a real gift for comedy. We hope to see her again on stage.



B. You're invited to listen to my BLAINESWORLD radio show on WPVM this past Wednesday, Dec. 13 ... Guest (first half): Rock Eblen, producer/director of a new anti-bullying video; for more information: <https://bioflyer.wordpress.com/> ... .Guest (second half), Michael Gelb, author of THE ART OF CONNECTION; for more information: <https://michaelgelb.com/>. ... Pictured: (left) Blaine Greenfield and Rock Eblen; (right)

Michael Gelb.

To listen to the show, please click:

[Here](#)



C. I saw the opening of SANDERS FAMILY CHRISTMAS at SART and had a blast. This tuneful music is a lot of fun, and I encourage you to catch it before its run ends on Dec. 23. ... The refurbished Owen Theatre will knock your socks off! ... For tickets, please click: [Here](#) or call 866.811.4111.

Pictured, l-r: (front row) Natalie Brouwer Wilson and Jennifer O'Rear; and (back row) Lee Wilson, Brad Curitoff, Pem Tomaselli, Joshua Witt, Blaine Greenfield, Bucky Hanks, Lyn Nihart, Jeff Messer and Mandy Sayles.

All the above were excellent, but special kudos to Mandy for her spot-on direction, Jennifer for displaying a type of sign language that just has to be seen to be believed and Jeff for his tambourine prowess.



D. And I'm again doing work as a mediator--having just handled two cases for The Mediation Center. It's good getting back into the field that I had worked in for so long when I lived in New Jersey. The fact that I can help some folks settle their disputes makes the gig even better.

E. MANY THANKS to all those who responded to my request for information about

kratom. To see these responses, please go to Section 2 when you click:  
[Here](#)

F. Condolences to Kandi Deaver and family on the passing of Kandi's mother.

G. Congratulations to:

(1) Sharon Stokes on her commercial for Asheville Regional Airport. To view it, please click:  
[Here](#)

(2) Jhan Brannon on the birth of her grandson.

(3) Robert Burke on his new job as Vice President Internal Controls over Regulatory Reporting, Controls Assurance & Advisory at MUFG Americas.

(4) Evan Donovan on his new job on Tampa Bay's NBC station. He is on every Saturday & Sunday morning from 6-8am AND on the political show every Sunday at 9:30 before Meet the Press.

(5) Brian Cohen and Christy Hannay on their engagement.

(6) Darlene Kucken on her retirement.

(7) Alexander McDonald Villarreal and Devyn Ray Villarreal on their wedding.

(8) Myra McCoury on earning her master's degree from Appalachian State University.

H. Reminder:

There's still time to enter ...

\*\*\*\*\* CONTEST #25 \*\*\*\*\*

One lucky reader will win a copy of REMEMBER ME AS LOVING YOU: A DAUGHTER'S MEMOIR by Kimberly Childs. To learn more about this engrossing book, listen to her on my radio show (see Section 1) or read my review (Section 4). ... To enter, send an email to: [bginbc@aol.com](mailto:bginbc@aol.com) and put CONTEST #25 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. 18.

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

This week, it goes to Joan Noonan--an employee in the Prepared Foods Department at Harris Teeter on Merrimon Ave. in Asheville. ... Almost all the employees in the store are both friendly and enthusiastic, but Joan is my favorite. She is very helpful whenever I see her, and her great smile always makes my day. .. What's especially nice is how she greets me, as well as how she says good bye. It make me (and others) feel like she is glad I'm there.

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## 2. FYI

My choice follows:

[Here](#)





**MR. CURIOUS HERE:  
Your choice for worst holiday  
song of all time? Mine is  
above. I challenge you  
to top it.**

FYI, part 2

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

(1) Laura Douglas Olson: My only first-hand knowledge is via my work as a Guardian ad Litem. (2) Annette Wells: Here is a long email about alternatives to opioids and nsoids and kratom. (3) Coy Theobalt: I have tried kratom on a number of occasions and will continue to do so. (4) Beth Byas: I actually have 2 bottles of Kratom. (5) Keith Kusa: Regarding your question about Kratom. (6) Janna Gower: Here is one article. (7) David Brown: I have been to the Kava Bar numerous times. (8) Evelyn Blau: I googled this product and don't like what I've learned. (9) Sylvia Kearns: To answer your question--very dangerous drug. (10) Charles Edwards: Works great for pain! (11) Stacey Woody: Research is showing that one 200 milligrams of Advil taken with 500 milligrams of Tylenol every 6 hours is as effective as taking opioids. (12) Glynn Lookabill: FDA warns on use of kratom to treat opioid addiction amid links to 36 deaths. (13) Lynn Bregman Blass: I tried it twice in a powder form chocolate drink. (14) David Debs Make sure no warning about dehydration. (15) Melissa ML Collins-Arnder: Chronic pain warrior here: Blaine , I have thought about trying this but am a little concerned. (16) Anita Manders: CBD. I think better non-addictive. (17) Jack Bowen: Caution! (18) Shawna Owens Shook: Video on kratom. (19) Tasha Pepi Sullivan: I've tried it with good results. (20) I just came across the following that I thought y'all would like to see: Government falsifies warning against kratom.

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### 3. Joke 1

I love this season because there are soooo many holidays taking place; e.g., Hannukah, Festivus (see also Section 6), Christmas and Kwanzaa. ... I also love this illustration because it shows how different religions can and should come together.

Merry Hanukkah  
Happy Christmas





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#### 4. Reviews

A. Saw *THE DISASTER ARTIST*, the real life story behind *THE ROOM*--often referred to as "The Citizen Kane of Bad Movies." James Franco is outstanding in the leading role as Tommy Wiseau, the writer/producer/director/star of the original film, and Dave Franco is also excellent as his best friend. If you're a movie fan, this is a "must see," but others will also get a kick out of it. Rated R.

Note: Make sure you stay around for the clips after *THE DISASTER ARTIST* ends. Also, if you're like me, you will now want to see *THE ROOM*! I'm hoping it plays sometime in the Asheville area. For information on how it became the biggest cult film of the past decade, please click:

[Here](#)

B. Heard *SEINFELDIA: HOW A SHOW ABOUT NOTHING CHANGED EVERYTHING*, written by Jennifer Keishin Armstrong and read by Christina Delaine ... This book tells the story of how Larry Seinfeld and Larry David came up with the idea for *SEINFELD* and how it then became a reality. Fans of the show will love it, but so will anyone else interested in a behind-the-scenes look at what goes into making a successful TV program. ... I also enjoyed getting to know each of the main characters who worked so well together. ... At then end, I was left wanting to catch some of the old episodes of *SEINFELD* and/or going to a convention of aficionados that are described in the book.

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#### 5. TV alert

I'll devote this week's section to just one show: *THE MARVELOUS MRS. MAISEL*, now available via Amazon Prime ... it is a dramedy that is every bit as good as my other favorite show, *THIS IS US* ... I just completed Season 1 and can't wait for Season 2 to begin. (Hopefully, in the near future.)

The story involves about Miriam "Midge" Maisel, a 1958 New York City woman who seemingly has everything she has ever wanted--until she discovers that she really wants to be a stand-up comedian. Soon thereafter, you join her journey as she meets Lenny Bruce, plays in the nightclubs of Greenwich Village, and I'll hold off on telling you anything else because Mr. Nice Guy here ... I don't want to ruin the show for you.

What I will tell you: 1. Rachel Broshana is superb as the leading character, and you'll also enjoy the work of Tony Shalhoub and the rest of the cast; and 2. The settings are amazing.

And perhaps best of all ... even if you don't have Amazon Prime, you can sign-up for a

30-day free trial by clicking:

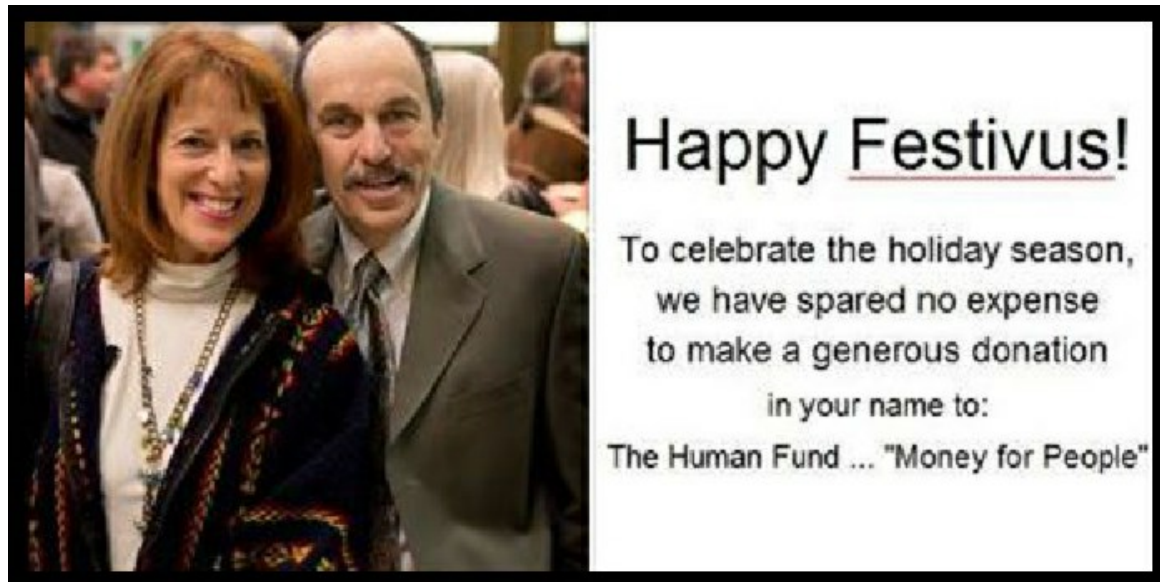
[Here](#)

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## 6. Joke 2

If you're like us, and you celebrate all holidays (more food, fun and friends that way): HAPPY FESTIVUS! ... .The holiday takes place on Saturday, Dec. 23, and to celebrate it ... well, see below for what we've done.



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## 7. Clips/Websites

A. Check out these clips at your convenience:

(1) Karen Mazza: Neglected Pony Is Totally Transformed By A Little Love

[Here](#)

(2) Annemarie Brown: My Wife's on a Healthy Diet

[Here](#)

(3) Keaton Jones on bullying:

[Here](#)

And to read an article about the above, please click:

[Here](#)

(4) Lyn Donley: Karaoke at Sam's Club

[Here](#)

(5) James Wade: Welcome to Winter PUNderland

[Here](#)

B. Get a poem a day and more from the Academy of American Poets. 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](#)

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## 8. Technology tip

How to Use Twitter

by Liriel Higa

Nicholas Kristof: My tutor on Twitter has been Liriel Higa (@iDiplomacy), who works on social media for The New York Times Opinion section. I asked her to write this quick "How to Tweet" guide for the public. Liriel, a former nationally ranked gymnast, was a congressional reporter early in her career, then oversaw social media for the Half the Sky movement, and finally joined the Times in 2014 and has been with us since. Here's her guide to how to make Twitter work for you.

It's easy to hate on Twitter. It recently ditched its trim 140-character identity to become (to the naysayers) a bloated 280 characters. It verified (then unverified) a white supremacist, but it suspended Rose McGowan's Twitter account, leaving the initial impression it had to do with her speaking out about Harvey Weinstein. It enabled racist, misogynistic trolls to attack Leslie Jones.

For the rest of this informative blog entry, please click:

[Here](#)

Note: That's Kristof pictured below, along with Higa.



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## 9. Joke 3

Many folks were caught off guard by the recent snow in Asheville. ... So as a public service for everybody, please read the following: WANT A BETTER WEATHER PREDICTION? . . . To tell the weather, go to your back door and look for the dog. If the dog is at the door and he is wet, it's probably raining. But if the dog is standing there



really soaking wet, it is probably raining really hard. If the dog's fur looks like it's been rubbed the wrong way, it's probably windy. If the dog has snow on his back, it's probably snowing. Of course, to be able to tell the weather like this, you have to leave the dog outside all the time, especially if you expect bad weather. . . Sincerely, the cat



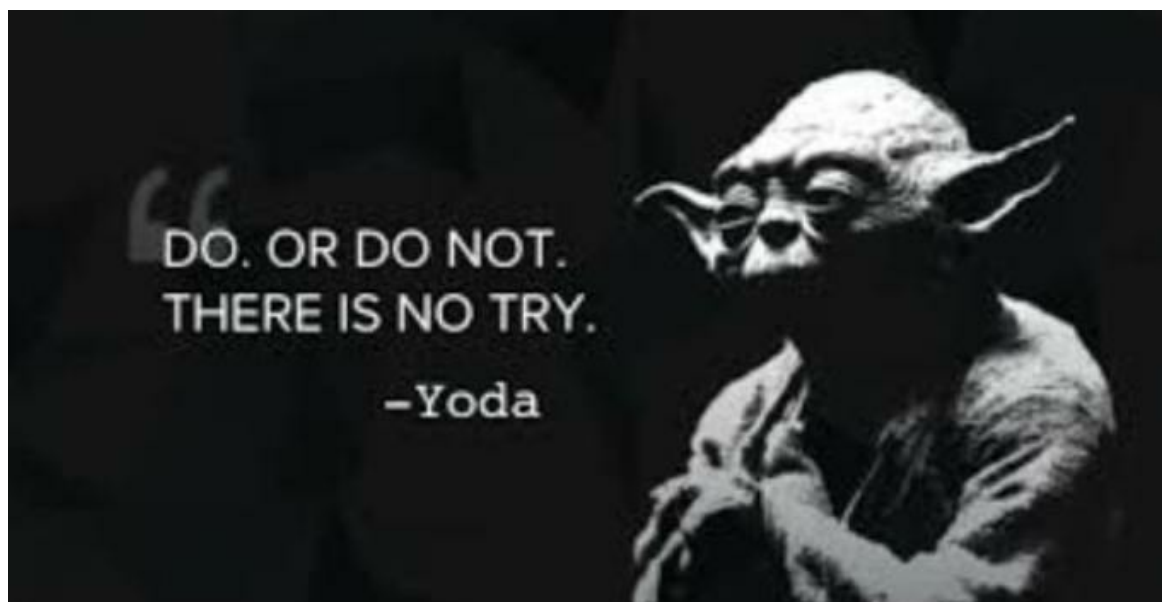
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## 10. A quote I like

This line is spoken by Yoda, played by Frank Oz, in the film STAR WARS EPISODE V, THE EMPIRE STRIKES BACK. For more information about it, please click:

[Here](#)



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## 11. Thought for the day

Thanks, Linda Feinberg, for sharing this oldie that's presented a bit differently than I've seen it in the past:

Free Yourself From Stress .... With An Empty Pickle Jar?

Many of us hurry through life going from one place to the next, focused on conquering the next mountain, making the next deal, running the next errand, and believing we will never have enough time to do all the things we need to get done...

Yet, there is all the time in the world if we just realize that we are the creators of this life we choose to live. That's right.

Life is a series of choices and being free from stress is one of those choices. Watch this video and be inspired to make better ones.

To do so, please 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) Winter Wonderland: Kat Williams and the Richard Shulman Trio. (2) Vegan Fudgecake Sundae Night at The Hop Ice Creamery.

### B. PA/NJ event

"It's a Fruitcake," featuring Tom Orr and Meagan Hill.

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

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