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12.31.2018

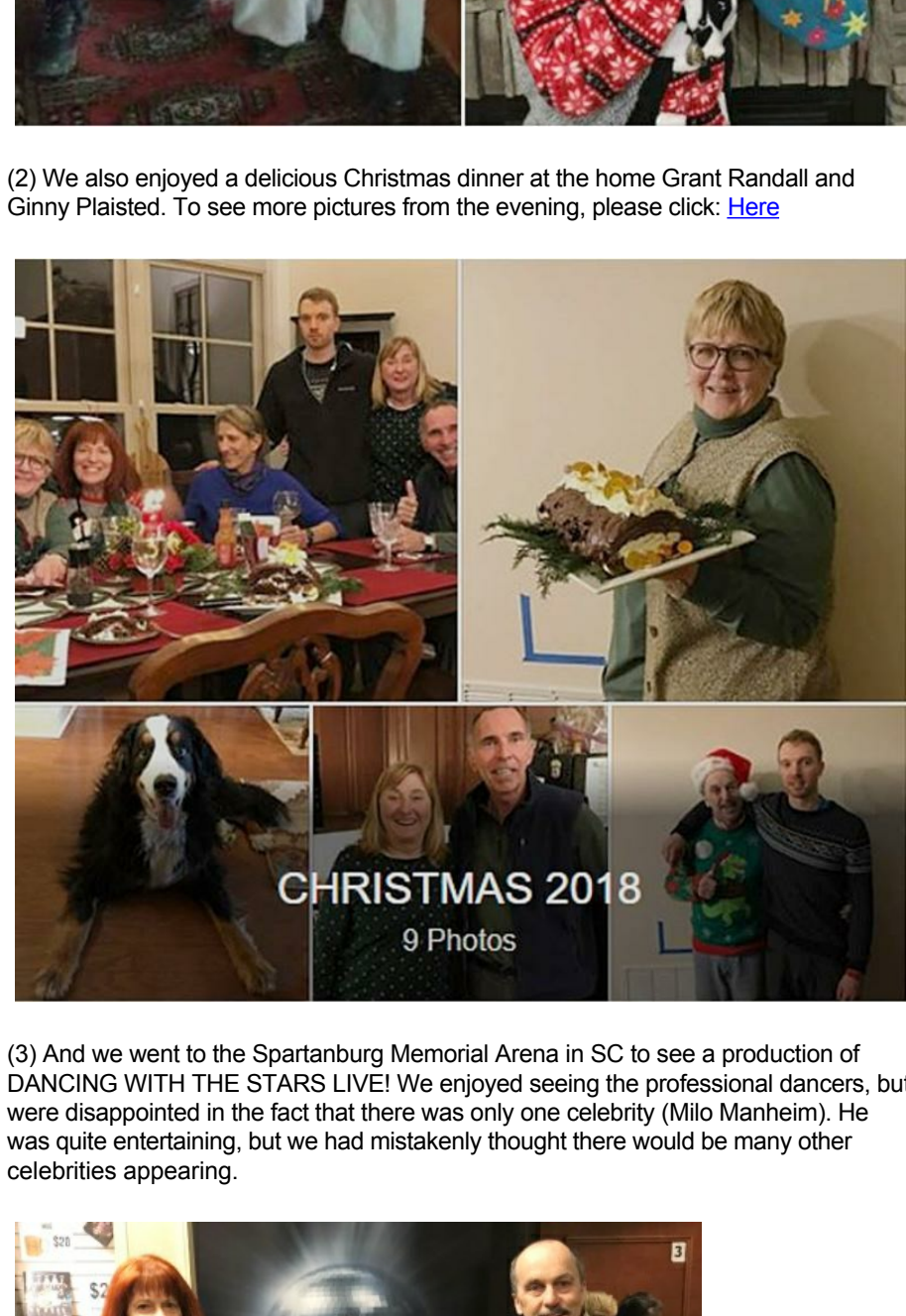
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1. Reflections

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

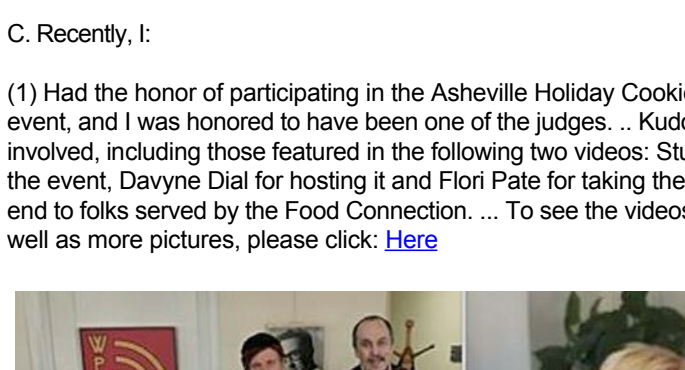
A. Cynthia, my beautiful bride, and I had a memorable Christmas. and her favorite elf (Brian Biro). In addition, Cynthia got her first Christmas stocking ever. ... And if, by chance, you were naughty this past year and missed the visit from Santa, click this link to see what you missed: [Here](#)



(2) We also enjoyed a delicious Christmas dinner at the home Grant Randall and Ginny Plaisted. To see more pictures from the evening, please click: [Here](#)



(3) And we went to the Spartanburg Memorial Arena in SC to see a production of DANCING WITH THE STARS LIVE! We enjoyed seeing the professional dancers, but were disappointed in the fact that there was only one celebrity (Milo Manheim). He was quite entertaining, but we had mistakenly thought there would be many other celebrities appearing.

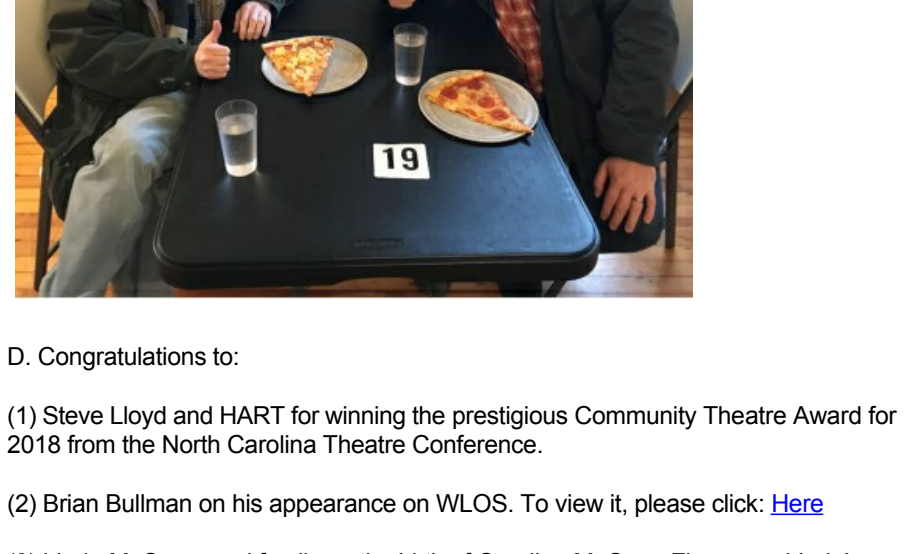


B. WPMVFM invites you to listen to the BLAINESWORLD show from Wednesday, Jan. 2, 2019 ... The guests were: Rodney Smith (left), associate producer for The Magnetic Theatre; for more information: [Here](#); and Jameson Ridenhour (right), writer, playwright and producer; for more information: jamesonridenhour@gmail.com ... to listen to the show, click: [Here](#) ; to view it via Facebook Live, click: [Here](#) ... Note: If the sound is low, increase your volume setting to best hear it.

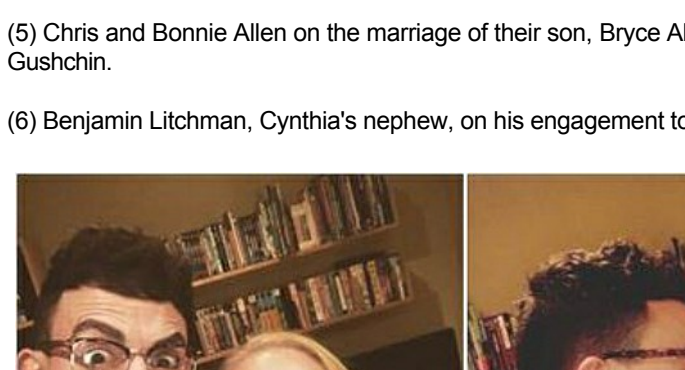


C. Recently, I:

(1) Had the honor of participating in the Asheville Holiday Cookie ... It was a fantastic event, including those featured in the following two videos. Stu Helm for organizing the event, Dorene Dial for hosting it and Flori Pate for taking the extra cookies all the end to folks served by the Food Connection. ... To see the videos from the event, as well as more pictures, please click: [Here](#)



(2) Got to solve all the world's problems with Neal Reed while having some tasty pizza at Manicomio Pizza.



D. Congratulations to:

(1) Steve Lloyd and HART for winning the prestigious Community Theatre Award for 2018 from the North Carolina Theatre Conference.

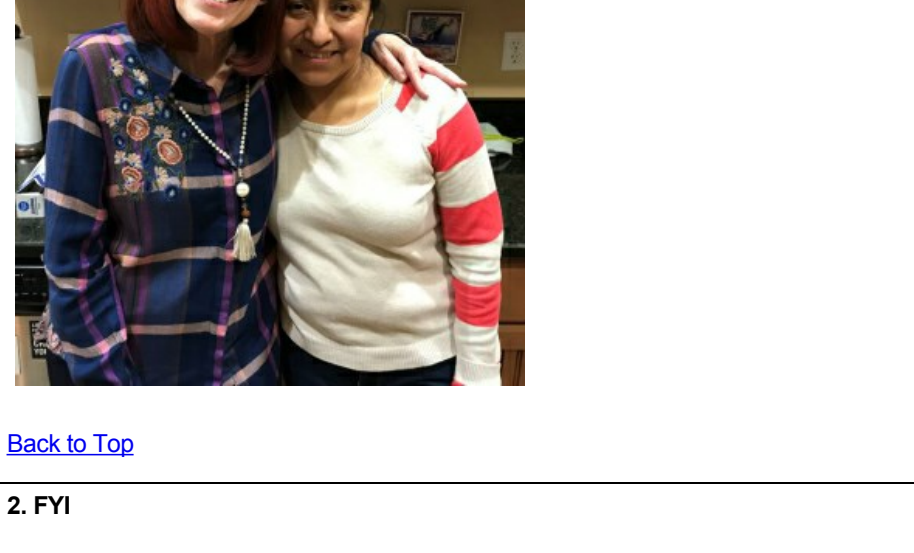
(2) Brian Bullman on his appearance on WLOS. To view it, please click: [Here](#)

(3) Linda McCann and family on the birth of Caroline McCann Flanagan, Linda's granddaughter.

(4) Asheville on being named one of The Best Mountain Towns to Visit in America by THRILLIST. (Thanks, Nicholas Michael, for bringing this to my attention). To read more, click: [Here](#).

(5) Chris and Bonnie Allen on the marriage of their son, Bryce Allen, to Anya Gushchin.

(6) Benjamin Litchman, Cynthia's nephew, on his engagement to Chloe Lipman.



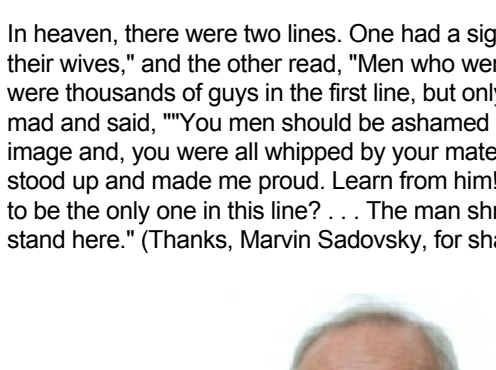
E. Reminder: There's still time to enter ...

*** Contest #1 (the first of 2019) ***

One lucky reader will win a copy of THIS IS ME: LOVING THE PERSON YOU ARE TODAY by Chrissy Metz, an actor best known for her role in THIS IS US. Note: I just finished and enjoyed it. You can read my review in Section 4C. To enter the contest, send an email to: bjnbc@aol.com and put CONTEST #1 in the subject line, then include your name and email address in the body of the email. ... All entries must be received by 9 p.m. on Monday, Jan. 7.

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

This week, it goes to Ana Penna (pictured on the right with Cynthia). She and her cleaning service have kept our house clean ever since we moved to Asheville some 10 years ago. She is both friendly and hard-working, and we have grown to like her as a friend. If you are looking for an excellent house cleaning service, give Ana a call. Her number is: 828.230.7876. Feel free to mention our name.



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2. FYI

Thanks, Angela Maffei, for the following email that contains an idea that I'd recommend everybody follow (or use some variation that works for you).

In your 1160 newsletter, 2. FYI, you suggested writing down medical information. See attached. I have been using this form for 20 years and I'm willing to share it with your readers. The start of every new year when I visit a doctor for the first time of the year, I bring them a revised copy for their files. I have received thanks many a time for my thoroughness. It came in handy recently when I took myself to the emergency room (a big mistake; never take yourself) and I had this with me. I was in too much pain to really want to talk so I just pulled it out of my purse and they had all my info right there. Another suggestion: Keep this on the side of your refrigerator or some place where EMT or a friend/family member can find it in case they need to take you to the doctor/hospital.

Note: Angela has set this up on Excel spreadsheet. The columns from left to right read as follows: Date, Reason for Visit, Symptoms, Medication Prescribed, Diagnosis/Instruction/s follow up required, Last Name Doctor, First Name Doctor, Telephone.

Note: If you'd like a copy of the spreadsheet, send an email to: bjnbc@aol.com and put SPREADSHEET in the subject line.

FYI, part 2

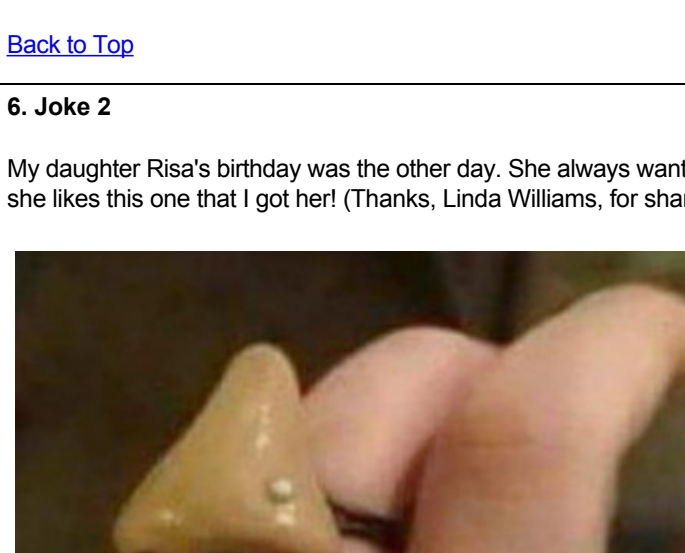
To read each of the following contributions in full, please click: [Here](#)

(1) Walter Wechs: My new house phone screens calls. (2) A psychologist explains why it's better to give one gift instead of multiple presents. (3) Four Simple Words to Help You Live Well. (4) Kathleen Meyers Leimer: Why High School Musicals Should Be As Respected As Sports Programs Are. (5) The Unbearable Heaviness of Clutter.

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3. Joke 1

In heaven, there were two lines. One had a sign that read, "Men who were bossed by their wives," and the other read, "Men who weren't bossed by their wives." ... There were thousands of guys in the first line, but only one man in the second line. God got mad and said, "You men should be ashamed of yourselves. I created you in my image and, you were all whipped by your mates. Look at the only one of my sons that stood up and made me proud. Learn from him! Tell them my son, how did you manage to be the only one in this line? ... The man shrugged and replied, "My wife told me to stand here." (Thanks, Marvin Sadovsky, for sharing.)



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4. Reviews

A. Saw THE LAND OF STEADY HABITS, a Netflix drama about a man facing a mid-life crisis. Ben Mednelsohn is terrific in the leading role in this engrossing film that presents a slice-of-life that feels very real. NR, but if it was up to me, I would give it an R rating.

B. Thanks to the following BLAINESWORLD readers for sharing their movie thoughts on Facebook:

(1) Jason Scholder: I thought Aquaman was visually sensational, creative beyond expectation, fight scenes and CGI were spectacular... and the dialogue was absolute shite. It's a fun movie, and if you are going to see it, see it in the theater. It's a big movie and it deserves a big environment.

(2) Mike Martinelli: VICE **1/2. This will be on my list of worst movies of 2019. The only good thing I can say is the makeup is incredible, and the actors look like the real people. One other thing: Cheney makes Trump look like Mother Theresa. I am not commenting on the performances because I have several friends who are SAG members and voters and they will be screening and voting in the next few weeks. This film is not nominated for SAG ensemble, so I can comment on that.

C. Heard THIS IS ME: LOVING THE PERSON YOU ARE TODAY (HarperAudio), written and read by Chrissy Metz ... She is the actor in THIS IS US who is currently shown as being pregnant on the TV show. In this inspirational book, she talks about her life and the lessons she has learned. ... I got a special kick out of her series of "Be Mindful" observations, as well as what she shares with respect to being honest with your partner and yourself in a section entitled "The Shrouded Supreme."

But what I liked best was the fact that while listening, it felt like I was having a one-on-one conversation with Metz. You can see this for yourself by reading the following part about her going to meet Oprah Winfrey:

What would you wear to see Oprah? See? It's tough, right? Not too dressy, but something that says you've given your outfit thought. I went with an aubergine cotton dress from Torrid paired with a gray knit sweater, and navy-blue tie-up flats from Saks. It's about an hour's drive from my apartment in LA to her estate in Montecito, a beautiful area right on the south coast of Santa Barbara. My friends all thought I was crazy to drive myself. I value alone time and appreciate independence, okay? I hadn't even gotten my car washed. Tryna [sic] catch me riding dirty, to Oprah's. (And she did.)

Note: If you'd like a chance to win a hardcover copy of this book, see Section 1E to find out how to enter Contest #1.

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5. TV alert

A. 76TH ANNUAL GOLDEN GLOBES: Sunday, Jan. 6, at 8 p.m. on NBS
Shandra Oh and Andy Samberg host this kick off of 2019's awards season with prizes for the best in film and TV.

B. PROJECT BLUE BOOK: Tuesday, Jan. 8, at 10 p.m. on History
Aidan Gillen (GAME OF THRONES) stars in this fact-based X-FILES knockoff about a shadowy government agency that investigates and debunks the mass hysteria of UFO sightings in the Cold War 1050.

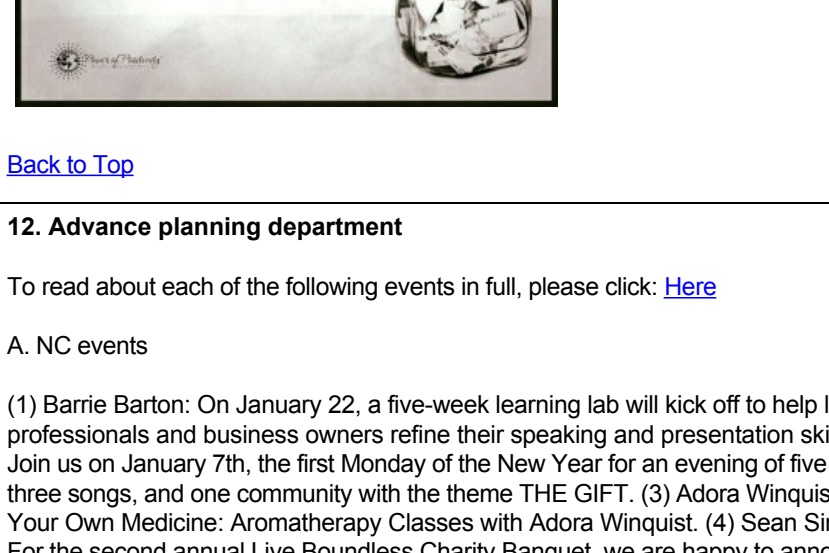
C. AMERICA, AMERICA: Wednesday, Jan. 9, at 10 p.m. on TCM
A young Greek immigrant comes to America and finds that his stormy-eyed impression of the country are soon compromised by reality. I remember this was one of my mother's favorite films. When I saw it with her in 1963, I recall also liking it. I'll be curious if I will like it as much with a second viewing.

D. SEX EDUCATION: Series premiere on Friday, Jan. 11, via Netflix
British teen Otis just wants to get through school unloiled until bag-girl-with a heart-of-gold Maeve persuades him to use his expertise to help their lovelorn and frustrated classmates—for a price. Gillian Anderson stars as the sex therapist mom.

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6. Joke 2

My daughter Risa's birthday was the other day. She always wanted a nose ring. I hope she likes this one that I got her! (Thanks, Linda Williams, for sharing.)



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7. Clips/Websites

A. Check out these clips at your convenience:

- (1) Steve Byas: Morgan Freeman Stands: [Here](#)
- (2) Paul Marks: John Lennon: Stand by Me: [Here](#)
- (3) Lois Rosenthal: Home Free: Auld Lang Syne: [Here](#)
- (4) Ed Hackett: Cheeseburger, cheeseburger, cheeseburger, cheeseburger: [Here](#)
- (5) Leon Russell: I'm Australian Man: [Here](#)

B. The Chive calls itself "probably the best site in the world." For you to determine if that's true, click: [Here](#)

Much of it will remind you of BuzzFeed, but you'll also find some articles that are fun to read. Among them:
Not everybody on "Jeopardy" is a genius
If you need help smiling, we've got you
Best Photos of the Week!
Holy sh*t, two simultaneous strikes is a tricky shot indeed

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

Jason Scholder (asking about an excellent article I sent him): I want to make sure this isn't some kind of a virus.

Here was the article I sent him: We need to keep laughing: [Here](#)

Response: Thanks for asking. It wasn't some kind of virus.

From time to time, I will send comedy and other articles that I think you'll find of interest.

Some tips that you will know it is from me:

- 1. I will usually put both the subject and my name in the subject line; e.g., Fun article about comedy. Best, Blaine
- 2. Perhaps the key: Look where it is from ... in this case: bjnbc@aol.com. (If you don't recognize this information, question it.)
- 3. If you want to be sure, put your cursor over the the email address of the person who sent it. If it shows some other address, stay away!
- 4. And if still not sure, ask!

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9. Joke 3

GOOD NEWS ... I won't be upset—even if you do this at the beginning of 2019. (Thanks, Linda Williams, for sharing.)

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10. A quote I like

"Life's too short to wake up with regrets. So love the people who treat you right, forgive the ones who don't and believe that everything happens for a reason. If you get a chance, take it. If it changes your life, let it. Nobody said it'd be easy, they just promised it would be worth it." --Theodor Seuss Geisel, aka Dr. Seus (Thanks, Roberta Gunwood, for sharing.)

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11. Thought for the day

We did this one year; i.e., gave everybody jars, so they could start writing notes. ... 3 recommendations: 1. A 16 oz. Mason jar is the perfect size. Here's one place to get it: [Here](#). You can give the extra jar to a child or friend. 2. Keep a pen and plenty of 3" x 3" Post-it notes nearby. Get in the habit of writing notes on a regular basis. 3. And make 2019 your best year ever! (Thanks, Susan F. Markovitz, for sharing.)

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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) Barrie Barton: On January 22, a five-week learning lab will kick off to help local professionals and business owners refine their speaking and presentation skills. (2) Join us on January 27th, the first Monday of the New Year for an evening of five stories, three songs, and one community with the theme THE GIFT. (3) Adora Winquist: Make Your Own Medicine: Aromatherapy Classes with Adora Winquist. (4) Sean Simonds: For the second annual Live Boundless Charly Banquet, we are happy to announce that we will be celebrating with a soulful, Southern flare with our MARDI GRAS BASH. (5) PAnJ M-Cover: Community Tour Auditions.

B. PANJ event

Actors' NET of Bucks County: THE IMPORTANCE OF BEING EARNEST.

PS: Make it a wonderful week!

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