BLAINESWORLD

#1006
1.4.2016

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1. Reflections

Note: See Section 11 for a New Year's resolution you might want to make.

Also, 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 and put SUBSCRIPTION in the subject line.

A. Cynthia, my beautiful bride, and I:

(1) Had a fantastic New Year's Eve party at the Artisan Cafe & Coffee House in Candler, NC. Both the food and service were terrific. So was the entertainment, featuring the fabulous Carol Duermit. ... Make sure you see all 101 pictures by clicking this link:
Here

And special thanks to Arlene Ditzler for writing the fantastic poem that put all those who attended in the mood to make 2016 their best year ever!

Note: When you click to see all 101 pictures, you'll also see Arlene's poem toward the top.

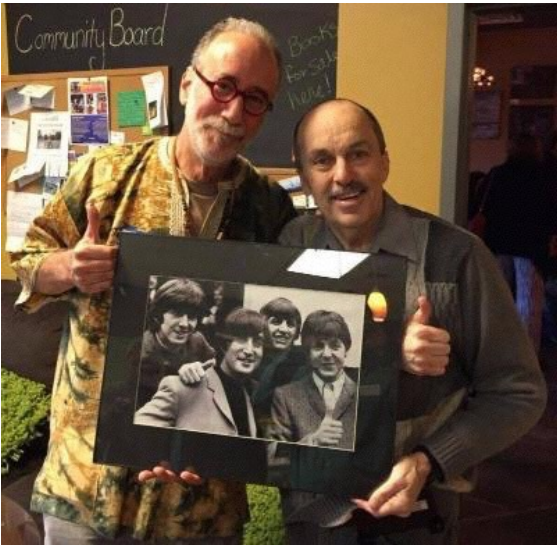
Also, please see the three videos from the evening:
(1) Here
(2) Here
(3) Here

In the following pictures are the two of us at the party.

Special entertainment from that evening (left photo, l-r) Annemarie Brown, Brian Biro, Marcy Gallagher and George Pappas; and (right photo, l-r): Ellen Pappas, Mike Martinelli, Carol Duermit and George Pappas.

And BJ Leiderman who surprised me with a framed Beatles photo, featuring Ringo and Paul with their thumbs up.

To quote BJ, "All you need is Blaine." I also loved some of these other comments that friends made on Facebook about the photo:
Bill Lewis: I'm not so sure about that,,,they could have been singing "Penny Blaine."
Bill Lewis: This may be a stretch but "we all live in a Greenfield Submarine" has a nice ring to it!
Bill Lewis: Or should I just say I need "Help!"
Toni Sciacchitano Feeback: Strawberry Greenfields Forever.
Brad Morris: "It's Been a Hard Blaine Night."
Brad Morris: And I really think John Lennon meant to write "Cynthia" instead of "Julia."
Bonnie S. Sibner: And Cynthia sings...Blaine loves me, ya ya ya, he loves me, ya ya ya.
Traci Holtzman Stewart: All you need is love (& Blaine).
Paul Marks: Don't you mean " All we are saying is give Blaine a chance...."



B. Many thanks to Ginny Plaisted, our friend and neighbor, who made these great gliders for the bottom of Cynthia's walker so it would move easier. I'm glad to say that Cynthia is now pretty much off using the walker, and she isn't taking pain medicine. She is still in some discomfort, though, that we hope will go away after she completes the stem cell therapy that soon begins.

C. During the week, I:

(1) Joined my friend Tom Gallagher and his family for a tasty dinner at Cheddar's. L-R: Tom Gallagher, Jim Gallagher, Barbara Gallagher, Dianne Gallagher Kelly, yours truly and Jim Kelly. We had great service from Sky, and I very much like the eatery because it is one of the few places in Asheville where I can get my favorite sandwich (a Monte Cristo sandwich). It is soooo good!

(2) Met my friend Marvin Sadovsky for breakfast at Sunny Point Cafe. In the middle is David Jones, our favorite server. His great smile and enthusiasm always enhances the fine food we get there.

(3) Met my friend Ralph Reeder for excellent hamburgers at Five Guys.

Note: How old do you think Ralph is? I was quite surprised when he told me "58." His secret: He is Jewish, so he reads from right to left.

D. Invites to:

(1) Enter into ...

**** CONTEST #1 (for 2016) *****

One lucky reader will win a copy of THE CREATIVE PROCESS DIET by Ben G. Adams.

The author, a licensed clinical psychologist, scientific researcher presents a process to help you decide on what foods to eat, and then he has you plan ahead one day. So all you need to do is have the willpower to stick with the decisions you have already made.

I reviewed this book in BLAINESWORLD #990 and found it interesting.

To enter: Send an email to: bginbc@aol.com and put CONTEST #1 in the subject line. In the body of the email, please include your name and snail mail address.

All entries must be received on or before Monday, January 11, at 9 p.m.

(2) Attend the next event of the Asheville Jewish Business Forum.

Note: You don't have to be Jewish to attend.

Date: Monday, Feb. 1

Time: 12-1 p.m. (those who attend can participate in networking from 11:30-12 and/or from 1-1:30 p.m.)

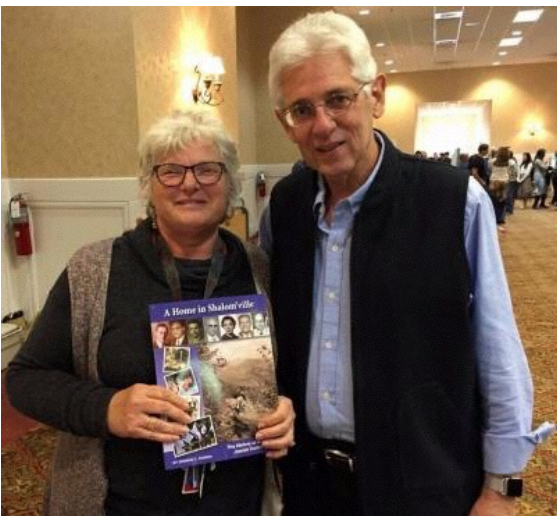
Location: Strada Italiano Restaurant, 27 Broadway, Asheville

You can park on the street. Metered rates apply. Or your best bets might be to use either of the two municipal garages on Rankin Street or at the Civic Center. The first hour is free.

Note: Please do plan to order something off Strada's menu and/or get a drink.

Topic: Not Just Retail

Sharon Fahrer, Asheville's de facto Jewish historian, will speak about some Jewish businesses that contributed to growing the economy of Asheville in a lost era: a time of social discrimination when the Jewish community turned inward and supported each other. This was the heyday of textile manufacturers and waste dealers, junk dealers, steel fabricators, wholesalers, and more. The talk includes excepts from Sharon's new book "A Home in Shalom'ville A History of Asheville's Jewish Community," which can be purchased through the JCC, at Malapros, the Art Museum or the Chamber. Autographed copies will also be available at the AJBF talk.



Pictured: Sharon (on left), along with fellow AJBF member Marty Gillen.

Guests are always welcomed to attend the Jewish Business Forum events.
Those who attend will be responsible for their own meals or drinks.

To register for the event: Please send an email to: ashevillejbf@aol.com and put FEBRUARY 1 in the subject line. In the body of the email, please put your name and contact information, along with how many others will be coming with you. So we can give the restaurant a count, kindly register on or before Jan. 25.

For additional information, contact Blaine Greenfield, president of the Asheville Jewish Business Forum, via phone at 828.633.1049.

E. Congratulations to:

(1) Jewel Dowburd on finishing her clinicals and acing her final exam from the Institute of Laser Medicine. She is now nationally certified as a Laser Clinician.

(2) Francis Davis on the birth of Beatrice and Maribel, her newest granddaughters.

F. Condolences to:

(1) Jean Ryersbach and Rob Schram on the loss of Justin Schram, Rob's son.

(2) Eleanor Martin on the passing of her Mom.

(3) Anthony Cerrato on the passing of Fred Cerrato, his father.

(4) Eric Clonch on the passing of Tammy Clonch, his brother's wife.

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

Thanks to Emily Sutton Dezio, one of my Biltmore Lake neighbors, who submitted the following nomination to be this week's winner:
It's always nice to recognize neighbors who do good. Last night, Kris Paxton (pictured below) from Artisan Café fed the residents and volunteers at Room at the Inn with Hominy Baptist church. This gave women from the shelter a warm meal at a restaurant. If you're in this week, be sure to tell Kris thanks.

Note: I agree with Emily, having been a fan ever since the place opened a few years ago under Kris' ownership. Recently, we had a party there. (See also Section 1A.) Both the food and service were fantastic. ... In addition, Artisan now has a Sunday brunch--featuring table service and with the majority of items under $10--and is also open on Thursday, Friday and Saturday nights for dinner. For more information, call Kris at 828.665.3800.

The Artisan
Working Together
With Our
Community
Come Enjoy
-Dinner-
Thursday, Friday + Saturday
from 5pm-9pm
+
Sunday Brunch
from 11am-3pm
Full Table Service
New Menu for
Dinner + Brunch!

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2. FYI

The secret to a long life

Learn what others who have lived a long life have to say on the subject by clicking this enlightening video:
Here

For more information on the topic, read the accompanying article by clicking:
Here

FYI, part 2

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

(1) Kelly M. in NC: Greg McVicker Healing Journey Fund. (2) Henry W. in NY: "Concussion" stars a brilliant Will Smith. (3) A Healthy Diet's Main Ingredients? Best Guesses. (4) Designing thinking for a better you. (5) Joyce L. in NJ: Scam alert. (6) New Dietary Guidelines Urge Less Sugar for All and Less Protein for Boys and Men. (7) Rethinking Weight Loss and the Reasons We're 'Always Hungry.'(8) Campus Sex ... With a Syllabus. (9) How should you manage your money? And keep it short. (10) When couples' sleep patterns differ. (11) Mike M. in NC: CAROL ***. (12) 52 places to go in 2016.

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3. Joke 1

I bet the butcher $50 that he couldn't reach the meat on the top shelf. He said, "No, the steaks are too high."

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4. Reviews

A. Saw CONCUSSION, the film based on a true story about the doctor who discovered CTE (chronic traumatic encephalopathy) in football players how he faced an uphill battle in bringing this information to the public. It is a bit slow, in spots, but Will Smith's great performance makes this a film definitely worth seeing. I especially liked the fact that he was playing a character that was different than anything I've seen him in. I also liked the work of both Albert Brooks and David Morse in supporting roles. Rated PG-13.

B. THE MARTIAN is now out on DVD ... my review from BLAINESWORLD #996 follows: Saw THE MARTIAN, an exciting drama about an astronaut presumed dead while on a manned mission to Mars. How he survives is what this film is all about and though I have previously not enjoyed films of a similar nature (think CAST AWAY), this one works for me because of Matt Damon's outstanding performance. There's also a terrific ending. In addition, I liked the accompanying soundtrack that featured many disco songs that the Damon character did not like. Rated PG-13.

C. Read MANAGEMENT, one of the books in THE BRIAN TRACY SUCCESS LIBRARY (AMACOM) by Brian Tracy.

The author, chairman and CEO of Brian Tracy International, a company specializing in the training and development of individuals and organizations, addresses the manager's job. He explains that this person is the one in charge--someone who gets results by working with and through others.

Though I've managed many people over the years, I still gained some valuable insights from this short but insightful book. Among them:
* The Law of Three, which says that no matter how many tasks you perform in the course of a month, there are only three tasks and activities that account for 90 percent of the value of the contribution you make to your business. ... How do you determine your "big three"? Simple. You ask the three magic questions.
1. If I could only do one thing, all day long, what one task or activity would contribute most to my business?
2. If I could only do two things, all day long, which would be the second activity that would contribute the greatest value to my business?
3. If I could only do three things, all day long, which would be the third activity that would contribute the greatest value to my business?

* The SWAN Formula for selecting the best people:
Look for those who are smart, work hard, ambitious and nice.

* If you are a man who is firing a woman, have another woman sit in on the firing meeting with you. If you are a woman who is firing a man, have a man sit in without you.

Lastly, Tracy reinforces one of my favorite beliefs when it comes to management:
Delegation is not abdication. Even though you have assigned a job to another person, you are still responsible for its successful completion.

My only regret is that MANAGEMENT only became available in 2014. It could have greatly helped me train many employees had it come out earlier.

D. Heard ROADSIDE MBA: BACK ROAD LESSONS FOR ENTREPRENEURS, EXECUTIVES AND SMALL BUSINESS OWNERS (Hachette Audio), written by Michael Mazzeo, Paul Oyer and Scott Schaefer and narrated by Steve Gibbons.

The authors, former colleagues from Northwestern's Kellogg School of Management, jumped in a car and headed on a road trip. They wanted to learn about such things as product differentiation, pricing, brand management, building a team and other topics by way of visits with companies not listed in the Fortune 500. Rather, intentionally, they sought out smaller firms.

Among them--and the lessons learned--were the following:
* Braces by Burris (Arkansas) expands by centralizing common activities to lower costs.
* Mugshots Grill and Bar (Mississippi) seizes growth opportunities that can be monitored remotely
* CollegeFrog (Florida) demonstrates "Don't use Facebook, BE Facebook."
* Bank of Montana (Montana) attracts profitable clients; alienates costly ones.
* Community 1st Bank (Idaho) avoids competition by offering unique services.

If you're a business owner, regardless of the type, you'll find many ideas that could be applied without too much difficulty or cost.

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5. TV alert

A. MADTV 20TH ANNIVERSARY REUNION: Tuesday, Jan. 12, at 8 p.m. on THE CW
Nearly 20 stars from the 1995-2009 sketch series reunite.

B. FIT TO FAT TO FIT: Tuesday, Jan. 12, at 10 p.m. on A&E
10 personal trainers are followed as they gain weight and stop exercising for four months to better understand the struggles of their clients. They then work to lose the extra weight alongside their clients.

C. YOUR WORST NIGHTMARE: Wednesday, Jan. 13, at 9 p.m. on DISCOVERY ID
Asheville's very own Emily Shaules stars in an episode entitled, "The Devil Went Down to Georgia." This is a detailed look at a true-crime thriller that Emily warns you need to be "prepared to be scared!"

D. SESAME STREET: Season premiere on Saturday, Jan. 16, at 9 a.m. on HBO
There's a new theme song, a new cast member, a new runtime (30 minutes) and a new next for Big Bird.

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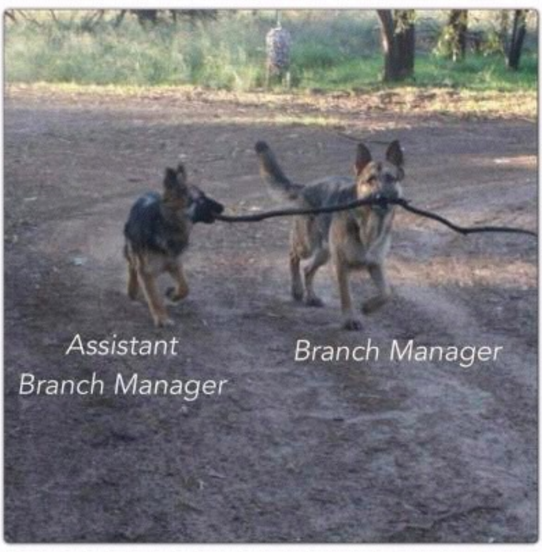
6. Joke 2

The one of the left is getting the short end of the stick, which is what happens to most assistants.



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7. Clips/Websites

A. Check out these clips at your convenience:

(1) Carole B. in NC: James Corden and Tom Hanks Act Out Tom's Filmography
Here

(2) Annemarie B. in NC: Patients pedal past Parkinson's
Here

(3) Adele - Hello Parody (Hella Cravings)
Here

(4) Beth A. in NC: Western NC in 1942
Here

B. History's most powerful photos
These are some of the most moving, disturbing and incredible photos that have been taken in the past 100 years. What you see on the pages that follow, will be things you can never forget.
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

When you ask somebody to take your phone and take a picture of you, ask that at least two pictures be taken. Then check to make sure at least one of them came out to your satisfaction. If not, ask the person to take more pictures or even get somebody else to take them for you. It will be way too late if you get home and find out that the pictures did not come out the way you wanted.

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9. Joke 3

A Taliban terrorist gets lost and is wandering around the desert looking for water. He finally arrives at a store run by a frail, little Jewish man and asks for water. The merchant says, "Sorry, I have none, just ties--pure silk and only $5." ... The militant screams, "A curse on your ties! I should wrap one around your scrawny neck and choke the life out of you, but I must conserve my energy!" ... So the store owner, unmoved, offers another idea: "Beyond the hill, there is a restaurant. It has the finest food and all the ice-cold water you need." ... The Taliban keeps cursing and finally staggers toward the hill. Several hours later, he crawls back and gasps, "They won't let me in without a tie."

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10. A quote I like

"What can I do, I asked myself, that is so spectacular that no one will be able to say he had seen it before? The answer was perfectly obvious. I would send a midget up to bat."--Bill Veeck (1914-1986) on the right, franchise owner and promoter in Major League Baseball, who signed Eddie Gaedel to a contract so pinch hit in a game. Wearing elf-like shoes and "1/8" as his uniform number, Gaedel was walked on four straight pitches and then pulled for a pinch runner.

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11. Thought for the day

Lavelle O. in GA: New Year's resolution: Stop looking at your smartphone and make a new friend
by Lisa Sharkey

"Make new friends but keep the old. One is silver and the other gold."

That traditional Girl Scout song has been sung by generations of young children in America, where school kids grasp the warm hands of each other even if they've just met. Strangers become instant friends.

Children are born unafraid to connect with other children. It's how God made us.

We're also born without phones in our hands, but now we grasp our devices like the stuffed animals we clung to as toddlers. We're glued. In our connected world, we are not connecting. My own frustration with this navel-gazing mobile hypocrisy makes me want to scream "LOOK UP! LOOK UP!" at all the hunched-over humans I see staring down at their glowing screens.

For the rest of this informative article, 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) OLEANNA. (2) Why Can't I Remember Anything & What Can I Do About It? (3) LOVE, LESS AND WHAT I WORE. (4) An Evening of the Blues with Chuck Beattie.

B. PA/NJ events

(1) AUGUST: OSAGE COUNTRY. (2) ARSENIC AND OLD LACE.

PS. Make it a wonderful week!

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