

# BLAINES WORLD

#960  
9.16.2015

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## **1. Reflections**

Note: See Section 8 for a tip to help you deal with YouTube's new annoying Autoplay feature.

Also, if you're reading this via Facebook and/or in the unlikely event you're not already a subscriber, you can make sure you don't miss an issue (and you get it earlier, too) by clicking:

<http://tinyurl.com/ozgmxgs>

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A. Cynthia, my beautiful bride, and I :

(1) Celebrated Valentine's Day a night early by going on the LaZoom Holiday Tour with our friends Annemarie Brown and Marvin Sadovsky (left photo). Cupid is in the background. That's yours truly (right photo) with his mouth full of whipped creme--courtesy of our Augusta Wind, our very funny guide. To see her picture, as well as others from the evening, please click:

<https://www.facebook.com/media/set/?set=a.10153053245049757.1073741857.519364756&type=1&l=9870c94851>



(2) On another night, we joined our friends Tom and Marcy Gallagher for dinner at one of our favorite eateries: Corner Stone Restaurant. On the right, that's us with Leia--our excellent server who really listened to Cynthia when she asked for a bunch of lemons.



B. I also:

(1) Went to SART's recent "Hearts for SART" fundraiser. It was fantastic, in large part due to the efforts of Janet Hart who chaired the event.

I had fun getting to see such friends as the following: Gary Gaines in the top left photo; George and Ellen Pappas in the top right photo; Jerita Wright in the bottom left photo;

and Doug Hauschild and Neil St. Clair in the bottom right photo.

For other pictures, please click:

<https://www.facebook.com/media/set/?set=a.10153052931629757.1073741856.519364756&type=1&l=69ca11df5e>

Special kudos to Forte, the talented group of women who performed that evening: Katherine Sandoval Taylor, Liz Aiello, Beverly Todd and Carol Duermit. To hear part of one of their songs, please click:

[http://youtu.be/l8yx\\_Xam0fk](http://youtu.be/l8yx_Xam0fk)



(2) Heard Sam Uhl present an engrossing lecture/workshop in our Biltmore Lake Community on the "Stories of Your Life." To find out more about what Sam does, please click:

<http://www.cheerfulword.com>



(3) Saw Rarely Theatre's excellent production of SEMINAR at the BebeTheatre. This is a funny, biting show that is a "must" for any writer or anyone who knows a writer. That's me with Trinity Smith, one of the stars of the show, along with Scott Keel who provided crisp direction. Trinity did her usual fine job, as did the rest of the cast: Dwight Chiles, Mary-Katherine O'Donnell, Iaian Alexander and Andrew Gall.

You're in luck, too, in that SEMINAR runs through March 1. For tickets, please click: <http://www.eventbrite.com/e/seminar-tickets-15483131463>



C. Congratulations to:

(1) Scott Anton and family on the birth of Alexander, Scott's grandson.

(2) Sally Butcher on winning the NC Paralegal Association's annual scholarship essay contest. The prize goes toward her tuition at South College.

(3) Robyn Michalove on being named as the Sgt. chosen to manage the Officer Training Program of the Buncombe County Sheriff's Office.

(4) Zuzu Welsh on having his band filmed by UNC TV. The taping will be broadcast across the entire state later this year, so stay tuned for details.

(5) Steve D. in NJ, winner of Contest #4, an autographed copy of Jeff Thompson's fantastic CD: SO FAR, SO STRANGE.

All told, there were 6 entries. And that reminds me that it's now time to announce:

\*\*\*\*\* CONTEST #5 \*\*\*\*\*

Two lucky readers will win copies of Seth Godin's latest book, WHAT TO DO WHEN IT'S YOUR TURN (AND IT'S ALWAYS YOUR TURN).

To quote the Amazon description:

Seth Godin has pushed the boundaries again by creating a new book format that reads more like a magazine. The book is in full color and is a collection of short stories and essays that help the reader know "what to do when it's your turn" in life.

I reviewed the above in BLAINESWORLD #951 and very much enjoyed it.

To enter: Put "CONTEST #5" in the subject line of an email and send it to: [bginbc@aol.com](mailto:bginbc@aol.com) . . . make sure you include your name AND snail mail address in the body of the email . . . all entries must be received on or before 9 p.m. on Monday, March 2, 2015.

D. Condolences to:

(1) The family of Leslie Gore, the singer, who passed away recently.

Emily W. In NC: My favorite version of my favorite Leslie Gore song. You will be missed, Leslie.

You Don't Own Me - Bette Midler, Goldie Hawn & Diane Keaton

[https://www.youtube.com/watch?v=Q\\_oFL\\_b719g](https://www.youtube.com/watch?v=Q_oFL_b719g)

And here's my favorite version of the above:

"You Don't Own Me" PSA

<https://www.youtube.com/watch?v=XMxtbAP2cyU>

(2) The family of Michele Ferrero, the man who brought Nutella spread and Tic Tac mints to the world.

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

Thanks, Cynthia G. in NC (aka my beautiful bride) for the following nomination for this week's winner:

Every Sunday, I go shopping at Earthfare at Westgate. When I am ready to check out, I look for a particular cashier, Shirley, who is so warm and friendly, I feel as if she is my friend. We say a few words about this or that, but it is the way in which she speaks and acts that makes me feel as if she truly does care for me. I have seen her with other customers, and methinks she does that for everyone. That really is all that we want in customer care anywhere we go.

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### **2. FYI**

The Government's Bad Diet Advice

By Nina Teicholz in THE NEW YORK TIMES (2.20.15)

For two generations, Americans ate fewer eggs and other animal products because policy makers told them that fat and cholesterol were bad for their health. Now both dogmas have been debunked in quick succession.

First, last fall, experts on the committee that develops the country's dietary guidelines acknowledged that they had ditched the low-fat diet. On Thursday, that committee's report was released, with an even bigger change: It lifted the longstanding caps on dietary cholesterol, saying there was "no appreciable relationship" between dietary cholesterol and blood cholesterol. Americans, it seems, had needlessly been avoiding egg yolks, liver and shellfish for decades. The new guidelines, the first to be issued in five years, will influence everything from school lunches to doctors' dieting advice.

To read the rest of this informative op-ed piece, please click:

<http://www.nytimes.com/2015/02/21/opinion/when-the-government-tells-you-what-to-eat.html>

FYI, part 2

#### A. Clips

(1) Kat Williams (with Richard Shulman at piano) "All of Me" Unity of the Blue Ridge, Mills River NC:

[https://www.youtube.com/watch?v=r6\\_eZsHIC4M&feature=share](https://www.youtube.com/watch?v=r6_eZsHIC4M&feature=share)

(2) Risa R. in NJ: Hilarious Snow Plow Spotted in Washington D.C.

[http://www.weather.com/news/news/hilarious-snow-plow-spotted-washington?cm\\_ven=Facebook\\_TheWeatherChannel\\_News\\_JKo\\_Video\\_No\\_14\\_20150219](http://www.weather.com/news/news/hilarious-snow-plow-spotted-washington?cm_ven=Facebook_TheWeatherChannel_News_JKo_Video_No_14_20150219)

(3) Lois H. in NC: Great song ... Kinder by Copper Wimmin

[https://www.youtube.com/watch?v=P9PX31loh\\_c](https://www.youtube.com/watch?v=P9PX31loh_c)

(4) Lisa Z. in PA: Red Pandas are Having Snow Much Fun - Cincinnati Zoo

<https://www.youtube.com/watch?v=DSehQsYU9h4>

(5) Michelle B. in NC: His Grandpa Kept Wandering Off Till His 15 Year Old Grandson Came Up With THIS

<http://www.sun-gazing.com/grandpa-kept-wandering-off-till-15-year-old-grandson-came/#h66hui13Libj27pB.99>

(6) My cat jumped through the snowbank

<https://www.youtube.com/watch?v=MtGog4Cb7RY>

#### B. Other

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

<http://wp.me/p1g9Ev-1PL>

(1) Ken G. in GA: On Netflix: Like father, like son. (2) The Westminster Kennel Club 139th Annual Dog Show. (3) Annemarie B. in NC: The perfect crime: What's killing all the bees? (4) Natalie K. in PA: We saw "Murder on the Orient Express" (the 1974 film). (5) Edie Weinstein: To The One I Have Not Yet Met. (6) Danielle S. in DC: 35 Things No One Tells You About Leaving Philadelphia. (7) Jess P. in VA: Have you liked our New Painters Point FB Page?

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### 3. Joke 1

Maybe I shouldn't follow directions so closely?

I got a new stick deodorant today. The instructions said, "Remove cap and push up bottom." It hurts to walk, but whenever I fart, the room smells lovely.



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### 4. Reviews

A. Saw STILL ALICE, a thought-provoking film about a happily married professor who receives a diagnosis of Early-Onset Alzheimer's Disease. Julianne Moore delivers an Oscar-worthy performance in the leading role, and I also thought Kristen Steward was quite good as one of her daughters. If you see it, I'd be curious as to your reaction. Rated PG-13.

B. Out on DVD is THE THEORY OF EVERYTHING. My review from BLAINESWORLD #949 follows:

THE THEORY OF EVERYTHING is the biopic of renowned astrophysicist Stephen Hawking. What sets it aside from similar type films is that it is also a touching love story. Eddie Redmayne and Felicity Jones are both outstanding in the leading roles. There's also a great ending. The only thing I didn't like: The makeup just wasn't very good, in that Redmayne nor Jones seemed to age at all. Rated PG-13.

C. Read GETTING OLDER BETTER: THE BEST ADVICE EVER ON MONEY, HEALTH, CREATIVITY, SEX, WORK, RETIREMENT AND MORE (Hampton Roads Publishing Company) by Pamela D. Blair.

The author, a psychotherapist in her 60s, shares her thoughts about aging via over 100 short essays on such topics as love lives and relationships, health, friends and families, and finances.

I like how she began each section with a quote, such as this one from Peg Bracken on the subject of losing things:

"You can decline to look for items you misplace. Let them find you."

She then gave tips on handling each situation; for example, in the above:

Another way I help myself keep tracks of things is designating what organizers call a landing spot. My spot is on the dining room table where I put everything that has to go with me in the car when I do my errands; that's where I put mail to go out, my keys, my cellphone, my purse and the bag for the Goodwill bin. One woman I know places everything she wants to remember to take with her directly in front of the door so she can't get out without tripping on her end.

And she concludes with journaling questions that are designed to help the reader move into his or her third act with a sense of both adventure and possibility.

There's a lot of good stuff here that's especially relevant to women. My hope is that Blair will come out with a companion volume geared to me.

D. Heard **THE MILLIONAIRE MASTER PLAN: YOUR PERSONALIZED PATH TO FINANCIAL SUCCESS** (Hachette Audio), written by Roger James Hamilton and narrated by Ben Giroux.

The author, an entrepreneur, owns and runs businesses in publishing, property, event management, resort management, training, coaching, mentoring and online education.

He shows how to learn about your true genius, accept it and then how to leverage your own talents to help you grow your own business.

In particular, I liked how he used real-life examples that he has gone through to help make his various points--such as the time he wanted to start a business but didn't have enough money to do so. He sought out assistance and though he couldn't pay the person his full worth at the time, he got him on board by offering him a chance at financial gain down the road.

I was also impressed with the wide range of additional materials that Hamilton makes available to those who purchase his book.

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## **5. TV alert**

A. **THE OSCARS**: Sunday, Feb. 22, at 8:30 p.m. on ABC

I'll be rooting for **BOYHOOD** as Best Picture and Michael Keaton for Best Actor. Neil Patrick Harris hosts.

B. **CITIZENFOUR**: Monday, Feb. 23, at 9 p.m. on HBO

This Academy Award-nominated documentary tells the story of NSA whistle-blower Edward Snowden.

C. **HOUSE OF CARDS**: Friday, Feb. 27, via NETFLIX

The third season becomes available on this date, and I'm looking forward to seeing what's next in store for President Francis Underwood (played brilliantly by Kevin Spacey).

D. SHANIA: STILL THE ONE LIVE FROM LAS VEGAS: Saturday, Feb. 28, at 9 p.m. on ABC

The epic singer's stage show is showcased in this production that features behind-the-scenes footage, horses and a flying motorcycle.

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## 6. Joke 2

FAT TUESDAY: The one day of the year when your behavior makes sense ...



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## 7. Websites

A. Judy M. in NC: 5 Ways Not to Handle a Nasty Facebook Breakup  
<https://www.youtube.com/watch?v=M9PwLwdupfo>

B. Debbie H. in PA: Severed head prank  
<https://www.youtube.com/watch?v=71ANMaiyD2s>

C. BLAINESWORLD, the website, remains up and running ... to view it, please click:  
<http://www.blaineworld.net/>

Want to learn more about how to deal with folks who disagree with you? Consider using the YOMBER Principle. To read more about it, click "Consulting" on the left and then "Article Samples."

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: [www.facebook.com/blainegreenfield](http://www.facebook.com/blainegreenfield)



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## 8. Technology tip

YouTube now has recently added an annoying feature that turns on Autoplay automatically after you finish a video. So before you know it, a next clip appears on your screen--taken randomly by YouTube from either your playlist or chosen at random by YouTube.

To disable this feature, when you next play a YouTube clip, look for the Autoplay switch in the upper right hand of your screen (where other videos are shown as "Up Next"). Toggle the switch to either allow this or prevent it from happening. Neat, huh?

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## 9. Joke 3

Now that I've seen the picture below, I'm not so sure about seeing the film ... however, some of y'all might change your mind after listening to Gilbert Gottfried's X-rated reading from the book:

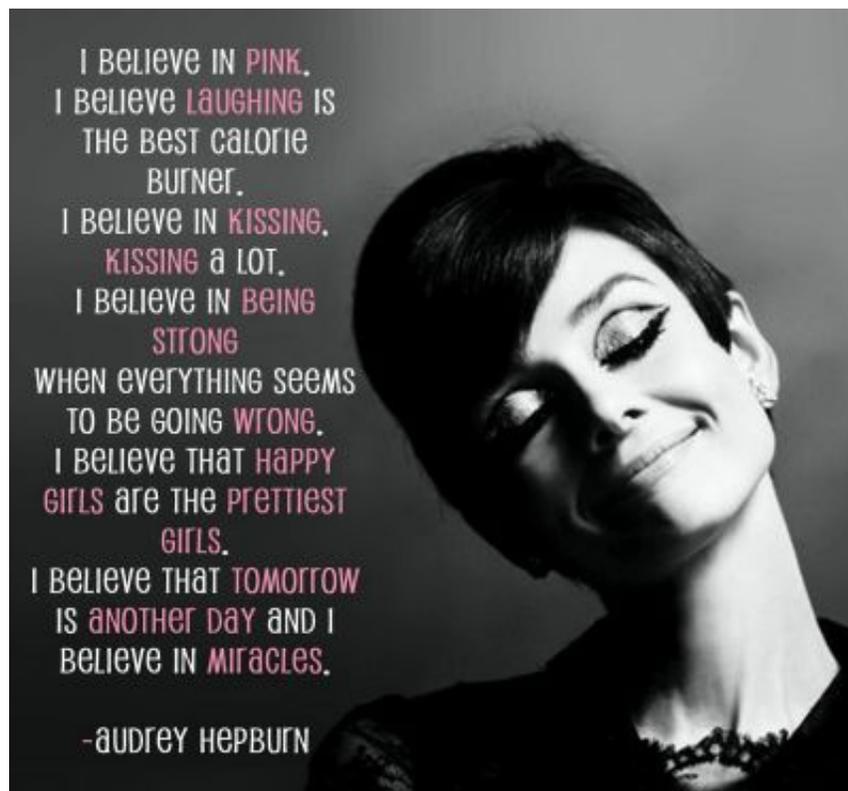
<http://tinyurl.com/l3rpx64>



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## 10. A quote I like

Audrey Hepburn (1929-1993) was a British actress who remains one of few people who have won Academy, Emmy, Grammy and Tony Awards. She appeared in fewer films as her life went on, devoting much of her later life to UNICEF. She was awarded the Presidential Medal of Freedom in recognition of her work as that organization's Goodwill Ambassador in December, 1992.



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### **11. Thought for the day**

WHAT KINDNESS IS ALL ABOUT: Gage Boucher, a Publix employee in Ormond Beach, FL, saw that an old man could not reach down to tie his shoe. So Boucher bent down to tie the one and then the other--all with a smile. For more information about this caring young man, please click:

<http://tinyurl.com/lutytxs>



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## **12. Advance planning department**

To read about each of the following events in full, please click:  
<http://wp.me/p1g9Ev-1PL>

A. NC events

(1) Richard Shulman performances. (2) ANY WEDNESDAY.

B. PA/NJ events

(1) Book Launch Party. (2) Rock & Roll Revue. (3) CATS.

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**PS.** Presidents' Day is a sad reminder my wallet is filled with pictures of only the first one ...



Hope you get to enjoy your celebration of the above holiday and, also, that you make it a wonderful week!

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