BLAINESWORLD

#969
4.20.2015

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1. Reflections

Note: I just updated my iPhone and had to wait to retrieve pictures; hence, the lateness of this week's issue. Sorry 'bout that!

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

A. Cynthia, my beautiful bride, and I, joined our friends (l-r) Marvin Sadovsky, Carole Biro and Annemarie Brown for good food and even better conversation at Green Sage.

B. During the week, I:

(1) Got to see a fantastic concert performance of the Lab Singers, a professional ensemble of local singers affiliated with The Performing Arts Laboratory of Asheville. Pictured with me in the middle: l-r: George Pappas, Ellen Pappas, Isaac Fulk (one of the evening's performers) and Mike Martinelli.

(2) Had a delicious lunch at the Corner Kitchen with Sarah Bergman (far right), a longtime friend from Bucks County, PA, who was visiting the area with several of her friends. They are, l-r: Stacy Siegers, Rachel Schnidd, Angela George, Stasia Kasmala and Elisa Carson.

(3) Heard Dr. Scott Hausman, former Deputy Director of the National Climatic data Center in Asheville, give an informative presentation to our Biltmore Lake community on "Guardians of the Climate."

(4) Had a great hamburger (one of the best I've had recently) at the Writer's Bistro at the Renaissance Hotel, as well as great service from Chelsea. I was attending an executive meeting of the Asheville Jewish Business Forum, along with Philip Hendel (front) and l-r next to me: Brad Morris and Joel Mazelis.

C. Congratulations to:

(1) Iva Morris on her new job at the West Palm Beach VA as a surgical oncology nurse.

(2) Alex Shnayder on his gold metal in the Generation Spring Classic in Horsham, PA.

(3) Susan Richard on being recognized for Outstanding Teaching (Part-time) at Bucks County Community College.

(4) The Goodnoe Family of Bucks County, PA, on the opening of the Goodnoe Farm Dairy Bar in Doylestown.

(5) Valerie Meiss on receiving the Eric Englehardt Scholarship for the National Puppetry Conference at the Eugene O'Neill Theater Center.

(6) Asheville on being featured in THE ATLANTIC magazine. To read the article, please click:
http://www.theatlantic.com/national/archive/2015/04/asheville-just-happened-to-turn-into-a-nice-downtown-didnt-it/391391/

(7) Mary McGharen and Matt Burke on appearing in a commercial for VW Jetta. To view it, please click:
https://www.youtube.com/watch?v=awOIT7D6vZE

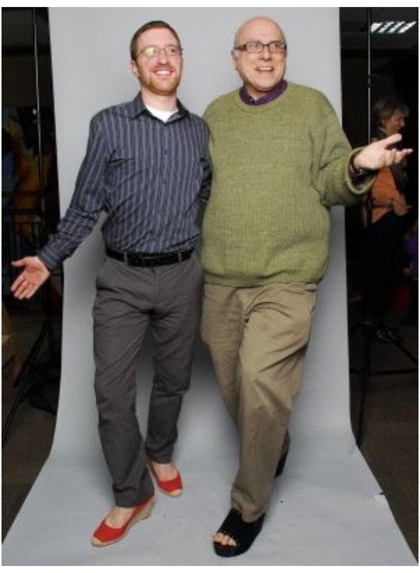
D. Update (and correction) from BLAINESWORLD #968:
Cynthia has recovered just fine from her recent hernia operation. She asked me to thank y'all for the many calls, emails, cards and visits that she received.

The following paragraph was omitted from the account of what happened to us both:
It wasn't a completely wasted visit [when Cynthia accompanied me the next night to the emergency room], though, in that before the doctor could even leave the room, Cynthia wanted to get a second opinion about how she was healing. So she lifted up her sweatshirt and asked him what he thought. He said everything was "normal," reiterating what Dr. Siegert had said over the phone.

Note: If you missed last week's issue and/or didn't get to read it, you can find just the saga of our recent visits to Mission Hospital by viewing Section 1 when you click:
http://wp.me/p1g9Ev-1T3

E. Reminders:

(1) Walk a Mile Asheville is rapidly approaching! You can still join me on May 2, along with Jensen Gelfond (left) and George Pappas (right), along with others on the BLAINESWORLD team, by clicking:
http://www.firstgiving.com/team/288560

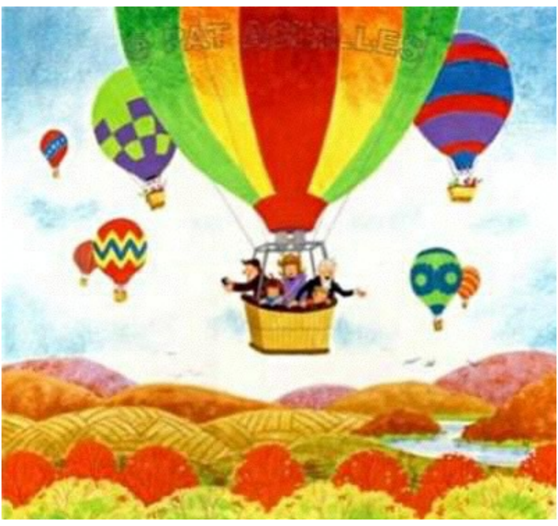


And even if you can't make it that day, please consider making a contribution to support our efforts via the above link to raise funds for Our Voice, the non-profit group that serves all individuals in Buncombe County affected by sexual assault and abuse through counseling, advocacy and education.

(2) There's still time to enter:

***** CONTEST #9 *****

One lucky reader will win a copy LET'S VISIT NEW HOPE by Gayle Goodman and Roy Ziegler and illustrated by Pat Achilles. See below for an illustration from the book.



Note: The above has been personally autographed by Pat!

This beautiful book gives a great overview to this historic Bucks County, PA, town and is perfect for both children and grandchildren, as well as their parents and grandparents who may want to read it to them. Even folks who don't live in Bucks County will love it.

I reviewed the above in BLAINESWORLD #967 and enjoyed it.

To enter: Put "CONTEST #9" in the subject line of an email and send it to: 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 the EXTENDED DEADLINE of 9 p.m. on Tuesday, April 28, 2015.

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

This week, it goes to Marilynne Herbert and all the other members of my Biltmore Lake community--and environs--who help make where I live such a special place.

Marilynne recently helped organize an event to help support Melanie Fiore (who has been diagnosed with acute leukemia), as well as to raise awareness about the Be The Match organization.

To quote a recent email from Marilynne:
It was a team effort from beginning to end. The team included friends and neighbors of the Fore family and others from Biltmore Lake who wanted to show their support for Melanie, Jason and Isabella. They helped make calls and pick up donations for the silent auction, set up the clubhouse for the auction and dinner and ran the auction from start to finish without a hitch.

Committee members included Sue Adams, Susan Horsewood, MaryLou and Nelson Sartoris, Valerie and Stuart Altman, Cheri Fisher, Madelyn DeVanon, Ami Bullock, Melanie Rider, Darlene McNabb, Stephanie Emerson, Natalie Berry, Lisa Lindsay, Karen Foley, Kim Maynard, Leah Mayberry, Anne Coombs, Toni Pisani, Christy Rice, Pat Thompson, Terry Scholl, Jennifer Reed and Jamie Turner. Other volunteers included Becky and Dan Steves, Ellie and John Stock, Jim and Kim Preish, Mark and Lisa Knollman, Don Horsewood, Nancy Jones and Terry Littleton. Special thanks to Lisa Ronan and Ingles for their generosity in providing the catering for the spaghetti dinner. Funds raised from the dinner went directly to Be The Match, funds raised from the silent auction will go directly to the Fore family to help cover Melanie's medical expenses.

I don't think anyone who attended the Be The Match benefit on Friday will ever forget the enormous outpouring of love and affection demonstrated by the throngs of people who turned out to show their support for Melanie, Jason and Isabella. Some have said there were more than 400 in attendance. I know Lisa served more than 300 meals! Many came to participate in the auction and not have dinner, some came just to be a Be The Match donor, others came to make a donation and be present to show their support for the Fore family. Others came to hear the bands from the Rock Academy. It's hard to know for sure how many actually attended--it was just a steady stream of wonderful folks who wanted to be a part of something very special.

What we do know for sure is that it exceeded our expectations! The number and quality of the donated items allowed us to raise in excess of $14,000 from the silent auction, the spaghetti dinner made it possible for us to contribute $2,800 to Be The Match. Donations made directly to Melanie's Be The Match page currently show $650--for a total to date of $3,500 raised in Melanie's name for Be The Match. And ... 41 volunteer signed up as part of the Be The Match donor program!

Did you know that Melanie received a call that afternoon letting her know that a donor match had been found, actually 75 potential matches had been found for her, and that she can look forward to going to Chapel Hill in June to begin the process of the donor transplant. I still get teary thinking about it. She has a difficult road ahead but with the support she has, and all the prayers being said for her, she should do well.

Donations may be made directly to Melanie to help cover her medical expenses by clicking:
http://www.gofundme.com/pn33fs

Volunteers can also join the Be The Match Registry, the world's largest and most diverse listing of potential marrow donors and donated cord blood units, as well as contribute financially to the Be The Match Foundation or give their time. Donations of any amount can be made directly to Melanie's team page:
www.bethematchfoundation.org/goto/MelaniesMission

For more information, please click:
http://www.citizen-times.com/story/news/local/2015/04/15/community-rallies-behind-wnc-woman-leukemia/25837265/

Pictured at the event: (top row, l-r) Natalie Berry, Jason Fiore and Melanie Fiore; and (bottom row, l-r): Jim Preish, Marilynne Herbert and Lisa Lindsay; and Jo Roberts, Cynthia Greenfield and Blaine Greenfield.

Melanie's Mission

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2. FYI

Simple Rules for Healthy Eating
by Aaron E. Carroll

Over the past few months, I've written a number of times on how nutrition recommendations are seldom supported by science. I've argued that what many people are telling you may be inaccurate. In response, many of you have asked me what nutrition recommendations should say.

It's much easier, unfortunately, to tell you what not to do. But here at The Upshot, we don't avoid the hard questions. So I'm going to put myself on the line. Below are the general rules I live by. They're the ones I share with patients, with friends and with family. They're the ones I support as a pediatrician and a health services researcher. But I acknowledge up front that they may apply only to healthy people without metabolic disorders (me, for instance, as far as I know).

For the rest of this informative article, please click:
http://www.nytimes.com/2015/04/21/upshot/simple-rules-for-healthy-eating.html?abt=0002&abg=0&_r=0

Note: To quote Paul Harvey, "for the rest of the story" ... or at least a different twist on it, please click:
How to make bacon-fried oreos
http://www.huffingtonpost.com/2015/04/17/bacon-fried-oreos-yolo-etc_n_7088920.html?=&ncid=fcbklnkushpmg00000063

A. Clips

(1) George P. in NC: Go Yankees!
https://www.youtube.com/watch?t=10&v=9rHQcJ3NalI

(2) Scott P. in PA: Beer City Music Video - Feral Chihuahuas Loose in Asheville
https://www.youtube.com/watch?v=LSZUztuaLHo

(3) Bill K. in CA: Willie Nelson & Merle Haggard "It's All Going To Pot"
http://teamcoco.com/goingtopot

(4) Jan W-S in NJ: 3 Friends Pulled Over Their Car To Do Something Completely Epic
https://www.youtube.com/watch?t=16&v=PMpQUsQcJFg

(5) Judy M. in NC: Texting while driving? Not.
http://www.jerusalemonline.com/high-tech/new-israeli-device-protects-drivers-12973

(6) Steven S. in FL: Amy Schumer talks Tina Fey, Julia Louis-Dreyfus, and Patricia Arquette in magical 'Last F---able Day' sketch
Warning: If easily offended, don't view this clip.
http://www.ew.com/article/2015/04/20/amy-schumer-tina-fey-julia-louis-dreyfus-patricia-arquette

(7) Delta baggage handlers
http://www.youtube.com/embed/c_VGxfmDmEo

B. Other

To read each of the following contributions in full, please click:
http://wp.me/p1g9Ev-1T3

(1) Elaine B. in PA: Password protecting your phone seems like a really good thing. (2) Ann-Lee Waite in NC: Are bunions hereditary? (3) Hey, Kids, Look at Me When We're Talking. (4) Lana C. in OH: I think using older family members middle names. (5) Actors' Equity Pushes for Minimum Wage, but Not All Members Want It. (6) Nelson S. in NC: If you haven't seen "Woman in Gold," do so. (7) The giant rats that save lives. (8) Sharon B. in NC: A dear friend of mine, Dr. Don St. John, PhD, has just completed his new book, Healing the Wounds of Childhood. (9) 'Ransomware' a Growing Threat to Small Businesses. (10) We need a role reversal in the conversation on dying. (11) Finding the right credit card no matter how much you travel. (12) The muddle meaning of mindfulness. (13) Stacy H. in PA (with a BUSINESS OPPORTUNITY). (14) Linda G. in NJ: How old do you really act? (15) Howard D. in FL: FYI...On Being, the award-winning publisher and media entity, has a new online feature "The Poetry of Bearing Witness." (16) Natalie K. in PA: Loved Age of Adaline.

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3. Joke 1

A highway patrolman started creeping up on a speeder when it was evident that the individual being pursued realized there was a trooper behind him. So he stepped on the gas to outrun the cruiser. The trooper turned on his beacons and siren and after a brief chase, the individual realized that he could not outrun the cruiser and decided to pull over to the side to give up. The trooper walked up to the driver's side window and said, "Sir, why were you trying to outrun me? You knew it would end this way." . . . The speeder answered, "Officer, please understand that I meant you no disrespect, but my wife ran off with a highway patrolman last month, and I thought you were bringing her back." . . . "Have a good day, Sir," replied the trooper.

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4. Reviews

A. Saw DANNY COLLINS, a sweet tale about an aging 1970s rocker who can't give up his hard-living ways. But when his manager uncovers a 40 year-old undelivered letter written to the rocker by John Lennon, Collins decides to change course in an attempt to change his life around. Al Pacino has never been better in the leading role, and I also liked the work of Bobby Cannavale, Annette Bening and Christopher Plummer. Rated R, though certainly appropriate for any mature teenager.

B. THE WEDDING RINGER is now out in DVD format . . . my review from BLAINESWORLD #956 follows:
Saw THE WEDDING RINGER, a very funny comedy about a guy who is going to marry the girl of his dreams but who doesn't have a best man--or any groomsmen, either. So he turns to a company that provides such individuals for a fee. Josh Gad and Kevin Hart are both outstanding in the leading roles. Forget what some critics may have said about this film. If you go to it, you'll laugh . . . a lot. Rated R, though I think it would be appropriate (and fun, too) for any mature teenager.

C. Read SUSPICION (Dutton) by Joseph Finder.

The author, a favorite of mine because of such other thrillers as PARANOIA, POWER PLAY and VANISHED, has another winner here.

This one involves a single father who finds himself in need of money. So he takes a loan from the father of his daughter's new best friend and then immediately finds himself in trouble with the Drug Enforcement Agency.

I was drawn into this book from the very first paragraphs:
Sometimes the smallest decisions can change your life forever.

Abe Lincoln's bodyguard decides to stay for another drink at the bar at Ford's Theatre during intermission.

The archduke's driver makes a wrong turn in Sarajevo because he refuses to ask for directions. (Men, right?)

You finally listen to your know-it-all brother-in-law and invest everything you have with a guy named Bernie Madoff. Steady returns, dude. A no-brainer.

The tyranny of small decisions, someone once called it. The gate of history turns on small hinges.

Danny Goddman's nightmare began with a quick handshake and a friendly smile.

The various twists and turns kept my interest throughout. There's a great ending, too.

Lastly, Finder's attention to detail especially impressed me. As I was reading the book, I kept wondering how he knew so much about so many topics. And then I read the Acknowledgments, which detailed all his research into such topics as the details of the Drug Enforcement Agency, computer forensics, explosives and Aspen.

D. Heard WHERE YOU GO IS NOT WHO YOU'LL BE: AN ANTIDOTE TO THE COLLEGE ADMISSIONS MANIA (Hachette Audio), written and read by Frank Bruni.

The author, a columnist I enjoy reading in THE NEW YORK TIMES, shows that there is life for those who don't make it into Ivy League schools. In fact, students are often better off for not having been admitted--and become even more successful as a result.

The real key, as Bruni repeatedly points out, is what the student does in and out of the classroom.

If you have a child not yet in college, please read this book. It will get you thinking about is really needed to prepare for college admissions and whether it is essential to spend thousands of dollars on such things as prep courses, pre-college internships and specialized counselors. Also, it will get you to rethink the entire system of college ratings.

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5. TV alert

A. TALES OF THE GRIM SLEEPER: Monday, April 27, at 9 p.m. on HBO
This documentary recalls the case of a serial killer who stalked poor black women in South-Central Los Angeles from 1985 to 2007.

B. THE AMERICAN EXPERIENCE: Tuesday, April 28, at 9 p.m. on PBS. Note: PBS times and dates often vary, so check local listings.
"Last Days in Vietnam," the Oscar-nominated documentary, comes to television for the first time.

C. THE CASUAL VACANCY: Wednesday, April 29, at 8 p.m. (Part 1) and 9 p.m. (Part 2) and Thursday, April 30 (Part 3), at 8 p.m. on HBO. Repeated on Wednesday, May 6, at 8 p.m. (all three parts) on HBO2.

This three-part miniseries features HARRY POTTER author J.K. Rowling's first adult novel.

D. WHITE COLLAR CONVICTS: LIFE ON THE INSIDE:
Wednesday, April 29, at 10 p.m. on CNBC. Repeated on May 4, at 11 p.m. on CNBC.
Cameras are allowed behind the walls to capture the experience of crooked CEOs, inside traders and embezzlers.

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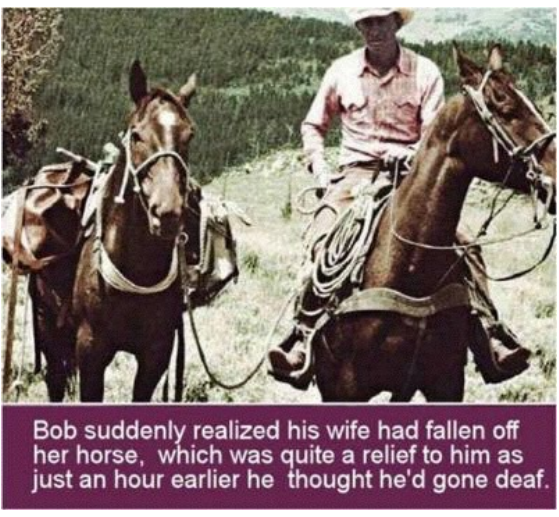
6. Joke 2

UPDATE: Bob was also relieved to find out that when he woke up in the hospital's emergency room a few hours later , doctors told him that the injuries he had sustained from being knocked off his horse were not life-threatening.



Bob suddenly realized his wife had fallen off her horse, which was quite a relief to him as just an hour earlier he thought he'd gone deaf.

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7. Websites

A. Regardless of your politics, methinks you'll find President Obama was very funny at the 2015 White House Correspondents' Dinner. To read his top 10 jokes, please click:
http://www.cnn.com/2015/04/26/politics/white-house-correspondents-dinner-obama-top-10/

To view the whole thing, please click:
https://www.youtube.com/watch?v=NMol4KdcyJ0

B. Want to see a pretty amazing online magic trick? See if you can stump:
Regifting Robin
http://www.regiftable.com/regiftingrobinpopup.html

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

If you ever miss an issue of BLAINESWORLD, the blog, click "Newsletter" to the left and then "Past Issues."

To find something you recall seeing but can't find easily, look for the "Search Newsletters" option. I did that recently when I wanted to find this quote from Andy Borowitz on how to "gain an hour" while using Facebook:
"Reminder: on Sunday we will gain an hour which we will immediately waste on Facebook."--Andy Borowitz (born 1958), American humorist

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

Like us on Facebook

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8. Technology tip

WARNING: Beware getting a call from 860.474.8560 (Geek Support). I could tell it was garbage, but I also checked it out further. Read the post below to find out more details about this number.

Just called from Conn. Geek support. I know these Conn numbers are about viruses. I decided to have a laugh and play with him. I teach computers and smart devices etc. Told him I was 80 and didn't know computers.

I was told I had a virus. I could not find CTRL and Windows key, so he told me to type in an address in Google I told him I did it said I was not connected to the Internet. I asked how come he found a virus if I am not connected. Couldn't explain that one.

He told me to call him back at this number 855-481-5399 and he said he was from Geek support. I said Greek Support he said no Geek support and even spelled it out for me. I again said Greek support and asked him if he was in Athens. By then I was laughing so hard I couldn't play with him anymore.

For other responses to the question, please click:
http://800notes.com/Phone.aspx/1-860-474-8560

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9. Joke 3

A man and woman are seated next to each other on a plane. After takeoff, the woman violently sneezes and excuses herself to go to the bathroom, so the man stands up to let her out. She returns, and 15 minutes later, she sneezes again big time and again excuses herself to go to the bathroom. She returns and immediately sneezes, excusing herself once more to go to the bathroom. . . . The man, a little tired of jumping up so often, says, "You keep sneezing, what's the problem?" . . . The woman replies, "I have a rare condition. Every time I sneeze I have an orgasm." . . . He says, "Oh, what are you taking for it?" She answers, "Pepper."

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10. A quote I like

"As I hurtled through space, one thought kept crossing my mind--every part of this rocket was supplied by the lowest bidder."--John Glenn, the only surviving member of the Mercury Seven: the elite U.S. military test pilots selected by NASA to operate the experimental Mercury spacecraft and who became the first American astronauts

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11. Thought for the day

Mary McGahren, a Facebook friend and very talented actress, posted the following on April 20, 2015. It is reprinted with her permission:

Whenever someone passes away, I hear so many wonderful things about them, and I think and say what I loved about them. But I wonder, how much of this did I let them know while they were still here? It's easy to criticize and remember what I'm angry about in ANY situation. At 26, once I realized I had never sincerely thanked my father for the sacrifices he made for our family (he had died 5 years prior), I made it a vow to let people know I was grateful, tell them directly and often about the good I saw in them, the things I appreciate about them, and the love I have for them, and not just think it or say nice things about them behind their backs. Isn't it funny how those things seem to increase when that's my focus.

Note: Mary also runs a business as a graphic design contractor, works with Spoken Word Inc (an audiobook production and distribution company) and serves a
s an independent BeachBody coach--helping others with fitness and nutrition. Her design work can be seen by clicking: www.krop.com/marymcg

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12. Advance planning department

To read about each of the following events in full, please click: http://wp.me/p1g9Ev-1T3

A. NC events

(1) Ellen Pappas in NC: Upcoming performances. (2) How Entrepreneurs can Use Library Resources for Business Plan Development. (3) Deli Man. (4) DREAMGIRLS. (5) STREETCAR NAMED DESIRE.

B. PA/NJ event

BCCC 21st Annual Golf Tournament.

PS. Make it a wonderful week!