BLAINESWORLD

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1. Reflections

Note: See Section 11 for a Thought for the Day that you'll enjoy.

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 celebrated her first day out after knee surgery with a trip to Ingles where she zipped around the new Candler store in a motorized cart. I'm glad to report that her surgeon said her knees like fine (I AGREE, BUT TO ME, THEY ALWAYS LOOK THAT WAY!), and that she finally is getting better. Our only disappointment is in the fact that her recovery is taking her much longer than she had been told would be the case.

B. We were all smiles in this other picture, taken a few weeks ago.

C. Unfortunately, we didn't get to see the amazing Rhoda Weaver (second from left) together because it was still hard for Cynthia to get around. So instead, I went to see her myself at Isis Restaurant and Music Hall where I was joined by my friends David Joe Miller and Robin Sanchez. Not pictured: Michelle Baker.

We first had a fantastic dinner that featured great service from Sharri. Rhoda's concert then knocked our socks off. For more pictures from the evening, along with some great clips of Rhoda singing, please click:
Here

D. Reminder: The Asheville Jewish Business Forum's next event takes place on Monday, Jan. 4, at Strada Italiano Restaurant, 27 Broadway, Asheville at 5:30 p.m.

You'll get the chance to network with members, and you do NOT have to be Jewish to attend.

Please register if you haven't done so already by sending an email to: ashevillejbf@aol.com and putting the number of people you will be bringing in the body of the email, along with your name.

Note: If you have any questions, please send me an email to: bginbc@aol.com and put QUESTIONS in the subject line. Or give me a call at 828.633.1049.

E. Congratulations to:

(1) Asheville for being cited by the DAILY NEWS as "unlike any other Southern city." To read the account, please click:
Here

(2) Charlotte W. in NC, winner of Contest #26: an autographed copy of THE BROKEN CHRISTMAS TREE by D. W. Rigsby. All told, there were 7 entries. And that reminds me that it's now time to introduce:

***** 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.

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

This week, it goes to Jared Mattson (pictured below), owner/operator at Carolina Mountain Pharmacy in Candler, NC.

To quote from one of my recent Facebook posts:
It was a pleasure to have become a customer at Carolina Mountain Pharmacy, your fine establishment. And I was especially impressed with the fact that you offer free delivery. I haven't seen that service provided by any pharmacy for many years. ... Imagine my surprise when you then made the actual delivery this evening!

Note: I also found Jared very knowledgeable, as well as friendly. For more information about his pharmacy, please call 828.633.6700 or visit him at Carolina Mountain Pharmacy, 7 Old Pisgah Hwy, Ste. 100, Candler, NC.

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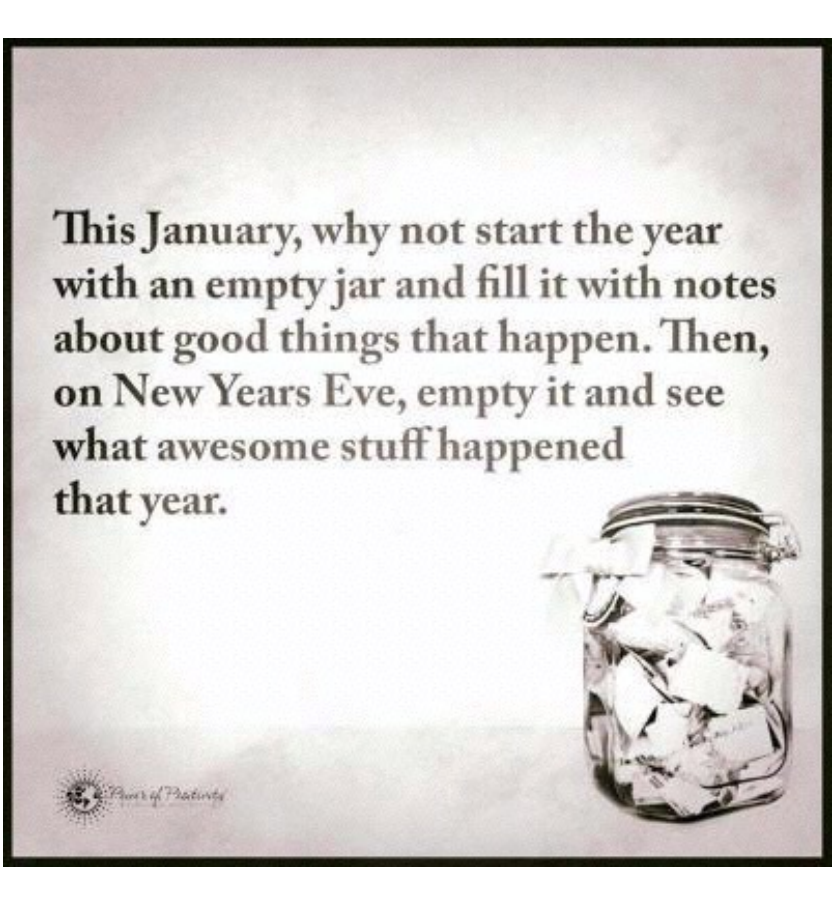
2. FYI

Come join me in implementing this great idea. All you need is a mason jar that's available in most any supermarket. (A 1/2 gallon size should be sufficient.)


This January, why not start the year with an empty jar and fill it with notes about good things that happen. Then, on New Years Eve, empty it and see what awesome stuff happened that year.
Power of Positivity

FYI, part 2

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

(1) Simple Rules for Healthy Eating. (2) Posture affects standing and not just the physical kind. (3) Helping fliers avoid change fees for a modest fee. (4) To fall in love with anyone, do this. (5) Len E. in NC: Saw Chasing Rainbows. (6) 15 ways to be a better person in 2016. (7) Single, and Surrounded by a Wall of men. (8) Arlene D. in PA: The sales staff that lunge at you when you enter a store. (9) Natalie K. in PA: We saw The Big Short today. (10) I had a different opinion [about the Big Short]. (11) Older students learn for the sake of learning. (12) Think seriously about spending for play.

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3. Joke 1

Hung Chow calls into work and says, "Hey, I no come work today, I really sick. Got headache, stomach ache and legs hurt, I no come work." ... The boss says, "You know something, Hung Chow, I really need you today. When I feel like this, I go to my wife and tell her I want sex. That makes everything better and I go to work. You try that." ... Two hours later Hung Chow calls again. "I do what you say, and I feel great. I be at work soon. And you got nice house."

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4. Reviews

A. Saw SPOTLIGHT, the true story of the Pulitzer Prize-winning BOSTON GLOBE investigation into abuses in the Catholic church and the cover-up that followed. It got great reviews, but overall, I found it a bit flat. However, the film did get me thinking about what transpired, and I did talk about it with several folks afterward ... so I guess it did have an impact on me. Rated. R.

B. Here's a film that can be found on Netflix: JENNY'S WEDDING. It is the story about a gay woman who has hid that fact from her family. When she decides to start a family and marry the person everybody thought was just a roommate, all hell breaks loose. Katherine Heigl, Tom Wilkinson and Linda Emond are all excellent in the leading roles.it didn't get good reviews, but I liked it a lot. Rated PG-13.

C. Read SA;ES 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 sales manager's job. He shows how that individual can best recruit, manage and motivate a high-performing team of sales professionals.

Tracy crams a great deal of information into all 123 pages, including this tidbit describing The Law of Three:
You first interview at least three people for the job before you make an decision at all. ... The second part of the Law of Three is to interview the candidate that you like at least three times. ...The third part of the Law of Three is to interview the candidate in three different places. ... The fourth part of the Law of Three is to have the candidate that you like interviewed by at least three other people in your company. ... The final part of the Law of Three is for you to interview at least three
references or people that the candidate has worked with in the past.

I also liked the "Action Exercises" at the end of each chapter. For example, I would imagine this one would be particularly helpful for anybody in the hiring chair:
1. Think of yourself as the general of any army in combat , determined to win against a determined enemy (your competition). What is your plan of battle? 2. What specific resources and training does your team need to win against your competitors? How can you provide these resources to them?

SALES MANAGEMENT will prove helpful to any current sales manager and/or anybody interested in entering that field.

D. Heard HOW SUCCESSFUL PEOPLE WIN: TURN EVERY SETBACK INTO A STEP FORWARD (Hachette Audio), written by John C. Maxwell and read by Christina Steiner.

The author has sold more than 25 million books in 50 languages. I've read many of them, and he never ceases to amaze me with how he keeps getting me to think about things differently than I have done so in the past.

Take experience, for instance. As Maxwell points out, experience isn't your best teacher. Evaluating, understanding and growing from your experience is.

I also liked what he had to say about maximizing your ability to change, improve and grow. For this to happen, you need to do the following five things:
1. Change yourself.
2. Change your attitude.
3. Change your non-growing friends.
4. Determine to live differently than average people.
5. Unlearn what you know to learn what you don't know.

HOW SUCCESSFUL PEOPLE WIN has me looking forward to Maxwell's next book.

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5. TV alert

A. THE BIGGEST LOSER. Monday, Jan. 4, at 9 p.m. on NBC.
Two reality TV stars are among the 16 contestants: SURVIVOR's Richard Hatch and THE VOICE'S Erin Willett.

C. AMERICAN IDOL. Wednesday, Jan. 6, at 8 p.m. on FOX.
The 15th and final season begins with the audition rounds.

C. ANGEL FROM HELL: Premieres on Thursday, Jan. 7, at 9:30 p.m. on CBS.
Jane Lynch tries to be the wing woman for a young doctor in this new sitcom.

D. SHADES OF BLUE: Premieres on Thursday, Jan. 7, at 10 p.m. on NBC
Jennifer Lopez stars as hard-nosed Brooklyn police detective.

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6. Joke 2

Upon hearing that her grandfather had just died, Katie went straight to her 95-year-old grandmother's house to comfort her. When she asked how her grandfather had died, she was told, "He had a heart attack while we were making love on Sunday morning." Horrified, Katie told her grandmother that having sex at that age was asking for trouble ... "Oh no, my dear," replied granny. "Many years ago, we figured out the best time to do it was when the church bells would start to ring. It was just the right rhythm. Nice and slow and even. Nothing too strenuous, simply in on the Ding and out on the Dong." ... She paused to wipe away a tear and continued, "He'd still be alive if the ice cream truck hadn't come along."

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7. Clips/Websites

A. Check out these clips at your convenience:

(1) David H. in NC: Yoshi kills American Ninja Warrior course
Here

(2) Bonnie S. in NC: Pot in the Latkes
Here

(3) Annemarie B. in NC: 6 amazing cooking tip
Here

(4) Barrie B. in NC: Jerry Seinfeld and President Obama on Comedians on Cars Getting Coffee
Here

(5) Janeen R. in PA: Great Video on how we all survived so many years ago without the restrictions we have today.
Here

B. Narratively is a platform devoted to untold human stories. To quote from the home page: "We avoid the breaking news and the next big headline, and focus instead on slow storytelling, exploring one theme each week and publishing just one story a day." Check it out by clicking:
http://narrative.ly/

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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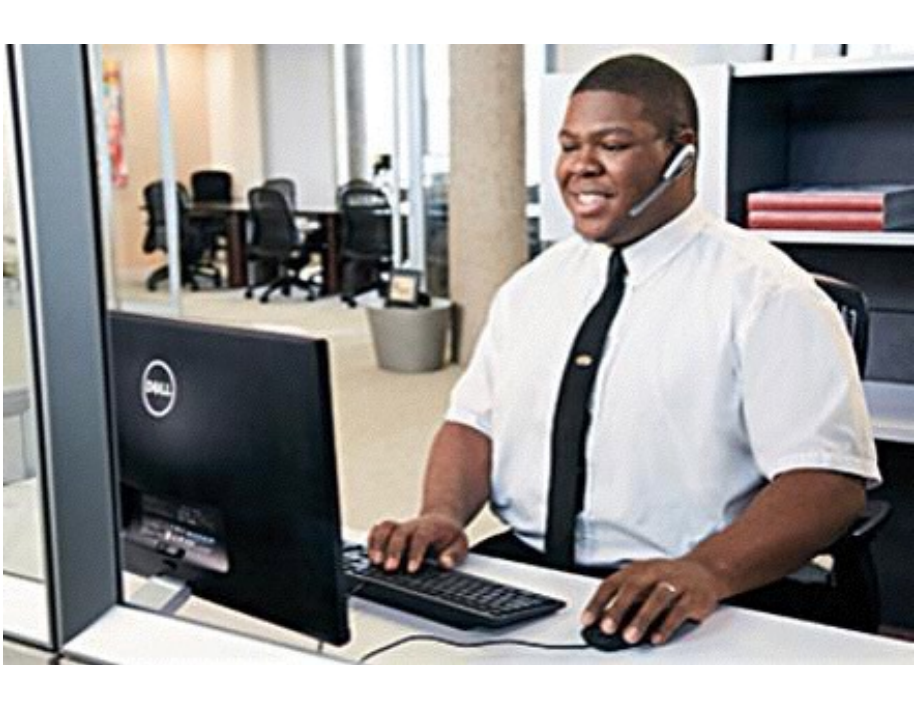
8. Technology tip

It's not always a wise idea to follow the instructions from tech support ...

Tech support: "Okay Bob, let's press the control and escape keys at the same time. That brings up a task list in the middle of the screen. Now type the letter 'P' to bring up the Program Manager." ... Customer: "I don't have a P." ... Tech support: "On your keyboard, Bob." ... Customer: "What do you mean?" ... Tech support: "P on your keyboard, Bob." ... Customer: "I'M NOT GOING TO DO THAT! "



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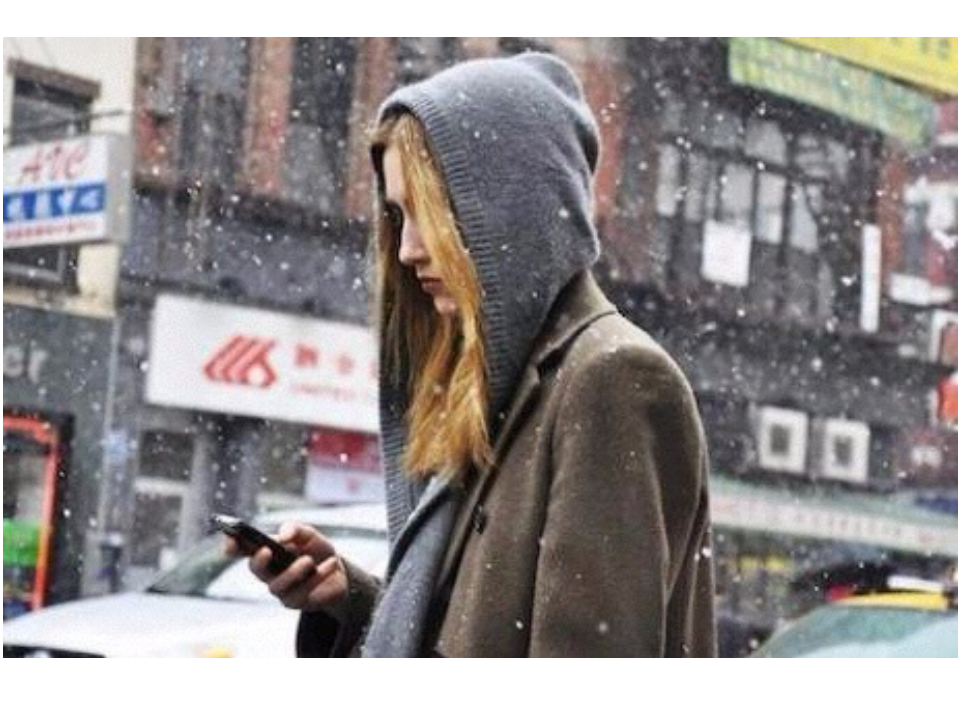
9. Joke 3

As we waited for a bus in the frosty weather, the woman next to me mentioned that she makes a lot of mistakes when texting in the cold. I nodded knowingly and told her, "It's the early signs of typothermia."



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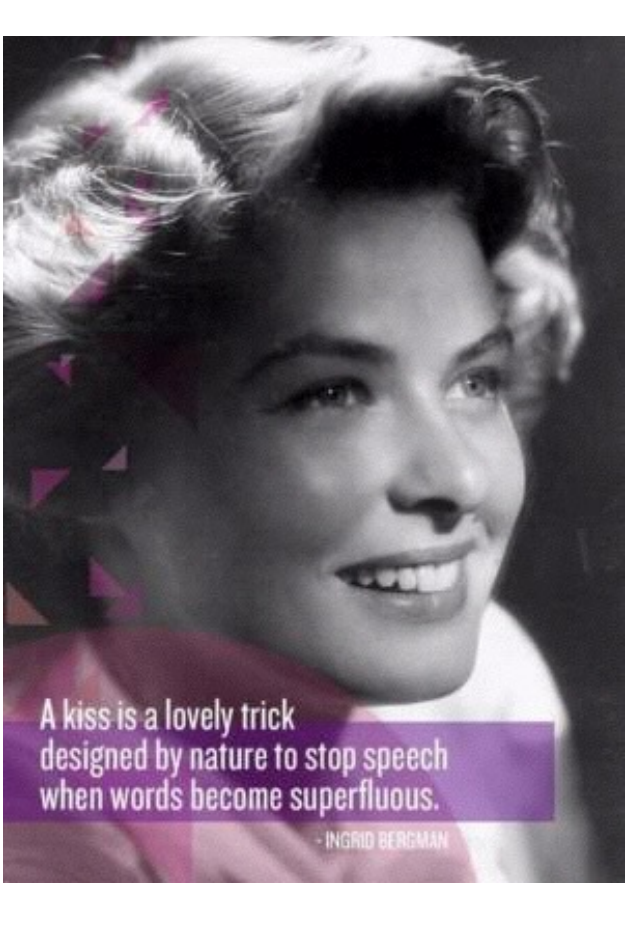
10. A quote I like

Ingrid Bergman (1915-1992), Swedish actress who starred in a variety of European and American films; in addition, she won three Academy Awards, two Emmy Awards, four Golden Globe Awards, a BAFTA Award and the Tony Award for Best Actress


A kiss is a lovely trick designed by nature to stop speech when words become superfluous.
- INGRID BERGMAN

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11. Thought for the day

Tristan Cameron (pictured below), a full-time student trying to find himself in the beauty and art that is Asheville, graciously gave me permission to run the following post from his Facebook wall:

I realized something important last night as I was laying in bed with my partner last night. I asked him, "Do you find me attractive?" "Do you think I should gain weight?"I asked these questions like I have before due to my self-consciousness. ... But he didn't abate me, he didn't patronize me, or encourage my behavior. He simply said, "I find you most attractive when you are happy with yourself." ... Wow. Confidence is sexy. Confidence is happiness. And happiness is the key to acceptance. ... Thanks, babes.

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12. Advance planning department

To read about each of the following NC events in full, please click:
Here

(1) FORTE: One Night Only. (2) David Francis in Concert.
(3) ADULT ACTING CLASSES AT NC STAGE WITH MICHAEL MACCAULEY.

PS. Dear friends ... I need to be more active and spend less time on the computer,
so today--December 31st--will be my last day on Facebook for the year. I will return
at the start of the New Year on January 1st. ... I'll miss y'all dearly.

Happy, healthy 2016 to you. My hope it is your best year ever!

And make it a wonderful week, too.

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