

BLAINES WORLD

#1111

1.8.2018

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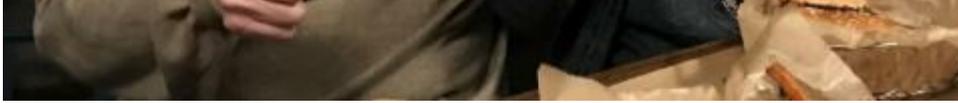
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1. Reflections

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

A. Cynthia, my beautiful bride, and I had great hamburgers and sweet potato fries at Farm Burger South. We also enjoyed the friendly service.





B. WPVM/FM invites you to listen to the BLAINESWORLD show from Wed., January 10, 2018. Guest (first half): William Murdock, co-founder and CEO of the Eblen Charities and the Eblen Center for Social Enterprise; for more information: <http://www.eblencharities.org> ... Guest (second half): Carol D. Motley, co owner of Mourning Dove Studio; for more information: <http://www.mourningdovestudio.com>Pictured, l-r: William Murdock, Blaine Greenfield and Carol D. Motley.

To listen to the show, please click:
[Here](#)



C. Congratulations to:

(1) Walter Beals on having been chosen by PEOPLE magazine to run this story about his tremendous weight loss (via stair climbing).

HE CLIMBED THE STAIRS EVERY DAY AT WORK

Walter Beals
CURRENT WEIGHT: 300 LBS.
AGE: 46 HEIGHT: 6'4"
LIVES IN: Asheville, NC

In March 2016 the 445-lb. legal assistant and part-time juggler started climbing the stairs in his office building every day during his lunch hour. "At first I only did 32 floors with a lot of stops along the way to catch my breath," he says. "Now I do 104." He also set a lefty goal. "I calculated that

LOST 145 LBS.

I would have to climb around 20,000 floors to equal the distance from the ground to outer space." Just under a year later he reached it—145 lbs. lighter.



(2) Hillary Zlatin on the birth of Benjaimn Mel Zlatin, her grandson.

(3) Carol Motley on passing the NC Real Estate Exam.

(4) Chuck and Cindy Fink on the birth of Louise Anne Pfeiffer, their granddaughter

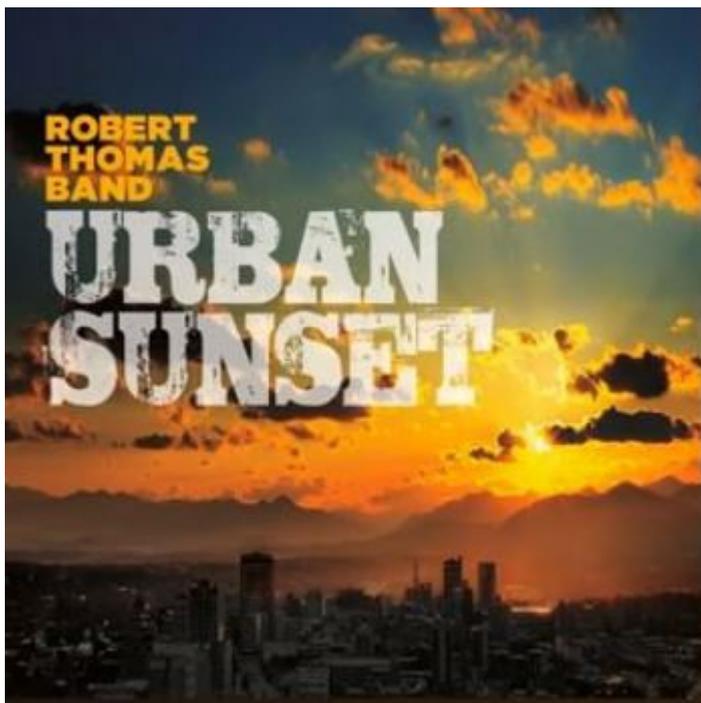
D. Reminder: There's still time to enter:

***** CONTEST #2 *****

One lucky reader will win a copy of URBAN SUNSET, a CD from the Robert Thomas Band. It features original jazz compositions, infused with progressive rock and New Age--inspired by the music of Kansas, Steely Dan and Chuck Corea. ... To hear clips from the CD, please click:

[Here](#)

To enter the contest, send an email to: bginbc@aol.com and put CONTEST #2 in the subject line, then include your snail mail address in the body of the email. All entries must be received by 9 p.m. on Monday, Jan. 15, 2018.



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

This week, it goes to Bonefish Grill in Asheville where we recently celebrated the birthday of our friend Connor Ray (center). ... Things started off well with a friendly greeting from Hunter Knight, the host. I then made a special request; i.e., to have my tilapia coated with coconut, along the lines of how coconut shrimp gets coated. The manager, Jason Pinkerton, personally came out to see me to make sure he understood that he could get me exactly what I wanted. Then, after the dish was delivered, the culinary manager, Brian Browder, came over to make sure it came out well. Our server, Leah Hartigan, was also excellent. ... Cynthia and Connor also enjoyed their respective meals, a seasonal vegetable pasta and Chilean sea bass. ... Perhaps best of all was the dessert that we all shared with the birthday boy: a macadamia nut brownie served with ice cream. ... I'm getting hungry just writing about

this. ... We have eaten here before and never been disappointed. This particular night was no exception.



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2. FYI

In the Flu Battle, Hydration and Elevation May Be Your Best Weapons
by Kate Murphy

According to the misery map of influenza activity in the United States, there's a good chance that you or someone you know has experienced, or will experience, the agony of this year's strain, H3N2.

The map, from the Centers for Disease Control and Prevention, shows that it is a particularly wicked and widespread virus. And the current flu vaccine seems to be mismatched to the virus - in Australia, where flu season comes earlier, it was estimated to be only 10 percent effective.

For the rest of this informative article, please click:

[Here](#)





FYI, part 2

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

[Here](#)

(1) Ilene Logelin: I loved Joke 2. (2) Chris Field-Funk: I enjoyed your newsletter, but not the joke about the Pope and President Trump. (3) Michaeleen Lee: Just read this in the current issue of Runners World. (4) Patty Alexander: I'm glad that you and Cynthia made it home safely from your dinner. (5) Cappy Tosetti: A crazy world out there.

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3. Joke 1

A couple was at home one night. The husband notices his wife standing in front of the refrigerator with the freezer section open. She is just standing there, staring into the freezer. Her husband watches for a bit. She continues standing, not moving, not blinking, just staring into the freezer compartment. ... Finally after 10 minutes of witnessing her staring and staring straight into the freezer, he can take no more. He inquires, "Honey, What in the hell are you doing?" ... She answers, "Making orange juice." ... "Making orange juice?" he asks, quite baffled at her behavior.... "Yes", she replies, "It says 'CONCENTRATE' on the can!"



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4. Reviews

A. Saw MOLLY'S GAME, based on the true story of Molly Bloom--an Olympic-class skier who ran the world's most exclusive high-stakes poker game for a decade before being arrested in the middle of the night. The cast (including Jessica Chastain, Idris Elba, Kevin Costner and Chris O'Dowd) is fine, but I didn't enjoy the film. It was very talky, and I didn't care for any of the characters. Rated R.

B. Revisited a book I had read several years earlier, THE PLATINUM RULE:

DISCOVER THE FOUR BASIC BUSINESS PERSONALITIES--AND HOW THEY CAN LEAD YOU TO SUCCESS (Warner Books) by Tony Alessandra and Michael J. O'Connor, because of an upcoming presentation I'm going to be giving on the subject. ... It has long been one of my favorites, largely because it first introduced me to a philosophy that has changed my life; i.e., to utilize something other than The Golden Rule.

The following two paragraphs help explain the difference between the two rules: In businesses, especially, people too often create tension and discomfort by assuming we're all pretty much alike. In fact, most of us, if asked about a philosophy of personal relations, probably would recall The Golden Rule, which we learned as kids: "Do unto others as you would have them do until you." ...

Instead, we suggest honoring the real intent of The Golden Rule by modifying that ancient axiom just a bit. We think the key to lasting success in business, and the secret to better relationships, is to apply what we call The Platinum Rule: Do unto others as they'd like done unto them."

Alessandra and O'Connor then give many useful examples of how to put this into practice, but my favorite is this one:

A recent study in the JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION, for example, reported that physicians who had never been sued were most likely to be seen by their patients as concerned, accessible, and willing to answer questions. Conversely, doctors were more likely to be sued if their patients feel they were arrogant, rude, and rushing the visits. The latter group of doctors, in other words, are showing less flexibility, and in this case, they're paying for it.

If you don't want to be sued or just achieve better results with those you deal with, read THE PLATINUM RULE.

Note: Also, please don't miss my presentation I'm going to be giving on the Platinum Rule at:

PechaKucha Night AVL Volume 18!
Friday, Feb. 23, at 7:30 p.m.
Grave House, 11 Grove St., Asheville, NC

It's time for 2018's first PechaKucha Night AVL! This is the year for you to experience some of the MOST INCREDIBLE people and stories, on stage!

PechaKucha means "chit-chat" in Japanese, and four nights a year, it's where Ashevilleans gets together to share their ideas, works, thoughts, holiday snaps, and passions. Don't tell them we said it, but it's like a TED Talk.....just MORE FUN.

If you've been, you know it's a blast. If you haven't...you're missing out. We can't wait to see you at the Grove House for PechaKucha Night on February 23rd!

If you have questions, email: talk@pechakuchaavl.org

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5. TV alert

A. Candace Mullet: Check out "Rotten" on Netflix. ... According to the website's description, This docuseries travels deep into the heart of the food supply to reveal unsavory truths and expose hidden forces that shape what we eat. .. For more information, please click:

[Here](#)

B. MY NEXT GUEST NEEDS NO INTRODUCTION: Available via Netflix

David Letterman returns to the talk-show format in a monthly series of hour-long conversations, starting with President Barack Obama, in his first such interview since leaving office. Future guests include George Clooney, Jay-Z, Tina Fey and Howard Stern.

C. THIS TIME NEXT YEAR: Season premiere on Tuesday, Jan. 16, at 10 p.m. on Lifetime

Cat Delaney (of SO YOU THINK YOU CAN DANCE fame) hosts this new reality series that traces how participants attempt to change their lives over an entire year.

D. THE ASSASSINATION OF GIANNI VERSACE: AMERICAN CRIME STORY:

Wednesday, Jan. 17, 10 p.m. on FX

The second edition of Ryan Murphy's True Crime franchise opens with the shocking death of the celebrated fashion designer on the steps of his South Beach mansion. According to TV GUIDE, "Penelope Cruz steals her scenes as Versace's combative sister, Donatella."

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6. Joke 2

Little known factoid: According to gourmet experts, there is only one fruitcake in existence. People who receive it simply pass it along to somebody else--either by hand or by mail. (Thanks, Judy Chadwick, for sharing.)



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7. Clips/Websites

A. Check out these clips at your convenience:

(1) Ed Nasta: I Love Lucy Too Much Yeast!

[Here](#)

(2) The ultimate golf fail compilation

[Here](#)

(3) Jerry Hinz: President Trump singing the National Anthem

[Here](#)

(4) President Trump singing the National Anthem, part 2

[Here](#)

B. Becky Gautreaux: Remember a tune but can't think of the name of the song? This site really works!

To view it, please click:

[Here](#)

Note: What's cool about the above is that you can also record your rendition of a particular song. Try it yourself and let me know the results. ... As you might imagine, I checked out 'Happy Together,' arguably the greatest rock song of all time. Let me know what you think after you click:

[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

Thanks, Steven Shulman, for sharing this video that looks at how technology will impact the job interview of millennials:

[Here](#)

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9. Joke 3

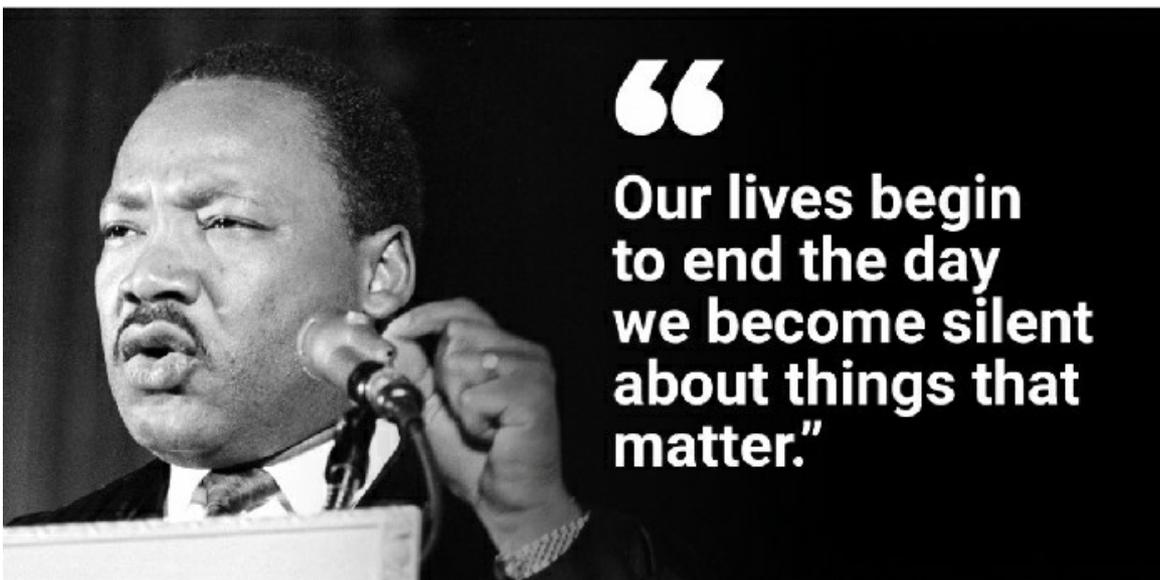
There's a guy in this coffee shop sitting at a table, not on his phone, not on a laptop. He's just drinking coffee ... must be a psychopath! (Thanks, Amy Townsend, for sharing.)



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10. A quote I like

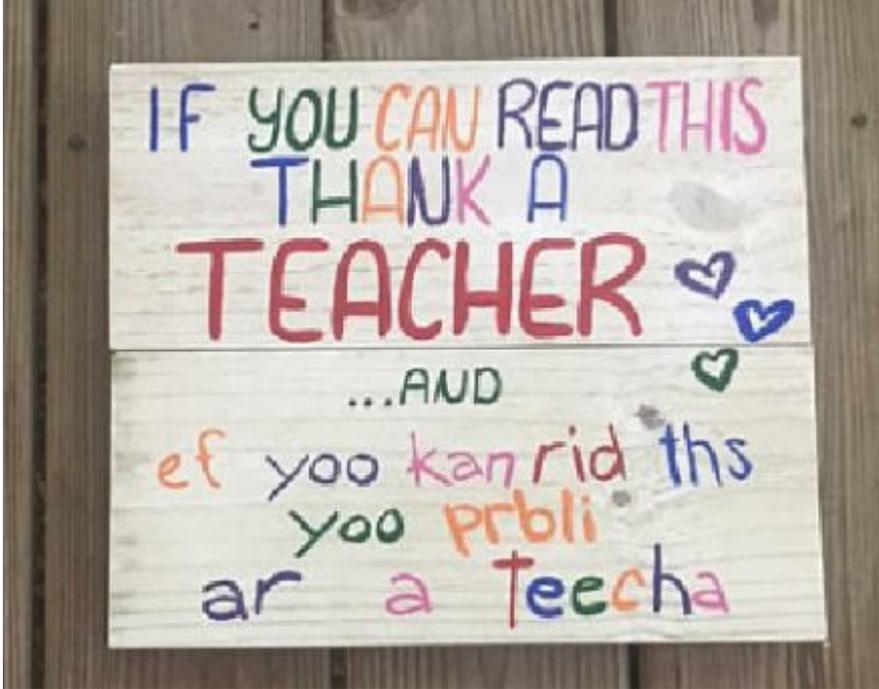
As we celebrate Martin Luther King Day on Monday, Jan. 15, keep in mind the words of this great American Baptist minister and activist who became the most visible spokesperson and leader in the civil rights movement. They now have more meaning than ever.



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11. Thought for the day

Soooo true! (Thanks, Chris Oaks, for sharing.)



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12. Advance planning department

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

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A. NC events

(1) Kai Elijah Hamilton: THE BALD SOPRANO. (2) Kathleen Meyers Leinder: Open-Handed Performance, Asheville Fringe Festival. (3) Kaleo Wheeler: The Ancient Art of Hawaiian Communication. (4) Barrie Barton: Even though I didn't plan to have a Learning Lab in January, sometimes you can't ignore what your audience wants!

B. PA/NJ events

(1) Fran Orlando: Please join us for horderves and refreshments at the Bruce Katsiff: River Town Portraits, 1973-1983 gallery reception. (2) Joe Doyle: AGATHA CHRISTIE'S WITNESS FOR THE PROSECUTION.

PS. Make it a wonderful week!

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