

BLAINESWORLD

#1062
1.30.2017

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1. Reflections

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

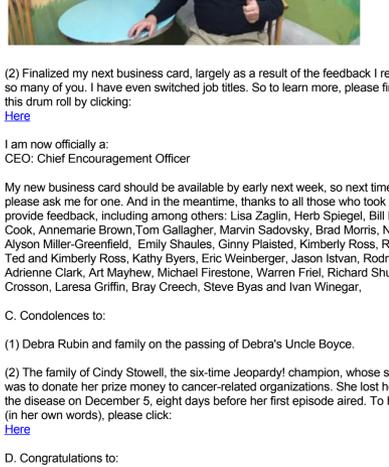
A. Cynthia, my beautiful bride, and I:

(1) Joined our friend Cappy Tosetti for a delicious dinner at Early Girl Eatery.

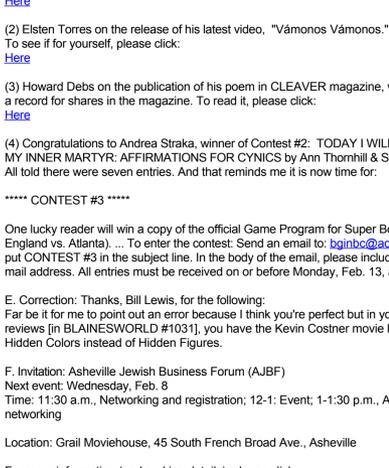


(2) From there, we went to the Be Be Theatre to see our friend Amanda Levesque in a powerful performance of OPENING AMANDA'S CLOSED DOOR. Pictured, 1-r in the front row were others who joined Amanda on stage: Luca Hopkins, Giovanna Allegretti, Amanda and Tom Kilby.

Note: The above show was part of Asheville's Fringe Festival. It won a Fringe award in the category of "Artist That Inspired Me The Most." Way to go!



(3) Went to Fatz Cafe for a delicious dinner that featured fine service from Donna.



B. During the week, I:

(1) Saw my friend Randy Robins dazzle a crowd at The Hop with the way he led a game of Simon Says.



(2) Finalized my next business card, largely as a result of the feedback I received from so many of you. I have even switched job titles. So to learn more, please first listen to this drum roll by clicking: [Here](#)

I am now officially a:

CEO: Chief Encouragement Officer

My new business card should be available by early next week, so next time you see me, please ask me for one. And in the meantime, thanks to all those who took time to provide feedback, including among others: Lisa Zaglin, Herb Spiegel, Bill Lewis, Sunny Cook, Annemarie Brown, Tom Gallagher, Marvin Sadosky, Brad Morris, Natalie Kaye, Alyson Miller-Greenfield, Emily Shauls, Ginny Plaisted, Kimberly Ross, Ruth Planey, Ted and Kimberly Ross, Kathy Byers, Eric Weinberger, Jason Istvan, Rodney Frey, Adrienne Clark, Art Mayhew, Michael Firestone, Warren Friel, Richard Shulman, Rick Crosson, Laresa Griffin, Bray Creech, Steve Byas and Ivan Winegar.

C. Condolences to:

(1) Debra Rubin and family on the passing of Debra's Uncle Boyce.

(2) The family of Cindy Stowell, the six-time Jeopardy! champion, whose singular goal was to donate her prize money to cancer-related organizations. She lost her battle with the disease on December 5, eight days before her first episode aired. To hear her story (in her own words), please click: [Here](#)

D. Congratulations to:

(1) Jamie Wade on the opening of Sand Hill Kitchen, her new restaurant on Sardis Road in Asheville. It's great. For more information, please click: [Here](#)

(2) Elsten Torres on the release of his latest video, "Vámonos Vámonos." It's fantastic. To see if for yourself, please click: [Here](#)

(3) Howard Debs on the publication of his poem in CLEAVER magazine, which broke a record for shares in the magazine. To read it, please click: [Here](#)

(4) Congratulations to Andrea Straka, winner of CONTEST #2: TODAY I WILL NOURISH MY INNER MARTYR: AFFIRMATIONS FOR CYNICS by Ann Thornhill & Sarah Wells. All told there were seven entries. And that reminds me it is now time for:

***** CONTEST #3 *****

One lucky reader will win a copy of the official Game Program for Super Bowl LI (New England vs. Atlanta) ... To enter the contest, send an email to: bjncbc@aol.com and put CONTEST #3 in the subject line. In the body of the email, please include your snail mail address. All entries must be received on or before Monday, Feb. 13, at 9 p.m.

E. Correction: Thanks, Bill Lewis, for the following: Far be it for me to point out an error because I think you're perfect but in your movie reviews [in BLAINESWORLD #1031], you have the Kevin Costner movie listed as Hidden Colors instead of Hidden Figures.

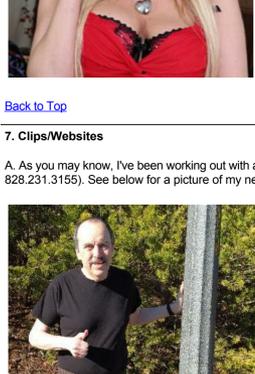
F. Invitation: Asheville Jewish Business Forum (AJBF)
Next event: Wednesday, Feb. 8
Time: 11:30 a.m., Networking and registration; 12-1: Event; 1-1:30 p.m., Additional networking

Location: Grail Moviehouse, 45 South French Broad Ave., Asheville

For more information (and parking details), please click: [Here](#)

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

This week, it goes to Jane B. Hatley--Western NC Regional Director of the Self-Help Credit Union. She has held this position since 2011, and during that time, she has helped develop an annual conference: Bringing it Home: Building a Local Economy for Everyone." She also created, along with Asheville Grown, the "Go Local Certificate of Deposit," which, since its founding in 2014, has brought in more than \$2.4 million in deposits. And she manages to serve as a member on such groups as the Asheville Energy Innovation Task Force, the Invest Health Teams for both the Robert Wood Johnson Foundation and the City of Asheville, the Small Business Advisory Committee for AB-Tech Small Business Center/Incuator and RiverLink's Audit Committee. In addition, she made 13 presentations this past year throughout Western North Carolina. ... Should you want to reach this dynamic woman, her phone number is 828.676.2196, x 3473; email: jane.hatley@self-help.org.



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2. FYI

How I almost got scammed on Craigslist by John Boyle

In hindsight, I missed some pretty big red flags.

Over the years, I've bought and sold quite a few items through Craigslist, the now-ubiquitous online classified service, without any real problems. Sure, sometimes people try to low-ball you, and scammers do abound, but they're usually blatantly obvious.

For the rest of this informative, piece that's graciously being shared by Boyle, one of my favorite columnists, please click: [Here](#)

FYI, part 2

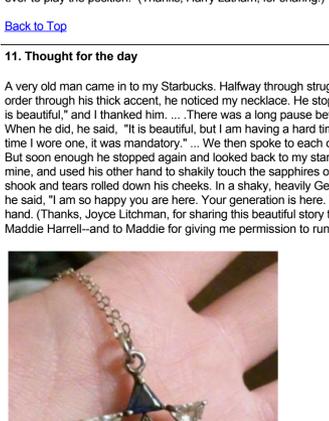
To read each of the following contributions in full, please click: [Here](#)

(1) Kerr keeps Warriors winning with yoga. (2) Bev Cohen [referring to her recent contest entry, in which she said if she won the LEADERSHIP book, she wanted it to go to Donald Trump]. (3) Roberta Gurwood: Eating ice cream for breakfast may improve mental performance. (4) Evelyn Blau: Just watched Patriots Day with a Greek dinner afterwards. (5) Garrett Artz: Hey friends, please take a moment to vote for RiverLink on this Diamond Brand poll. (6) Ilene Procidia [about A DOG'S PURPOSE]: I went to the dog firm with 2 girlfriends and we all cried. (7) This Incredibly Detailed Breakdown Of A Louis CK Joke Is Wonderful. (8) The purpose of sleep? To forget, scientists say. (9) Kathy Byers: I saw Dennis Quaid on two talk shows, and I believe him. (10) Arlene Ditzler: Regarding your questions about the abuse of a dog in the movie. (11) Andi Block: What a great project [mentioned in last week's issue] for the homeless.

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3. Joke 1

I wasn't, at first, going to get a brain transplant, but then I changed my mind. (Thanks, Jim Chewning, for sharing.)



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4. Reviews

A. PATRIOTS DAY, an engrossing account of the Boston Marathon bombing and the story behind what became one of the most sophisticated manhunts in law enforcement history. Mark Wahlberg is very believable as Police Sergeant Tommy Saunders, and the rest of the cast is quite good too. The film really comes together at the end, and it had me feeling greater admiration for Bostonians and pride in being an American. Rated R.

B. MASTERMINDS is now out in DVD format ... my review from BLAINESWORLD #1044 follows:
Saw MASTERMINDS, an action comedy based on true events. It's about a guy stuck in a monotonous life who gets lured by his flirtatious work crush to steal \$17 million in cash. He somehow manages to succeed, but is soon in trouble because of the fact that he has been double crossed. Zach Galifianakis and Kristen Wig were both funny in the leading roles, but overall, the film was flat. It did hold my interest, though, because of the fact I was an extra in it (though my scenes never made the final cut). Rated PG-13.

Note: For more information about the filming that took place in Asheville, please click: [Here](#)

C. READ HEALING OUR BACKS WITH YOGA: AN ESSENTIAL GUIDE TO BACK PAIN RELIEF (Beneficial Services Inc.) by Lillah A. Schwartz ... The author, a YOGA instructor and respected back care expert, is well known for her work in the therapeutic applications of yoga. In her 35 years of teaching, she has helped hundreds of people overcome pain and enjoy a more vibrant life. ... The book begins with an informative primer on self-applied back care, then includes a review of other poses for the building force of motion and strength, as well as helpful information on stabilizing the pelvic floor and sacrum. ... I especially liked the bonus section that dealt with both computer recess poses and posture sequences. It was almost as if this material was written just for me. ... In addition, I found great value in the section dealing with restorative poses (my favorite type of yoga). And I thought the accompanying photographs were beautifully done. They were also very clear to follow. ... Although I'm not experiencing any back pain right now, I found HEALING OUR BACKS to be a great review for what anybody practicing yoga needs to know.

Note: Cynthia's feedback about the above book:
I have been working with Lillah for nearly a year in both individual and group classes and have received many great benefits. I now feel more secure, balanced and stringer in my body.

D. Heard THINK LIKE A FREAK: THE AUTHORS OF FREKONOMIC OFFER TO RETRAIN YOUR BRAIN (HarperCollins), written by Steven D. Levitt and Stephen J. Dubner and read by Dubner. ... The authors, who previously teamed together to write FREKONOMIC and SUPERFREKONOMIC, teach us to think more productively and creatively via examples ranging from business to philanthropy to sports to politics, all parented to help retrain the brain. ... My favorite chapter was the one about Taker Kobayashi, a slim guy who doubled the world record when he ate 50 hot dogs in 12 minutes. I learned everything I'll ever need to know (and then some) if I ever decide to enter this type of competition. But I also learned about the importance of redefining problems. Kobayashi didn't ask "How do I eat more hot dogs?" Rather, he asked: "How do I make hot dogs easier to eat?" ... Perhaps more importantly, he learned not to accept an artificial barrier; e.g., 25 1/8 hot dogs. Rather, he instructed his mind to pay zero attention to the number he was eating and to instead concentrate solely on how he ate them. ... In other chapters, Levitt and Dubner teach lessons such as the value of learning to say "no," why you need to think like a child and how to appreciate the upside of quitting. ... I'm just hoping that this is not the last Freakonomics book.

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5. TV alert

A. PUPPY BOWL XIII: Sunday, Feb. 5, at 3 p.m. on the Animal Planet
This show is two hours long, and it airs over and over again for ten hours. As always, there's a kitten halftime show. This year, it will feature Kitty Gaga singing "Pupparazzi."

B. SUPER BOWL LI: Sunday, Feb. 5, at 6:30 p.m. on Fox
In case you missed it, the game this year features New England vs. Atlanta. It could be a good one. For a breakdown of the Super Bowl coverage by networks, please click: [Here](#)

My take: Since none of the teams that I follow (Eagles, Giants, Jets or Panthers) are in the game, the outcome doesn't particularly interest me. I just hope the score is close and that there are a lot of lead changes. And regardless of who wins, wouldn't you love these responses?

C. MICHAEL BOLTON'S BIX SEXY VALENTINE DAY: Starting on Tuesday, Feb. 7, on Netflix
1990s crooner Bolton and guests Andy Samberg, Fred Armisen, Maya Rudolph and Michael Sheen star in a racy musical revue.

D. DETROITERS: Series premiere on Tuesday, Feb. 7, at 10:30 p.m. on Comedy Central
Two upstart ad men are in a comedy from executive producers Lorne Michaels and Jason Sudeikis.

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6. Joke 2

A blonde calls her boyfriend and says, "Please come over and help me. I have a killer jigsaw puzzle, and I can't figure out how to start it." ... Her asks, "What is it supposed to be when finished?" ... The blonde replies, "According to the picture on the box, it's a tiger." ... Her boyfriend goes over to help with the puzzle. She shows him the pieces spread all over the table. He studies them for a moment, looks at the box and says, "No matter what we do, we're not going to be able to assemble these pieces into anything resembling a tiger." ... He takes her hand and says, "I want you to relax. Let's have some tea and then," he sighs, "lets put all the Frosted Flakes back in the box." (Thanks, Ginger Heskett, for sharing.)

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7. Clips/Websites

A. As you may know, I've been working out with a trainer (the amazing Jhan Brannon: 828.231.3155). See below for a picture of my new "look."

Pretty impressive, huh?

(1) About a month ago, I came across a YouTube clip featuring Mr. Pole Guy. He wasn't bad, either, as you can see for yourself by clicking: [Here](#)

(2) It got me thinking to myself: "Self, I can do that." So I started working with Jhan on a similar routine. We began with the hard part, i.e., the last 7 seconds. You can view how far I've come in just a few weeks by clicking: [Here](#)

Now all I have to is to go back and perfect the easy part of the routine; i.e., the first 4 minutes and 19 seconds. I figure at the rate I'm going, you should be prepared to see that video clip sometime before 2031 rolls around.

B. 10Minutemail is a service that lets you create an email address only for 10 minutes. You can use this website to get an email id for getting subscriptions or entering a fake ID on any website. The beauty of this website is that all your mails will self-destruct in 10 minutes. To start using it, please click: [Here](#)

I just tried it and came up with this ID: 11448701@mvtft.com. Don't bother using it, though, because it will be long gone by the time you do.

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

Five resolutions to simplify your tech life by Brian X. Chen

In 2017, why not try a new kind of New Year's resolution? Instead of just hitting the gym and dropping some pounds, consider changing some personal habits to include the tech in your life. If you are like most people, there are things you do with tech that could use some tweaking.

Strengthening your password security, for one, would benefit you tremendously in an era when hacks are rampant. For another, purging the e-junk you have accumulated over the years would help the environment and your sanity. While you're at it, start doing maintenance on your electronics to make sure they work smoothly this year.

To read the rest of this informative column, please click: [Here](#)

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9. Joke 3

A woman is on trial for beating her husband to death with his guitar collection. Judge asks, "First offender?" ... She replied, "No, first a Gibson, then a Fender!" (Thanks, Lee Stephenson, for sharing.)

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10. A quote I like

Appreciate those who love you, help those who need you, forgive those who hurt you and forget those who left you.--Ray Lewis (born 1975), former American football middle linebacker who played his entire 17-year career for the Baltimore Ravens of the National Football League. He is considered to be one of the greatest ever to play the position. (Thanks, Harry Latham, for sharing.)

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11. Thought for the day

A very old man came in to my Starbucks. Halfway through struggling to understand his order through his thick accent, he noticed my necklace. He stopped and said "Your star is beautiful," and I thanked him. ... There was a long pause before he spoke again. When he did, he said, "It is beautiful, but I am having a hard time looking at it. The last time I wore one, it was mandatory." ... We then spoke to each other in Hebrew for a bit. But soon enough he stopped again and looked back to my star. With one hand, he held mine, and used his other hand to shakily touch the sapphires on my necklace. His lip shook and tears rolled down his cheeks. In a shaky, heavily German-accented whisper, he said, "I am so happy you are here. Your generation is here. We won." And kissed my hand. (Thanks, Joyce Litchman, for sharing this beautiful story that was written by Maddie Harrell--and to Maddie for giving me permission to run it.)

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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) Ash Devine: Songs of Love and Revolution. (2) Presenting with Power and Purpose (led by Barrie Barton).

B. PA/NJ events

(1) 2nd Annual Dr. Barry Sysler Memorial Scholarship Dining Out Night. (2) At Kelsey Theatre: God of Carnage.

PS. If you're like me and you celebrate all holidays (more food, fun and friends that way), HAPPY CHINESE NEW YEAR to you and yours ... it officially began on Saturday, Jan. 28 ... and I don't know about you, but to me, it seems like just yesterday it was 4714!

Also, if we have six more weeks of winter weather, blame this guy (who has an amazing resemblance to my friend Jason Fore).

And whatever else you do, make it a wonderful week!

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