

BLAINES WORLD

#1117

2.19.2018

In this issue

[1. Reflections](#)

[2. FYI](#)

[3. Joke 1](#)

[4. TV alert](#)

[5. Joke 2](#)

[6. Technology tip](#)

[7. Joke 3](#)

[8. A quote I like](#)

[9. Thought for the day](#)

[10. Advance planning department](#)

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:

(1) Hosted a belated New Year's celebration and welcomed in the Chinese New Year at Yao Buffet. (Our original party was canceled because of the icy weather at the time.) ... One of the highlights of the evening was a fantastic belly dancing performance by Charlotte Louise.





Another highlight was our ugly sweater contest. Although there were several fine entries, Cappy Tosetti was the near-unanimous winner.



For more pictures, as well as clips of yours truly and others dancing, please click: [Here](#)

Note: When you do, also hear me singing "Happy Together," arguably the greatest rock song of all time. I'm joined by Cynthia and several of our friends.

(2) Enjoyed a tasty Valentine's Day dinner at Stone Ridge Tavern where we received great service from Jasmine.



(3) Also had a great meal at Papa's Pizza where they serve a lot more than just pizza.



B. WPVM/FM invites you to listen to the BLAINESWORLD show from Wed., February 21, 2018Guest (first half): Kathy Leiner, chair of Fine Arts, program manager and theater manager at Asheville School and, also, a professional artist; for more information: <http://www.kathleenmeyersleiner.com> ... Guest (second half): Bill Rawlings, president of the Rotary Club of Asheville and, also, a business owner in Asheville; for more information:<http://www.rotaryasheville.org/> ... Pictured, l-r: Kathy Leiner, Blaine Greenfield and Bill Rawlings. ... To listen to the show, please click: [Here](#)



C. During the week, I had the pleasure of speaking to the Asheville Rotary on "The Platinum Rule (a Better Alternative to the Golden Rule)." ... All those in attendance received a genuine left- and right-handed pencil. ... Pictured, l-r: Margaret Gormley-Chapman, Blaine Greenfield and Sophia Ungert.

Note: If you'd like me to speak to your company or organization, send an email to bjinbc@aol.com and put SPEAK in the subject line. Also, if you'd like your very own left- and right-handed pencil, send a stamped return envelope to Blaine Greenfield, 19. N. Kaufmann Stone Way, Biltmore Lake, NC 28715. Please put \$1 postage on the return envelope.



D. Condolences to:

- (1) Adam Jack Arthur and family on the passing of Douglas Andrew Arthur, his father.
- (2) JP Reavely and family on the passing of Mary, JP's sister.
- (3) Celia Ann and family on the passing of Celia's father.

E. Congratulations to:

- (1) Judith Loniak on having her photography chosen to be displayed at an exhibition at Mountain BizWorks.
- (2) Jensen Gelfond on the fact that his firm, Asheville Digital Lifestyle, is now accredited with the Better Business Bureau and maintains an A+ rating.
- (3) Mark Snodgrass (pictured below) on the fact that his new radio show, "Listen to This," has been picked up by WPVM/FM. It will air on Wednesdays from 9-12 p.m., starting March 7.



F. FAVOR REQUEST ... 1. In the next day or so, please visit my headshot proofs (from a recent sitting with the incomparable Scott Treadway) by clicking the link at the end of this post. ... 2. You'll see four headshots. Click on each one to see it at full size. 3. When you click on each one you'll see a number. ... 4. Let me know what number you like best and what number you like second best.Much obliged! ... Click: [Here](#)



G. Reminder, there's still time to enter ...

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

One lucky reader will win an autographed copy of my friend's fantastic CD: CHUCK BEATTIE NATURAL MAN. To sample clips from it, please click: [Here](#)

To enter the contest, send an email to: bginbc@aol.com and put CONTEST #5 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, Feb. 26, 2018.

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

This week, it goes to Kwik Kopy Printing 485 Hendersonville Road, Asheville, NC; 828.274.5945. ... I've worked with this firm ever since I moved to the area and have always been impressed with the work they do, as well as the friendliness shown to me by both Larry Pope, owner, and Brad Pope, graphic designer. Their prices are reasonable, and when they promise you that a job will be done by a certain date, it gets done by that date--if not before. ... For more information, please click: [Here](#)

[Back to Top](#)

2. FYI

The Key to Weight Loss Is Diet Quality, Not Quantity, a New Study
by Anahad O'Connor

Anyone who has ever been on a diet knows that the standard prescription for weight loss is to reduce the amount of calories you consume.

But a new study, published Tuesday in JAMA, may turn that advice on its head. It found that people who cut back on added sugar, refined grains and highly processed foods while concentrating on eating plenty of vegetables and whole foods - without worrying about counting calories or limiting portion sizes - lost significant amounts of weight over the course of a year.

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) Ange Maffei: Blaine, the Nissan Rogue Sport is on my list for my next vehicle also.
- (2) Brian Hoffman: On gun control, like cigarettes, tax the semiautomatic weapons at a significant rate.
- (3) What's The Most Useful Form of Cash? (Hint: It's not a \$100 Bill)

[Back to Top](#)

3. Joke 1

Don't text and fly!



[Back to Top](#)

4. TV alert

A. GOOD GIRLS: Premieres on Monday, Feb. 26, on NBC at 10 p.m.

When three suburban moms get tired of trying to make ends meet, they decide it's time to stick up for themselves by robbing the local grocery store. It's being billed as a comedy-drama.

B. UNSOLVED: THE MURDERS OF TUPAC AND THE NOTORIOUS B.I.G.:

Premieres on Tuesday, Feb. 27, on USA at 10 p.m.

According to TV GUIDE, "This sprawling and absorbing 10-part docudrama shifts between two separate investigations a decade apart, seeking answers to the 1990s shooting deaths of [the two] rap superstars."

C. Bill Lewis: The Greta Garbo movie, NINOTCHKA, is on TCM on Wednesday, Feb. 28 at 11:30 a.m. Really good Garbo.

D. SHOWTIME AT THE APOLLO: Premieres on Thursday, March 1, at 9 p.m. on Fox Steve Harvey co-hosts this show, which has the audience cheer or boo to determine the music or comedy act that makes it through each week.

[Back to Top](#)

5. Joke 2

Betcha can relate! (Thanks, Jan Weinstein-Sparta, for sharing.)

I just realized that when a person in the 20s talks about an "old person," he or she is talking about me!

[Back to Top](#)

6. Technology tip

HOAX ALERT: I received the following from several folks:

Please tell all the contacts in your messenger list not to accept anything from Fabrizio Brambilla. He has a photo with a dog. He is a hacker and has the system connected to your messenger account. If one of your contacts accepts it, you will also be hacked, so make sure that all your friends know it. Thanks. Forwarded as received.

Hold your finger down on the message. At the bottom in the middle, it will say forward. Hit that then click on the names of those in your list and it will send to them

What you need to know: This has been around for a long time. Many other names have been cited, other than Fabrizio Bramillia. All such warnings are not to be believed. For more information, please click:

[Here](#)

[Back to Top](#)

7. Joke 3

Always be upbeat in life. Great way to explain breaking up with your partner to your friends: "Went on a diet last night. Lost 175 pounds." (Thanks, Norm Kent, for sharing.)

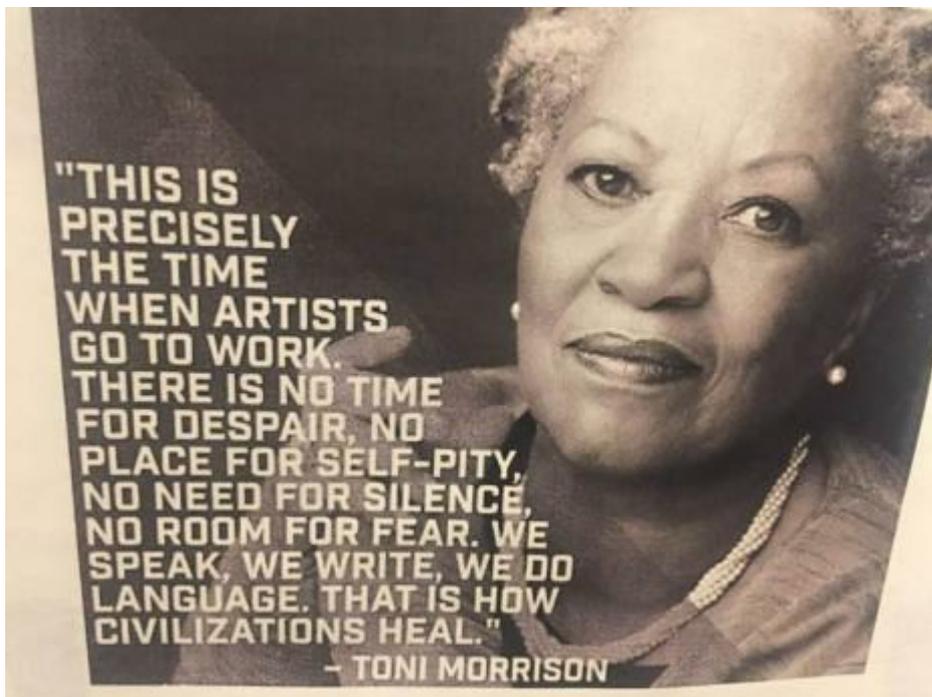




[Back to Top](#)

8. A quote I like

Thanks, Phillippe Andre Coquet, for sharing. Morrison (born 1931) is an American novelist, essayist, editor, teacher and professor emeritus at Princeton University who won the Pulitzer Prize in 1988 for *BELOVED*.



[Back to Top](#)

9. Thought for the day

David Wright, a friend and former principal, recently ran the this thought-provoking post on Facebook. He has graciously given me permission to share it.

So I'm thinking...arming NC teachers with guns as a solution to stop school shootings. What's next, gun shows at staff development retreats? New fashion trends for teachers wearing bullet proof vests? Required target practice for staff? Bonus pay for sharp shooters? A standard interview question for teachers, "How good a shot are you?" Or, "How do you feel about killing another human?" Requiring teachers to buy their own gun from state-approved stores? Have to ask, do you think this is a good idea?

Or maybe this: "I'm sorry, I know you are teacher of the year, but I can't renew your contract because your target practice scores are below standard."

My take follows.

Personally, I'm glad that I was never asked to carry a gun as a teacher or professor. ... I also wouldn't have wanted my colleagues to be packing iron for a variety of reasons. (They'd have to wear their jackets and/or carry pocketbooks all the time, they could have the firearms taken away from them by a student who could overpower them from the back, they might be tempted to shoot a student who was innocently reaching into his or her backpack, etc.)

In addition to the other ideas being proposed, here's something that would work in my opinion: Require all students and visitors to go through a metal detector that is manned by trained personnel. This might also be a great way to employ veterans.

In 2005, one judge was shot in a courtroom. Shortly thereafter, almost all courts installed metal detectors and security guards, and since then, there have been very few shootings taking place in courtrooms.

I'm sorry that things have come down to this, but I much prefer this latter approach than the arming of teachers and professors.

Mr. Curious here: What's your opinion?

[Back to Top](#)

10. Advance planning department

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

[Here](#)

A. NC events

(1) Kathy Leiner: On the first weekend of March, Asheville Contemporary Dance Theatre (ACDT) and Kathleen Meyers Leiner will host works by female choreographers in recognition of Women's History Month. (2) Barrie Barton: Greetings Former Learning Lab and Friends, Preparing a speech within a workshop setting is a smart idea--and there comes a time when the "rubber must meet the road." (3) Barrie Barton: Free Event: Let's Talk Friendship. A Circle Conversation.

B. PA/NJ events

(1) Celebrated Musical 'Fiddler on the Roof' Comes to MCCC's Kelsey Theatre March 16-25. (2) BIOGRAPHY OF AFRICAN-AMERICAN ACTOR IRA ALDRIDGE DEPICTS HIS STAGE TRIUMPHS AND OFFSTAGE DRAMAS.

PS. Make it a wonderful week!

[Back to Top](#)

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