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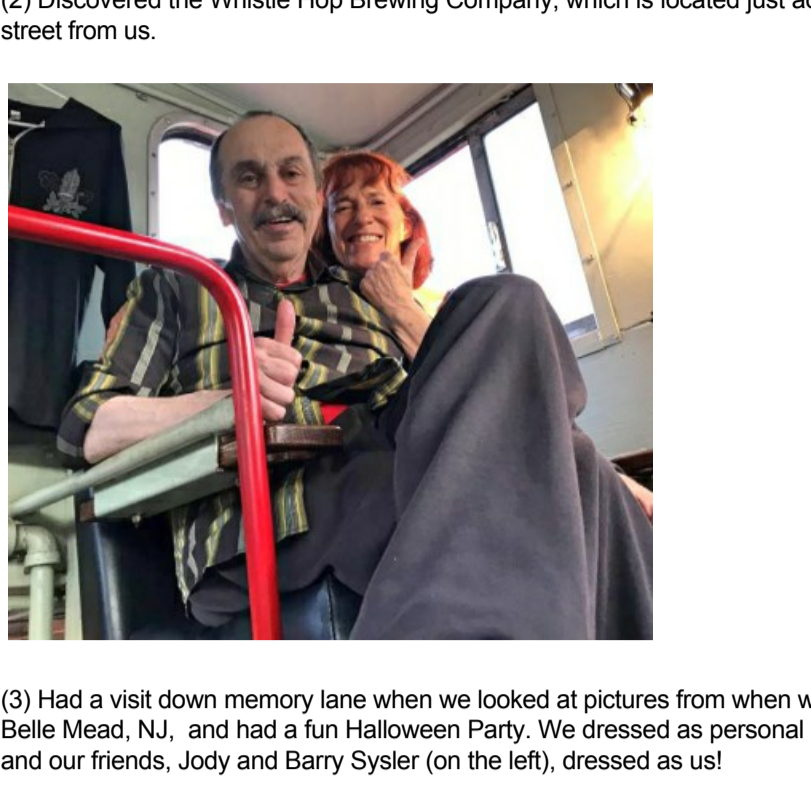
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**1. Reflections**

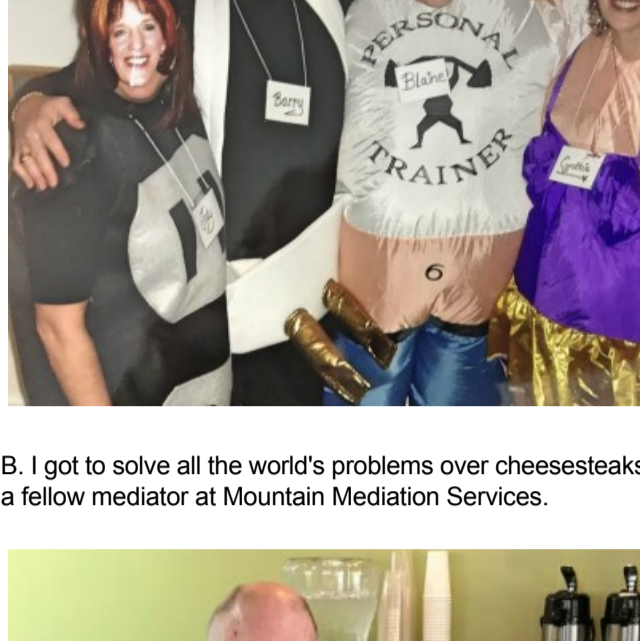
If you're reading this via Facebook or LinkedIn, please be advised that you will get it quicker if you get it via email. Another advantage: You'll never miss it that way because you may not have logged in for a day or two. And in the unlikely event you're not already a subscriber, all you need to do is send an email to: [bjnbc@aol.com](mailto:bjnbc@aol.com) and put SUBSCRIPTION in the subject line.

A. Cynthia, my beautiful bride, and I:

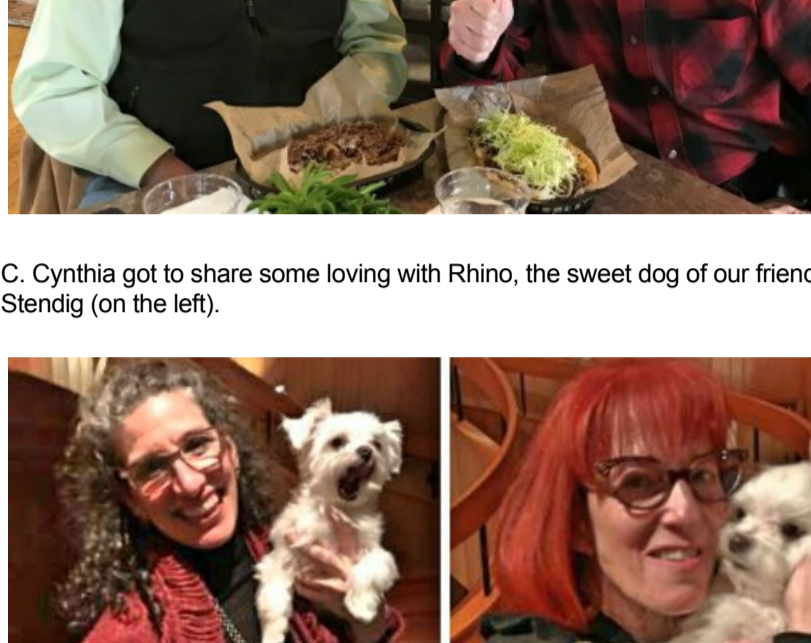
(1) Had an excellent dinner at Black Mountain Bistro with Cynthia's sister and brother-in-law, Joyce and Marty Litchman, during their recent visit.



(2) Discovered the Whistle Hop Brewing Company, which is located just across the street from us.



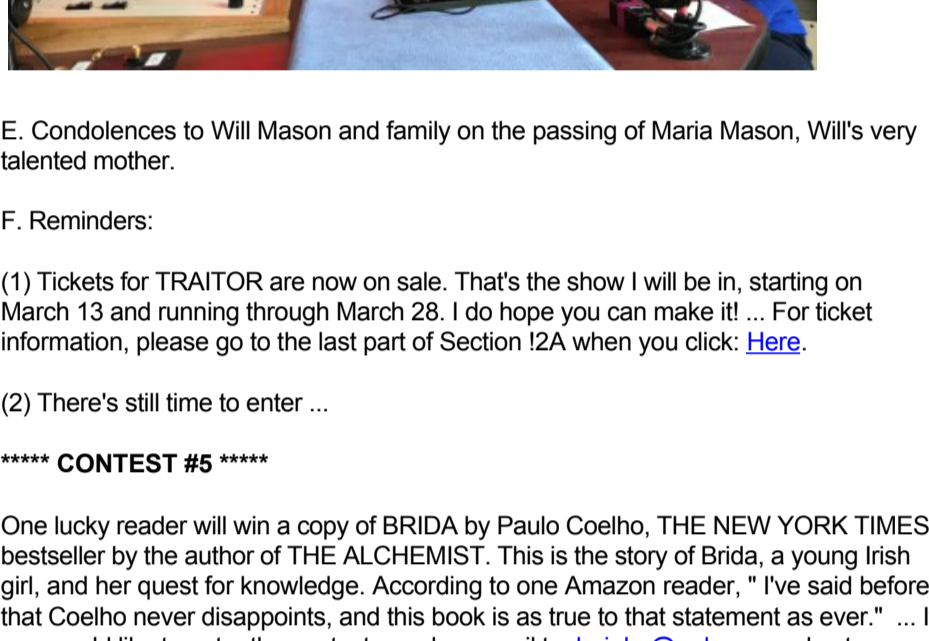
(3) Had a visit down memory lane when we looked at pictures from when we lived in Belle Mead, NJ, and had a fun Halloween party. We dressed as personal trainers and our friends, Jody and Barry Sysler (on the left), dressed as us!



B. I got to solve all the world's problems over cheesesteaks at Ziggy's with Bob Vogel, a fellow mediator at Mountain Mediation Services.

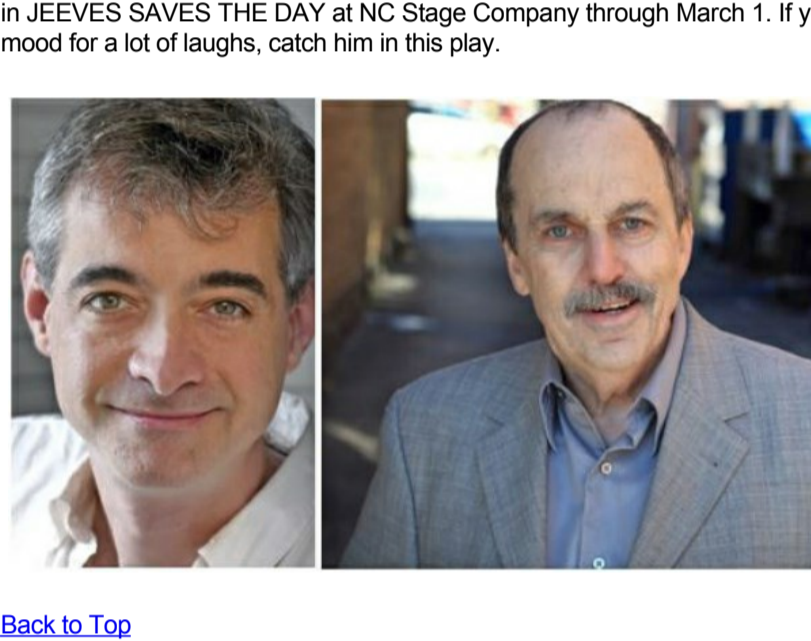


C. Cynthia got to share some loving with Rhino, the sweet dog of our friend Lisa Stendig (on the left).



D. Catch this week's BLAINESWORLD show, featuring guests: (first half) Bray Creech, certified financial planner; and (second half) Marc Cameron, actor and director, and Alexandra McPherson, actor, by clicking: [Here](#).

Note: Special thanks to Grail Moviehouse for sponsoring the above. To find out what's currently playing, please click: [Here](#).



E. Condolences to Will Mason and family on the passing of Maria Mason, Will's very talented mother.

**F. Reminders:**

(1) Tickets for TRAITOR are now on sale. That's the show I will be in, starting on March 13 and running through March 28. I do hope you can make it! ... For ticket information, please go to the last part of Section 12A when you click: [Here](#).

(2) There's still time to enter ...

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

One lucky reader will win a copy of BRIDA by Paulo Coelho, THE NEW YORK TIMES bestseller by the author of THE ALCHEMIST. This is the story of Brida, a young Irish girl, and her quest for knowledge. According to one Amazon reader, "I've said before that Coelho never disappoints, and this book is as true to that statement as ever." ... If you would like to enter the contest, send an email to: [bjnbc@aol.com](mailto:bjnbc@aol.com) and put CONTEST #5 in the subject line. In the body of the email, include your name and mailing address. All entries must be received by 9 p.m. on Monday, March 2.

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

HEADSHOT PHOTOGRAPHER EXTRAORDINAIRE ... is the perfect description for my friend Scott Treadway (bottom left) who took the picture (bottom right). I've gotten other headshots taken, but this is the first time that folks actually said they liked what they saw. And Scott also made the experience fun. ... In addition, Scott can handle many of your other photography needs. He can be reached at: [voiveta@gmail.com](mailto:voiveta@gmail.com); 828.329.6360. ... For more information, please click: [Here](#). ... PS: You may also know that Scott Treadway is one of our area's most talented actors. He is currently starring in JEEVES SAVES THE DAY at NC Stage Company through March 1. If you're in the mood for a lot of laughs, catch him in this play.



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**2. FYI**

Ed Kohlhepp, my friend and investment guru, recently sent out an update about what to keep in mind with respect to the Coronavirus and portfolio management. Part of it can be found below.

Note: For the complete update, as well as information on how to reach him should you want to get some great advice, please go to Section 2 when you click: [Here](#).

**SO WHAT SHOULD YOU DO?**

DO NOT WATCH the news shows all day long. They concentrate on the headline stories which cause the most consternation.

Be aware that your portfolios are structured to withstand declines such as these remember our "Bucket Strategy."

Do not bail on the markets. Remember, our plans and portfolios are built for the long term, not just 3 months, or even one year.

Allow us to do the worrying for you!

**WHAT ELSE?**

We are now in "correction" territory - a decline of more than 10%. Corrections are normal every several years.

Focus on the market fundamentals, which we believe remain positive.

Volatility is likely to continue for a while.

The Coronavirus will have a short-term effect on the economy and corporate earnings, some industries more than others, e.g., airlines.

Financial success is achieved by focusing on long term goals and not letting short term disruptions derail us from our objectives.

We have great medical care in the U.S.

We are here for you. If you are in a fearful state, call us. We don't believe you need to change anything in your portfolio.

We are confident in the future of the equity markets and our country!

Spring will be here soon! I am sure we will all welcome it.

**FYI, part 2**

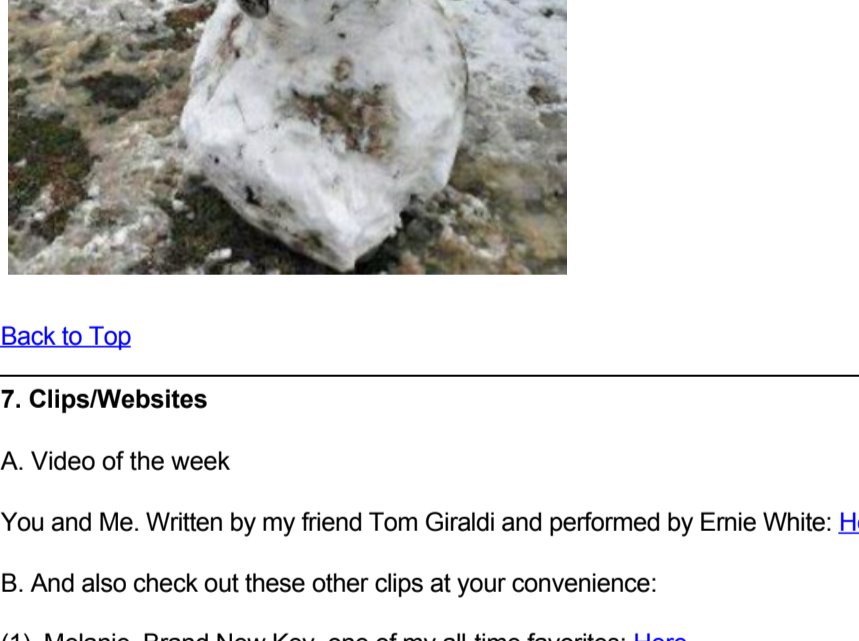
To read each of the following contributions in full, please click: [Here](#).

(1) How to Build Healthy Habits. (2) How to Be More Optimistic. (3) The Benefits of Intermittent Fasting.

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**Joke 1**

SAVE MONEY ... get married on February 29, which is also Leap Day this year. That way, you'll only have to get an anniversary gift every four years!



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**4. Reviews**

A. Saw DOWNHILL, a dramedy about a married couple and their family who barely escape an avalanche during a vacation in the Alps. I enjoyed watching Will Ferrell not play his usual self and Julia Louis-Dreyfus is always excellent, yet the film was only mildly interesting. It's based on FORCE MAJEUR, which I have heard is much better. I'll have to find that on Amazon Prime. Rated R.

B. Heard HARD CALL: GREAT DECISIONS AND THE EXTRAORDINARY PEOPLE WHO MADE THEM (Hachette Audio), written by John McCain with Mark Salter and read by McCain and Daniel Hugh Kelly. ... The authors look at tough decisions that several remarkable individuals had to make, including Branch Rickey's decision to offer Jackie Robinson decision to play for the Brooklyn Dodgers, and Ellen Johnson-Sirleaf's decision to return to Liberia to face the nightmare of a civil war, imprisonment and the challenge of leadership. ... I especially liked how McCain shared his views on the process and art of decision-making, as well as the stories about hard calls that he has had to face. ... Even if you were not a fan of the late Senator, do seek out this book if you want to find out more about this very interesting subject.

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**5. TV alert**

A. DISPATCHES FROM ELSEWHERE: Series premiere on Sun., March 1, at 10 p.m. on AMC  
Four strangers become teammates in a scavenger hunt. The impressive cast includes Jason Segal, Sally Field and Richard E. Grant. According to John Anderson in THE WALL STREET JOURNAL, "Viewers will need no encouragement at all to stay on board. 'Dispatches' may represent the last gasp of appointment television marred by commercial breaks. But a sweetly tantalizing gasp it is."

B. SECRETS OF THE ZOO: DOWN UNDER: Series premiere on Sun., March 1, at 10 p.m. on Nat Geo Wild  
Actress Naomi Watts narrates this 10-parter takes viewers behind the scenes of Australia's Taronga Zoo and its more than 5,000 animals.

C. VOLCANO LIVE! WITH NIK WALLEND: Wed., March 4, at 8 p.m. on ABC  
High-wire artist Wallenda goes solo over Nicaragua's active Masaya Volcano. To the best of his knowledge, "No one in the world has ever walked over a volcano."

D. YESTERDAY: Sat., March 7, at 8 p.m. on HBO  
This romantic comedy is about a bike rider, a struggling musician, who wakes to find her is living in a heller-skeller world where the Beatles never existed. Himesh Patel and Lily James are both outstanding in the leading roles.

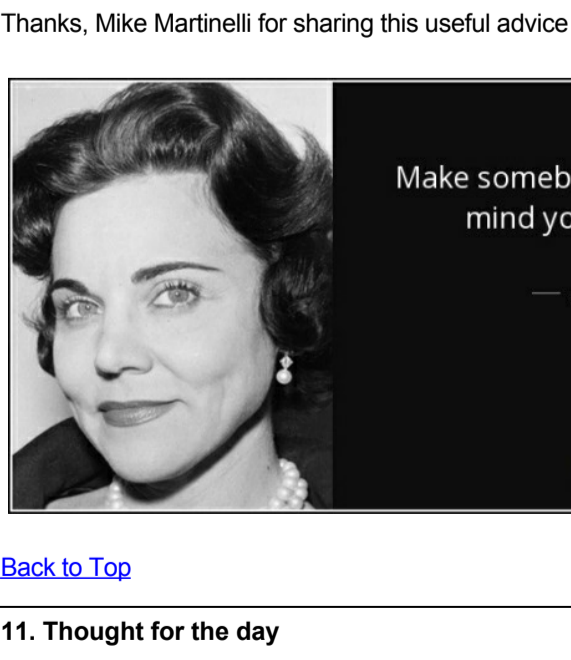
Note: This film is one of my favorites. If you'd like to get a copy of other films on my list, send an email to: [A.bjnbc@aol.com](mailto:A.bjnbc@aol.com) and put FAVORITES in the subject line.

E. I'm still loving ZOEY'S INCREDIBLE PLAYLIST on Sundays at 9 p.m. on NBC. To see why, check out this number by clicking: [Here](#).

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**6. Joke 2**

MR. HELPFUL here with a way to deal with the snow that y'all may have been getting this past week. ... Use it, along with a pair of jeans and some sneakers, to keep the neighborhood kids out of your yard!



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**7. Clips/Websites**

A. Video of the week

You and Me. Written by my friend Tom Giraldi and performed by Ernie White: [Here](#).

B. And also check out these other clips at your convenience:

(1) Melanie, Brand New King, one of my all-time favorites: [Here](#).

(2) Taylor Swift: The Man (make sure you watch until the end): [Here](#).

(3) Lois Rosenthal: 57 Years Apart - A Boy And a Man Talk About Life: [Here](#).

C. To relax and focus when you are working, check out A Soft A Murmur. You'll find natural sounds like that of rain, wind, waves, etc. There's also a corresponding app for both iOS and Android. Very cool! ... To see it for yourself, please click: [Here](#).

D. BLAINESWORLD, the website, remains up and running . . . to view it, please click: [Here](#).

E. 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**

Ready . Set . Write a Book.  
by J.D. Biersdorfer

Read this informative article to find digital tools to help you make a go of it, including Hanx Writer that gives you the look and clacking sound of an old typewriter: [Here](#).

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**9. Joke 3**

CIRCLE OF LIFE ... what's below is best viewed when listening to that song with the same title: [Here](#). (Thanks, Herb Spiegel, for sharing.)



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**10. A quote I like**

Thanks, Mike Martinelli for sharing this useful advice ...



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**11. Thought for the day**

It's all a matter of perspective. (Thanks, David Joe Miller, for sharing.)



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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) SCORE's annual event: Celebration of Women Entrepreneurs! (2) Chelsey Lee Mirheil: A Stand-up Comedy Workshop. (3) AT SART: CHURCH BASEMENT LADIES. (4) TRAITOR at The Magnetic Theatre.

**B. PA/NJ event**

James Houston: NECESSARY FARCE.

**C. Nationwide**

The Turtles (arguably the greatest rock group of all time) in HAPPY TOGETHER TOUR 2020.

PS. Make it a wonderful week!

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