

BLAINESWORLD

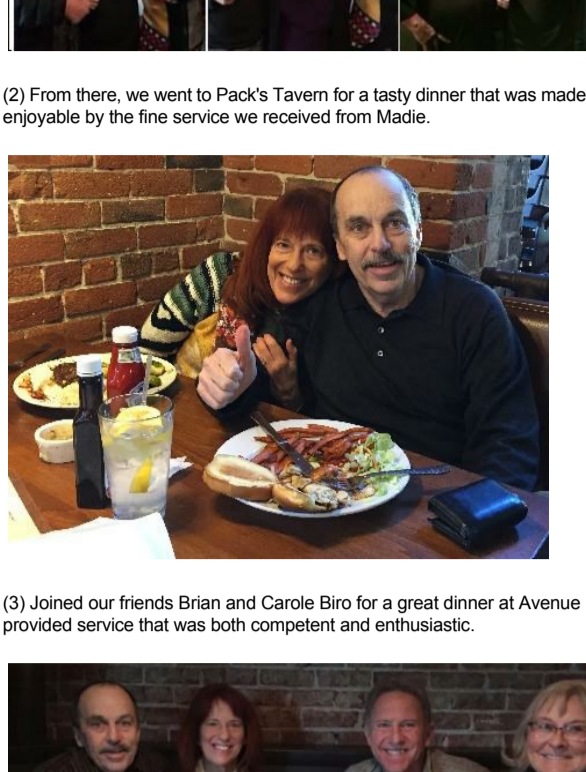
- In this Issue**
1. Reflections
 2. FYI
 3. Joke 1
 4. Ripples
 5. TV alert
 6. Joke 2
 7. Clips/Websites
 8. Technology tip
 9. Joke 3
 10. A quote I like
 11. Thought for the day
 12. Advance planning department

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: hginc@2@aol.com and put SUBSCRIBER in the subject line.

A. Cynthia, my beautiful bride, and I:

(1) Saw a fine production of SONGS FOR A NEW WORLD, featuring music and lyrics by Jason Robert Brown, at 3566ow. All in the talented cast were excellent (from Mark Jones and Kelli Makins (top photo), Dwight Criss (bottom photo, far left) and Nana Hosmer-Griffin (bottom photo center). The musicians, David Bruce (bottom photo, right) on percussion and John Crowley (not pictured) on keyboard also excelled, and Mark's shoes was spot on.



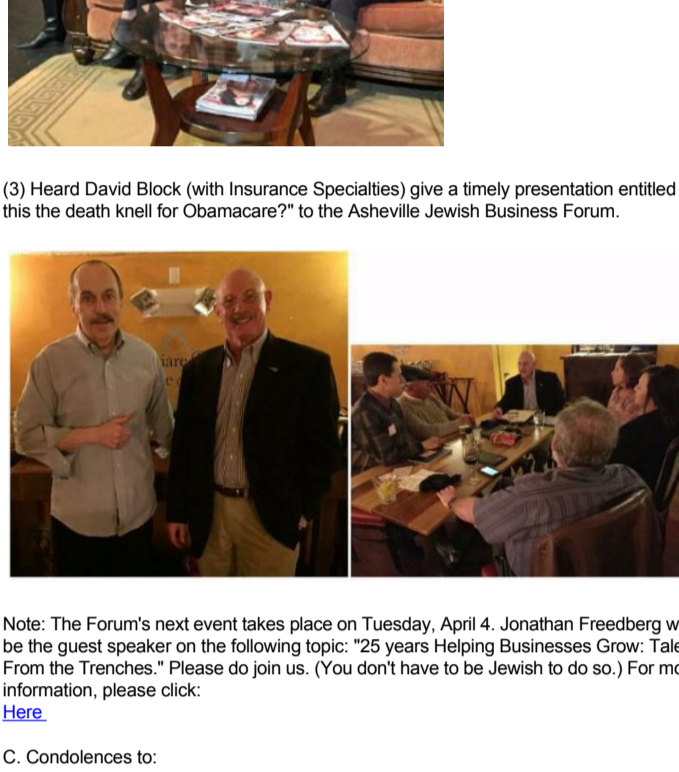
(2) From there, we went to Pack's Tavern for a tasty dinner that was made even more enjoyable by the fine service we received from Made.



(3) Joined our friends Brian and Carole Biro for a great dinner at Avenue M. Jessica provided service that was both competent and enthusiastic.



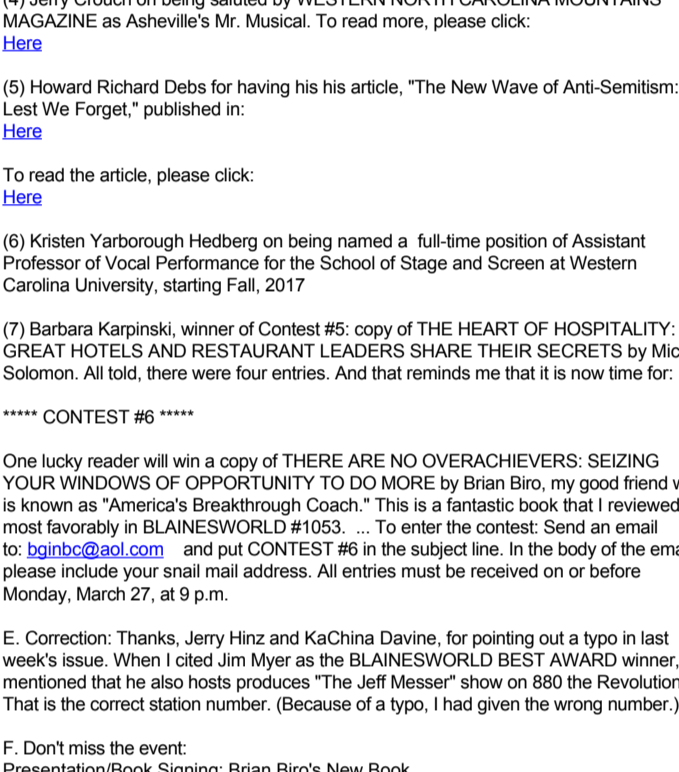
(4) Met Tank, our friend Kim Simpson's beautiful dog. We were especially impressed on how well behaved he was, but that's really no surprise given that Kim is also a dog trainer. Should you want to get in touch with her for that purpose, she can be reached at 704.806.7300.



B. During the week, I:

(1) Hosted my second radio show on WVPW, featuring Denise Bliz (left photo), discussing Brother Wolf Animal Rescue in the first half and then Tom Gallagher (right photo), discussing Pisgah Legal Services in the second half. ... To do so, just click: [Here](#)

Then scroll down until you get to the 3.15.17 program.

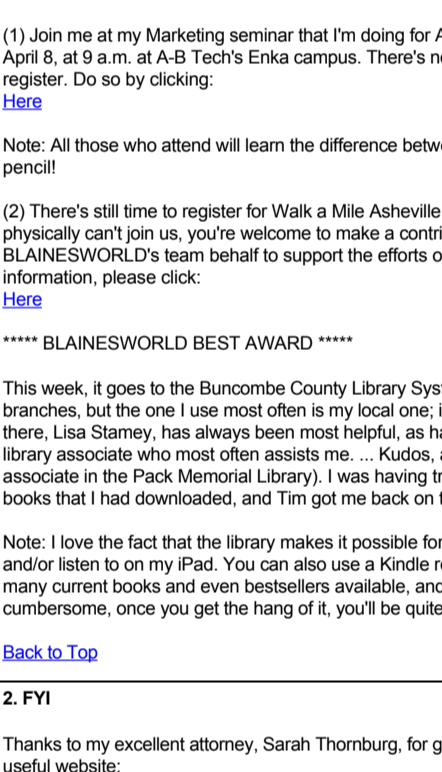


Note: Please tune in to my next show on Wed., March 22, at 9 a.m. on WVPW, 103.7 FM out of Asheville. In addition, you can listen online when you click: [Here](#)

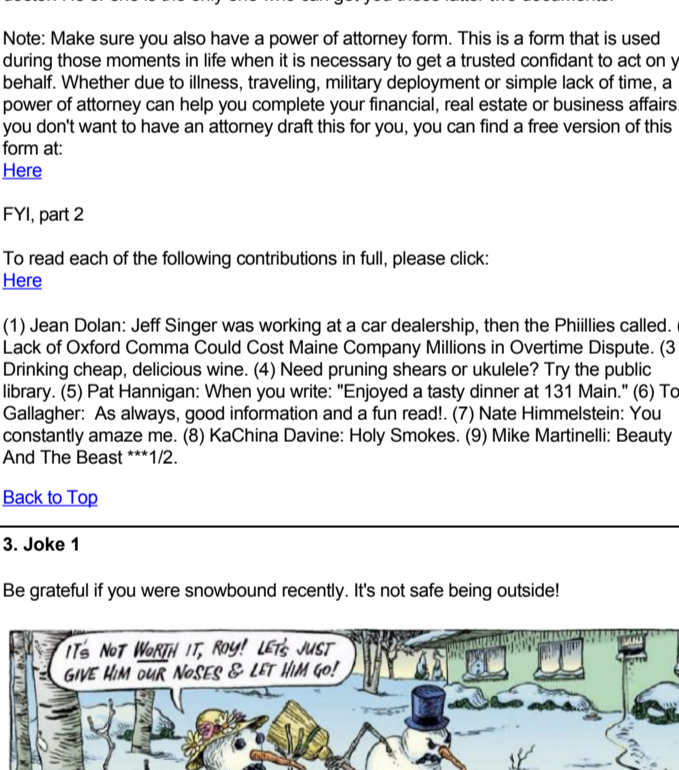
Guests will be Dr. Michael Trayford, discussing the concussion epidemic, and Rodney Smith, discussing Tempus Fugit Design—his photography business.

(2) Had the pleasure of seeing the world premiere production of TERRY TEMPEST: THE FINAL INTERVIEW at The Magnetic Theatre. Billed as "a torrid tale of hats, guns and rock & roll" it had lots of laughs but some serious moments, too. The stellar cast included Haley Senterger and Cody Magourik (front row) and Carrie Kimbrel Kinzoy and Pat LaCorte (back row). Also in that back row to the right of Pat: Jameson Ridenhour, the playwright, and Rodney Smith, the director—both of whom deserve kudos for making this an evening not to be missed. And I'd be remiss if I didn't also recognize Karen Barbour's incredible set design and Jeff Messer's stellar curtain speech

Note: You're in luck, in that this play runs through March 25. For tickets, please click: [Here](#)



(3) Heard David Block (with Insurance Specialties) give a timely presentation entitled "Is this the death knell for Obamacare?" to the Asheville Jewish Business Forum.



Note: The Forum's next event takes place on Tuesday, April 4. Jonathan Freedberg will be the guest speaker on the following topic: "25 Years Helping Businesses Grow: Tales From the Trenches." Please join us. (You don't have to be Jewish to do so.) For more information, please click: [Here](#)

C. Condolences to:

- (1) John Crowley and family on the passing of David Crowley, John's brother.
- (2) Chuck Welsh and family on the passing of James Vincent Trautman, known by his friends as "JT," Chuck's stepson.
- (3) Mike Chadwick and family on the passing of Dave Chadwick, Mike's uncle.
- (4) The family of Patricia Noone on her passing. She ran an excellent nursing program at Bucks County Community College for 25 years.

D. Congratulations to:

- (1) Christa M. Tinarri for the publication of the book, CREATE A CULTURE OF KINDNESS IN MIDDLE SCHOOL, that she wrote with Naomi Drew. The publisher is currently offering \$10 off with the coupon code "CULTURE." To order, please click: [Here](#)
- (2) Phyllis Ulley on receiving a full scholarship for the Fair Economy Racial Wealth Divide Training at Montreat College in May.
- (3) Barbie Angell for being named the Grand Marshal for this year's Walk a Mile event in Asheville.
- (4) Jerry Crouch on being selected by WESTERN NORTH CAROLINA MOUNTAINS MAGAZINE as Asheville's Mr. Musical. To read more, please click: [Here](#)
- (5) Howard Richard Debs for having his article, "The New Wave of Anti-Semites: Let Us Forget," published in: [Here](#)

To read the article, please click: [Here](#)

(6) Kristen Yarborough Hedberg on being named a full-time position of Assistant Professor of Voccal Performance for the School of Stage and Screen at Western Carolina University, starting Fall, 2017

(7) Barbara Karpinski, winner of Contest #5: copy of THE HEART OF HOSPITALITY: STARVING HOTELS AND RESTAURANT LEADERS SHARE THEIR SECRETS by Micah Solomon. All told, there were four entries. And that reminds me that it is now time for: ***** CONTEST #6 *****

One lucky reader will win a copy of THERE ARE NO OVERACHEEVERS: SEIZING YOUR WINDOWS OF OPPORTUNITY TO DO MORE by Brian Biro, my good friend who is known as "America's Breakthrough Coach." This is a fantastic book that I reviewed most favorably in BLAINESWORLD #1053. ... To enter the contest: Send an email to: hginc@2@aol.com and put CONTEST #6 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, March 27, at 9 p.m.

E. Correction: Thanks, Jerry Hinz and KaChina Davine, for pointing out a typo in last week's issue. When I cited Jim Myers as the BLAINESWORLD BEST AWARD winner, I mentioned that he also hosts produces "The Jeff Messer" show on 880 the Revolution. ... That is the correct station number. (Because of a typo, I had given the wrong number.)

F. Don't miss the event: Presentation/Book Signing: Brian Biro's New Book

Brian Biro, America's Breakthrough Coach, had his new book There Are No Overachievers! Seizing Your Windows of Opportunity to Do More Thank You Thought Possible released on March 14th.

He is pictured on the right in the photo (below), being interviewed by yours truly on the BLAINESWORLD radio show on WVPW, 103.7 FM.

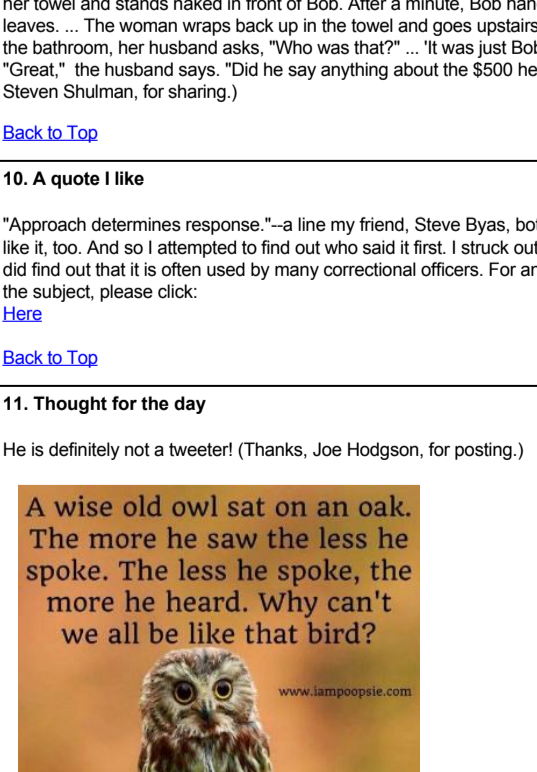
Please mark your calendar for Thursday, April 6th, from 6:30-7:30 p.m. at the Center For Spiritual Living Asheville when Brian will host a short presentation and book signing.

Brian is an amazing speaker who was recently named one of the top 65 inspirational speakers in the world so don't miss this special event—the only one he will be doing in Western North Carolina!

Please RSVP to this event page: [Here](#)

We look forward to seeing you there!

PS. To order a copy of the in advance of the event, you can visit Brian's website for a list of retailers by clicking: [Here](#)



G. Invitations:

(1) Join me at my Marketing seminar that I'm doing for Asheville SCORE on Saturday, April 8, at 9 a.m. at A-B Tech's Enka campus. There's no charge, but you must pre-register. Do so by clicking: [Here](#)

Note: All those who attend will learn the difference between a left- and right-handed pencil!

(2) There's still time to register for Walk a Mile Asheville on Sat., May 6. And even if you physically can't join us, you're welcome to make a contribution on our behalf. BLAINESWORLD's team behalf to support the efforts of our team. ... For more information, please click: [Here](#)

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

This week, it goes to the Buncombe County Library. I've used just about all the branches, but the one I use most often is my local one, i.e., Erka/Candler. The librarian there, Lisa Stamey, has always been most helpful, as has been David Ormsby—the library associate who most often assists me. ... Kudos, also, to Tim Meyers (a library associate in the Pack Memorial Library), who has been most helpful using my iPad to listen to books that I had downloaded, and Tim got me back on track within 15 minutes.

Note: I love the fact that the library makes it possible for me to download books to read and/or listen to on my iPad. You can also use a Kindle reader if you prefer that. There are many current books and even bestsellers available, and though the search option is a bit cumbersome, once you get the hang of it, you'll be quite pleased with the results.

[Back to Top](#)

2. FYI

Thanks to my excellent attorney, Sarah Thornburg, for getting me information about this useful website: [Here](#)

It provides what you need to know about North Carolina's Right to a Natural Death Act, and it has do-it-yourself forms for both living will and health care power of attorney forms. In addition, it provides information about Medical Orders for Scope of Treatment Form (MOST) and Do Not Resuscitate Orders (DNOR) that I'm currently seeking to get from my doctor. He or she is the only one who can get you these latter two documents.

Note: Make sure you also have a power of attorney form. This is a form that is used during those moments in life when it is necessary to get a trusted confidant to act on your behalf. Whether due to illness, traveling, military deployment or simple lack of time, a power of attorney can help you complete your financial, real estate or business affairs, if you don't want to have an attorney draft this for you, you can find a free version of this form at: [Here](#)

FYI, part 2

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

- (1) Jean Dolan: Jeff Singer was working at a car dealership, then the Phillies called. (2) Lack of Oxford Comma Could Cost Maine Company Millions in Overtime Dispute. (3) Drinking cheap, delicious wine. (4) Need pruning shears or ukulele? Try the public library. (5) Pat Harrigan: When you write "Enjoyed a lasty dinner at 131 Main." (6) Tom Gallagher: As always, good information and a fun read! (7) Nate Himmlstein: You constantly amaze me. (8) KaChina Davine: Holy Smokes. (9) Mike Martinielli: Beauty And The Beast ***1/2.

[Back to Top](#)

3. Joke 1

Be grateful if you were snowbound recently. It's not safe being outside!

[Back to Top](#)

4. Reviews

A. Saw UNLIMITED KINGDOM, an excellent drama about the true story of Senetse Khama, the King of Botswana, who met and fell in love with Ruth Williams, a London office worker. They were a perfect match, yet their proposed marriage was challenged not only by their families but by the British and South African governments. The Oylewo and Rossamund Pike were outstanding in the leading roles. Not rated, but certainly appropriate for any teenager.

B. Now out on DVD is FENCES. Here's my review from BLAINESWORLD #1059: Saw FENCES, the adaptation of August Wilson's Pulitzer Prize-winning play about a black garbage collector in Pittsburgh. Denzel Washington was outstanding in the leading role as the man in charge of the household that we're in: Viola Davis as his wife was excellent, too. Washington also directs this film, which doesn't do a great job of opening it up for the screen. I liked it, but didn't love it. Rated PG-13.

C. Read I AM HERE NOW: A CREATIVE MINDFULNESS GUIDE AND JOURNAL (Tarcher/Perigee) by The Mindfulness Project. This short, but useful book, is packed with exercises that challenge your powers of observation, investigation and cultivation as you think about mindfulness, which is defined as "the simple and very powerful practice of training out attention. It's simple in that it's just about paying attention to what's happening here and now (i.e., sensations, thoughts and emotions) in a nonjudgmental way. ... My favorite part was the following:

- 10 ways to make your day more mindful
1. Meditate, even if it's just for a few minutes.
2. Slow down and tune into your body and senses.
3. Don't argue with reality—it is what it is.
4. Pay attention to people, especially your loved ones.
5. Think of one thing you're grateful for before going to bed.
6. Go easy on and be kind to yourself, even when you blow it.
7. When good things happen, pause and notice how it feels.
8. When not-so-good things happen, pause. Notice how it feels.
9. Upon stressing out, take three deep breaths.
10. Connect at least once a day with nature.

D. Heard ORGANIZE TOMORROW TODAY: 8 WAYS TO RETRAIN YOUR MIND TO OPTIMIZE PERFORMANCE (Hachette Audio), written by Jason Saak and Tom Bartow with Matthew Rudy and narrated by Christian Steiner. ... This book shows how the authors train world-class athletes for peak performance and then shows how these principles can be applied in countless other situations that apply to just about anybody. ... It does so by presenting these eight simple, concrete concepts:

- Organize Tomorrow Today
- Choose Wisely
- Maximize your Time endorsed
- Build and Break Your Habits
- Evaluate Correctly
- Learn How to Talk to Yourself
- Learn How to Talk With Others
- Become Abnormal!

They then recommend that you chose only three to work on, then focus on one at a time. ... The key is to remember the power of learned helplessness. ... Focusing on one thing promotes action. Learn to do less, but more often."

[Back to Top](#)

5. TV alert

A. SUPERGIRL: THE FLASH MUSICAL CROSSOVER: Mon.-Tues., March 20-21, at 8 p.m. on The CW
This two-part crossover features original songs penned by the LALA LAND do Benj Pasek and Justin Paul.

B. SHOTS FIRED: Wed., March 22, at 8 p.m. on Fox
Sanaa Lathan stars in this timely and provocative 10-part event series as a Department of Justice investigator who teams with an Ivy League special prosecutor to look into a police shooting that has rocked a NC town.

C. IMPRACTICAL JOKERS: Thursdays at 11 p.m. on truTV
Four comedians and lifelong friends compete to embarrass each other out amongst the general public with a series of hilarious and outrageous dares. For clips and past shows, please click: [Here](#)

D. GENDER REVOLUTION: A JOURNEY WITH KATIE COURIC: Watch with On Demand Couric meets with the leading scientists, surgeons and experts of their fields to answer questions regarding gender identity in this National Geographic documentary.

[Back to Top](#)

6. Joke 2

This me humming the classic Eurythmics song ... [Here](#)

(Thanks, Ellen Pappas, for posting.)

[Back to Top](#)

7. Clips/Websites

A. Check out these clips at your convenience:

- (1) Carole Biro: Rogier Federer Singing With Djokovic, Dimitrov, Tommy & David Foster [Here](#)
- (2) Boy Band is Back [Here](#)
- (3) Linda McLean: Imagine - Pentatonix [Here](#)
- (4) Steven Shulman: Which dog is smarter? [Here](#)
- (5) Bonnie Seidner: Beautiful story of 62 yr old Dan Peterson and 4 yr old Nora Wood [Here](#)

B. All Day is a website described as "Just as intellectually curious as you are." It can be viewed by clicking: [Here](#)

A quick perusal came up with the following items that I'll check back to view when I have more time:
The Vanderbilts Were One Of The Richest Families In America. Here's How They Lost It All
The Famous Last Words From 15 Icons Of History
27 Vintage Photos Of Totally Miserable Looking Brides
Here's How Roman Gladiators Actually Ate, Trained, And Lived

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](#)

[Back to Top](#)

8. Technology tip

Buying a New TV? Here's How to Cut Through the Jargon by Christopher Mettel

Looking to buy a new television? You'll face an alphabet soup of terms like 4K, H.D.R., and O.L.E.D. but you don't have to be fluent in tech-speak to get a television that is right for your needs and budget. Should you buy now or wait?

Consider upgrading now if you have not bought a television in the last two years. Stephen Baker, vice president of technology industry analysis at the NPD Group, a consumer research firm, wrote in an email. Improvements in electronics make for superior picture quality, standards have been settled and the technology has been vetted.

For the rest of this informative article, please click: [Here](#)

[Back to Top](#)

9. Joke 3

A man is getting into the shower just as his wife is finishing up her shower. When the doorbell rings, the wife quickly wraps herself in a towel and runs downstairs. She opens the door and there stands Bob, the next door neighbor. Before she says a word, he says, "I'll give you \$500 to drop the towel." ... After thinking for a moment, she the woman drops her towel and stands naked in front of Bob. After a minute, Bob hands her \$500 and leaves. ... The woman wraps back up in the towel and goes upstairs. When she gets to the bathroom, her husband asks, "Who was that?" ... "It was just Bob," she replies. ... "Great," the husband says. "Did he say anything about the \$500 he owes me?" (Thanks, Steven Shulman, for sharing.)

[Back to Top](#)

10. A quote I like

"Approach determines response"—a line my friend, Steve Byas, both uses and likes ... I like it, too. And so I attempted to find out who said it first. I struck out in that attempt, but did find out that it is often used by many out-of-control officers. For an interesting article on the subject, please click: [Here](#)

[Back to Top](#)

11. Thought for the day

He is definitely not a tweeter! (Thanks, Joe Hodgson, for posting.)

[Back to Top](#)

12. Advance planning department

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

A. NC events

- (1) Bonnie Firestone: Tonight (Friday, 3/17) is opening night of "Copenhagen" at Hendersonville Community Theater. (2) KaChina Davine: Please join Black Mountain College Museum + Arts Center (BMCMAAC), for the 7th Annual (Re)HAPPENING. (3) Magic, Mirth & Meaning Show. (4) David Joe Miller presents: WORD! with Dr. Joseph Sobel.

B. PANJ events

- (1) To Kill A Mockingbird at MCCCC's Kelsey Theatre March 17-26. (2) Glenn Burd, The Plumstead Historical Society will hold its monthly meeting on Monday, March 20th.

PS. HAPPY ST. PATRICK'S DAY ... if you're like me and you celebrate the holiday because there's more food, fun and friends that way, enjoy! (Thanks, Judy Chadwick, for posting.)

And make it a wonderful week, too!

[Back to Top](#)

[Join Our Mailing List!](#)