

#1070
3.27.2017

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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 bjg@bcagad.com and put SUBSCRIPTION in the subject line.

A. Cynthia, my beautiful bride, and I:

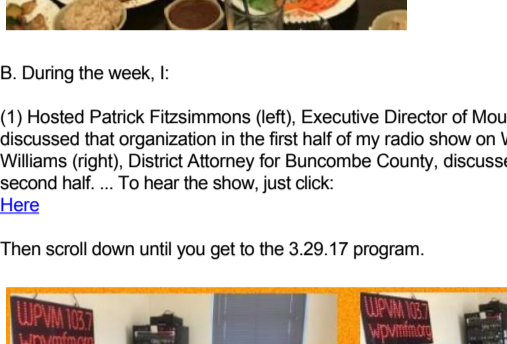
(1) Saw our friend Marcy Gallagher (left) participate in a dazzling "Courage Over Cancer" fashion show. Pictured (right), I'm starting with Cynthia; Cynthia Greenfield, Blaine Greenfield, Tom Gallagher, Dave Blumlo, Bonnie Silbner and Judy Blumlo.



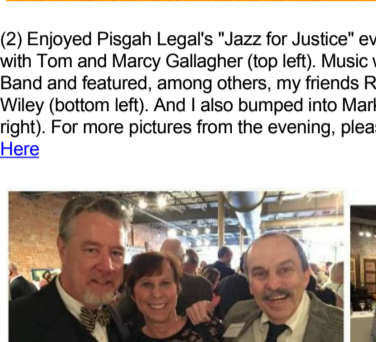
(2) Hosted several family members for dinner and then a rehearsal for the skit that we're going to be presenting for Tom Gallagher's surprise birthday. I'd ask you to keep this a secret, but by the time you read it, Tom will have already been surprised by the party ... We had as much fun that evening as we've had in quite some time. We all couldn't stop laughing. ... Pictured, I'm starting with me; Blaine Greenfield, Marvin Sadovsky, Bonnie Silbner, Brian Biro, Cynthia Greenfield, Walesa Dobroski, Carole Bro and Annemarie Brown.



(3) Loved the NC Stage production of SOUVENIR, starring Jono Malinelli and Callan White, Kudos, also, to Charlie Flynn-McIver for his spot on direction.



(4) Then had a delicious dinner at Wasabi, our favorite Japanese restaurant. Reza Fierezawat, as always, provided fabulous service.

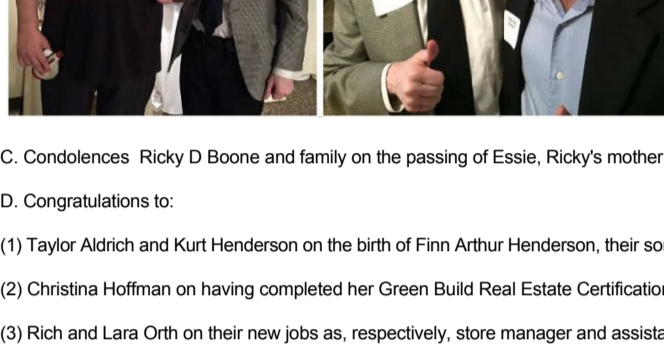


B. During the week, I:

(1) Hosted Patrick Fitzsimmons (left), Executive Director of Mountain BizWorks, who discussed that organization in the first half of my radio show on WPYH and then Todd Williams (right), District Attorney for Buncombe County, discussed that office in the second half. ... To hear the show, just click:

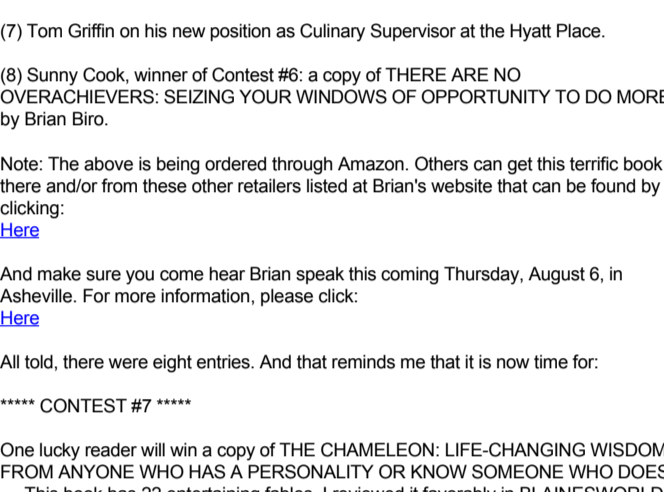
[Here](#)

Then scroll down until you get to the 3.29.17 program.



(2) Enjoyed Pisgah Legal's "Jazz for Justice" event where I had the pleasure of being with Tom and Marcy Gallagher (top left). Music was provided by The Rich Wiley Jazz Band and featured, among others, my friends Richard Shuman (top right) and Rich Wiley (bottom left). And I also bumped into Mark-Elis Bennett, another friend (bottom right). For more pictures from the evening, please click:

[Here](#)



C. Condolences: Ricky D Boone and family on the passing of Essie, Ricky's mother.

D. Congratulations to:

- (1) Taylor Aldrich and Kurt Henderson on the birth of Finn Arthur Henderson, their son.
- (2) Christina Hoffman on having completed her Green Build Real Estate Certification.
- (3) Rich and Lara Orth on their new jobs as, respectively, store manager and assistant store manager for Creative Playthings in Cherry Hill, NJ.
- (4) Colton Overcash on having his strategic government relations plan voted in as No. 1 at the National Association of Restor (Government Affairs Division) convention.
- (5) Tebbe Davis on being awarded a mural project in West Asheville. According to him, "Stay tuned, it's gonna be monumental and public."
- (6) Peter Savage on accepting a teaching position with the Brevard College Theatre Faculty beginning in Fall, 2017.
- (7) Tom Griffin on his new position as Culinary Supervisor at the Hyatt Place.
- (8) Sunny Cook, winner of Contest #6: a copy of THERE ARE NO OVERACHIEVERS: SEIZING YOUR WINDOWS OF OPPORTUNITY TO DO MORE by Brian Biro.

Note: The above is being ordered through Amazon. Others can get this terrific book there and/or from these other retailers listed at Brian's website that can be found by clicking: [Here](#)

And make sure you come hear Brian speak this coming Thursday, August 6, in Asheville. For more information, please click: [Here](#)

All told, there were eight entries. And that reminds me that it is now time for:

***** CONTEST #7 *****

One lucky reader will win a copy of THE CHAMELEON: LIFE-CHANGING WISDOM FROM ANYONE WHO HAS A PERSONALITY OR KNOW SOMEONE WHO DOES ... This book has 22 entertaining fables. I reviewed it favorably in BLAINESWORLD #1038. ... To enter the contest: Send an email to bjg@bcagad.com and put CONTEST #7 in the subject line. In the body of the email, please include your email, mail address. All entries must be received on or before Monday, April 10, at 9 p.m.

E. Correction: Thanks, Elaine Bilk, for picking up the typo in my review of BEAUTY AND THE BEAST. That's the correct name of the film. These files:

F. PLEASE HELP ... I'd be honored if you would vote for my blog in the Best of WNC competition. To do so: 1. Click this link to get a ballot sent to you: [1](#) 2. Use the Sections tab at the top of the ballot to go to the 10th category, which is Media. 3. Then scroll down to the third listing, which is Free Publication Other Than XPress. 4. Please type-in: BLAINESWORLD ... If you'd like me to vote for your organization in any category, just let me know. And if you need any help, give a holler. ... Kindly share this information with your 437 closest friends and relatives--and also encourage them to vote as indicated in the above category. Many thanks!



G. Reminders:

(1) April event: the Asheville Jewish Business Forum

Date: Tuesday, April 4, 2017

Time: 5:30-6, Registration & Networking; 6-7, Dinner & Speaker; and 7-7:30 p.m., Additional Networking

Location: Earth Fare (community room in the back & to the left) Westgate Shopping Center, 66 Westgate Pkwy, Asheville

Note: Plenty of free parking. No steps to climb. Order whatever you want from the food counter or hot bar. Lots of healthy options, too, and prices are very reasonable. There's even pizza, if you want.

Speaker: Jonathan Friesberg of Aberdeen Funding (and a Board member of the Asheville Jewish Business Forum)

Topic: 25 Years Helping Businesses Grow: Tales From the Trenches

Program Description: Come to listen to the fascinating tales of his many exciting experiences in the factoring industry.

Guests: As always, they are welcome to attend. Also, you don't have to be Jewish to attend.

Please register, so we can have some idea on the count. If you are reading this via email, just hit Reply and then in the body of the email, put your name, phone number and number you will be bringing.

If you are reading this via Facebook, please send an email to: asheviejfb@acj.com and put April 4 in the subject line. Then, in the body of the email, put your name, phone number and number you will be bringing.

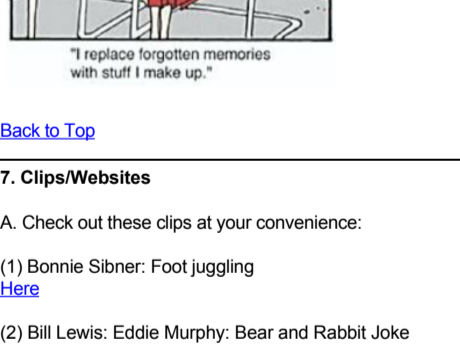
(2) Join me at my Marketing seminar that I'm doing for Asheville SCORE on Saturday, April 8, at 9 a.m. at A-B Tech's Erika campus. There's no charge, but you must pre-register. Do so by clicking: [Here](#)

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

(4) Please join the BLAINESWORLD team at Walk at Mile Asheville on Sat., May 6. And even if you physically can't join us, you're welcome to make a contribution on our 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 Kim Simpson--the person who recently came on board as my assistant. In addition, I have given her the added responsibility of producing my radio show--and she has already done a great job of lining-up guests. ... She has also impressed both Cynthia and me with her artistic skills, and we had her paint a mural for our cat Love's room. She did a beautiful job. (Look for pictures on that in the near future.) ... Kim also is an accomplished dog trainer and seminar leader. I am blessed to have her on board.



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2. FYI

Work. Walk 5 Minutes. Work.
By Gretchen Reynolds

Stuck at your work desk? Standing up and walking around for few minutes every hour during the workday could lift your mood, combat lethargy without reducing focus and attention, and even dull hunger pangs, according to an instructive new study.

The study, which also found that frequent, brief walking breaks were more effective at improving well-being than a single, longer walk before work, could provide the basis for a simple, realistic New Year's exercise resolution for those of us bound to our desks all day.

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

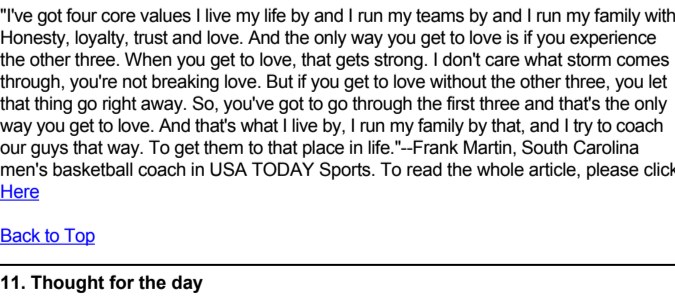
FYI part 2

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

(1) Training your brain so that you don't need glasses. (2) Yes, Your Sleep Schedule is Making You Sick. (3) The Best Exercise for Aging Muscles. (4) How to Get Cheap Tickets to Broadway Shows. (5) The Year of Choosing Negative Thinking. (6) Arlene Dieler: Just listened to your first radio broadcast. (7) Pat Harrigan: Sorry, but with the emphasis that they put on writing and conveying with what one writes...I'm confused.

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3. Joke 1



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4. Reviews

A. Saw THE SHACK, a drama about a father's spiritual journey that comes as the result of a family tragedy. He encounters a trio of strangers, led by a woman named Pats, and he eventually finds important truths that change his life forever. I wasn't overly impressed by the actor, nor the film. Rated PG-13

B. Out on DVD is WHY HIM?, a film I reviewed in BLAINESWORLD #1058 as follows: Saw WHY HIM?, an inoffensive comedy about a loving dad and his family who meet the billionaire boyfriend of his daughter. Bryan Cranston and James Franco are both fine in the leading roles, and Megan Mullally is funny as Cranston's wife--but she should have had a bigger role. The film was somewhat ruined for me by the fact that I had seen many of the best scenes via the coming attractions. This is one you can definitely wait for until it comes out on DVR. Rated R.

C. Read THE BOOK OF QUESTIONS, REVISED AND UPDATED (Workman Publishing) by Gregory Stock, Ph.D. ... The author, a biophysicist, presents over 300 questions on such topics as life, love, money, sex, integrity, generosity, pride and death. They can be used as both a tool for discovery or as a provocative way to stimulate conversation. ... Some of the more interesting questions included the following: If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? What would your funeral be like if you died tomorrow? Is there something you've dreamed of doing for a long time but haven't? If a close friend asked, and genuinely wanted, your opinion, but you know he'd find it painful--for example, he's an artist and asks your honest appraisal of his artistic talent, and you think he's loopy--would you tell him? ... The book certainly got me thinking, and I believe it would do the same for you.

D. Heard THE BUTLER, A WITNESS TO HISTORY (Simon & Schuster Audio), written by Will Haygood and read by David Oyelowo, Forest Whitaker and Oprah Winfrey. ... The cover indicates that it is "the story that inspired the major motion picture," and there's even mention of that fact toward the beginning of the book. But then it becomes just an account of how the movie of the same title was made. It had virtually nothing to do with the actual story of Eugene Allen, the butler who served eight presidents from Harry Truman to Ronald Reagan. ... I would have loved recommending reading it unless you want to know more about the movie.

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5. TV alert

A. THE MOST HATED WOMAN IN AMERICA: Streaming via Netflix
Melissa Leo plays Madalyn Murray O'Hair, an atheist who challenged prayer in public schools in the 1960s and who was then kidnapped and murdered.

B. BROCKMIRE: Wed, April 5, at 10 p.m. on IFC
According to TV GUIDE: "Inevitably, Hank Azaria is terrific as washed-up baseball sportscaster Jim Brockmire, a vocally debauched self-plying jerk in this hilarious comedy series about the vagaries of viral-video infamy."

C. FIRST DATES: Season premiere on Friday, April 7, at 8 p.m. on NBC
The docuseries--narrated by Drew Barrymore--sends two strangers to dinner at a Chicago eatery where had pick-up lines, confessional conversations and snap judgments are both on the menu and under surveillance.

D. THE SON: Series premiere on Sat., April 8, at 9 p.m. on both AMC and Sundance
Peter Dinklage stars in this epic Wild West series.

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6. Joke 2

Y'all now know my secret? (Thanks, Joyce Sharpe, for sharing.)



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7. Clips/Websites

A. Check out these clips at your convenience:

- (1) Bonnie Silbner: Foot juggling [Here](#)
- (2) Bill Lewis: Eddie Murphy: Bear and Rabbit Joke [Here](#)
- (3) Jerry Crouch: Huge dog carries his tiny friend [Here](#)

B. PickTheBrain.com is a website dedicated to self-improvement, with a focus on personal productivity, motivation and self-education. To view it, please click: [Here](#)

Some recent posts that looked interesting included the following:
15 Habits of Mentally Strong People
50 Quick Motivational Tips To Get You Fired Up
The 7 Best Blogs on Goal Achievement
Three Ways Successful Women Get Ahead in Business

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

Is Your Stuff Safe in the Cloud?
by Geoffrey A. Fowler

Have you seen the headlines lately? Hacking and surveillance are bigger news than the next iPhone. Yet companies like Google, Apple and Dropbox have been urging us to load all our photos, and sometimes even more precious documents, in an online vault called the cloud. It's actually huge racks of servers, in locations all over the world.

What could possibly go wrong with hundreds of millions of people storing personal data in a centralized warehouse?

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

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9. Joke 3

"Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel." (Thanks, Ginger Heskett, for sharing.)

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10. A quote I like

"I've got four core values I live my life by and I run my teams by and I run my family with: Honesty, loyalty, trust and love. And the only way you get to love is if you experience the other three. When you get to love, that gets strong, I don't care what storm comes against you, you're not breaking love. But if you get to love without the other three, you let that thing go right away. So, you've got to go through the first three and that's the only way you get to love. And that's what I live by. I run my family by that, and I try to coach our guys that way. To get them to that place in life."--Frank Martin, South Carolina men's basketball coach in USA TODAY Sports. To read the whole article, please click: [Here](#)

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11. Thought for the day

Thanks, Mike Martinelli, for sharing the following:
Fall in love with life
I was sitting in the chair at the beauty shop getting my hair cut one day and listening to my beautician chatter away. She showed me a picture of one of her friends, a woman who had gotten married and recently had a baby girl.
"She's been so in love since that child was born," she said, showing me a picture of the new mother's smiling face.
"In love with her husband?" I asked.
"No," she said. "Well, that, too. I mean in love with life."

Have you ever been in love, had your heart beat fast when you anticipated the call of your lover, felt the sun beat warm on your face, the sky appear softer, the clouds more fluffy, and the sunset more glorious?

What if you could fall in love with your life and feel that way each day? I'm not saying nonmarital relationships are bad. They're not. They're part of being human and getting our needs met. But what if we could take all that passion and focus it into falling in love with life?

Maybe that is what is meant by universal love. Maybe that's the part we give back.

Fall in love with your life today.

God, help me feel passionate about my life and all the possibilities that stretch out before me.

Source:
MORE LANGUAGE OF LETTING GO by Melody Beattie

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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) What The Health. (2) The Little Red Riding Hood Show. (3) OLLI poetry reading, featuring Nelson Santoris.
B. PANJ events
(1) The Neshaminy Valley Music Theatre's production of HELLO DOLLY. (2) The House at Poor Corner at Kelsey Theatre.

PS. Happy APRIL FOOL'S DAY to you and yours ... For a fun prank: 1. Get some Oreos. 2. Open them up, scrape out the good filling and substitute it with mayonnaise. 3. Cream cheese is another option, though some folks might actually like that. 4. You might see toothpaste recommended for this prank, but I don't suggest it because toothpaste is not considered safe to eat.

Make it a great rest of the week, too!

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