

# BLAINESWORLD

#968  
4.13.2015

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### 1. Reflections

Note: See BLAINESWORLD BEST AWARD after Section 1D for update on Cynthia's health--and mine, too.

Also, if you're reading this via Facebook and/or in the unlikely event you're not already a subscriber, you can make sure you don't miss an issue (and you get it earlier, too) by clicking:  
<http://tinyurl.com/ozgmxgs>

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A. Cynthia, my beautiful bride, and I spent a part of the week at Mission Hospital. Fortunately, all is OK. For full details, as well as pictures, please see the BLAINESWORLD BEST AWARD (below after Section 1D).

B. During the week, I:

(1) Had the good fortune of hearing Tebbe Davis give a great talk to the Asheville Jewish Business Forum. Pictured with me, l-r: Barrie Barton, Suzannah Tebbe Davis and Tebbe Davis.



(2) Watched Randy While (with the scissors) cut the ribbon as his thermal solar system manufacturing firm, Whitestar Energy, became the latest hot technology company to open in Asheville. I'm second from the left in the front row.



(3) Joined Frank Goldsmith and Judy Leavitt for a fantastic lunch at Modesto that also featured fine service from Josh, our server. Frank and Judy are both on the board for WNC Carolina Jews for Justice, and we began planning for a joint meeting with the Asheville Jewish Business Forum. Details to follow.



(4) Led the first meeting of the Neighborhood Watch group at Biltmore Lake. Lt. Helen Hall (left) from the Buncombe County Sheriff's Office gave an informative presentation on what can be done to keep our community safe. She was accompanied by Sgt. Kim Mull (center) who, in disguise, pointed out the need to pay attention to all those we saw. She walked around the room and afterward, most had no idea what she looked like and/or what she was wearing. ... Note: If any Biltmore Lake resident still wants to become part of the Neighborhood Watch, please send me an email: [bjinbc@aol.com](mailto:bjinbc@aol.com) and put WATCH in the subject line.



C. Reminder: Walk a Mile Asheville is rapidly approaching! You can still join me on May 2, along with Brian Biro (pictured below at a tasty breakfast meeting at Biscuit Head) and others on the BLAINESWORLD team by clicking: <http://www.firstgiving.com/team/288560>

And even if you can't make it that day, please consider making a contribution to support our efforts via the above link to raise funds for Our Voice, the non-profit group that serves all individuals in Buncombe County affected by sexual assault and abuse through counseling, advocacy and education.



D. Congratulations to:

(1) Karen Covington for her fantastic rendition of the National Anthem at a recent Tourists game. Listen to yourself by clicking: <https://www.youtube.com/watch?t=44&v=PqKwBfKrL28>

(2) Tom Swyers on having his engrossing book, *SAVING BABE RUTH*, win Best First Book in Fiction and second as the Best Popular Fiction for 2015 at the 27th annual Benjamin Franklin Book Awards ceremony last in Austin, TX.

(3) Paige Posey on being named to the Flat Rock Playhouse Board of Trustees.

(5) Colleen Dunn on being elected treasurer of the Bucks County College Federation of Teachers.

(6) Rochelle Sapperstein Jacobs on the birth of Aiden Vinh Jacobs, her grandson.



(7) Bill Abramson on not only finishing a 5K (sponsored by Gulfsteam in Savannah, FL) race for the first time in 62 years, but also on the fact that he finished in the Top 40 out of 950 runners.

(8) Tobi Bruhn for his 1:43:05 time in the Unite Rutgers Half Marathon.

(9) Marzenna Ostrowski on the birth of Charlotte Sofia, her granddaughter.

(10) Ron Coleman on becoming a partner at Archer & Greiner.

(11) Patty D. in PA, winner of FAIL FAST OR WIN BIG: THE START-UP PLAN FOR STARTING NOW by Bernhard Schroeder.

All told, there were 4 entries. And that reminds me that it's now time to announce:

\*\*\*\*\* CONTEST #9 \*\*\*\*\*

One lucky reader will win a copy LET'S VISIT NEW HOPE by Gayle Goodman and Roy Ziegler and illustrated by Pat Achilles.



Note: The above has been personally autographed by Pat!

This beautiful book gives a great overview to this historic Bucks County, PA, town and is perfect for both children and grandchildren, as well as their parents and grandparents who may want to read it to them. Even folks who don't live in Bucks County will love it.

I reviewed the above in BLAINESWORLD #967 and enjoyed it.

To enter: Put "CONTEST #9" in the subject line of an email and send it to: [bginbc@aol.com](mailto:bginbc@aol.com) . . . make sure you include your name AND snail mail address in the body of the email . . . all entries must be received on or before 9 p.m. on Monday, April 27, 2015.

E. Condolences to:

(1) Carol Leslie Duermit and family on the passing of Carol's dad.

(2) The family of Nancy Reid on Nancy's passing.

(3) John Daniel Rosella and family on the passing of John's cousin and godson.

(4) The family of Stan Freberg, the acclaimed satirist. To see how great he was, please click: <https://www.youtube.com/watch?v=DiBbyz4oE0g>

(5) Brian Cohen and family, belatedly, on the passing of Brian's dad.

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

This week, it goes to Erinna Weaver (pictured with Cynthia)--a nurse in the Same Day Discharge Unit at Mission Hospital. Cynthia was there recently after she underwent hernia surgery.



Erinna's care was excellent. She was also both friendly and patient, and she made Cynthia's stay as pleasant as it could be. Mission should be pleased to have such fine nurses.

Kudos, also, to Dr. Claudine Siegert, Cynthia's capable surgeon. She did a fine job, and we both were impressed not only by her, but also by her entire office staff.

A day after the surgery, Cynthia was concerned about how her scar was looking. She asked me to take a picture of it, so that we could then email it to Dr. Siegert. But one picture wasn't enough ... I had to take some 37 others from every angle and in every lighting situation to make sure that it could be clearly seen.

As this was happening, I found myself getting sicker and sicker. It may have been from taking the pictures or from the stress of taking care of Cynthia, but I was soon extremely uncomfortable. It felt like I imagine a case of food poisoning would be like. When things kept getting worse, I called my doctor's office and was told to go to the emergency room.

We did and en route in the emergency vehicle, I started to feel better. Then when the doctor there said the following two words, I was immediately cured: IV and bloodwork. He wanted me to undergo both, and that's when I said "no thanks" and signed myself out. For those who know me, this probably wasn't much of a surprise ... I don't do very well with needles.

As we were waiting for the paperwork, Cynthia said she needed to lay down. See below. I ask you: Who looks like that night's patient?



Fortunately, we are both doing just fine. And that's in large part because of all the visits and meals we got from such good friends as Donna Anders, Annemarie Brown, Amy Suben, and Tom and Marcy Gallagher (pictured) who had us smiling after delicious take-out from the Great Wall Restaurant.



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## **2. FYI**

The Right Dose of Exercise for a Longer Life

by Gretchen Reynolds

Exercise has had a Goldilocks problem, with experts debating just how much exercise is too little, too much or just the right amount to improve health and longevity. Two new, impressively large-scale studies provide some clarity, suggesting that the ideal dose of exercise for a long life is a bit more than many of us currently believe we should get, but less than many of us might expect. The studies also found that prolonged or intense exercise is unlikely to be harmful and could add years to people's lives.

No one doubts, of course, that any amount of exercise is better than none. Like medicine, exercise is known to reduce risks for many diseases and premature death.

For the rest of this informative article, please click:

[http://well.blogs.nytimes.com/2015/04/15/the-right-dose-of-exercise-for-a-longer-life/?partner=rss&emc=rss&\\_r=0](http://well.blogs.nytimes.com/2015/04/15/the-right-dose-of-exercise-for-a-longer-life/?partner=rss&emc=rss&_r=0)

FYI, part 2

#### A. Clips

(1) Evelyn B. in NC: Moms Demand Action

<https://www.facebook.com/MomsDemandAction/videos/766206040163985/?pnref=story>

(2) Tera B. in NC: Watch as Sir Anthony Hopkins Hears His own Piece of Music for the First Time

<http://www.buzzfeed.com/mlew15/watch-as-sir-anthony-hopkins-hears-his-own-piece-o-h0se#.tj50ZyjvoY>

(3) Sharon B. in NC: The incredible story of the leopard Diabolo

<https://www.youtube.com/watch?v=gvwHHMEDdT0>

(4) Vickie G. in NC: I Don't Look Good Naked Anymore

<https://www.youtube.com/watch?v=OOgd9hitEAE>

(5) Joe W. in NV: The best kindergarten you've ever seen

<https://www.youtube.com/watch?v=J5jwEyDaR-0>

(6) Derby the dog: Running on 3D Printed Prosthetics

<https://www.youtube.com/watch?v=uRmoowIN8aY>

#### B. Other

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

<http://wp.me/p1g9Ev-1Sx>

(1) Pat A. in NC: My final post on the topic of self-publishing 'Let's Visit New Hope.' (2) (2) Bob H. in FL: Vincent van Gogh The Complete Gallery HD. (3) The Moral Bucket List. (4) Deb in NY: I have a friend who has an 8-year-old son working on a school project and still needs postcards from several states. (5) Marty S. in TX: Really Neat! This may or may not work on your computer. (6) Maria P. in PA: Yes!!! The name description fits you to a T! (7) Reading with imagination. (8) Musical-Theater Junkies Score Seats to High-School Productions.

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### 3. Joke 1

A lady with a frog stuck to her head went to the doctor's office. When the doctor asked her what was wrong, the frog replied, "I've got something stuck to my butt!"

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### 4. Reviews

A. Saw CINDERELLA, a new version of the classic tale from director Kenneth Branagh. Many of my friends loved it, but I only thought it was fair. However, I very much liked Cate Blanchett's performance as The Wicked Stepmother. Rated PG.

B. BIG EYES is now out in DVD format ... my review from BLAINESWORLD #954 follows:

Saw BIG EYES, an excellent film based on the true story of Walter Keane (Christoph Waltz) who was one of the most successful painters of the 1950 and early 1960s. As it turns out, however, he never did any of the paintings; rather, they were done by his wife Margaret (Amy Adams). Waltz dazzles as a guy you grow to hate. His performance in a courtroom scene was one of the funniest I have ever seen. Tim Burton was both the director and producer, and I liked the fact that this was a change of pace for him. Rated PG-13.

Note: BIG EYES has been added to my list of all-time favorite films. If you'd like a copy of this list, please send an email to [bginbc@aol.com](mailto:bginbc@aol.com) and put FAVORITES in the subject line.

C. Read RED-STATE, WHITE-GUY BLUES (Pisgah Press) by Jeff Messer.

The author, a popular progressive radio host, looks at what has happened to North Carolina politics over the past few years. His observations are funny, but also thought-provoking.

In particular, I liked the Messerisms that are incorporated throughout the book. To quote Messer, a Messerism is a "Sharp, cutting or witty saying."

Among the ones that caught my attention were these two:

Don't go to the mainstream media to get facts straight from the horse's mouth; what comes out there is usually from the other end.

The only reason to take the high road in the world of politics in this day and age is because the high road is the best vantage point from which to throw rocks.

In addition, I enjoyed reading his occasional real-life updates because they highlighted many places and people that I'm familiar with because I live in the Asheville area.

Democrats will love this book. Republicans might even like it, too; i.e., if they are willing to be open-minded and pay special attention to Messer's excellent chapter on "Voter Wrongs." His concluding statement on REAL voter fraud numbers says it all:

THE WASHINGTON POST released the following in the summer of 2014:

Since 2000, there have been over 1,000,000,000--that's one billion--ballots cast in the United States in elections.

Alleged voter fraud in that time that might have been prevented by voter ID laws: 31.

That's a rate of .000000031% over thirteen years.

D. Heard WISDOM FROM WOMEN IN THE BIBLE: GIANTS OF THE EARTH SPEAK INTO OUR EYES (Hachette Audio), written by John C. Maxwell and read by Marc Thompson.

The author, long one of my favorites, has been identified by INC. as the world's most popular leadership expert. In this latest effort, he identifies nine women as "giants of faith" and then imagines an encounter with each of them. So it almost feels like you are having a face-to-face encounter with Ruth, Sarah, Rahab, Hannah, Abigail, Miriam, Mary and the Samaritan woman at the well.

I especially liked how Maxwell applied what they had to say into everyday life, and to reinforce this, he then included a contemporary female reflection on these nine women.

My only criticism of the book had to do with the narration. It was acceptable, but I would have much preferred a female reader--or at least for the parts where the women were speaking.

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## 5. TV alert

A. THE CHINA SYNDROME: Sunday, April 19, at 4 p.m. on TCM

Compelling thriller about the potential perils of nuclear energy, starring Jane Fonda, Jack Lemmon and Michael Douglas.

B. JASCHA HEIFETZ: GOD'S FIDDLER on AMERICAN MASTERS: Tuesday, April 21, on PBS at 5 a.m. ... Note: PBS dates and times often vary, so check local listings.

THE WALL STREET JOURNAL calls it a "compellingly, ambitious film crowded with witnesses to Heifetz's life and career."

C. BRUCE JENNER--THE INTERVIEW: Friday, April 24, at 9 p.m. on ABC.

This special features Diane Sawyer having discussions with Jenner and members of his clan.

D. AMERICA'S BALLROOM CHALLENGE" Friday, April 24, at 9 p.m. on PBS. ... Note: PBS dates and times often vary, so check local listings.

The show's fifth season has competition in both American and international ballroom styles.

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## 6. Joke 2

A child asked his father, "How were people born?" ... So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." ... The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." ... The child ran back to his father and said, "You lied to me!" ... His father replied, "No, your mom was talking about her side of the family."

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## 7. Websites

A. If you're in the mood for some great dancing clips:



(1) Carol S. in PA: WALK THE MOON - Shut Up and Dance (Movie dance compilation)  
<https://www.youtube.com/watch?v=kVJu9AMJJr4>

(2) Natalie K. in PA: 10 dance scenes in dance movies  
[https://www.youtube.com/watch?v=wb9u2f\\_pbD0](https://www.youtube.com/watch?v=wb9u2f_pbD0)

(3) Top 10 Unexpected Dance Scenes in Non-Dance Movies  
[https://www.youtube.com/watch?v=yI306IM1To0&list=PL6834B27FBEDEA8C2&index=28&feature=iv&src\\_vid=wb9u2f\\_pbD0&annotation\\_id=annotation\\_49672209](https://www.youtube.com/watch?v=yI306IM1To0&list=PL6834B27FBEDEA8C2&index=28&feature=iv&src_vid=wb9u2f_pbD0&annotation_id=annotation_49672209)

B. And if you'd like to really be inspired, please view this clip:  
Noah Galloway & Sharna - Contemporary - Dancing With The Stars - Season 20 Week 4 (4-6-15)  
<https://www.youtube.com/watch?v=0gEuyjP7z6Q>

C. BLAINESWORLD, the website, remains up and running . . . to view it, please click:  
<http://www.blaineworld.net/>

If you've never seen the above, you can get a good start by finding out what it is all about. Just view the boxed material at the very top of the page.

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:  
[www.facebook.com/blainegreenfield](http://www.facebook.com/blainegreenfield)



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### 8. Technology tip

Walter W. in PA: What do you use to simplify your passwords? I never remember the one for Facebook on my cell and every app uses it.

1. Put it in Notes on your mobile phone. Or use Voice Memo (a neat upgrade with iPhone 5.)
2. But make sure you password protect your phone; i.e., so you have to enter it to use your phone. That way, others couldn't get into the information in #1.

You can add also passwords if you use the iCloud Keychain. For information on how to do that, please click:  
<https://discussions.apple.com/thread/6122309>

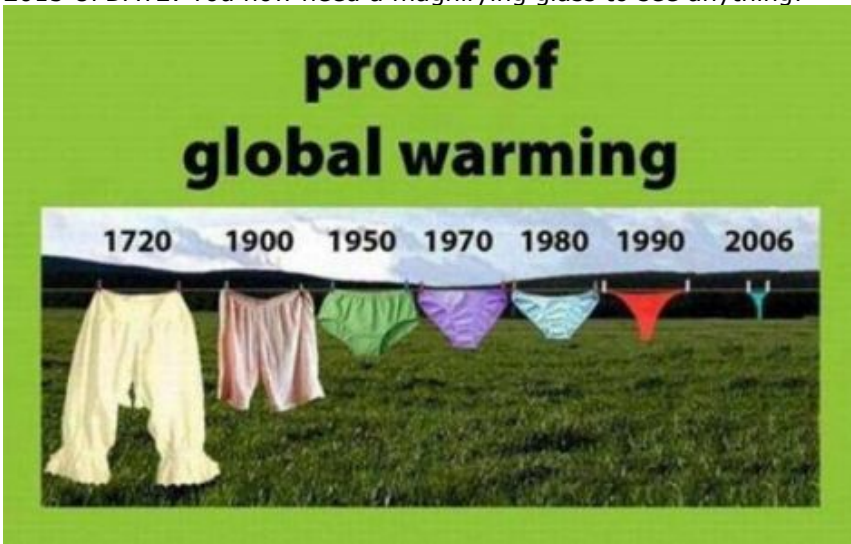
\*\*\*\*\* MR. CURIOUS HERE \*\*\*\*\*

Do you have any other ways to "remember" your passwords that you use; e.g., when using your cellphone?

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### 9. Joke 3

2015 UPDATE: You now need a magnifying glass to see anything!



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## 10. A quote I like

Thanks, Carole B. in NC, for sharing the following poem from John Wooden (1919-2010), American basketball player and coach whose teams at UCLA won 10 national championships in a 12-year period, including an unprecedented 7 in a row:

On Friendship  
At times when I am feeling low,  
I hear from a friend and then  
My worries start to go away  
And I am on the mend  
No matter what the doctors say  
And their studies never end  
The best cure of all, when spirits fall,  
Is a kind word from a friend

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## 11. Thought for the day

Just imagine if all companies did this ... or at least paid their employees more if they were making a profit. What really bugs me are the many companies who even lay off employees (e.g., Walmart) as they continue to make money. For more information about Gravity Payments, please click:

<http://www.nytimes.com/2015/04/14/business/owner-of-gravity-payments-a-credit-card-processor-is-setting-a-new-minimum-wage-70000-a-year.html>



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## 12. Advance planning department

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

<http://wp.me/p1g9Ev-1Sx>

A. NC events

(1) Join us for a talk by Josh Dorfman, founder of The Lazy Environmentalist and managing director of Venture Asheville. (2) Steven Turner in NC: Streetcar Named Desire opens this weekend. (3) ScaleUp WNC is seeking applicants for the 2nd cohort; 'Bootcamp & Beer' events. (4) Black Box Storytelling Theater. (5) Ann-Lee Waite in NC: Next two hour Master Class. (6) Asheville Jewish Business Forum. (7) Kaleo Wheeler: Introduction to Hula. (8) MUSIC MAN.

B. PA/NJ events

(1) "Groucho: A Life in Revue." (2) Awakening the Dreamer: Changing the Dream Symposium. (3) 8th Annual Tyler Formal Gardens & Landscaping Lecture.

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**PS.** How I feel every April 15th. And lest you forget, your taxes are due on that date--or make sure you file an extension.



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