

BLAINES WORLD

#1126
4.23.2018

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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: bginbc@aol.com and put SUBSCRIPTION in the subject line.

A. Cynthia, my beautiful bride, and I:

(1) Are pleased to share this medical update with you ... That's us right after my hernia surgery at Mission Hospital. All went well. ... Special thanks to Cynthia for being there by my side; Dr. Claudine Siegert, my surgeon, for the excellent job she did; and for Versed, a medication that induced sleepiness (before they even began the IV), decreased anxiety and caused a loss of ability to create new memories from before the surgery until the end. ... To quote Gloria Gaynor: "I Will Survive." If you'd now like to join me in singing that classic song, please click:

[Here](#)

Note: Since that picture was taken, I'm now doing 97% great and 3% not so great. By the time you read this, I should be up to 98%.

Thanks, also, to my brother Ken who shared the following with me ...
Saw this listing at my casting agent and immediately thought of you:

MAGIC MIKE MEN

Seeking VERY FIT men with abs of STEEL
Must be comfortable with minimal clothing
Any with exotic dancing experience are encouraged to apply but NOT REQUIRED!!
You all won't be dancing!
Any ethnicity / Age 18 and over
Date: May 9th or May 10th
You DO NOT need to be available both days
Rate: 300/8
Location:
May 9th - West Midtown
May 10th - Union City

At the rate I'm improving, I should be ready by then!



(2) Joined our friend Steve Byas to see a fantastic production of THE DIARY OF ANNE FRANK at Asheville Community Theatre. Kudos to Robert Dale Walker (left), Faith Creech (right), Kathy O'Connor, Jill Summers (technical direction), Carina Lopez (costume design) and everybody else involved in making this riveting production the success that it was.



From there, we went for a great dinner at Strada where we received fine service from Vincent.



B. WPVM/FM invites you to listen to the BLAINESWORLD show from Wed., April 25, 2018 ... Guest (first half): Catherine Frank, Executive Director of Osher Lifelong Learning Institute (OLLI) at UNC-Asheville; for more information: <http://olliasheville.com> ... Guests (second half): Mike Arriola, Deputy District Director, North Carolina District Office of the Small Business Administration, and Lola Kress, Regional Communications Director of Region IV of the Small Business Administration; for more information: <http://sba.gov> ... Pictured, top: Catherine Frank and Blaine Greenfield; and bottom, Lola Kress and Mike Arriola. ... To listen to the

show, please fast forward to the 1-minute mark when you click: [Here](#)

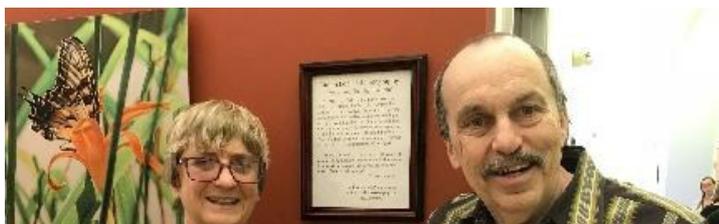


C. Recently, I've had the pleasure of:

(1) Attending a campaign kick-off event for Terry Van Duyn, up for re-election to the North Carolina Senate.



(2) Seeing my friend Judith Loniak at the opening of her beautiful photography exhibit at Mountain BizWorks.





(3) Solving all the world's problems with my friend Dan Clancy over a tasty lunch at the Universal Joint where we received fine service from Brandon.



D Condolences to:

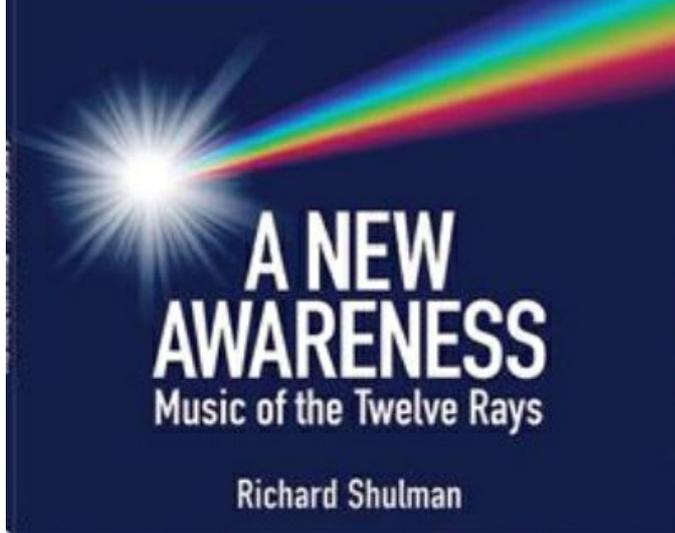
- (1) Debbie Hancock and family on the passing of Debbie's husband Ray.
- (2) Coy Austin Theobalt and family on the passing of Coy's grandfather.

E. Congratulations to:

- (1) Elsten Torres on his latest musical video. Its message is soooo powerful. Please listen by clicking: [Here](#)
- (2) Salley Williamson on her engagement to Chadd Harbaugh.
- (3) Mike Martinelli and his Spare Me teammates, Jeff Jackson, DJ Gant, and Tom Weatherford, for winning first place in the Thursday Harvesters bowling league at Star Lanes in Asheville.
- (4) Jennifer Worthen, a Licensed Professional Counselor, on her new location in Asheville. She is now sharing office space with Lutea Acupuncture at Integrative Family Medicine.
- (5) Steve Rizzo, winner of Contest #9: a copy of Richard Shulman's CD, "Turned into Lemonade." All told, there were four entries. And that reminds me that it's now time to introduce ...

***** CONTEST #10 *****

One lucky reader will win a copy of The Richard Shulman's latest CD, "A New Awareness.." For more information about it, please click: [Here](#) ... To enter the contest, send an email to: bginbc@aol.com and put CONTEST #10 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 Mon., May 7, 2018.



F. YOU'RE INVITED ... to see how the Platinum Rule can help change your personal and/or business life. To see my recent presentation on this powerful concept, please click this link:

[Here](#)

Note: If you'd like me to speak on this topic to your organization, send an email to: bginbc@aol.com and put PLATINUM RULE in the subject line.



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

This week, it goes to Michelle Bruner--Recovery Specialist with Quantum Asset Recovery. ... Some two years ago, my brother heard from this company about money owed back to us from our father's estate. It sounded like a scam, at the time, but we checked it out and found that the company was legitimate (and so was the fact that there was still some money floating around that had never been claimed.) ... So we began putting together the paperwork that was needed. It was a bit of a pain, in that there were a lot of forms that had to be completed, but with Michelle's help, we persevered. ... And recently, we got two separate checks from New York State that would have been declared abandoned had we not claimed them.

Note: After Quantum got its very reasonable 15% and then splitting the process with my brother, I didn't wind up with very much money. But the good news: What I did receive will cover the costs of my publishing BLAINESWORLD for at least another year!

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2. FYI

Why You Should Get the New Shingles Vaccine
by Jane E. Brody

I love my local YMCA for many reasons beyond my daily swim. Top of the list: the friendships and conversations in the locker room that are frequent sources of valuable information, connections and motivation. For example, I recently overheard a discussion about Y members and friends of members who had experienced devastating attacks of shingles, including one woman who nearly lost an eye and another who was left with unrelenting nerve pain.

That was the push I needed to end my procrastination about getting the new shingles vaccine, Shingrix, which was approved by the Food and Drug Administration last October after studies involving 16,600 people showed it to be far more effective at preventing this disease than the first shingles vaccine, Zostavax, which I had had a decade earlier. The Centers for Disease Control and Prevention recommends that people 50 and older, including those previously immunized with Zostavax, should now get the Shingrix vaccine.

For the rest of this informative article, please click:

[Here](#)

Note: Some of my friends (and perhaps you, too) don't believe in vaccinations. I do, especially in this case because I have heard about how painful shingles can be. I also checked with my physician, Dr. Michael Weizman, and he recommended I get this.

For more information, please click:

[Here](#)

FYI, part 2

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

[Here](#)

(1) Amy Przynosch: In defense of the not-so-busy retirement. (2) Delores Chalmers: I am embarking on another journey that would not only lift my own spirits, but more importantly help save lives. (3) Rock Eblen: Here's What Happens to a Plastic Bag After You Throw It Away. (4) Angie Flynn-McIver: Let's get \$300 raised today for my NCTC Play-It-Forward campaign! (5) Charlotte Wade: If you can do it, it would be great if you can put in a plug for Jamie for Stu Helm's contest to find the best chicken sandwich in Asheville. (6) ZuZu Welsh: Surf in and vote for Zuzu Welsh Band - Faultine.

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3. Joke 1

When your kids ask where kittens come from, show them this photo. (Thanks, Chanah Mohler, for sharing.)



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4. Reviews

A. Saw FINDING YOUR FEET, a feel-good romance about a woman who discovers that her husband of forty years is having an affair with her best friend. So she leaves

him to join her estranged, older sister--and finds a new life. I especially enjoyed the performances of Timothy Spall and Celia Imrie. The film was mildly enjoyable until the second half when the story took off for me. The ending was terrific. Rated PG-13.

B. Out on Disc/Streaming is 1992's STRICTLY BALLROOM, a sweet comedy about a male dancer who refuses to follow the accepted rules of a ballroom competition. The dancing is fun to watch, as is the visual style of Baz Luhrmann (in his directorial debut). Paul Mercurio and Tara Morice have great chemistry together in the leading roles. Rated PG.

Note: I've added STRICTLY BALLROOM to my list of favorite films. If you'd like to get a copy of this list, send an email to: bjinbc@aol.com and put FAVORITES in the subject line.

C. Read THE BULLIED, FAT, STUTTERING KID (Amazon Digital Services) by Marvin Sadovsky, an author and management consultant who also happens to be a close friend. ... I've heard him tell this true story about his life, but got a special kick out of reading it for the first time. What's amazing is the fact that he managed to change his life around in a short time, largely because he went to the library and got some books on the subjects that then interested him: fighting, losing weight and stuttering. ... As I read his tale, I found myself cheering his every success. ... In addition, I liked the author's use of thought-provoking questions throughout the various sections of the book. ... This is a perfect gift to give any 10-13 year old boy or girl, but others would enjoy it also; e.g., to read aloud to their younger children or grandchildren.

D. Heard BUT WHAT IF WE'RE WRONG? THINKING ABOUT THE PRESENT AS IF IT WERE THE PAST (Penguin Audio), Written by Chuck Klosterman and read by Klosterman and Fiona Hardingham. ... The author looks at the contemporary world as it will appear to those who will view it as the distant past. He contends that we shouldn't always accept that everything we believe to be true is actually true; e.g, in the case of gravity when Aristotle's views were accepted for thousands of years before Newton came along. ...I especially enjoyed his discussion about what people will consider as the defining moments of rock music five hundred years from today. ... This book got me thinking, which is always a good thing.

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5. TV alert

A. INDEPENDENT LENS: TRUE CONVICTION: Documentary premiere on Monday, April 30, at 10 p.m. on PBS (check local listings at pbs.org)

Three recently exonerated men join forces to help other wrongfully convicted prisoners get their freedom.

B. BROCKMIRE: Wednesdays at 10 p.m. on IFC
Hank Azaria returns for Season 2 as disgraced baseball sportscaster Jim Brockmire, hoping to make it back to the majors. I got a kick out of the first season and look forward to this one.

C. A LITTLE HELP WITH CAROL BURNETT: Series premiere on Friday, May 4, on Netflix
The comedian and a bunch of straight-talking kids (ages 5-9) solve adult problems poses to them by celebrities guests.

D. 2018 ROCK AND ROLL HALL OF FAME INDUCTION CEREMONY: Saturday, May 8, at 8 p.m. on HBO
Bon Jovi, The Cars, Dire Straits, The Moody Blues, Nina Simone and Sister Rosetta Tharpe are being inducted. My only disappointment: The Turtles, arguably the greatest rock group of all time, did not get chosen this time around. I guess that's why they invented next year!

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6. Joke 2

A new monk is assigned to help the other monks copy the old texts by hand. He soon notices that they are copying copies, not the original books. So he asks, "If there was an error in the first copy, wouldn't that be continued in all the other copies?" ... The head monks says, "We have been doing it this way for centuries, but you raise a good point. Let me check the original." ... Hours go by and nobody sees the head monk, so

the newbie is assigned to go look for him. He goes down into the cellar and hears much wailing. "We missed the R! We missed the R!" ... The new monk asks, "What's wrong, father?" ... "The word was CELEBRATE!" (Thanks, Susan Marco, for sharing.)



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7. Clips/Websites

A. Check out these clips at your convenience:

(1) Steve Byas: Ellen Previews the New Alexa Backseat Driver

[Here](#)

(2) Roberta Gurwood: Race Car Driver Scares Car Salesman During Test Drive

[Here](#)

(3) Becky Gautreaux: Benefits of Failure - Speech by J. K. Rowling, Author of Harry Potter

[Here](#)

B. Hilary Paradise: Best Real Estate Apps to Find a Home

House hunting done the old-fashioned way - checking the local classifieds, noting the "For Sale" signs you spot on your way to work, and chatting with your network of realtor friends - can be one of life's most stressful undertakings. But it doesn't have to be. Thanks to venerable platforms such as Zillow, Realtor.com, and others, finding homes that fit your criteria - and fall within your budget - is a lot easier than it used to be. Better yet? Most of the aforementioned platforms are free. But there are more services than you might think. To help make your digital house-hunting experience a little easier, we've rounded up the best real estate apps we can find in an easy-to-browse list. To view them, please click:

[Here](#)

Note: Hilary can be reached at 828.230.7787; paradiseinthemountains@gmail.com.

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

TECH TIP from THE NEW YORK TIMES:

Q. My husband periodically receives a warning box telling us to contact Microsoft because of viruses. We cannot close it, so we turn the computer off and wait a few minutes before turning it back on. Local computer gurus have run scans three times and say that we are not infected with a virus. What can we do?

For the answer, please click:

[Here](#)

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9. Joke 3

DIET TIP: Your pants won't get too tight if you don't wear any! (Thanks, Kathy Blackshire, for sharing.)



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10. A quote I like

Citing the work of Laura L. Carstensen, founding director of the Stanford Center on Longevity, Mr. [John] Leland writes that "older people, knowing they face a limited time in front of them, focus their energies on things that give them pleasure in the moment," not on a future that may never be.

Note: This quote came from a very interesting article, "Finding Meaning and Happiness in Old Age." To read it, please click:

[Here](#)

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11. Thought for the day

Nelson Klein: Student Counting Apples

This is a sweet story with a powerful moral. To view it, please click:

[Here](#)

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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) Playing for Change: Gameathon to Support Helpmate. (2) THE GIN GAME. (3) Our Friends: Liking Laughter, Longings and Loss

B. PA/NJ events

(1) SYLVIA. (2) A LITTLE NIGHT MUSIC.

PS. Make it a wonderful week!

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