

BLAINESWORLD

#1075
5.1.2017

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

A. Cynthia, my beautiful bride, and I:

(1) Enjoyed a visit from Chic and Joni Dowbird, our longtime Bucks County, PA, friends ... We first had to stop at Kinspy Krems (left photo), in that they are big fans of that store's donuts--and just had to have an appetizer of some of them before dinner. ... We then went for some tasty barbecue at Moe's Original Bar B Que (right photo).



(2) From there, we saw a fine production of MUSEUM done by the Asheville High School Arts Theatre group. Kudos to all the performers, as well as to CJ Breland (below) for her spot on direction.



B. During the week, I:

(1) Hosted Michele Louzon (on the right in photo), Executive Director of Arms Around ASD, in the first half of my radio show on WPVM ... and James Lee (on the left in photo), Director of Operations at The Salvation Army Boys and Girls Clubs of Buncombe County, in the second half ... To listen, scroll down to the 5.23.2017 show when you click:

[Here](#)



(2) Attended the closing reception of the Asheville Jewish Film Festival at the Blue Spiral Gallery, featuring great food from Gypsy Queen Cuisine. I had the pleasure of bumping into Mary Gillen (left photo) who deserves credit, along with Rick Chess and Neal Reed, for making the festival the success that it was. ... Afterward, I saw WRESTLING JERUSALEM with my friend Eric Weinberger (right photo). This thought-provoking film from writer-actor Aaron Davidman explored the Israeli-Palestinian conflict.



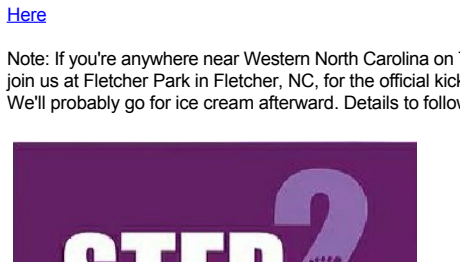
(3) Went with my friend Mike Martinielli (left photo) to Mike's on Main Street in Hendersonville where we were joined by Lee Mulligan, his friend and attorney, for some great salads and fine service from Bo. ... Mike and I then went to Flat Rock Playhouse (right photo) where we saw SMOKEY JOE'S CAFE, a very tuneful musical that runs through May 13. For tickets, please click:

[Here](#)



(4) Saw my friend Kim Simpson present a terrific art workshop to the dementia unit at Arbor Terrace in Asheville, NC. For more pictures, please click:

[Here](#)



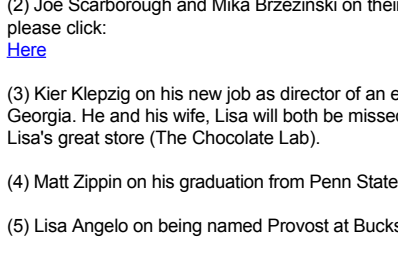
C. Please join me in this year's STEP2RAISE challenge.

You don't need to fundraise, just walk. Use a fitness tracker or your smartphone's free health app (works like an old-school pedometer) to combine your everyday steps with everyone else to help us reach our 6+ million step goal. In addition to learning and supporting your own brain's health, you will be highlighting the joy, happiness and smiles we bring to those living with dementia.

When you register, please sign-up for the BLAINESWORLD team. To do so, please click:

[Here](#)

Note: If you're anywhere near Western North Carolina on Tues, May 23, at 6:30 p.m., join us at Fletcher Park in Fletcher, NC, for the official kick-off of the above challenge. We'll probably go for ice cream afterward. Details to follow.



D. Condolences to the family of Linda Topper on her passing. For her obituary, please click:

[Here](#)

E. Congratulations to:

- (1) Robby Taylor on being hired by Parkway Playhouse as the 2017 season production manager.
- (2) Joe Scarborough and Mika Brzezinski on their engagement. For more information, please click: [Here](#)
- (3) Kier Klepzig on his new job as director of an ecological research center in Georgia. He and his wife, Lisa will both be missed in the Asheville area--as will be Lisa's great store (The Chocolate Lab).
- (4) Matt Zippin on his graduation from Penn State University.
- (5) Lisa Angelo on being named Provost at Bucks County Community College.
- (6) Emily Warren on attaining her MBA from Western Carolina University.
- (7) Trissa King on being first in her division and second in the Masters category in the Legacy Run in Brevard.
- (8) Stacey and Colin Vanling on their marriage.
- (9) BJ Leiderman on the release of his album, BJ. To download, please click: [Here](#)

Or for the CD, please click: [Here](#)

(10) Patti Kushner Armor on the birth of Vincent Michael, her grandson.

F. Reminders:

(1) You can still enter:

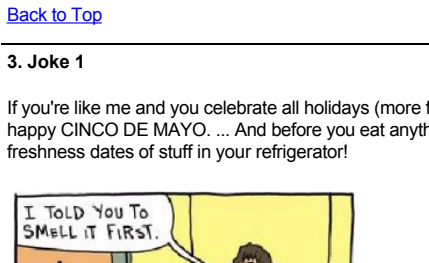
***** CONTEST #9 *****

One lucky reader will win a copy of DELEGATION & SUPERVISION by Brian Tracy. I reviewed the book favorably in BLAINESWORLD #1054 and especially liked this idea on giving neutral feedback: The key to giving successful feedback is to make your feedback nonjudgmental. Instead of becoming angry or impatient when something is not done to your satisfaction, simply present the facts of the situation as objective information on performance. Don't imply a mistake or say anything that causes a person to feel defensive. ... To enter the contest: Send an email to: bjnbtc@aol.com and put CONTEST #9 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, May 8, at 9 p.m.

(2) You've invited to the next event of the Asheville Jewish Business Forum. It takes place on Tuesday, May 9, beginning at 5:30 p.m. at Earth Fare (community room), 1856 Hendersonville Rd, Asheville. There will be a presentation on Jewish Family Services and, also, one attendee will receive a beautiful piece of art done by Robin Morris. For more information about both Robin and the event, please click: [Here](#)

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

This week, it goes to Tommy Lanning--a supervisor with Terminix in Asheville. He has provided pest control services to us for the past several years, and he has done an excellent job. We especially enjoy his friendly, enthusiastic nature. ... To schedule an appointment, call 828.232.1338. ... Tommy is also a member of the Breakin' Ground gospel group. Though we haven't seen him perform yet, we have been impressed by several of the YouTube clips. To see them yourself, please click: [Here](#)



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2. FYI

Get Happy: Four Well-Being Workouts by Julie Scoffo

Relieving stress and anxiety might help you feel better - for a bit. Martin E.P. Seligman, a professor of psychology at the University of Pennsylvania and a pioneer in the field of positive psychology, does not see alleviating negative emotions as a path to happiness.

"Psychology is generally focused on how to relieve depression, anger and worry," he said. "Freud and Schopenhauer said the most you can ever hope for in life is not to suffer, not to be miserable, and I think that view is empirically false, morally insidious, and a political and educational dead-end."

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

FYI, part 2

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

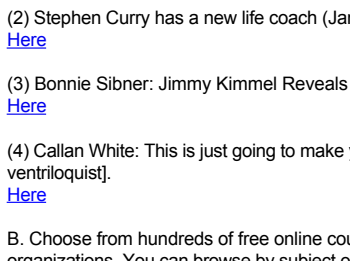
[Here](#)

- (1) Let's all stop apologizing for the delayed response in our emails. (2) Bray Creech: Love # 11 thought for the day. (3) Ken Greenfield: Seeing you in pictures is like viewing an AI Hirschfeld print. (4) Carol Seufert: This works for any position, really. ... Want Happier Professors? Try Being Nice. (5) Why You Should Read Books You Hate. (6) Be Nice--You Won't Finish Last. (7) Amie Brick-and-Mortar Travels, a Tipping Point for Amazon in Apparel. (8) B.C. professor's sleep trick gets attention from Oprah, Forbes, Guardian. (9) Grant Randall and Ginny Plaisted: Looking for a great vacation? Aruba. (10) Lisa Zaglin: Thanks to everyone who voted in the Colgate contest for Saint Andrew, Newtown, Pa to win a playground. (11) Working Longer May Benefit Your Health. (12) Empirical Evidence: Cats Love People. (13) The 9-minute strength workout. (14) Asheville Community Theatre: Vote once a day, every day to help us make it to the finals! (15) Don't Let Facebook Make You Miserable.

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3. Joke 1

If you're like me and you celebrate all holidays (more food, fun and friends that way), happy CINCO DE MAYO. ... And before you eat anything, make sure you check the freshness dates of stuff in your refrigerator!



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4. Reviews

There haven't been that many new movies I've wanted to see lately, so instead, I'll share these two recommendations that might be available via DVD rental, TCM, Netflix or Amazon:

A. From my review in BLAINESWORLD #1063: Saw A DOG'S PURPOSE, the sweet story of one devoted dog who finds the meaning of his existence through the lives of several humans he had taught to laugh and love. ... KJ Appa and Britt Robertson do nicely as teen Ethan and teen Hannah who grow up to become adults, well played by Dennis Quaid and Peggy Lipton. Josh Gad is also effective as the dog's voice ... I enjoyed this film and didn't see any visible evidence of animals being mistreated. Rated PG.

B. Saw SUMMER OF '42, a sweet coming-of-age story about a teenager who has a crush on a woman whose husband goes off to war. Gary Grimes and Jennifer O'Neill are both effective as the couple, and Jerry Houser has me laughing in almost every scene he was in. The accompanying musical score by Michel Legrand is terrific. Rated PG, but I can't believe it. There's a good deal in it, and so I think it is not something to be seen by anything but mature teenagers.

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5. TV alert

A. MTV MOVIE & TV AWARDS: Mon., May 8, at 7 p.m. on MTV (On Demand)
For the first time, TV shows are added to this yearly celebration filmed pop culture.

B. SULLY: Wed., May 10, at 8 p.m. on HBO
Engrossing biopic of Chesley "Sully" Sullenberger, depicting his emergency landing on the Hudson River in January, 2009.

C. BILL MURRAY: THE MARK TWAIN PRIZE: Fri., May 12, at 9 p.m. on PBS (Check local listings at pbs.org)
Murray is honored with this American award for humor, given annually by the John F. Kennedy Center for the Performing Arts since 1998.

D. MOMMIE DEAREST: Sun., May 14, at 6 a.m. on IFC
The abusive and traumatic adoptive upbringing of Christina Crawford at the hands of her mother, screen queen Joan Crawford, is depicted.

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6. Joke 2

This question was asked in a college geography class: "If Philadelphia is 100 miles from New York and Chicago is 1060 miles from Philadelphia and Los Angeles is 2177 miles from Chicago, how old am I?" ... One student in the back of the class raised her hand and said, "You're 44." ... The professor replied, "That's absolutely correct, but tell me, how did you arrive at the answer so quickly?" ... The student said, "You see professor, I have a brother who is 22, and he's only half crazy."

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7. Clips/Websites

A. Check out these clips at your convenience:

- (1) Carol-Lani Rose: Determined dog tries to climb up slide [Here](#)
- (2) Stephen Curry has a new life coach (James Corden) [Here](#)
- (3) Bonnie Sibner: Jimmy Kimmel Reveals Details of His Son's Birth & Heart Disease [Here](#)
- (4) Callan White: This is just going to make your day (Nina Conti, a very funny ventriloquist) [Here](#)

B. Choose from hundreds of free online courses from top universities and specialist organizations. You can browse by subject or start date to find the right course for you. To begin, please click: [Here](#)

Some current courses include the following:
Living Well with Diabetes
The Science of Endurance Training and Performance
Understanding Autism
Customer engagement

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

Email Attack Hits Google: What to Do if You Clicked by Nicole Perloff

Google said it was investigating an email scam winding its way through inboxes across the country and had disabled the accounts responsible for the spam.

The scheme emerged Wednesday afternoon, when spammers dispatched malicious email, appearing to come from people the recipients knew, beckoning them to click on what appeared to be a shared Google document.

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

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9. Joke 3

WARNING! ... When you drink Vodka over ice, it can give you kidney failure. When you drink rum over ice, it can give you liver failure. When you drink whiskey over ice, it can give you heart problems. When you drink gin over ice, it can give you brain problems. Apparently, ice is really bad for you. ... PLEASE NOTIFY ALL YOUR FRIENDS! (Thanks, Evelyn Blau, for posting.)

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10. A quote I like

Reminds me of another advantage about going to the funeral. To quote Yogi Berra, "Always go to other people's funerals, otherwise they won't come to yours."

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11. Thought for the day

GREAT WAY TO REMEMBER YOUR PET! If you can't read the sign, it says: "In loving memory of Phoebe ... Please help yourself to a tennis ball for your dog to enjoy. You will wish to pop it back in the box afterwards for another puppy to enjoy. Remember to live each moment just like your dog; with unconditional love, loyalty and happiness." (Thanks, Carol Seufert, 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) Penny White: Asheville Jewish Music Collection. (2) THE REALIST JONESES.

B. PANJ events

- (1) BOY FROM OZ. (2) THE EXPLORERS CLUB.

PS. Make it a wonderful week!

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