

#1076
5.8.2017

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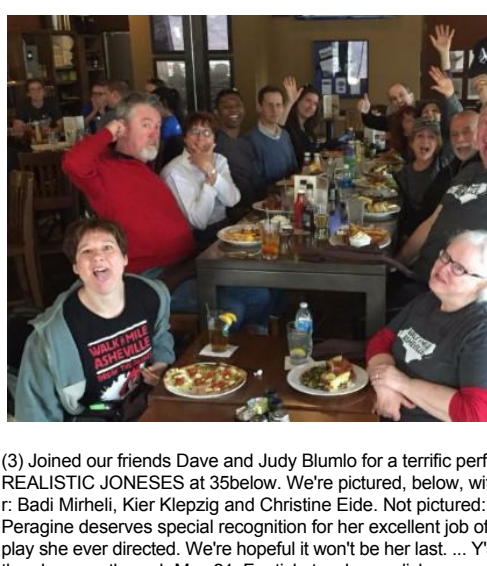
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1. Reflections

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 about signups@blaineworld.com and our SUBSCRIPTION in the subject line.

A Cynthia, my beautiful bride, and I:

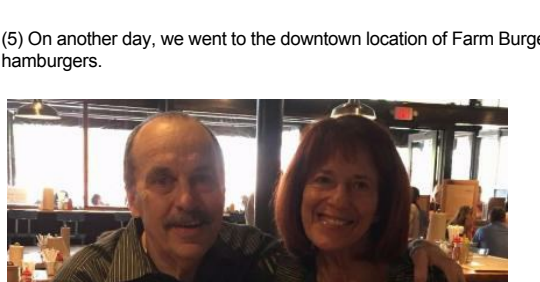
(1) Had a blast at the Walk a Mile event that supported the great work done by Our VOICE. See below for a picture of many of the members of the BLAINESWORLD team. Also, see the end of Section 1 for this week's BLAINESWORLD BEST AWARD for more information. And for more pictures, please click: [Here](#)



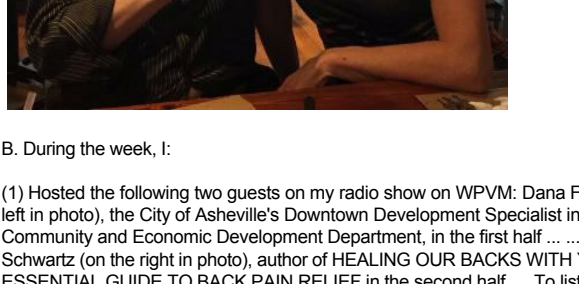
(2) From there, we went to Packs Tavern for a celebratory lunch. As always, the food was great, and we received great service from Meg.



(3) Joined our friends Dave and Judy Blumko for a terrific performance of THE REALISTIC JONESTES at 3Below. We're pictured, below, with members of the cast. L-r: Badi Mirhel, Kier Kleppzig and Christine Elde. Not pictured: Chloe Zeltounian, Elissa Pergine deserves special recognition for her excellent job of direction. It was the first play she ever directed. We're hopeful it won't be her last! ... Y'all are in luck, too, in that the play runs through May 21. For tickets, please click: [Here](#)



(4) Afterward, we went to Mellow Mushroom for pizza that had us all smiling. We also were appreciative of the fine service we received from Brent.

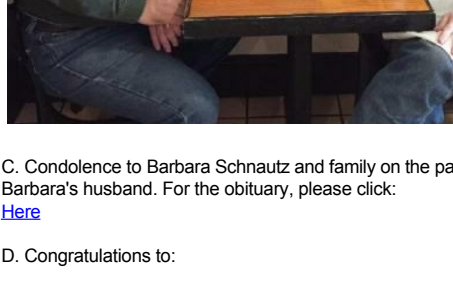


(5) On another day, we went to the downtown location of Farm Burger and had great hamburgers.

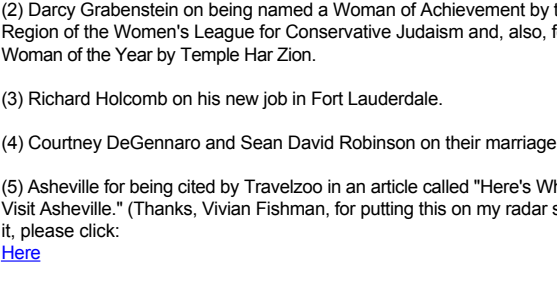


B. During the week, I:

(1) Hosted the following two guests on my radio show on WPM: Dana Frankel (on the left in photo), the City of Asheville's Downtown Development Specialist in the Community and Economic Development Department, in the first half ... and Lillah Schwartz (on the right in photo), author of HEALING OUR BACKS WITH YOGA, AN ESSENTIAL GUIDE TO BACK PAIN RELIEF in the second half. ... To listen, please scroll down to the 5.10.2017 show when you click: [Here](#)



(2) Solved all the world's problems when I joined my friend Paul Purdue for a tasty lunch at Cafe 64.



C. Condolence to Barbara Schnautz and family on the passing of John Schnautz, Barbara's husband. For the obituary, please click: [Here](#)

D. Congratulations to:

(1) Leticia El Naggar, Stefanie Frantantaro, Joanne Kakoyiannis, Eileen Mack, Ann Mahoney, Linda McCann, Roberta Mayer, Tom Mazurek, Catherine McElroy, Tom O'Keefe, Dolores Smith and Mark Sfrin, among others, on their retirements from Bucks County Community College. And special kudos to Tom O'Keefe on being named Marshal for the 2017 Commencement.

(2) Daroy Grabenstein on being named a Woman of Achievement by the Mid-Atlantic Region of the Women's League for Conservative Judaism and, also, for being named Woman of the Year by Temple Har Zion.

(3) Richard Holcomb on his new job in Fort Lauderdale.

(4) Courtney DeGennaro and Sean David Robinson on their marriage.

(5) Asheville for being cited by Travelzoo in an article called "Here's Why You Should Visit Asheville." (Thanks, Vivian Fishman, for putting this on my radar screen.) To read it, please click: [Here](#)

(6) Mike Andrus and Renata Ferreira Dos Reis for their engagement.

(7) Meredith Krollman, winner of Contest #9; a copy of DELEGATION & SUPERVISION by Brian Tracy. All told, there were five entries. And that reminds me that it is now time for:

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

Multiple lucky readers will win a gently used book on CD that I've reviewed in a previous issue of this blog. You'll be given a choice of what book you want, and I'll fill your request based on the order in which it was received. ... Books on CD are great to listen to while driving, exercising, etc. You can also transfer them to your iPod, Phone or iPad if you prefer listening to them that way. (The only thing you can't do is transfer them to your Rom!) ... To enter the contest: Send an email to bjn@blaineworld.com and put CONTEST #10 in the subject line. In the body of the email, please include your e-mail address. All entries must be received on or before Monday, May 22, at 9 p.m.

E. Correction: Apologies to Matt Zpin on misspelling his name (in last week's issue when I mentioned his graduation from Penn State University). His spelling is correct here.

F. Invitations:

(1) Please join me in this year's STEP2RAISE challenge, sponsored by the Dementia Society of America.

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.

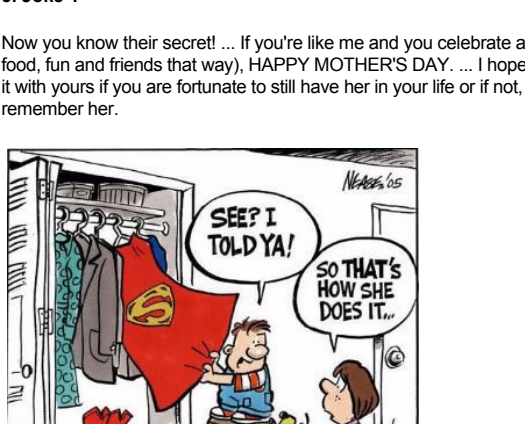
When you register, please sign-up for the BLAINESWORLD team. To do so, please click: [Here](#)

(2) If you're in the Asheville area and under 40, let me know if you'd like me to nominate you for the 40 Under 40 Award sponsored by THE BILTMORE BEACON. For more information, please click: [Here](#)

(3) In addition, if you're interested in having me nominate you for Leadership Asheville, let me know that too. For more information, please click: [Here](#)

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

This week, it goes to Emily Balcken (in center of the picture below) for her hard work in heading the planning committee that made the Walk a Mile event the success that it was. She was assisted by me, Tawnya Watts (left in picture below), Greg Garrison and many other individuals. See Section 1 for more pictures from the day. ... Over \$60,000 was raised for Our VOICE in this event that was held on May 6, 2017. ... Kudos, also, to all those who walked on the BLAINESWORLD team: Blaine and Cynthia Greenfield, Tom and Peggy Schaefer, Tom and Marcy Gallagher, Bob and Meredith Krollman, Marjorie Skwara, James Lee, Kim Stimpson, Eric Weinberger, and Marvin Sadovsky and Annemarie Brown. ... And special thanks to all who made contributions: Walter Beals, Brian and Carole Biro, Zuzu Welsh, Virginia Pleasted, Jensen Gelfond, Susan Dobroski, the Zaglin family, John and Jane Kennedy, and John and Danielle Dilcher. ... Good news: if you would still like to make a contribution to support the excellent work done by Our VOICE, you can do so by clicking: [Here](#)



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2. FYI

What to Do Now to Retire Better
by Kerry Hannon

Here are steps to get your financial situation in the shape, whether you are crossing in on retirement or just starting out:

20s and 30s

Learn the money basics

Two books to consider: "How to Think About Money," by Jonathan Clements, and "Heads I Win, Tails I Lose: Why Smart Investors Fail and How to Tilt the Odds in Your Favor," by Spencer Jakab.

The Investor Protection Institute's site, investor.org, offers free guides that explain stocks, bonds and mutual funds. You might also consider taking a personal finance course at a community college or checking the online offerings on sites like Coursera.org.

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

FYI, part 2

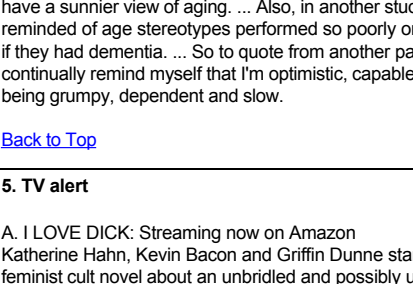
To read each of the following contributions in full, please click: [Here](#)

(1) Why Everything We Know About Salt May Be Wrong. (2) Why You Should Learn to Say 'No' More Often. (3) Katie Larkin: Drink This Alkaline Water to Fight Digestive Problems, Muscle Cramps, Fatigue, and Even Cancer! (4) Yoga for Everyone. (5) Roberta Gurwood: Red Skelton's recipe for a perfect marriage. (6) Heather Costello: 4 simple exercises to get the perfect belly in just four weeks. (7) How Google Took Over the Classroom. (8) Bob Harris: Seriously I love BLAINESWORLD.

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3. Joke 1

Now you know their secret! ... If you're like me and you celebrate all holidays (more food, fun and friends that year!) ... HAPPY MOTHER'S DAY ... I hope you get to celebrate it with hers if you are fortunate to still have her in your life or if not, that you get to remember her.



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4. Reviews

A. Find MISS EVERS' BOYS, a 1997 film, on DVD or via a streaming service. It's a fact-based drama about secret experiments with syphilis and diphtheria and penicillin on unsuspecting African American airmen from the Tuskegee Air Force base in the 1930s ... Alfred Wodard was superb in the leading role as Nurse Eunice Evers, one of the primary caretakers of the afflicted men. She knew the truth from the beginning, but said nothing to the men. Instead, she devoted her life to caring for them while they died slow, painful deaths. ... Rated PG, though I don't think it is really appropriate for anybody under 15.

B. Read WHEN TO ROB A BANK ... AND 131 MORE WARPED SUGGESTIONS AND WELLD-ATTENDED RANTS (William Morrow Paperback), written by Steven D. Levitt and Stephen J. Dubner. ... The book is a collection drawn from 10 years of entries on Freakonomics.com. The style used is more informal than in the authors' books, and they continue to answer such thought-provoking questions as: Why don't fight attendants get tippies? What is the best way to cut gun deaths? And why does KFC always run out of fried chicken? ... I got a kick out of hearing the reason a bank employee never took vacations: By the time she was arrested, Geiger was said to be exhausted. Why? Because she never took vacations. This turned out to be the key component in her crime. As the story goes--this was told to me by a retired Sioux City cop, though I haven't been able to confirm it--the reason she never took vacations was that she was keeping two sets of books and couldn't risk a fill-in employee discovering her embezzlement. ... Also, I like the answer to this question: What's the best advice you ever got? But the lesson stuck with me. Even though we returned home empty-handed, we went for the big fish. In the short run, this kind of thinking might not be as much fun. But it's the long run you should be thinking about--the big goals, the ones that require a lot of failure along the way. They might be worth it (of course, they might not be, too). It's a lesson in opportunity cost: if you spend all your time catching the little fish, you won't have time--or develop the techniques, or the patience--to ever catch the big ones. ... I'm a fan of the Freakonomics guys, and I am, you'll want to read WHEN TO ROB A BANK.

C. Heard THE TELOMERE EFFECT: A REVOLUTIONARY APPROACH TO LIVING YOUNGER, HEALTHIER, LONGER (Hachette Audio), written by Dr. Elizabeth Blackburn and Dr. Elissa Epel and narrated by Suzanne Toren. ... While aging and illness are caused by many factors, Dr. Blackburn discovered a biological indicator called telomerase, which is the enzyme that replenishes telomeres--and these protect our genetic heritage. Her research with Dr. Epel then showed that the length and health of one's telomeres can be protected by changes in our daily habits, thus increasing our health spans: we can be protected by changes in our daily habits, active and disease-free). ... One tidbit, in particular, caught my attention: Be careful of how you think about old people. People who internalize and accept negative age stereotypes may become age stereotypes--they may develop more health challenges. This phenomenon, called stereotype embodiment, was identified by Becca Levy, a social psychologist at Yale University. Even when their current health status is taken into account, people who have negative beliefs about aging act differently from people who have a sunnier view of aging. ... Also, in another study, elderly people who were simply reminded of age stereotypes performed so poorly on a test that they scored as low as if they had dementia. ... So I like the answer to this question: What's the best advice you've ever been given? I'm optimistic, capable and full of vitality, in contrast to being grumpy, dependent and slow.

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5. TV alert

A. I LOVE DICK: Streaming now on Amazon
Katherine Hahn, Kevin Bacon and Griffin Dunne star in an adaptation of Chris Krauss' feminist cult novel about an unbridled and possibly unhinged take on sexual obsession and mystery of desire.

B. DOWNWARD DOG: Series premiere on Wednesday, May 17, at 9:30 p.m. on ABC
The series revolves around an adorable pup named Martin and his Pittsburgh based owner, Nan, who issues scathing judgments, existential crises and abandonment issues.

C. THE WIZARD OF LIES: Saturday, May 20, at 8 p.m. on the HBO
Robert DeNiro and Michelle Pfeiffer star in this retelling of Bernie Madoff financial account and its impact on his unsuspecting family.

D. DARK ANGEL: Miniseries premiere on Sunday, May 21, at 9 p.m. on PBS (check pbs.org for local listings)
A two-part historical drama based on the life of Mary Ann Cotton, a woman believed to be England's first female serial killer.

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6. Joke 2

I now have my weekend project! (Thanks, Sarah Fowler, for sharing.)

Quick while we don't have a FBI
Director, copy all the VHS tapes you have!
No one can stop you!



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7. Clips/Websites

A. Check out these clips at your convenience:

(1) Bonnie Stibner: Elen and Adele team up to prank Jamba Juice employees
[Here](#)

(2) Gid Calderwood: Imagine - Pentatonix
[Here](#)

(3) Roberta Gurwood: Bait box-revenge is sweet!
[Here](#)

B. Lots of useful ideas here on how to fight bad spending habits (while still affording a few luxuries)
[Here](#)

Among the recent posts included these:
Help You Have a Job in 10 Years? Five Visionaries Weigh In
Using Meditation or Prayer to Help Achieve Financial, Professional and Financial Goals
To My Nephew on His High School Graduation

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

Recalls Flopping Your Cellphone? Here's How to Stop Them
by Christopher Melemay

An unfamiliar number appears on your cellphone. It's from your area code, so you answer it, thinking it might be important.

There is an unnatural pause after you say hello, and what follows is a recording telling you how you can reduce your credit card interest rates or electric bill or prescription drug costs or any of a number of other sales pitches.

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

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9. Joke 3

At a recent wedding, someone yelled, "All the married men please stand next to the one person who has raised your little worth ing." ... The bartender was nearly crushed to death. (Thanks, Chuck Welsh, for sharing.)

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10. A quote I like

Melinks there's some truth to this ... make that, a lot of truth! (Thanks, Walter Weeks, for sharing.)

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11. Thought for the day

Secret to longevity, according to Emma Morano (who was 117 at the time)

Ms. Morano has no doubts about how she made it this long - Her elixir for longevity consists of raw eggs, which she has been eating - three per day - since her teens when a doctor recommended them to counter anemia. Assuming she has been true to her word, Ms. Morano would have consumed around 100,000 eggs in her lifetime, give or take a thousand, cholesterol be damned.

She is also convinced that being single for most of her life, after an unhappy marriage that ended in 1938 following the death of an infant son, has kept her kicking. Separation was rare then, and divorce became legal in Italy only in 1970. She said she had plenty of suitors after that, but never chose another partner. "I didn't want to be dominated by anyone," she said.

For the full article, 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) Craig Klawuhn: GOLDEN GARDEN PARTY x (2) Jennifer Russ: ON GOLDEN POND.

B. PA/NJ events

(1) Rob Lieberman: CURRY WIDOW runs at the George Street Playhouse through May 21. (2) Bonnie Kaye: Bensalem Senior Citizens Association Art Exhibition.

PS: MAKE it a wonderful week!

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