

#1088
7.31.2017

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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 login@blaineworld.com and put SUBSCRIPTION in the subject line.

A. Cynthia, my beautiful bride, and I:

(1) Had a blast at a performance of LION KING JR. at Hendersonville Community Theatre. Kudos to Colby Coen (2nd from left) for his outstanding direction, Tasha Pepi (2nd from right) for her work as assistant director, Jessica Garland for her choreography and all the other talented members of the cast and crew.



(2) Joined Beth Byas, our friend and neighbor, for an excellent dinner at Stone Ridge Tavern. Will provided fine service.



(3) Enjoyed the Hawaiian Surprise pizza at Appollo Flame. Mary Louys's terrific service helped make it a memorable evening.

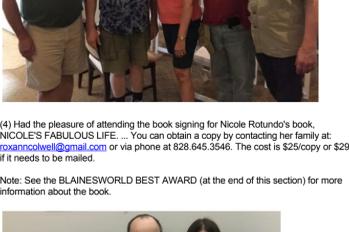


B. During the week I:

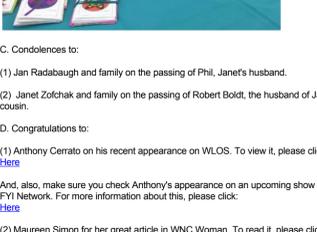
(1) Featured four folks on my BLAINESWORLD radio show on WPVM 103.7 ... Guests in the first 20 minutes: Abby Landry (far right) and Denise Barratt (2nd from the right), both with Slow Foods Asheville. For more information: [Here](#) ... Guest at the 20 minute mark: Chuck Fink (2nd from the left), founder of Men's Wisdom Works. For more information: [Here](#) ... And guest at the 40 minute mark: Rodney Smith (far left), photographer extraordinaire and artistic associate for The Magnette Theatre. For more information: [Here](#) ... To hear what you missed, please go down to Aug. 2 when you click: [Here](#)



(2) Met with two new Mountain BizWorks clients ... In the left photo: Laura Weas (center) and Juliet Matthews (right), owners of a cool company that makes soap from beer. For more information, please click: [Here](#) ... And in the right photo: Judith Lonak, a talented photographer. For more information, please click: [Here](#)



(3) Heard The Lost Chord, an amazing Moody Blues tribute band, at our Biltmore Lake clubhouse. Pictured: Lr, are two of the members of the group: Vic Allwein, Gary Ryan and dance partner, MaryAnn Alwein. (2nd from left) is the band's manager, ... To hear "Tuesday Afternoon," one of the songs that were performed, please click: [Here](#)



(4) Had the pleasure of attending the book signing for Nicole Rotundo's book: NICOLE'S FABULOUS LIFE ... You can obtain a copy by contacting her family at: roxanncolwell@gmail.com or via phone at 828.645.3564. The cost is \$25/copy or \$29 if it needs to be mailed.

Note: See the BLAINESWORLD BEST AWARD (at the end of this section) for more information about the book.



C. Condolences to:

(1) Jan Radabaugh and family on the passing of Phil, Janet's husband.

(2) Janet Zolchak and family on the passing of Robert Boldt, the husband of Janet's cousin.

D. Congratulations to:

(1) Anthony Cerrato on his recent appearance on WLOS. To view it, please click: [Here](#)

And, also, make sure you check Anthony's appearance on an upcoming show on the FYI Network. For more information about this, please click: [Here](#)

(2) Maureen Simon for her great article in WNCN Woman. To read it, please click: [Here](#)

(3) Michael Fitzsimmons on his appearance on WLOS. To view it, please click: [Here](#)

(4) Katie Jones on accepting a position at Catawba Valley Community College, as an Instructor of Storytelling.

(5) Emily Balken, Jen Mayer and Salley Williamson on being chosen as members of the Biltmore Beacon 40 Under Forty class of 2017 for all the fantastic work that they do in the community.

(6) Sarah Fowler on being named the new pianist for the WCU School of Stage & Screen.

(7) Avi Dobbler and Tsiyva Fox on their engagement.

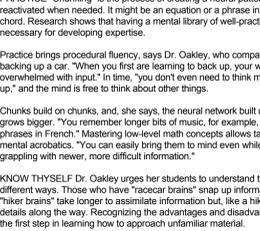
(8) Chelsea Wilson Thayer and family on the birth of Stokes Emerson.

(9) Colton Overcash on becoming Congressman Virginia Fox's District Representative.

E. Correction: Joke 1, Mark Bennett, for the following email (about last week's issue): I don't understand Joke 1. Please explain to me what makes it funny.

Response: It wasn't you, Mark ... It was me! Somehow, I forgot to include the joke part. See below for what I should have sent out. My hope is that you can now see the humor in it.

Based on my calculations, I can retire about 5 years after I die. (Thanks, Stacy Deber Hoffman, for sharing.)



F. There's still time to enter ...

***** CONTEST #15 *****

One lucky reader will win a copy of MOTIVATION by Brian Tracy. I reviewed it in BLAINESWORLD #956 and enjoyed it. I especially liked his tip: When employees come to me with a question or concern about a job, I simply ask them, "What do you think we should do?" I force them to think through the problem or obstacle and come up with a suggestion or an idea to solve it or overcome it. Inevitably, employees will come back with a suggestion or suggestions about how to go over or around the obstacle. At this point, I always say, "That's a good idea ... To enter the contest: Send an email to login@blaineworld.com and put CONTEST #15 in the subject line. All entries must be received by 9 p.m. on Monday, Aug. 7.

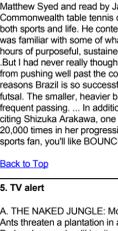
G. Special extra contest not to be missed ...

***** CONTEST #16 *****

Thanks to the generosity of Bob Bowles, I will be giving away TWO FREE TICKETS (valued at \$140 apiece) to the grand tasting weekend of the 2017 Asheville Wine & Food Festival this Aug. 18 and 19 ... To read more about the event, please click: [Here](#) ... To see a list of sponsors, please click: [Here](#) ... And to see a list of exhibitors/vendors, please click: [Here](#) ... To enter the contest, send an email to: login@blaineworld.com and put CONTEST #16 in the subject line. All entries must be received by 9 p.m. on Monday, Aug. 14.

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

Thanks, Roxann Colwell, for submitting this week's recipient: When Tim Slusher moved to the Asheville area recently, he brought with him a skill set that we had been looking for 10 plus years. It was about helping my daughter (Nicole Rotundo; see Section 1B for more information) with intellectual disabilities write a book about her life. He did so by helping her research the best publishing approach, organize the content, make it concise and help her to be asked at every step in the process. Tim has a very calm and patient nature about him that lends itself well to the perseverance needed to complete this type of endeavor. The book is complete and printed through use of Shutterfly and one young lady's dream has come true. Tim does this work as a direct support professional with Open Hearts Art Center in Asheville.



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2. FYI

Four Techniques to Help You Learn

FOCUS/DON'T The brain has two modes of thinking that Dr. Oakley simplifies as "focused," in which learners concentrate on the material, and "diffuse," a neural resting state in which consolidation occurs - that is, the new information can settle into the brain. (Cognitive scientists talk about task-positive networks and default-mode networks, respectively, in describing the two states.) In diffuse mode, connections between bits of information, and unexpected insights, can occur. That's why it's helpful to take a brief break after a burst of focused work.

TAKE A BREAK To accomplish those periods of focused and diffuse-mode thinking, Dr. Oakley recommends what is known as the Pomodoro Technique, developed by one Francesco Cirillo. Set a kitchen timer for a 25-minute stretch of focused work, followed by a brief reward, which includes a break for diffuse reflection. ("Pomodoro" is Italian for tomato - some timers look like tomatoes.) The reward - listening to a song, taking a walk, anything to enter a relaxed state - takes your mind off the task at hand. Precisely because you're not thinking about it, the brain can make connections and subconsciously consolidate the new knowledge. Dr. Oakley compares this process to "a librarian filing books away on shelves for later retrieval."

As a bonus, the ritual of setting the timer can also help overcome procrastination. Dr. Oakley teaches that even thinking about doing things we dislike activates the pain centers of the brain. The Pomodoro Technique, she said, "helps the mind slip into focus and begin work without thinking about the work."

"Virtually anyone can focus for 25 minutes, and the more you practice, the easier it gets."

PRACTICE "Chunking" is the process of creating a neural pattern that can be reactivated when needed. It might be an equation or a phrase in French or a guitar chord. Research shows that having a mental library of well-practiced neural chunks is necessary for developing expertise.

Practice brings procedural fluency, says Dr. Oakley, who compares the process to backing up a car. "When you first are learning to back up, your working memory is overwhelmed with input." In time, "you don't even need to think more than 'Hey, back up," and the mind is free to think about other things.

Chunks build on chunks, and, she says, the neural network built upon that knowledge grows bigger. "You remember longer bits of music, for example, or more complex phrases in French." Mastering low-level math concepts allows tackling more complex mental acrobatics. "You can easily bring them to mind even while your active focus is grappling with newer, more difficult information."

KNOW THYSELF Dr. Oakley urges her students to understand that people learn in different ways. Those who have "tracacer brains" snap up information; those with "tinker brains" take longer to assimilate information but, like a hiker, perceive more details along the way. Recognizing the advantages and disadvantages, she says, is the first step in learning how to approach unfamiliar material.

Source:

[Here](#)

FYI, part 2

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

- (1) Ken Greenfield: Saw it [A STREET CAT NAMED BOB]
- (2) Dan Becker: Are the \$2 bills readily available (the crisp ones)?
- (3) 15 Ways to Be a Better Person.
- (4) Why Kids Can't Write.
- (5) Vickie Gaddy: How BLAINESWORLD?
- (6) Carole Bird: Everything we love to eat is a scam?
- (7) How to Conquer the Admissions Essay.
- (8) How to Save on Your Trip to a Theme Park.
- (9) Carla Hayden: By the Book (interview with Librarian of Congress).
- (10) Let's Stop the Bickering and Fix the Health System.
- (11) Learn From My Mistakes and Avoid These Common Roommate Problems.
- (12) Cleaning a Dirty Sponge Only Helps Its Worst Bacteria, Study Says.

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3. Joke 1

At his annual physical, my neighbor Steven was asked, "Are you eating plenty of fruits and vegetables?" "I ate eight apples yesterday," he said. ... "You did?" asked the doctor. ... "Yes, that's how many apples it took to make the apple pie."

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4. Reviews

A. Saw DUNKIRK, the fact-based story about the evacuation of Allied troops from the French city of Dunkirk, but I did not enjoy it. I didn't really feel for any of the characters, as much as I thought I would, and much of the action was both repetitive and boring for me. The film is also very loud. Rated: PG-13.

B. Out on disc/streaming is 2000's WHAT WOMEN WANT, a comedy about a chauvinistic executive who gains the ability to hear what women are really thinking. Mel Perfect is perfect in the leading role, and I also liked the work of Helen Hunt and Judy Greer (in a smaller role). Some of the dialogue is very funny. Though the film somewhat fell apart toward the end, I'd still recommend it. Rated: PG-13.

C. Read BRANCH RIBBEY: A LIFE (Penguin Lives) by Jimmy Breslin. It is a slim biography of baseball executive Branch Ribbey—the man who helped Jackie Robinson break the sport's color barrier ... It was a quick read and parts of it were interesting; e.g., his account of how Leo Durocher responded to a petition from players not wanting Robinson to play with Dodgers: "I hear some of you fellas don't want to play with Robinson," he said, "and that you have a petition drawn up that you are going to sign. Well, boys, you know what you can do with that petition. You can wipe your ass with it. Mister Ribbey is on his way down her and all you have to do is tell him about it. My other men will be happy to make other arrangements for you." ... However, I found other parts of the book disjointed, and it left me wanting to know more about Ribbey and less about non-related topics that the author covered.

D. Heard BOUNCE: THE SCIENCE OF SUCCESS (HarperAudio), written by Matthew Syed and read by James Clamp. ... This book, written by a 3-time Commonwealth table tennis champion, explores what makes people successful in both sports and life. He contends that we should praise effort and not just talent. ... I was familiar with some of what he wrote about; e.g., champions often put in 10,000 hours of purposeful, sustained practice before they reached the top of their careers. ... But I had never really thought too much about the fact that excellence often comes from pushing well past the comfort zone. And as an example he cited one of the reasons Brazil is so successful at soccer is because most of the footballers played futsal. The smaller, heavier ball demands greater precision and encourages more frequent passing ... In addition, he reminded me of the need to learn from failure—citing Shizuka Arakawa, one of Japan's greatest ice-skaters. She fell over more than 20,000 times in her progression to become the 2006 Olympic champion. ... If you're a sports fan, you'll like BOUNCE. Others will, too.

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5. TV alert

A. THE NAKED JUNGLE: Monday, Aug. 7, at 9 p.m. on TCM
Ants threaten a plantation in a 1954 film that starring Charlton Heston and Eleanor Parker. I remember it! I never think it very much when I saw it originally. It's curious if I like it as much when I revisit it!

B. THE STORY OF DIANA: Wednesday, Aug. 9, at 9 p.m. on ABC
According to TV Guide, "This most thorough examination to date" of Princess Diana's life and legacy [is] a two-hour doc."

C. SATURDAY NIGHT LIVE: WEEKEND UPDATE: Series premiere on Thursday, Aug. 10, at 9 p.m. on NBC
WEEKEND UPDATE anchors Colin Hanks and Michael Che skewer the news with special guests from the SNL cast.

D. ATYPICAL: Available via Netflix on Friday, Aug. 11
Family comedy about an 18-year-old on the high-functioning end of the autistic spectrum who must learn the hard way that no amount of research or rules applies to the challenges of courtship.

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6. Joke 2

Do you think I should enter? (Thanks, Sherry Shapiro, for sharing.)

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7. Clips/Websites

A. Check out these clips at your convenience:

- (1) Cynthia Greenfield: Boy With Autism Gets Dog Who Changes His Life [Here](#)
- (2) Lois Rosenthal: Andrea Bocelli - Can't Help Falling In Love (HD) [Here](#)
- (3) Sad Shy Clown With His Mind Blowing Version of Sia's "Chandelier" [Here](#)

Note: So far, he is one of my favorite acts on this year's AMERICA'S GOT TALENT.

(4) Diana Ross: "He Lives In You" [Here](#)

(5) Evan Donovan: Memorable Moments [Here](#)

(6) Anthony Fogleman: The greatest transformation in the history of energy is happening right now [Here](#)

Note: Click also has an invitation to a business opportunity you might want to check out.

B. Thinking about moving? If so, here's a great calculator to help determine how far your money will go. To begin using it, please click: [Here](#)

Note: The above takes you to a comparison of Asheville vs. Atlanta. But it could also be used for virtually any two cities.

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

Dolby, 70 Millimeter or Imax? Our Critic Helps You Choose by Ben Kenigsberg

Moving shouldn't require the expertise of Charlize Theron's secret agent from "Atomic Blonde."

You can see "Dunkirk" in 70 millimeter or Imax 70 millimeter. Both formats are rare treats, but what's the difference?

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

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9. Joke 3

A modern Orthodox Jewish couple, preparing for a religious wedding, meet with the rabbi who asks them if they have any questions. The man asks, "Is it true that men and women don't dance together?" ... "Yes," says the rabbi. "For modesty reasons, men and women dance separately." ... "So I can't dance with my own wife?" "No." ... "Well, OK," says the man, "but what about sex?" "That's fine," says the rabbi. "It's a mitzvah [blessing] within the marriage!" ... "What about different positions?" the man inquires. "No problem," replies the rabbi. ... "Women on top?" the man asks. "Why not?" answers the rabbi. ... "Well, what about standing?" "NO, CERTAINLY NOT!" exclaims the rabbi. "That could lead to dancing!"

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10. A Quote I like

"When you hit a wall, just kick it in."—Sam Shepard (1943-2017), American playwright, actor, author, screenwriter and director. ... He gave this advice to his long-time friend and ex-partner Patti Smith when she complained about hitting a wall creatively. She wrote about the exchange in her memoir JUST KIDS, and the advice has inspired writers and artists ever since. ... To read Shepard's obituary, please click: [Here](#)

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11. Thought for the day

Once upon a time, two brothers who lived on adjoining farms fell into conflict. It was the first serious rift in 40 years of farming side by side, sharing machinery, and trading labor and goods as needed without a hitch.

Then the long collaboration fell apart. It began with a small misunderstanding and it grew into a major difference, and finally it exploded into an exchange of bitter words followed by weeks of silence.

For the rest of this story, please go to Section 11 when you click:

[Here](#)

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12. Advance planning department

To read about each of the following events in Section 12A, please click:

[Here](#)

A. NC events

- (1) Paula Hanke: Love is a Rose: Celebrating the Music of Torch Singer, Linda Ronstadt. (2) Jeff Calanese: PETER PAN.

B. PA/NJ event

Blaine's annual trek up North (at the end of the month). For more information, please click: [Here](#)

PS. Make it a wonderful week!

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