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**#1038**  
8.15.2016

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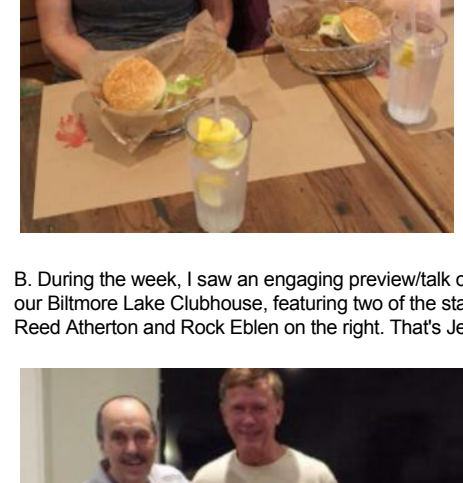
**1. Reflections**

Note: See Section 2 for a useful tip that will help you drink more water--and enjoy doing so at the same time!

Also, 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 [bjnbw@aol.com](mailto:bjnbw@aol.com) and put SUBSCRIPTION in the subject line.

A. Cynthia, my beautiful bride, and I:

(1) Saw a magnificent production of ALL MY SONS at HART Theatre. All the members of the cast were outstanding, including Steve Lloyd and Mary Grace Mullix (top photo), Miles Yow and Emily Cook (bottom left photo) and Adam Kancours (bottom right photo). Not pictured, but also deserving kudos were Josh Merrell, Holly Cope, Ashley Huber, Suzanne Tinsley and Hunter Henrickson. Julie Kinter's direction was spot on.



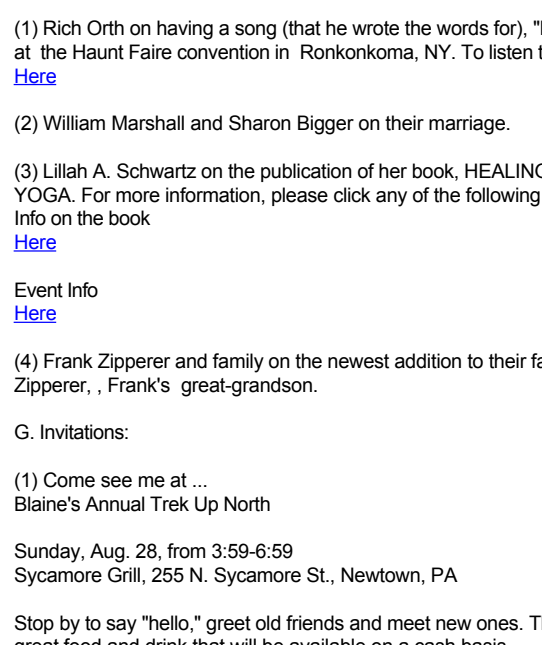
(2) Were joined at the above show by our friends Jonathan and Sandi Freedberg. Afterward, we went for a tasty dinner at Pasquale's where we received excellent service from Summer Creson.




(3) Checked out the new location of Farm Burger in South Asheville. Fortunately, it's just as good as the one downtown.



B. During the week, I saw an engaging preview talk on HOW I BECAME A PIRATE at our Biltmore Lake Clubhouse, featuring two of the stars from the show in the front: Reed Atherton and Rock Eblen on the right. That's Jerry Hinz, my friend, to my right.



C. You've recently read about Cynthia's twin grandnephews, Ella and Matan Shanken. So now it's my time to boast about my grandnephew, Julian Greenfield--the budding baseball star.



D. Condolences to the family of John McLaughlin (1927-2016), American television personality and political commentator who created, produced and hosted the political commentary series THE McLAUGHLIN GRUOP. To read his obituary, please click: [who](#).

E. Congratulations to:

(1) Rich Orth on having a song (that he wrote the words to, "Lady Sea," performed at the Hautn Faire convention in Ronkonkoma, NY. To listen to it, please click: [Here](#)

(2) William Marshall and Sharon Bigger on their marriage.

(3) Lillah A. Schwartz on the publication of her book, HEALING OUR BACKS WITH YOGA. For more information, please click any of the following links:  
[Info on the book](#)  
[Here](#)

Event Info  
[Here](#)

(4) Frank Zipperer and family on the newest addition to their family: Samuel Ellis Zipperer, Frank's great-grandson.

G. Invitations:

(1) Come see me at ...  
Blaine's Annual Trek Up North  
Sunday, Aug. 28, from 9:59-6:59  
Sycamore Grill, 255 N. Sycamore St., Newtown, PA

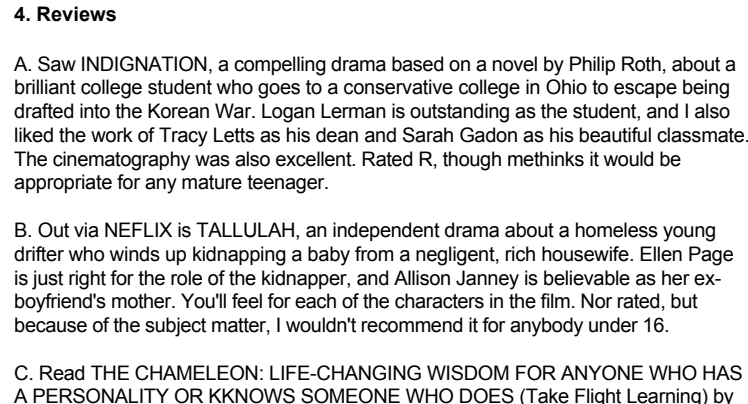
Stop by to say "hello," greet old friends and meet new ones. There will be plenty of great food and drink that will be available on a cash basis.

In addition, John Strauss (left photo) and Jim Freeman (right photo) will be performing. Others slated to entertain you include Jerry Gross, Bill Kormos, Bill Lewis, Rich Orth, Todd Siben, Rick Pine and Kevin Jameson.

There's also the possibility that you will get to see the recent short play that was written about me: MR. POSITIVITY.

And as a special bonus: All those in attendance will learn the difference between a left- and right-hand pencil in the unlikely event you don't already know this.

Note: If the above date doesn't work for you and/or you'd like to get together some other time, I will be in the area from August 22-29. I'm looking to possibly see a play at Langhorne Players on Aug. 25, some other play, a comedy show, get to eat at some diners and other places I miss in Bucks County, etc. Let me know via email: [bjnbw@aol.com](mailto:bjnbw@aol.com).



(2) Come join me at the next event of the Asheville Jewish Business Forum:

David Gantt (pictured below), Chair of the Buncombe County Commission since 2008, will discuss The role of County Government in Your Life at the monthly meeting of the Asheville Jewish Business Forum, Wednesday, September 7 at Strada Italiano restaurant, 26 Broadway, Asheville.

Registration and networking will be at 5:30 p.m. with the program starting at 6 o'clock and additional networking following at 7 p.m.

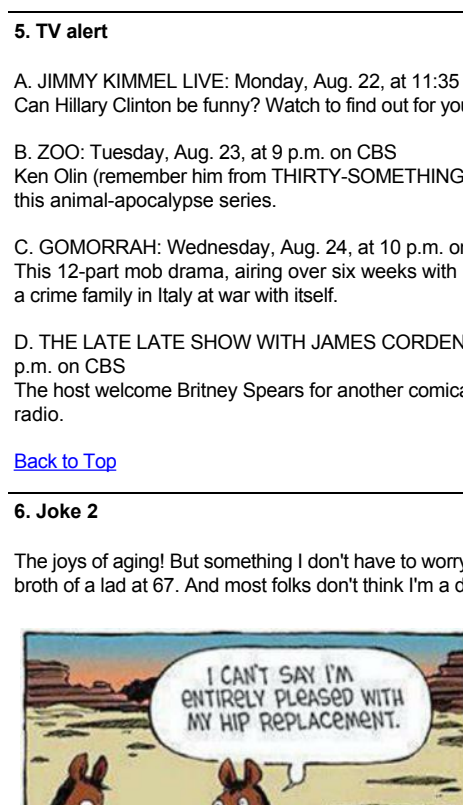
Mr. Gantt first was elected to the County Commission in 1996 and will retire this year after two decades on the Commission. A graduate of the University of North Carolina at Chapel Hill and the Campbell University Law School, he is the owner of a small law firm in downtown Asheville.

Atty. Gantt also has served as Chair of the Land of Sky Regional Council from 2001 to 2004 and Chair of Mountain Resources Commission from 2010 to 2012.

Guests are always welcomed to attend the Jewish Business Forum meetings, and you don't have to be Jewish.

Both guests, as well as members, will be responsible for their own food and/or drinks. To register for the event, please send an email to: [ashevilljbf@aol.com](mailto:ashevilljbf@aol.com) and put RESERVATION, September 7 meeting in the subject line. In the body of the email, include your name, along with a phone number where you can be reached in case registration is closed. Let us know if you will be bringing anybody with you.

For additional information, contact Blaine Greenfield, president of the Asheville Jewish Business Forum, at [bjnbw@aol.com](mailto:bjnbw@aol.com) or via phone: 828.633.1049



(3) There's still time to enter ...  
\*\*\*\* CONTEST #17 \*\*\*\*

One lucky reader will win a copy of PERSONAL SUCCESS by Brian Tracy.

This is a book that will show you how small adjustments in outlook and behavior can lead to enormous differences in results. I reviewed this book in BLAINESWORLD #1036 and liked it.

To enter: Send an email to: [bjnbw@aol.com](mailto:bjnbw@aol.com) and put CONTEST #17 in the subject line. In the body of the email, please include your small mail address. All entries must be received on or before Monday, Aug. 22, at 9 p.m.

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

This week's winner is Kim Jones, the behind-the-scenes person at Asheville SCORE who makes every mentor's life much easier.

She handles the scheduling of clients, as well as all seminar details, and she handles both tasks with extreme competence.

What's most impressive: If you have a request for her, she seemingly responds to it within seconds after you have sent it to her.

We are lucky to have her!

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**2. FYI**

I haven't been drinking as much water as I should; i.e., until I recently tried something that Cynthia does every day. She takes a big glass of cold water (either from the refrigerator or if we're out, she asks for some water with ice), then squeezes some fresh lemons into it and adds stevia. The result: an instant lemonade-type substitute that's great to taste, and it has gotten me back to drinking more water.

If fresh lemons are not available, feel free to substitute lemon juice. And instead of stevia, you could use some other sugar substitute or even real sugar.

FYI, part 2

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

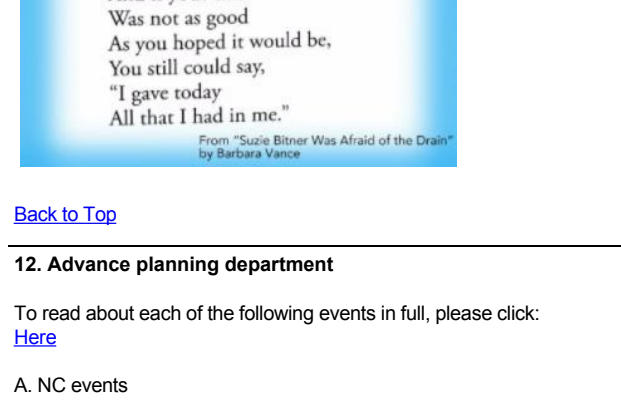
(1) Henry W. in NY: Recently saw the new Woody Allen comedy, "Cafe Society," starring Jesse Eisenberg and Kristen Stewart. (2) Their Hair Fell Out. Should the F.D.A. Have the Power to Act? (3) Obituary writing in the selfie age. (4) Can This Brain Exercise Put Off Dementia? (4) Hacks can ease the trials of aging. (5) Brashaw C. in NC: I just saw Mary Steep in FLORENCE FOSTER JENKINS. (6) A New Therapy for Inactions: No More Negative Thoughts. (7) An easy way to stay cool during hot weather exercise. (8) Jean D. in PA: 5 common teaching practices I'm kicking to the ground. (9) Jean B. in PA: Blaine, is it your goal to be in pictures with everyone? (10) Deborah B. in NC: Hi Blaine - Great newsletter, as always (& loved the jokes, as always!). (11) Jerry G. in PA: Joke #3 is one of my favorites, guess now I won't use that one next week. (12) Ivan W. in PA: The new GMO law would require a bar code with the info not a label and would supersede the Vermont law. (13) John D. in PA: Congratulations on your anniversary. (14) Herb S. in NJ: Be careful of a play about you! (15) Conquering the freshman fear of failure.

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**3. Joke 1**

Jake and Abby, both seniors, decide to get married. They go for a stroll to discuss the wedding and pass a drugstore. Jake suggests they go in. ... Jake (J) addresses the man behind the counter. "Are you the owner?" The pharmacist (P) answers: "Yes." ... Jake: "We're going to get married. Do you sell heart medication?" P: "Of course we do." J: "How about medicine for circulation?" P: "All kinds." ... J: "How about Viagra?" P: "Of course." ... J: "What about vitamins, sleeping pills and Geritol?" P: "Absolutely." ... J: "You sell wheelchairs and walkers?" P: "All speeds and sizes." J: "Thank you." ... P: "If I may ask you a question: Why do you want to know all of this?" J: "We'd like to use this store as our Bridal Registry."



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**4. Reviews**

A. Saw INDIGNATION, a compelling drama based on a novel by Philip Roth, about a brilliant college student who goes to a conservative college in Ohio to escape being drafted into the Korean War. Logan Lerman is outstanding as the student, and I also liked the work of Tracy Letts as his dean and Sarah Gadon as his beautiful classmate. The cinematography was also excellent. Rated R, though methinks it would be appropriate for any mature teenager.

B. Out via NEFLIX is TALLULAH, an independent drama about a homeless young brother who winds up kidnapping a baby from a negligent, rich housewife. Ellen Page is just right for the role of the kidnaper, and Alison Janney is believable as her ex-boyfriend's mother. Subject matter, I wouldn't recommend it for anybody under 16.

C. Read THE CHAMELEON: LIFE-CHANGING WISDOM FOR ANYONE WHO HAS A PERSONALITY OR KNOWS SOMEONE WHO DOES (Take Flight Learning) by Merrick Rosenberg.

The author, a keynote speaker, entrepreneur and thought leader on personality styles, makes the concept of DISC Behavior Analysis come alive through 22 entertaining fables. He does so by having an all-knowing chameleon guide an eagle, parrot, dove and owl through a journey that you'll also be able to relate to your own life.

I especially liked his description of something called the Home Rule; i.e., treat others how they need to be treated.

In addition, I appreciated the tidbit of chameleon wisdom that was part of each chapter; e.g., this from Pema Chodron: "If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher."

Lastly, I thought Rosenberg was spot on when discussing creativity and in making this statement: "The only difference between creative people and uncreative people is that creative people understand how to express their creativity."

As he did with each chapter, he then concluded with a series of useful tips—including: KNOW THAT YOU ARE CREATIVE. Even if you feel you haven't created anything in a while, you are more imaginative than you think you are. The capacity for creativity resides within you.

IDENTIFY AND ALTER disempowering beliefs about your creativity.

And: DO THINGS THAT INSPIRE YOU, and share your creativity with the world.

You'll enjoy THE CHAMELEON, and you'll also find it the perfect book to share with your children or grandchildren.

D. Heard DIALOGUE: THE ART OF VERBAL ACTION FOR THE PAGE, STAGE AND SCREEN (Hachette Audio), written and read by Robert McKee.

The author, a mentor over the last 30 years of screenwriters, novelists, playwrights, poets, documentary makers, producers and directors, offers an analysis of how characters speak in believable and engaging ways.

As he notes: "The wellspring of character action flows invisibly from the subtext. All talk responds to a need, engages a purpose and performs an action. [And each exchange of dialogue should] create an action/reaction which progress the scene."

The book covers such topics as: figurative language, para-language, line design, flows and fixes of dialogue, text and subtext, three functions of dialogue, types of sentences, dialogue vs. conversation, turning points, the spine of action and desire.

What really made it come alive for me was the McKee's use of actual examples from Shakespeare, Elmore Leonard, Tennessee Williams, The Corrections, The Sopranos, 30 Rock, Breaking Bad and Lost in Translation.

If you're a writer or if you aspire to become one, DIALOGUE is the perfect book to help you improve your storytelling.

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**5. TV alert**

A. JIMMY KIMMEL LIVE: Monday, Aug. 22, at 11:35 p.m. on ABC  
Can Hillary Clinton be funny? Watch to find out for yourself.

B. ZOO: Tuesday, Aug. 23, at 9 p.m. on CBS  
Ken Olson (remember him from THIRTY-SOMETHING?) returns as a mad scientist in this animal-apocalypse series.

C. GOMORRAH: Wednesday, Aug. 24, at 10 p.m. on SUNDANCE TV  
This 12-part mob drama, airing over six weeks with back-to-back episodes, depicts a crime family in Italy at war with itself.

D. THE LATE LATE SHOW WITH JAMES CORDEN: Thursday, Aug. 25, at 11:37 p.m. on CBS  
The host welcome Briney Spears for another comical trip of singing along with the radio.

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**6. Joke 2**

The joys of aging! But something I don't have to worry about yet, in that I'm just a mere broth of a lad at 67. And most folks don't think I'm a day over 66.



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**7. Clips/Websites**

A. Check out these clips at your convenience:

(1) Scrambled Eggs by Paul McCartney and Jimmy Fallon  
[Here](#)

(2) Pedals, the Walking Bear (and accompanying article)  
[Here](#)

(3) Nelson S. in NC: Scottish voice recognition:  
[Here](#)

B. Can You Beat Usain Bolt Out of the Blocks?  
by Gregor Aisch, Larry Buchanan and Dereck Watkins

Usain Bolt's reaction time and the starting blocks in the 100-meter final in Rio was 0.155 of a second. Try to beat it. Turn up your volume and click:  
[Here](#)

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**

Windows 10 Anniversary: Your Survival Guide to the Perpetual Upgrades by Joanna Stern

In life, there are really only two options: Upgrade Now and Remind Me Later.

This week you'd better choose wisely. If you haven't yet upgraded your PC to Windows 10, released a year ago, July 29 will be your last chance to get it free of charge. Then you get to do it all over again! On Aug. 2, Microsoft will release its Anniversary Update, with new features and security fixes.

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

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**9. Joke 3**

Gotta love this explanation of the 2016 presidential campaign!



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**10. A quote I like**

Fyush Finkel (1922-2016), R.I.P. He was an American actor best known for his role as lawyer Douglas Wambaugh on the television series PICKET FENCES, for which he earned an Emmy Award in 1994. He also lived to entertain interviewers with stories from his memories of the 1954 film theatre, including this one about the actor who asks a woman to wake up her husband, who is snoring in the front row. She replies: "You wake him up. You put him to sleep."

Fothis obituary, please click:  
[Here](#)

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**11. Thought for the day**

Something to strive for ...



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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) Comedy Insights presents RED PILL DIARIES. (2) ONE SLIGHT HITCH at Haywood Arts Regional Theatre.

B. PANJ events

(1) Hickory Brass performs Campbell's Chicken & Stars & Stripes: A Salute to American Music and Media. (2) Wolf medicine in Landenberg, PA.

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**PS.** Make it a wonderful week!

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