

**#1048**  
10.24.2016

**1. Reflections**

Note: Please see the PS at the end of this blog for my best Halloween costume ever!  
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: [tglinbc@aol.com](mailto:tglinbc@aol.com) and put SUBSCRIPTION in the subject line.

- A. Cynthia, my beautiful bride, and I

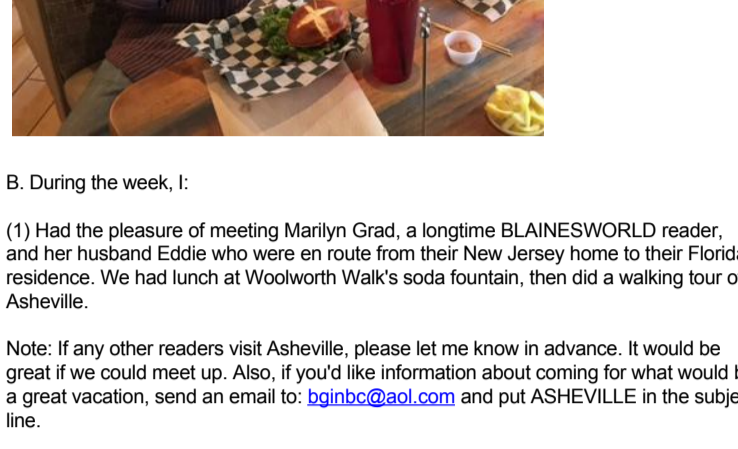
(1) Enjoyed joining our friends Dave and Judy Blumio (left) for a movie and then an excellent meal at Barley's Taproom & Pizzeria where we received fine service from Leah. Afterward, we were delighted to receive a somewhat suspicious-looking certificate from the White House (right) that we think Dave and Judy had something to do with our getting.



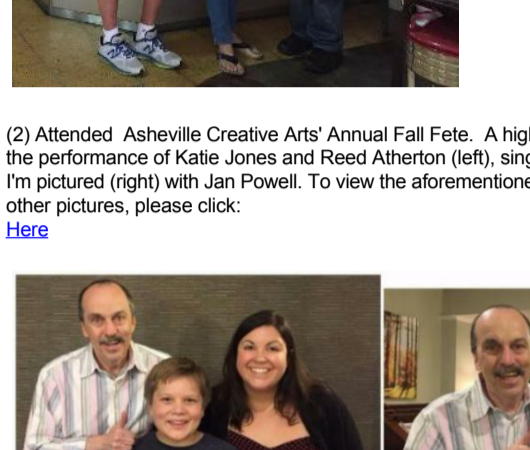
(2) Saw a fantastic production of GOD OF CARNAGE at Hendersonville Community Theatre. Pictured: L-r: Jackie Roberts, Robert Walker and Shari Azar. They were all excellent, as was Tom Trauger. Kudos, also, to Elliot Weiner and Elissa Peragine for their work as, respectively, director and stage manager.



(3) Joined our friend Caleb Owolabi for a tasty dinner at Yao Buffet Sushi-Grill where Tuis provided friendly service.



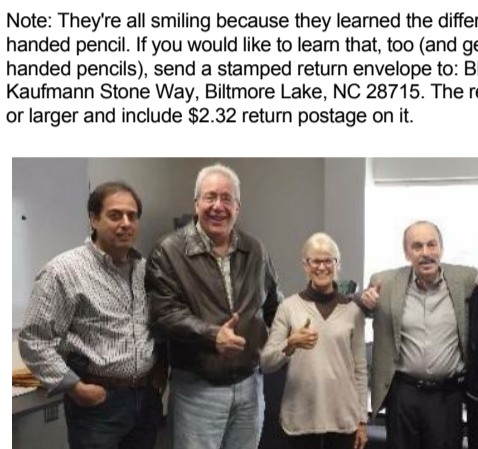
(4) Liked our meal at BT's Burger Joint where we got to meet William Perry, the new manager, and Paul Siller, the firm's director of operations. In addition, we enjoyed the service from Mona Siller who rang up our order.



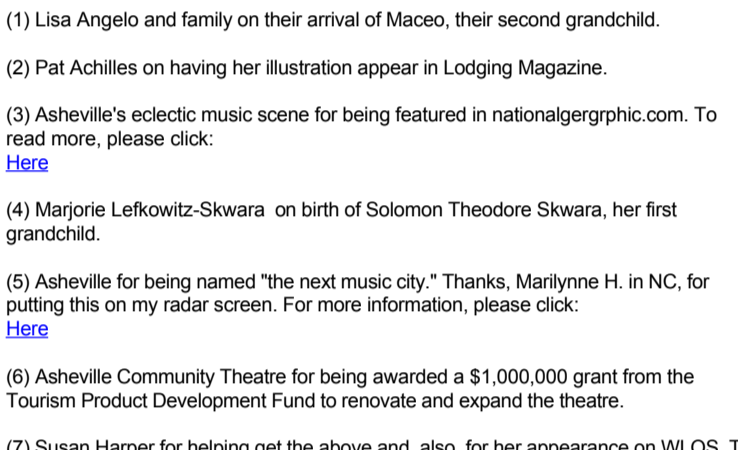
**B. During the week, I:**

(1) Had the pleasure of meeting Marilyn Grad, a longtime BLAINESWORLD reader, and her husband Eddie who were en route from their New Jersey home to their Florida residence. We had lunch at Woolworth Walk's soda fountain, then did a walking tour of Asheville.

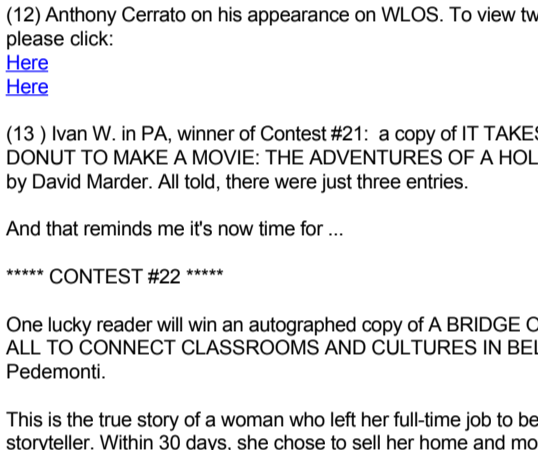
Note: If any other readers visit Asheville, please let me know in advance. It would be great if we could meet up. Also, if you'd like information about coming for what would be a great vacation, send an email to: [tglinbc@aol.com](mailto:tglinbc@aol.com) and put ASHVILLE in the subject line.



(2) Attended Asheville Creative Arts' Annual Fall Fete. A highlight of the evening was the performance of Katie Jones and Reed Atherton (left), singing "Someone to Lava." I'm pictured (right) with Jan Powell. To view the aforementioned song, as well as some other pictures, please click: [Here](#).



(3) Saw the Asheville School's outstanding production of ANATOMY OF GRAY, featuring spot on direction from John Crawley (right) and Kathryn Meyers Leiner's great job as costume designer/props mistress.



(4) Attended a Marketing seminar for Asheville SCORE. Among those in attendance were my friends, L-r: Ron Greenberg, Randy Roberts, Sunny Cook, Blaine Greenfield, Adrienne Skotnik and Valente Kubers.

Note: They're all smiling because they learned the difference between a left- and right-handed pencil. If you would like to learn that, too (and get your own left- and right-handed pencils), send a stamped return envelope to: Blaine Greenfield, 19 N. Kaufmann Stone Way, Billmore Lake, NC 28715. The return envelope should be 4 x 6 or larger and include \$2.32 return postage on it.



**C. Condolences to:**

(1) Scott Brown and family on the passing of Scott's younger brother.

(2) Russ Gowan and family on the passing of Nancy Gowan, Russ' mother.

**D. Congratulations to:**

- (1) Lisa Angelo and family on their arrival of Maceo, their second grandchild.
- (2) Pat Achilles on having her illustration appear in Lodging Magazine.
- (3) Asheville's eclectic music scene for being featured in [nationalgeographic.com](http://nationalgeographic.com). To read more, please click: [Here](#).
- (4) Marjorie Lefkowitz-Skwarek on birth of Solomon Theodore Skwarek, her first grandchild.
- (5) Asheville for being named "the next music city." Thanks, Marilyn H. in NC, for putting this on my radar screen. For more information, please click: [Here](#).
- (6) Asheville Community Theatre for being awarded a \$1,000,000 grant from the Tourism Product Development Fund to renovate and expand the theatre.
- (7) Susan Harper for helping get the above and, also, for her appearance on WLOS. To view it, please click: [Here](#).
- (8) Christina Schreivogel on being featured in BOLD LIFE. To read the article, please click: [Here](#).
- (9) Dan and Ann Vacca on the birth of Gabby, their granddaughter.
- (10) Scott Bradshaw on completing his doctorate from Brodher University.
- (11) Denise Blitz on the fine job she did talking about Wiener Wolf on a recent WLOS broadcast. To view it, please click: [Here](#).
- (12) Anthony Cerrato on his appearance on WLOS. To view two clips from the show, please click: [Here](#).
- (13) Ivan W. in PA, winner of Contest #21: a copy of IT TAKES MORE THAN A DONUT TO MAKE A MOVIE, THE ADVENTURES OF A HOLLYWOOD TEAMSTER by David Marder. All told, there were just three entries.

And that reminds me it's now time for ...  
\*\*\*\*\* CONTEST #22 \*\*\*\*\*

One lucky reader will win an autographed copy of A BRIDGE OF STORIES: RISKING IT ALL TO CONNECT CLASSROOMS AND CULTURES IN BELIZE by Kristin Pedemonti.

This is the true story of a woman who left her full-time job to become a cause-focused storyteller. Within 30 days, she chose to sell her home and most of her possessions to both create and facilitate a volunteer project that became known as Literacy Outreach Belize. The results were spectacular.

I reviewed this book in BLAINESWORLD #1046 and enjoyed it.  
To enter, send an email to: [tglinbc@aol.com](mailto:tglinbc@aol.com) and put CONTEST #22 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, Nov. 7, at 9 p.m.

**E. Reminder:** Next event of the Asheville Jewish Business Forum ...  
Date: Wednesday, Nov. 2  
Time: 5:30-6 p.m., Registration: 6-7 p.m., Dinner & Program: 7-7:30 p.m., Networking Location: Crowne Plaza Resort, 1 Resort Drive, Asheville

**Program:** "Estate Planning—A Truly Lasting Impression That You Can Control"  
**Speakers:** Richard A. Kort and Harris M. Livingston, attorneys with McGuire, Wood and Bisette Law Firm

Those attending are responsible for their own food and/or drink orders.  
Please register by sending an email to: [ashevillejbt@aol.com](mailto:ashevillejbt@aol.com) and put NOVEMBER 2 in the subject line. Kindly indicate your name and contact information in the body of the email, along with whether you will be bringing any guests.

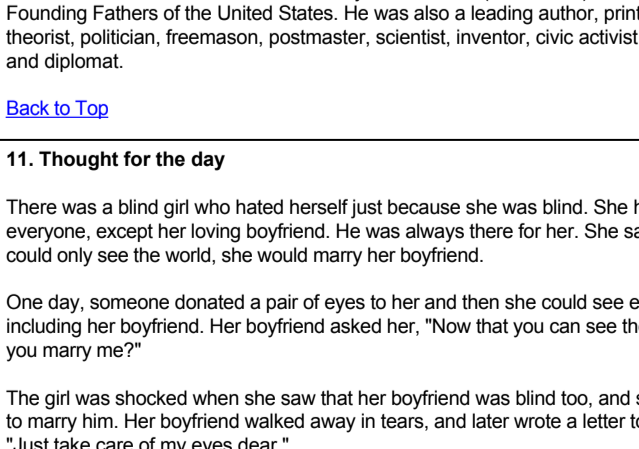
Note: You don't have to be Jewish to attend.

\*\*\*\*\* BLAINESWORLD BEST AWARD 2016 \*\*\*\*\*

This week, it goes to the members of the Billmore Lake Board of Directors. They are pictured below: L-r: Blaine Greenfield, Gary Rien, Page Wagner, Brad Galbraith and Lyle Johnson.

I've been honored to have been a member of this Board for the last six years and will be stepping down after the upcoming election on November 15.  
Those pictured have been dedicated to serving the members of my community, and I have continually been impressed by the hard work they put into the job.

In addition, I'd be remiss if I didn't recognize the efforts of others who have served on the Board with me over the years, including Dave Beyer, Dennis Kwiatkowski, Hoide Citron and Chad Lloyd. My apologies to anybody else I may have failed to list.



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**2. FYI**

How music might improve your workouts  
by Gretchen Reynolds  
Listening to music during a short, intense bout of exercise might change how you feel about hard workouts and encourage you to continue with the program in the future, according to a new study of intense interval training and how to make it more palatable.  
High-intensity interval training is a popular concept, both in exercise science labs and gyms. It consists of repeated bouts of all-out, punishing effort sandwiched between several minutes of lighter exercise. The intense intervals last for as little as 10 or 20 seconds, but can improve most people's health and fitness to the same extent as an hour or more of traditional, moderate aerobic exercise, studies show.  
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) Roseanna F. in NC: Each time I open my email, and I see your newsletter, I smile!
- (2) Terry T. in FL: I got it, I got it! (3) Barbara F. in PA: Wow! You know everyone! (4) Patton Oswald: It'll never be at 100 percent again. (5) Bad behavior is rising on airplanes.
- (6) Kimberly C. in NC: A new version of my loneness self.

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**3. Joke 1**

A woman walks into a pet store and sees a handsome bright red parrot. She asks the cashier how much the parrot is. The cashier says, "I'll sell it, but I should warn you, it was dosed by a brothel, so it might have picked up some colorful language." The woman says, "Oh, that's okay." She looks at the parrot and takes it home. When she takes the towel off its cage, the parrot looks at her and says, "Awk. New madam. Hello madam." A few hours later, the woman's two teenage daughters come home from school. The parrot looks at them and says, "Awk. New girls. Hello girls." A couple hours after that, the woman's husband Phil comes home from work. The parrot looks at him and says, "Awk. Hi Phil."

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**4. Reviews**

A. **BROKEN HARRY & SNOWMAN**, a documentary about a Dutch immigrant who saves a broken down Amish plow horse by buying him for \$80 just as he was headed for the glue factory. Within two years, Harry and Snowman went on the win the triple crown of show jumping. The story kept my attention, and mimks you'll like it, too. Rated NR, but appropriate for anybody over the age of 7.

B. **BAD MOMS** is now out on DVD ... my review from BLAINESWORLD #1035 follows: Saw BAD MOMS, a funny comedy about a trio of overworked moms who join forces to liberate themselves from their daily responsibilities. There's nothing especially memorable about the film, but it will have you laughing throughout. Mila Kunis is fine in the leading role, but Kathryn Hahn steals almost every scene she is in. Kristen Bell and Christina Applegate were also good in their roles. Make sure you stay to see the credits at the end for interviews with the actresses and their real-life moms. Rated R.

C. Read CREATIVITY & PROBLEM SOLVING, one of the books in THE BRIAN TRACY SUCCESS LIBRARY (AMACOM) by Brian Tracy.  
The author, chairman and CEO of Brian Tracy International, a company specializing in the training and development of individuals and organizations, contends that anybody can become more creative by practicing with a few helpful tools.  
The book reveals 21 of them, including this one—mindstorming.  
First, take a sheet of paper and write your most pressing problem or goal at the top of the page in the form of a question. ... The more specific the question, the better. And even better question is to define your goal numerically or financially.

You then begin writing answers, in the first person using a specific action verb in your answers. ... You discipline yourself to continue writing until you generate at least 20 answers.  
Tracy also include some thought-provoking exercise at the end of each chapter. For example:  
Resolve to become a complete optimist. Think and talk only about the things you want and how to get them. Look for the good in every situation.

CREATIVITY & PROBLEM SOLVING is a book that will prove helpful in virtually any endeavor, and it is one that can be enjoyed by those just starting their careers though those retired (and seeking what next to do).

D. **HEARD LIFE AS SPORT: WHAT TOP ATHLETES CAN TEACH YOU ABOUT HOW TO WIN IN LIFE** (Hachette Audio), written and read by Jonathan Fader.  
The author, a sport psychologist, shares what he has taught professional athletes and shows you how these techniques can be applied to real-life situations.

I especially liked the concept of a mastery map, in which you find your enjoyment by answering a series of questions. For example: What is your outcome goal? Say it is to lose 20 pounds.  
You then think about:  
What is your motivation? What is your power value?  
What is your process goal?  
How do you get there?  
Challenges?  
Who will support you?  
How will you measure success?

Answering these questions will help you reach whatever goal you may have set.  
By the way, you don't have to be a sports fan to both enjoy and benefit from this useful book.  
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**5. TV alert**

A. **GOOD GIRLS REVOLT!** Now available via streaming on AMAZON  
This is the very story of the professional and often sexual awakening of hard-working "girl" journalists who toil as researchers while the all-male staff of editors and reporter/writers get all the credit in the late 1960s.

B. **STAN AGAINST EVIL**, Wednesday, Nov. 2, at 10 p.m. on IFC  
This new comedy series stars John C. McMillen as a newly retired New England sheriff whose town is under attack by the spirits of 172 locals who were burned at the stake as witches back in the 1600s.

C. **THE CROWN**, Premieres on Friday, Nov. 4, via streaming on NETFLIX  
The life of Elizabeth II is explored from when she was a 25-year-old saddled with a dying empire and Prime Minister Winston Churchill (John Lithgow).

D. **COAL MINER'S DAUGHTER**, Friday, Nov. 5, at 8 p.m. on TCM  
A Kentucky teen (Sissy Spacek) marries Doolittle Lynn (Tommy Lee Jones) and becomes country singer Loretta Lynn.  
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**6. Joke 2**

SCARY! ... So now that hell has finally frozen over, I wonder if this will be the next conversation ... "A reality TV star is going to be elected president ..."



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**7. Clips/Websites**

- (1) Check out these clips at your convenience:  
(1) Robinson F. in NC: Mayim Bialik: Too Emotional [Here](#)
  - (2) Third Presidential Debate (via SATURDAY NIGHT LIVE) [Here](#)
  - (3) Scott T. in NC: This American Life—Seriously [Here](#)
  - (4) Michael G. in Germany: Magic cream to trim belly fat [Here](#)
- B. Introducing Watching, a New TV and Film Website  
by Gilbert Cruz

There are more movies and TV shows to watch—and more ways to watch them—than ever before.  
But there are still only 24 hours in a day.  
We're here to help. The New York Times has launched Watching, a TV and movie recommendation website that will help you choose programs and films you'll love and find where they live. To view it, please 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**

The cheapest way to score e-books and more  
by Michael Hsu  
Q: I spend a fortune on e-books each month—and that's on top of subscriptions to Netflix and HBO Go, Audible for audiobooks and Texture for magazines. How can I trim my digital-media budget?  
A: Have you browsed your local library's website lately? In addition to e-books, chances are you can also borrow audiobooks, digitized magazines and movies and enjoy them on your smartphone or tablet for weeks at a time.  
For the rest of this useful article, please click: [Here](#)  
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**9. Joke 3**

The Lone Ranger and Tonto were camping in the wilderness. After they got their tent set up, both men fell sound asleep. Some hours later, Tonto wakes the Lone Ranger and says, "Kemo Sabe, look towards sky, what you see?" The Lone Ranger replies, "I see millions of stars." ... "What all that tell you?" asks Tonto. The Lone Ranger ponders for a minute and then replies, "Astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Theologically, it tells me that God is great and that we are small and insignificant. Meteorologically, it tells me that we will have a beautiful day tomorrow. What does it tell you, Tonto?" ... "You dumber than buffalo. It mean someone stole tent."



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**10. A quote I like**

"Well done is better than well said."—Benjamin Franklin (1706-1790), one of the Founding Fathers of the United States. He was also a inventor, author, printer, political theorist, politician, freemason, postmaster, scientist, leader, civic activist, statesman and diplomat.  
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**11. Thought for the day**

There was a blind girl who hated herself just because she was blind. She hated everyone, except her loving boyfriend. He was always there for her. She said that if she could only see the world, she would marry her boyfriend.

One day, someone donated a pair of eyes to her and then she could see everything, including her boyfriend. Her boyfriend asked her, "Now that you can see the world, will you marry me?"

The girl was shocked when she saw that her boyfriend was blind, too, and she refused to marry him. Her boyfriend walked away in tears, and later wrote a letter to her saying: "Just take care of my eyes dear."

This is how the human brain changes when the status changes. Unfortunately, only a few remember what life was before—and who has always been there even in the most painful situations.  
Source: Author unknown; if you know who wrote this and/or where it came from, please let me know.  
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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) Different Strokes! Performing Arts Collective presents ... NIGHT OF THE LIVING DEAD - REDUX! (2) Montford Park Players presents All-Female Cast of Julius Caesar.

B. PANJ events  
(1) The Music Mission at Bonton United Methodist church is presenting "Anything Goes." (2) NJSBDC event: Meet the Lenders.

**PS.** By far, my best Halloween costume ever—the Invisible Man! Look for me at your door on Monday, October 31, and make sure you give me some good candy, e.g., anything with chocolate and caramel or coconut.



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