

In this issue

- 1. Reflections
- 2. FYI
- 3. Joke 1
- 4. Reviews
- 5. TV alert
- 6. Joke 2
- 7. Clips/Websites
- 8. Technology tip
- 9. Joke 3
- 10. A quote I like
- 11. Thought for the day
- 12. Advance planning department

1. Reflections

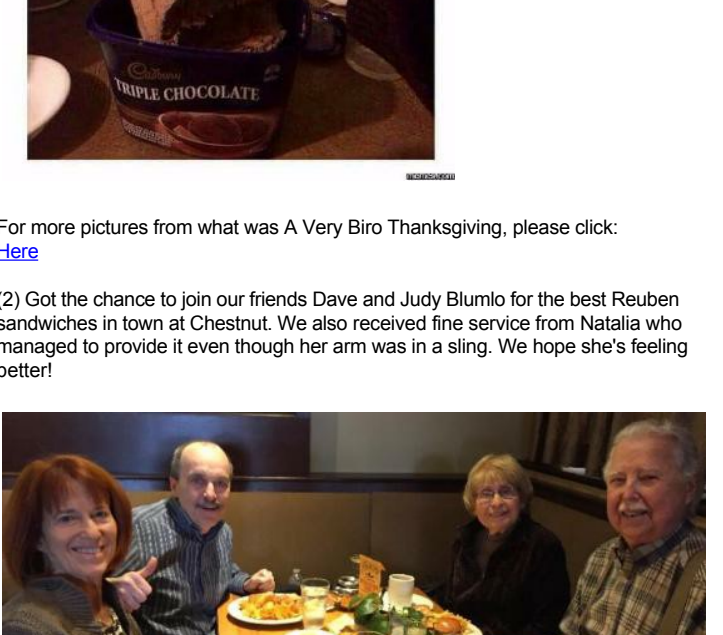
If you're reading this via Facebook or LinkedIn, please be advised that you will get it quicker if you get it via email. Another advantage: You'll never miss it that way because you may not have logged in for a day or two. And in the unlikely event you're not already a subscriber, all you need to do is send an email to: bjm@blaineworld.com and put SUBSCRIPTION in the subject line.

A. Cynthia, my beautiful bride, and I.

(1) Celebrated Thanksgiving at the home of Brian and Carolee Biro, our good friends, where we had the pleasure of meeting their grandson Augie for the first time.



We were also joined by many old and new friends, including those at this table--one of four that evening.



And we even managed to make room for dessert.

Me: I'm just going to have one scoop

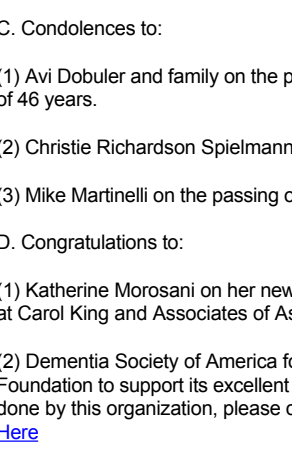


For more pictures from what was A Very Biro Thanksgiving, please click: [Here](#)

(2) Got the chance to join our friends Dave and Judy Blumlo for the best Reuben sandwiches in town at Chestnut. We also received fine service from Natalia who managed to provide it even though her arm was in a sling. We hope she's feeling better!

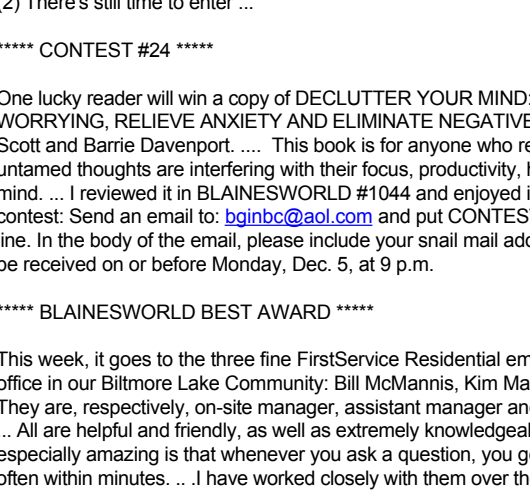


(3) Continued our holiday tradition of posing for a picture in front of the Christmas tree at Wild Wok, one of our favorite Asian restaurants in Asheville. We like the food there, and Jacob--a new server--did a nice job of handling our order.

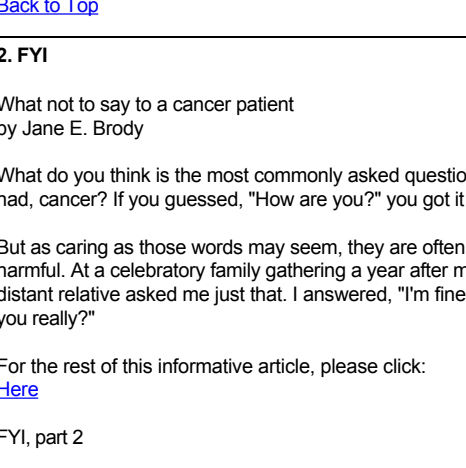


B. During the week, I:

(1) Enjoyed my lunch at Rise 'n Shine Cafe with Randy Robins. He is a very funny guy, and I got to hear about his upcoming appearances at OLLI on January 22 and at The Hop on January 24. Stay tuned for details about these in an upcoming issue of BLAINESWORLD.



(2) Visited one of my Mountain BizWorks clients, Tina Crain, at her business: Little Sparrow Coffee & Kitchen. Check it out for some freshly baked pastries, muffins, biscuits, pies and cakes, along with soup and sandwiches in addition, they take special orders.



C. Condolences to:

- (1) Avi Dobuler and family on the passing of Fern/Tziporah Feiga Dobuler, Avi's wife of 46 years.
- (2) Christie Richardson Spielmann on the passing of her Aunt Sandra.
- (3) Mike Martinelli on the passing of his cousin Mary.

D. Congratulations to:

- (1) Katherine Morosani on her new job as a member of the Wealth Management team at Carol King and Associates of Asheville.
- (2) Dementia Society of America for receiving a grant from the Bill & Melinda Gates Foundation to support its excellent work. To read more about the outstanding work done by this organization, please click: [Here](#)

Note: If you'd also like to donate to the Dementia Society of America, please click the "Donate" tap at the top.

- (3) Jon Menick for being named as one of Asheville's 8 influentials by Mountain Xpress. To find out more about him, please click: [Here](#).

E. Invitations:

- (1) You're invited to be my guest at either or both of the following two events sponsored by the Asheville Jewish Business Forum: Chanukah Party on December 7 and SNOWBOUND (at Asheville Community Theatre) on December 15. ... You do NOT have to be Jewish to attend. For more information, please click: [Here](#)
- (2) There's still time to enter ...

***** CONTEST #24 *****

One lucky reader will win a copy of DECLUTTER YOUR MIND: HOW TO STOP WORRYING, RELIEVE ANXIETY AND ELIMINATE NEGATIVE THINKING by S.J. Scott and Barrie Davenport. This book is for anyone who recognizes how their untamed thoughts are interfering with their focus, productivity, happiness and peace of mind. ... I reviewed it in BLAINESWORLD #1044 and enjoyed it. ... To enter the contest: Send an email to: bjm@blaineworld.com and put CONTEST #24 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, Dec. 5, at 9 p.m.

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

This week, it goes to the three fine FirstService Residential employees who staff the office in our Biltmore Lake Community: Bill McMannis, Kim Maynard and Karen Foley. They are, respectively, on-site manager, assistant manager and lifestyle director. ... All are helpful and friendly, as well as extremely knowledgeable. ... What is especially amazing is that whenever you ask a question, you get back an answer--often within minutes. ... I have worked closely with them over the past several years (when I served as a resident member of Biltmore Lake Association's Board of Directors), and I will miss our many interactions. ... In addition, I would be remiss if I didn't also mention Dennis Abbott--president of FirstService Residential's Carolinas division. He, along with everybody else in the Charlotte office, was always available to help make things run as smoothly as they did. It has been a real pleasure working with this fine company.

[Back to Top](#)

2. FYI

What not to say to a cancer patient
by Jane E. Brody

What do you think is the most common asked question of a person who has, or has had, cancer? If you guessed, "How are you?" you got it right.
But as caring as those words may seem, they are often not helpful and may even be harmful. At a celebratory family gathering a year after my own cancer treatment, a distant relative asked me just that. I answered, "I'm fine." She then pressed, "How are you really?"

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

FYI, part 2

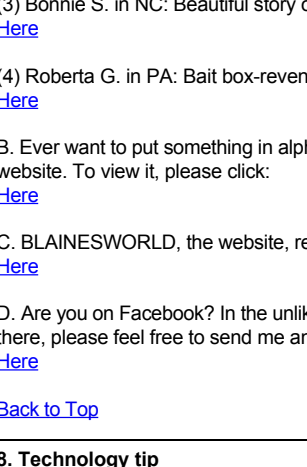
To read each of the following contributions in full, please click: [Here](#)

- (1) How to feed a runner. (2) Bob S. in NY: Nice website! Congrats! (3) Cappy T. in NC: Another fun newsletter. (4) A 98-year-old yoga celebrity tells all. (5) Your dog remembers more than you think. (6) Terry T. in FL: Thank you so much, my dear friend for your congratulations on my becoming a great grandpa! (7) Insomniacs are helped by online therapy.

[Back to Top](#)

3. Joke 1

My dentist told me I needed a crown. Finally, someone agrees with me!



[Back to Top](#)

4. Reviews

A. Saw THE EDGE OF SEVENTEEN, an excellent coming-of-age movie about what it's like to grow up as a high school junior. Hailee Steinfeld was excellent in the leading role. I thought she looked vaguely familiar. Then I researched her name and found out that she was the actress who made such an outstanding debut in the 2010 remake of TRUE CRIMINAL MINDS. I also liked Woody Haensel's performance as her understanding teacher. What made this film stand out was that it wasn't like too many other teen films with lots of parties and drinking; rather, there was real character development. Rated R.

B. Out on DVR is RUSSELL AND DAUGHTERS, a touching drama about an award-winning writer (Fletcher Crowe) who must cope with being a widower and father while, 27 years later, his grown daughter struggles with her own difficulties. Crowe was great, as was Kylie Rogers as the young Katie and Amanda Seyfried as the grown Katie. This film didn't get much play when it was originally released. Too bad, I liked it, and I think you will too. Rated R.

C. Read THERE ARE NO OVERACHIEVERS; SEIZING YOUR WINDOWS OF OPPORTUNITIES TO DO MORE THAN YOU THOUGHT POSSIBLE (Crown Business) by Brian D. Biro. ... The author, a management consultant and speaking guru who also happens to be a very good friend, introduces the incredible gift we are given every day: the WOO--or window of opportunity. He then shows through examples and stories how this concept can be applied to our daily lives. ... I especially liked how he pointed out the importance of inspiration to any success we may achieve. Biro does this in his own life by doing the following: 1. Bring a laminated photo of my wife and daughters to every event at which I speak. The very last thing I do before beginning my presentation is to focus on that picture and spend a moment of connection with each of my girls as I look into their faces. Then I touch my heart and dedicate my presentation to them. It may be corny, but instantly it changes me. I become energized and inspired. ... Perhaps my favorite part of the book was the fact there was "A WOO FOR YOU" at the end of each chapter. The one for networking particularly caught my attention, in that it cited John Locke, another person I greatly admire. Here's what Biro suggested: Over the course of the week, as you meet new people, focus on John's four secrets to networking: 1. Seek to give rather than get. 2. Ask more than you tell. 3. Be a passionate person. 4. Follow up beyond expectation. ... If you want to begin to transform your lives, get THERE ARE NO OVERACHIEVERS. It's also a great book to give to anybody about to graduate high school or college.

D. Heard JUMP START YOUR PRIORITIES: A 90-DAY IMPROVEMENT PLAN (Hachette Audio), written by John C. Maxwell and read by Chris Sorensen. ... Maxwell, a bestselling author, presents a compact guidebook that will help you maximize your success by making small daily adjustments. He does this through inspiring quotes, lessons and thought-provoking questions. ... I really liked the one story he told about his wife. When she was asked if her husband made her happy, she said "No, he doesn't." ... She added that "Nobody can make another person happy. That is my job." She figured out that each of us is responsible for our own attitudes. If you want to improve your life, you need to go after those areas. ... The author then went on to show how this could be accomplished: Make a list of your negative attitudes and habits or ones you want to improve. Next to each one, write the positive response that you will take responsibility for. ... I don't know about you, but I think three months is a good amount of time to invest in working toward a better tomorrow.

[Back to Top](#)

5. TV alert

- A. VH1 DIVAS HOLIDAY: UNSILENT NIGHT: Monday, Dec. 5, at 9 p.m. on VH1 (Mariah Carey is among the headliners, joined by Patti LaBelle, Chaka Khan, Teyana Taylor and Vanessa Williams).
- B. HAIRSPRAY LIVE! Wednesday, Dec. 7, at 8 p.m. on NBC (Harvey Fierstein reprises his Tony-winning role as mother Edna, leading a cast including Martin Short, Kristin Chenoweth, Jennifer Hudson, Ariana Grande and Derek Hough).
- C. FIRST YOU DREAM: THE MUSIC OF KANDER & EBB: Friday, Dec. 9, at 9 p.m. on PBS (Dates and times often vary on PBS stations, so check local listings.) A musical revue.
- D. 30 FOR 30: CATHOLICS VS. CONVICTS: Saturday, Dec. 10, at 9 p.m. on ESPN (Documentary about the 1988 game that had No. 4 Notre Dame playing No. 1 Miami in a college football game legendary for its lighting).

[Back to Top](#)

6. Joke 2

This joke should be barred!



[Back to Top](#)

7. Clips/Websites

A. Check out these clips at your convenience:

- (1) Ron F. in PA: Teenage girl turns Beethoven classic into a metal masterpiece [Here](#)
- (2) Steven S. in FL: Which dog is smarter? [Here](#)
- (3) Bonnie S. in NC: Beautiful story of 82 yr old Dan Peterson and 4 yr old Nora Wood [Here](#)
- (4) Roberta G. in PA: Bail box-revenge is sweet! [Here](#)

B. Ever want to put something in alphabetical order? It's easy when you use this website. 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 you have not yet connected as friends there, please feel free to send me an invite by clicking: [Here](#)

[Back to Top](#)

8. Technology tip

How to clear space on your iPhone without deleting photos
By Jennifer Earl

As an iPhone user, there's nothing worse than the dreaded "Storage Almost Full" notification that pops up on your phone at the most inconvenient time.

It usually appears when you're in the middle of recording a video or when you're trying to snap a quick photo: "Cannot Take Photo: There is not enough available storage to take a photo."

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

Note: I also recommend that you delete photos and especially videos from your iPhone if you no longer want and/or need them. This can free up a lot of space. And it's a real pain, but you have to first delete them--then go back and permanently delete them.

[Back to Top](#)

9. Joke 3

I'm posting this on because I worked for me today. Dr. Oz on TV said to have inner peace, we should always finish things we start, and we all could use more calm in our lives. I looked around my house to find things I'd started and hadn't finished, so I finished off a bottle of Merlot, a bottle of Chardonnay, a bottle of Baileys, a bottle of wum, the remainder of Valium/nursing scrips, an a box a chocolate. 'u haf no idr how fabuluz I feel rite now. Sneed this to all who need inner pass. An tulum u luvum.

[Back to Top](#)

10. A quote I like

I'm grateful to you for reading my blog ...

[Back to Top](#)

11. Thought for the day

Might deporting men also work to prevent mass shootings?

[Back to Top](#)

12. Advance planning department

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

A. NC events

- (1) Deep River (featuring an Eagles-Linda Ronstadt tribute.) (2) The Wednesday Night All Ages Dance Parties at The Hop Ice Creamery.

B. PANJ events

- (1) Gathering for Love and Unity at Bucks County Community College. (2) A Very Kelsey Christmas' Features Festive Holiday Tunes and Lots of Laughs at MCCC's Kelsey Theatre.

PS: Make it a wonderful week!

[Back to Top](#)

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